



# **STAGES**

## **PERFORMING ARTS SCHOOL**

### **Registration Manual & Guidelines** **2023 / 2024 Season**

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#### **STAGES Performing Arts School**

#301, 1551 Cedar Hill X Road, Victoria, BC V8P 2P3  
(Behind the Shelbourne MacDonald's)

Phone: 250-384-3267 Email: [stagesdance@shaw.ca](mailto:stagesdance@shaw.ca)

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#### **NORMAL OFFICE HOURS**

(through the school year)

**Tuesday & Thursday 9:30am - 2:00pm &**

**Monday - Friday 3:30 - 9:00pm**

**Saturday 9:00am - 2:30pm**

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People are encouraged to mail in their registration and payment  
(you will be contacted by phone to confirm your registration).

As well, check the last page in "Dates To Remember" for when  
we are open for in-person registration through the summer.

**PLEASE**, if at all possible, do not wait until the first week of September to register  
in person. Historically waiting until September has involved **LONG, LONG**  
line-ups and many buckets of frustration for everyone.

## **AN IMPORTANT NOTE ABOUT THIS MANUAL**

Please take the time to go through our Registration Manual and Guidelines. We have tried to put everything you will need to know about STAGES, as a parent and/or student, in this manual.

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## **PRESIDENT'S MESSAGE**

Through the past few years we found ourselves in uncharted territory and on a very different planet. To the students, parents, teachers, staff, and so many others who helped throughout the past few years: You are forever in my heart. "Thank you" will never ever be enough to thank you for all of the support and assistance you so graciously shared.

In STAGES' 4<sup>th</sup> year of operation we look forward to continuing our tradition of providing dancers of all ages and levels of experience the very best training possible in a supportive, non-competitive and caring environment in which they can learn about the performing arts and themselves.

Through the training we offer it is our goal to promote confidence and a sense of accomplishment in each student. It is our belief that all students should have an equal opportunity to learn in a safe environment fostering self-expression, a healthy body, responsibility, discipline, and pride in their abilities.

I would also like to recognize the all of our teachers and students for their perseverance, work and dedication to what STAGES offers.

If you have any questions, comments, or concerns regarding anything we are doing (or not doing) please let us know. We are trying to provide a service that you want and like, and only through your input can we continue to do so.

To our returning students and parents, THANK YOU for your continued support through the years. To all the newcomers to STAGES, thank you for considering our school and I hope that we are able to satisfy your needs as an artist, and/or artist's parents.

Sincerely, Kimberly Brooke Breiland

## **AIMS & OBJECTIVES**

- To provide students of all ages and levels of experience an education in the performing arts by offering training which is varied, meticulous and meets the needs of each individual student.
- To give students the opportunity to perform and enhance their performing ability and in doing so instill a sense of self-discipline, pride, accomplishment and joy.
- To develop new audiences through the students' and parents' experiences in the arts.
- To develop new dancers, actors, singers and young choreographers through the school's teaching and performing elements.
- To produce dance and other related performances of professional quality.
- To provide scholarships to those both deserving and in need of financial aid.

## **GENERAL RULES OF CONDUCT**

- Common courtesy and politeness is expected at all times.
- Tidiness and neat appearance for all classes is a must.
- Proper attire for all classes is a necessity.
- No chewing gum in the school.
- No loose or oversized shirts in any classes.
- No jewelry in any classes.
- Food is not to be consumed in the dressing room or in the studios.
- Dance shoes are not to be worn outside.
- Cell phones are to be silenced and not answered inside the studio.

\*\*\* **PLEASE NOTE:** STAGES reserves the right to refuse service.

## **STAGES FACULTY 2023 - 2024**

STAGES faculty is composed of experienced teachers, choreographers and adjudicators. Their varied experience makes ours one of the most comprehensive faculties and training facilities in Victoria.

All of our faculty have professional experience performing and/or teaching in their field, having worked with the likes of Janet Jackson, Dick Clark as well as having directed shows in New York, appeared on So You Think You Can Dance Canada, Canada's Got Talent, performed on International Cruise Lines, or trained and/or performed with the Royal Winnipeg Ballet, Alberta Ballet, Les Grande Ballets, Tap Dogs, the National Ballet of Canada, Decidedly Jazz, Ballet Jorgen and have local performance credits with the Victoria Operatic Society & Four Seasons Musical Theatre, as well as having film & television credits.

## **AN IMPORTANT NOTE ABOUT FOOD**

More than a few of our students are extremely allergic to Peanuts, Nuts, and Seafood, among other foods. They **CAN NOT** come into contact with, touch, or eat these items or other products made from these items, **ESPECIALLY PEANUTS. They cannot be in the same room with peanuts or peanut products - THIS IS NOT AN EXAGGERATION.**

In the interest of the continued health and well-being of these students, we ask that these products not be brought into the studio.

