

POLE DANCE STUDIO – CLASSES
Fall 2009 / Winter 2010 SCHEDULE (page 1 of 2)

Updated Nov 16th, 2009

- Studio doors open EXACTLY at Practice Session start times and 10 mins prior to Class/Workshop start times.
- Bring your own water and small towel. Or water bottle for sale \$2.
- Wear yoga-type pants or shorts. Barefoot or ballet shoes (if you have them).
- All Programs are 6 weeks long; All Classes are 1 hour in duration.
- Please review Missed Class Policy on the Pole Dance Studio website for details.



Pole Dance 1 (Beginner) (Level 1) \$169 – Sale!

FALL Set T - Sep 30, Oct 7, 14, 21, 28, & Nov 4 at 7:00pm (Wed) Set U - Oct 15, 22, 29, Nov 5, 12, & 19 at 6:00pm (Thu) Set V - Oct 26, Nov 2, 9, 16, 23, & 30 at 6:00pm (Mon) Set W - Nov 9, 16, 23, 30, Dec 7, & 14 at 7:00pm (Mon) Set X - Nov 4 (1 st class @ 8:00pm), 18, 25, Dec 2, 9, & 16 at 7:00pm (Wed) – no class Nov 11 (Remembrance Day) Set Y - Nov 18, 25, Dec 2, 9, & 16 at 7:00pm (Wed)	WINTER Set A – Jan 4, 11, 18, 25, Feb 1, 8 at 7:00pm (Mon) Set B – Jan 7, 14, 21, 28, Feb 4, & 11 at 6:00pm (Thu) Set C – Mar 3, 10, 17, 24, 31, & Apr 7 at 6:00pm (Wed) Set D – Mar 15, 22, 29, Apr 12, 19, & 26 at 6:00pm (Mon) – no class Apr 5 (Easter Monday)
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Pole Dance 2 (Level 2) \$169 – Sale!

FALL Set I - Oct 1, 8, 15, 22, 29, & Nov 5 at 7:00pm (Thu) Set J - Nov 4, 18, 25, Dec 2, 9, & 16 at 6:00pm (Wed) – no class Nov 11 (Remembrance Day)	WINTER Set A – Jan 4, 11, 18, 25, Feb 1, 8 at 6:00pm (Mon) Set B – Mar 2, 9, 16, 23, 30, & Apr 6 at 6:00pm (Tue)
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Pole Dance 3 (Level 3) \$169 – Sale!

FALL Set G - Oct 1, 8, 15, 22, 29, & Nov 5 at 8:00pm (Thu) Set H - Nov 12, 19, 26, Dec 3, 10, & 17 at 7:00pm (Thu)	WINTER Set A – Jan 5, 12, 19, 26, Feb 2, & 9 at 6:00pm (Tue) Set B – Mar 1, 8, 15, 22, 29, & Apr 5 at 7:00pm (Mon)
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Pole Dance 4 (Level 4) \$169 – Sale!

FALL Set G - Sep 29, Oct 6, 13, 20, 27, & Nov 3 at 8:00pm (Tue) Set H - Nov 12, 19, 26, Dec 3, 10, & 17 at 8:00pm (Thu)	WINTER Set A – Jan 5, 12, 19, 26, Feb 2, & 9 at 7:00pm (Tue) Set B – Mar 3, 10, 17, 24, 31, & Apr 7 at 7:00pm (Wed)
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Advanced Pole Dancing (Levels 5-7 combined) \$169 – Sale!

FALL Set E - Sep 30, Oct 7, 14, 21, 28, & Nov 4 at 8:00pm (Wed) Set F - Nov 10, 17, 24, Dec 1, 8, & 15 at 8:00pm (Tue)	WINTER Set A – Jan 7, 14, 21, 28, Feb 4, & 11 at 7:00pm (Thu) Set B – Mar 2, 9, 16, 23, 30, & Apr 6 at 7:00pm (Tue)
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Chair Dance 1 (Level 1) \$169 – Sale!

FALL Set E - Oct 13, 20, 27, Nov 3, 10, & 17 at 6:00pm (Tue)	WINTER Set A – Jan 6, 13, 20, 27, Feb 3, & 10 at 6:00pm (Wed) Set B – Mar 4, 11, 18, 25, Feb 1 & 8 at 6:00pm (Thu)
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Chair Dance 2 (Level 2) \$169 – Sale!

FALL	WINTER
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F.I.T. (Fun Intensive Training) Class \$169 – Sale!

