

CINCINNATI Highland Dancers



Welcome to Highland Dancing

Scottish Highland Dancing is . . .

Highland dancing is a style of dancing developed in the Scottish Highlands in the nineteenth century. Many dances have historical significance. It is often performed to the accompaniment of Highland bagpipe music. Highland dance is its own sport, with millions of dancers competing and performing across the planet.

Who

Anyone interested in Scottish heritage or taking up an exciting and challenging form of dancing. You don't have to be Scottish to be a Highland Dancer! Classes are open to boys and girls ages 4 and up. Adults are welcome too!

Benefits

There are many benefits to highland dancing including improved self confidence, coordination and fitness. You will also learn about the history of the dances and many students have even improved their math scores at school!

Cost

You can pay for one class at a time or buy a package of classes for a discounted rate.

| | Tartan Tots | | 1 Hour | | 1½ Hours | | Savings |
|------------|-----------------------------|-------------------|----------|-------------------|----------|-------------------|---------|
| | 20 minute Private Lesson | Cost per class | | Cost per class | | Cost per class | |
| 1 Class | \$10.00 | \$10.00 | \$15.00 | \$15.00 | \$22.00 | \$22.00 | |
| 5 Classes | \$48.00 | \$9.60 | \$60.00 | \$12.00 | \$88.00 | \$17.60 | 20% |
| 10 Classes | \$95.00 | \$9.50 | \$105.00 | \$10.50 | \$154.00 | \$15.40 | 30% |
| 15 Classes | | | \$135.00 | \$9.00 | \$198.00 | \$13.20 | 40% |

2019 Schedule

| | | |
|---|-------------|--------------------------------------|
| Tuesday | 6:00 – 7:30 | Advanced Highland |
| Wednesday | 7:00 – 8:00 | Adult Highland (all levels ages 18+) |
| Friday | 3:00 – 4:00 | Beginner Highland |
| Friday | 4:00 – 5:00 | Intermediate Highland |
| Schedule is subject to change. Private lessons are available if our schedule does not work with your availability. Please contact us to schedule. Classes can be added if there is enough interest. | | |

Class Attire

What you wear to class is very important. Dressing properly allows the teacher to see the dancer and give better corrections to the dancer. It also demonstrates a level of respect for the teachers and helps the dancer get into a place mentally where they are prepared to practice. This is what dancers should be wearing to class every week and whenever they attend workshops:

- Solid color Leotard or Snug Fit Athletic Top
- Solid color snug fit athletic shorts (must see dancer's knees, NO button waistband or zippers)
- Solid color Knee high socks **with elastic garters** (socks must not fall down)
- Black shoes (Scottish ghillies or ballet for beginners – no loose laces or bows)
- Long Hair pulled back in bun or ponytail off of face and shoulders
- Practice Skirt (once you are ready to learn the Flora)
- Irish Jig Shoes (Advanced students only)

Not permitted (except during Warm Up time): Leggings, sweat pants, loose shirts, jackets, jewelry.

Fundraising

CHD is a 501c3 non profit organization. We do fundraising activities which we would like all dance families to participate in. Funds are used for many purposes such as:

- Hosting workshops with an outside instructor
- Team Warm up jackets/pants
- Pizza parties!
- Workshop and Class fees
- Entry fees
- Team Trip to Scotland!

Performance Opportunities

Cincinnati Highland Dancers have many opportunities to perform throughout the year at festivals, churches, nursing homes and parades to name a few. Dancers will be invited to join our performance team once they have reached the necessary skill level.

Performances are a wonderful way for dancers to improve their dancing and also provide motivation to continue learning. They will meet the other dancers in our group and begin making life-long friendships.

Attire for Performance

| New Students | Beginner Level Competition/Performance |
|---|---|
| <ul style="list-style-type: none">• CHD T-Shirt (buy from Squad Locker)• Royal Stewart Kilt (provided by CHD)• Soft Black Shoes• Black Leggings (girls), Cream knee high socks with garters (boys)• Black Briefs (no long short legs) | <ul style="list-style-type: none">• White Blouse/Shirt• Tartan Kilted Skirt• Solid-Color Knee High Socks• Scottish Shoes |
| Approximate New Cost: \$35-\$95 | Approximate New Cost: \$150-\$250 |

Dancers can perform as long as they like in the new student uniform. As you progress, it is advised to invest in a full kilt and velvet vest (girls) or a Prince Charlie jacket and vest (boys) with accessories. Pieces of the traditional uniform can be acquired bit by bit. In addition, you can save on costuming expenses by acquiring pieces second hand. CHD may have some items you could borrow to get started

Competition

Dancers interested in competing need to schedule private or semi-private lessons with one of our instructors. The instructor will then determine when the student is ready to enter competitions. We want everyone to succeed in competition and instruction above and beyond regular class is necessary for dancers to be ready. Dancers begin in the Primary (under 7 years old) or Beginner level.

| | 20 Minute Private Lesson | 30 Minute Private Lesson | 60 Minute Private Lesson |
|------------|--------------------------|--------------------------|--------------------------|
| | Ages 4-6 | Beginner Age 6+ | Know 3+ dances |
| 1 Lesson | \$10 | \$18 | \$30 |
| 5 Lessons | \$48 | \$75 | \$125 |
| 10 Lessons | \$95 | \$140 | \$240 |

Competition Entry Fees are nominal ranging from \$10-\$30 per competitor – it's a flat rate for one or all dances offered. You can just participate in local competition (two per year in Cincinnati) or you can choose to travel regionally and internationally to move through the levels of competition faster.

Future

Many dancers will go on to earn full scholarships to college, dance with internationally known musical groups, earn amateur and professional teaching certifications, and win cash prizes in high level competition. One thing every dancer will develop during their time in Scottish dance is friendship, confidence and a sense of accomplishment.