## **TIMELINESS**

Students who are more than 15 minutes late for a class will be allowed to participate in that class at the discretion of the teacher. This is in order to help ensure that students are properly warmed-up and thereby reducing the risk of injury.

We also ask that students be dropped off or picked up no more than 15 minutes before or after their class. STAGES will be held responsible for supervising students before, in-between, or after their classes.

## **CLASS SIZE**

Space in a class will be held for those who have registered with their payments being up to date.

For our pre-teen classes we try not to have more than 15 students enrolled in a class without providing an assistant to the class in order to ensure that there is a high level of individual attention.

Please understand that from week to week we cannot predict how many drop-in students we will have in a class, but we will certainly keep an eye on any trends and act upon them accordingly.

## **CLASS CALENDAR & SCHEDULE**

Our season runs from September through December and from January through June. Regardless of how many (or few) classes take place in a given month, each class has the same number of sessions. The monthly fees have been standardized in order to avoid having different fees every month for each class.

We do try to change the class schedule as little as possible. Through September and early October there are always a few changes due to classes that are conflicting for a large number of students, bus schedule conflicts, classes with limited enrollment, and classes that need to be divided.

If any of these changes do not work for you please talk to us, but please understand that we do have to consider what is going to work for the largest number of students.

## **SCHOOL NOTICES**

Our website ([www.stagesdance.com](http://www.stagesdance.com)), Facebook Page (**Stages Performing Arts School**) and bulletin boards all have updated studio information. Many questions can be answered by reading this material. We collect "principal contact" Names and Email Addresses for each student. Through the year we will be sending out information. We will be sorting email groups by "class" and "all". If you get more one email from us about something... sorry. We will get things figured out as best we can.

## **MISSED CLASSES**

Please let the office know if a class will be missed. It is the responsibility of the student to take a make-up class (if they want to) within two weeks of the missed class. It is a good idea to find out from their teacher which other class(es) would work (as a make-up class) in conjunction with the class which was missed. **Refunds or discounts are not given for missed classes.**

## **COMMUNICATION**

**PLEASE TALK TO US.** If you have any questions, comments, concerns, or suggestions please let us know.

We are trying to provide a service that you want and like and only through your input can we continue to do so; tell us what you want, like, and don't like.

Feel free to talk to us, BUT... It is often difficult to catch teachers when they are in between classes, so please let the office know who you would like to talk to and we can get them to send an email or give you a call.

## **EMAIL & PRIVACY**

**Email:** We are collecting a "primary contact" email address for each student. It will take us a bit to sort out the email groups (Class, All-Studio). For those who have a student registered in more than one class, or more than one student registered at Stages: apologies in advance if you get more than one email about the same thing.

**Privacy:** The information we collect through the registration forms and otherwise is for the explicit use of Stages only and is not shared, sold, or distributed in any way. The most we will ever do beyond contacting you about "Stages stuff" is email you about things like "XYZ Dance-Shoppe" is having a sale, or "There's an audition for something". We will never give **ANYONE** your email address or other information.

## **THE VIEWING AREA**

All students are invited to inform their teacher(s) if they have brought a special guest to watch their class, in which case we will make every attempt to ensure that the blinds in the studio remain open or have these special guests in the studio to watch the class. In all other cases, the blinds will be used at the teacher's discretion. Please note that in many cases the students themselves ask that the blinds be closed because they are distracted by the goings-on outside the studio.

## **COMPANY**

Students are auditioned (**see DATES TO REMEMBER**) for placement each year in Stages Dance Company (typically ages 9 & up). Company members must be taking all of their dance classes at stages, have a strong ballet and jazz background and be able to commit themselves to weekly rehearsals, as well as numerous performances.

We have incorporated a class program in order to standardize fees for Company Members and in hopes of ensuring that the Members are taking those classes which will allow them to develop better technique and thereby improve their performance skills.

Additional classes to those included in the Company Packages may be taken, but will be charged out at the regular class fee rates.

- Company = \$345/mo. includes rehearsals and up to 7.5 hrs of classes.

## **POSSIBLE COURSE EQUIVALENCY**

In some circumstances the classes we offer have been accepted as course equivalents in the regular school system. This has been dependent upon how many hours a week a student is with us and what classes they are taking. Typically we write a letter to the school outlining what the student is doing at STAGES. There is a bit more paperwork to do on the school's side: talk to your school's Principal and/or Counselor.

## **POSSIBLE TAX CREDIT**

Depending on your situation, our class fees have also been accepted as a tax credit. Ask your accountant and/or Revenue Canada for details. We can generate an annual receipt for this, but please give us a few days' notice.