FALL Set C - Oct 13, 20, 27, Nov 3, 10, & 17 at 7:00pm (Tue)	WINTER Set A – Jan 6, 13, 20, 27, Feb 3, & 10 at 7:00pm (Wed) Set B – Mar 4, 11, 18, 25, Feb 1 & 8 at 7:00pm (Thu)
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Practice Sessions (All Levels) \$15/drop-in or FREE for Members (subject to rescheduling without notice)

For session times/dates, please refer to our website and click on “Calendar” from the Home or Classes & Workshops webpages

Class Registration and General Inquires: Tatiana: 604-765-5034, Sharon: 604-762-8606
 Email: tatiana@poledancestudio.com Web: www.poledancestudio.com Main Studio: 604-570-0017
 Address: 1026 Davie St., Suite #400, Vancouver, B.C. V6E-1M3 (near corner of Burrard St.)

POLE DANCE STUDIO – WORKSHOPS
Fall 2009 / Winter 2010 SCHEDULE SCHEDULE (page 2 of 2)

Updated Nov 16th, 2009

- Studio doors open 10 mins prior to Class/Workshop start times, and EXACTLY at Practice Session start times.
- Bring your own water and small towel. Water bottle for sale \$2.
- Wear yoga-type pants or shorts. Barefoot or ballet shoes (if you have them).
- Workshops are either 1 hour or 1.5 hour duration unless otherwise specified.
- Please review Missed Class Policy on the Pole Dance Studio website for details.



Curious About Pole Dancing (1-hour) \$30

Introductory class to pole dancing

FALL

Oct 23 at 6:00pm (Fri)
 Nov 20 at 6:00pm (Fri)
 Dec 11 at 6:00pm (Fri)

WINTER

Jan 22 at 6:00pm (Fri)
 Feb 19 at 6:00pm (Fri)
 Mar 19 at 6:00pm (Fri)

Curious About Chair Dancing (1-hour) \$30

Introductory class to Pole Dance Studio's signature "Chair Dancing" choreography

FALL

Oct 30 at 6:00pm (Fri)
 Nov 27 at 6:00pm (Fri)
 Dec 18 at 6:00pm (Fri)

WINTER

Jan 29 at 6:00pm (Fri)
 Feb 26 at 6:00pm (Fri)
 Mar 26 at 6:00pm (Fri)

Curious About the Studio (2-day intro) \$49 -Sale!

Day 1: Curious About Pole Dancing; Day 2: Curious About Chair Dancing

FALL

Oct 23 & 30 at 6:00pm (Fri)
 Nov 20 & 27 at 6:00pm (Fri)
 Dec 11 & 18 at 6:00pm (Fri)

WINTER

Jan 22 & 29 at 6:00pm (Fri)
 Feb 19 & 26 at 6:00pm (Fri)
 Mar 19 & 26 at 6:00pm (Fri)

Sensual Movement (1.5-hour workshop) \$49

(Lap Dancing & Striptease A) Basic movement and technique for exotic dancing

FALL

Oct 23 at 7:00pm (Fri)
 Nov 20 at 7:00pm (Fri)
 Dec 11 at 7:00pm (Fri)

WINTER

Jan 22 at 7:00pm (Fri)
 Feb 19 at 7:00pm (Fri)
 Mar 19 at 7:00pm (Fri)

Sensual Striptease (1.5-hour workshop) \$49

(Lap Dancing & Striptease B) Lap Dancing, Chair Dancing, Burlesque, and Striptease

FALL

Oct 30 at 7:00pm (Fri)
 Nov 27 at 7:00pm (Fri)
 Dec 18 at 7:00pm (Fri)

WINTER

Jan 29 at 7:00pm (Fri)
 Feb 26 at 7:00pm (Fri)
 Mar 26 at 7:00pm (Fri)

Sensual Movement & Striptease (2-day workshop) \$89 -Sale!

Day 1: Sensual Movement workshop; Day 2: Sensual Striptease workshop

FALL

Oct 23 & 30 at 7:00pm (Fri)
 Nov 20 & 27 at 7:00pm (Fri)
 Dec 11 & 18 at 7:00pm (Fri)

WINTER

Jan 22 & 29 at 7:00pm (Fri)
 Feb 19 & 26 at 7:00pm (Fri)
 Mar 19 & 26 at 7:00pm (Fri)

Master Certification (Instructor Training)

(12-hour, 3-day workshop) \$1295 (\$1095 -Sale! Before Feb 1st, 2010)

Pole Dancing, Chair Dancing, Sensual Dance & Striptease, Instructor Theory and Practicum

FALL

Oct 17 & 18 at 1:00pm (Sat) & 1:00pm (Sun)

WINTER

Mar 19, 20, & 21 from 1:45pm to 5:45pm (Fri, Sat, Sun)

Class Registration and General Inquires: Tatiana: 604-765-5034, Sharon: 604-762-8606

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