## **STAGES PRODUCTIONS**

Over the years we have found that having a tangible goal to work towards helps students develop a sense of pride and dedication to their work. To this end we produce two shows each year, one in the fall and one in the spring.

**FALL DEMONSTRATION:** Before the holiday break we have a 'demonstration' for parents, family and friends. Each class performs at this 'demonstration'. This is much like our year-end recital, save that there are no costumes (the older students wear their regular dance class attire; for students under 10 years old there will be a specific coloured t-shirt ordered at a cost of \$12), and there is no special lighting.

**RECITAL:** In June we end our year with a recital. Each class has a number in this recital which is rehearsed during regular class time. Unlike the fall production the recital can have a few rehearsals / photo shoots / etc. outside of regular class time, but not until the last two-ish weeks prior to the show.

## **COSTUMES FOR PRODUCTIONS**

**FALL DEMONSTRATION:** For the Demonstration the older students wear their regular dance class attire. The teachers will try to have everyone in the same color and/or type of item (black jazz pants, red t-shirt, blue leotard, etc.), but there is NO expectation for having people go out and purchase these items.

For the younger classes a primary coloured t-shirt will be assigned to each class (at a minimal charge: \$12) to be worn with items that they already have such as jazz pants, tights or leggings.

**RECITAL:** In preparation for the June Recital we collect costume deposits of \$80.00 per student, per class (**BUT NOT FOR THE ADULT CLASSES**). This deposit can be made payable on October 15th, and/or split up through November 15th, and/or December 15th. Please make the Costume Deposit payment separate from Class Fee or other payments.

For the Recital we collect deposits in order to get the costume packages to you as soon as possible in the spring once the music and the costumes are settled on. **Note that the costume deposit is non-refundable after January 1<sup>st</sup>.** Also note that this is a deposit only - any outstanding balance will be collected later in the spring, or, if the costume comes to less than the deposit, money will be refunded. Typically the final cost of these costumes comes between \$90 and \$150+ each (some of the costumes cost more: more fabric . . . more fancy . . . more sewing . . . more money).

Please understand that our costumes are largely and almost entirely organized by folks who donate their time and energy to help out. If you are interested in helping out with costumes, please let us know through the fall.

Also note that some sewing may be required to complete a costume. If you do not know how to sew, please do not start taking lessons (unless you want to). If any sewing or alterations are needed that are beyond your abilities let us know and we will find someone to help.

## **RECITAL PHOTOS & VIDEO**

Not only have we embraced the digital age with email, but we have also figured out the computer-stuff involved in being able to make Class Photos and the Recital Video available via digital download.

The fee involved for this is \$60.00 per student, with a per-family maximum of \$120.00.

This fee is due on or before March 15<sup>th</sup>.

Once the photos and videos are ready we will send you a code for your downloads

## **FEE & PAYMENT STRUCTURE**

### **REGISTERING, DROPPING & CHANGING CLASSES**

- A student is only considered Registered once a completed Registration Form and one of the forms of payment, see 'Payment Structure Options 1-3' below, is received by the office.
- Once registered in a class; the student is registered in that class **for the season**, from September through June.
- A minimum of first and last month's payment and Registration Fee is due at the time of Registration and is non-refundable.
- From September through December we require **ONE FULL MONTH'S WRITTEN NOTICE** if a student will be dropping a class for any reason or if a student wishes to change from being a Registered Student to doing Drop-Ins.
- **No refunds are given after January 1<sup>st</sup>. Written notice must be given on or before December 1<sup>st</sup>.**
- There is no charge for switching from one class to another, or on line to in person, or in person to online (save for any class fee changes due to an increase or decrease in the hours of class time), but the office **MUST** be informed of this change.
- There is a \$45.00 registration fee per family, which should be added to September's (or the first month's) payment.

## **DROP-INS**

***If there is space available in the class***, anyone wants to try out a class, there is a Drop-In Fee (see Fee Payment below). If the student then signs up for class(es), the Drop-in fees paid during the month in which they sign up will be credited to that month's fees.

## **RETURNED CHEQUES**

There is a **\$35.00** charge for all returned cheques - **NO EXCEPTIONS**.

## **NO DEBIT OR CREDIT CARD PAYMENT?**

This has come up a number of times (over and over) through the years. Why no tap or swipe? To do so would mean at least a 9% increase in fees in order to cover all the costs involved. We don't want to do that. This dance-stuff is expensive enough already.

## **PAYMENT & STUDENT IDENTIFICATION**

If the student's surname differs from the surname on the cheques or e-transfer(s) please, please, please write the student's name on the cheque or make that note on the e-transfer.

## **THROUGH THESE TIMES**

With a measure of regret... If for any reason classes cannot be hosted on site / in person at the studio we will move those classes to being on line with Zoom through that time. Class and/or costume refunds will not be provided. If / when things go sideways (upside down?) again please stay in touch and informed via our Facebook page and Website... and keep an eye out for email communication.

## **PAYMENT STRUCTURE**

Fees can be paid one of four ways:

### **If Registered For The Class:**

**Option 1:** One payment for the year (10 x Monthly Fee + Reg Fee of \$45.00) via cheque or e-transfer or cash. Due at time of Registration.

**Option 2:** Five payments for the year via post-dated cheques, or e-transfers, not cash:

- First cheque = September & June combined + Reg Fee of \$45.00. Due at time of Registration; &
- Four payments, each 2x the monthly fee (dated for/paid on October 1<sup>st</sup>, December 1<sup>st</sup>, February 1<sup>st</sup>, & April 1<sup>st</sup>).

### **If Not Registering:**

**Option 3:** As a Drop-in Student,     \$20.00 for each 0.75 or 1.00 hr class,  
   \$30.00 for each 1.25 hr or 1.50 class,

- **If a class is full Drop-in Students may not be able to take that class. Class positions can not held or reserved for Drop-in Students.**

- No one will be permitted to take class without one of these forms of payment.
- **Any student with an account which is overdue by more than fourteen days for any reason and without communication with the office will not be permitted to take classes.**
- **Note that overdue accounts are subject to a \$20 administration fee per affected month.**



**FEE STRUCTURE - All fees include applicable taxes.**

Our fee structure is based on a per-hour-of-class-per-week format.

Hours Per Week	Fee Per Month	OPTION ONE Total Due For The Year 10 Months + Reg Fee	OPTION TWO First Payment First Month + June+Reg Fee	And Four Payments Each at 2x Monthly Fee
0.75	\$52.50	\$570.00	\$150.00	\$105.00
1.00	\$70.00	\$745.00	\$185.00	\$140.00
1.25	\$86.00	\$905.00	\$217.00	\$172.00
1.50	\$102.00	\$1,065.00	\$249.00	\$204.00
1.75	\$118.00	\$1,225.00	\$281.00	\$236.00
2.00	\$134.00	\$1,385.00	\$313.00	\$268.00
2.25	\$150.00	\$1,545.00	\$345.00	\$300.00
2.50	\$161.60	\$1,661.00	\$368.20	\$323.20
2.75	\$172.00	\$1,765.00	\$389.00	\$344.00
3.00	\$183.00	\$1,875.00	\$411.00	\$366.00
3.25	\$189.60	\$1,941.00	\$424.20	\$379.20
3.50	\$196.00	\$2,005.00	\$437.00	\$392.00
3.75	\$202.00	\$2,065.00	\$449.00	\$404.00
4.00	\$209.00	\$2,135.00	\$463.00	\$418.00
4.25	\$215.00	\$2,195.00	\$475.00	\$430.00
4.50	\$222.00	\$2,265.00	\$489.00	\$444.00
4.75	\$228.00	\$2,325.00	\$501.00	\$456.00
5.00	\$234.00	\$2,385.00	\$513.00	\$468.00
5.25	\$240.00	\$2,445.00	\$525.00	\$480.00
5.50	\$246.00	\$2,505.00	\$537.00	\$492.00
5.75	\$254.00	\$2,585.00	\$553.00	\$508.00
6.00	\$260.00	\$2,645.00	\$565.00	\$520.00
6.25	\$267.00	\$2,715.00	\$579.00	\$534.00
6.50	\$273.00	\$2,775.00	\$591.00	\$546.00
6.75	\$280.00	\$2,845.00	\$605.00	\$560.00
7.00	\$286.00	\$2,905.00	\$617.00	\$572.00
7.25	\$292.00	\$2,965.00	\$629.00	\$584.00
7.50	\$300.00	\$3,045.00	\$645.00	\$600.00
7.75	\$308.00	\$3,125.00	\$661.00	\$616.00
8.00	\$316.00	\$3,205.00	\$677.00	\$632.00
<b>Company</b>	\$345.00	\$3,495.00	\$735.00	\$690.00

**FAMILY RATES**

There is a 15% discount for families with more than one student registered at STAGES. To calculate this, add the fees for each family member and take 15% off the total:

Example - Two Students From One Family:

- One Student - 1.5 Hours / week = \$102.00/month
- One Student - 3.0 Hours / week = \$183.00/month
- Total of Monthly Fees (Both Students) = \$285/month so....
- Family Rate: 85% of \$285.00 (0.85 x 285.00) = \$242.25/month, Total.

Note: Family Rates do not apply to Company Fees, but do apply to the fees for other family members.

## **SCHOLARSHIPS**

The scholarship program is designed to further assist dedicated students with a genuine financial need. Scholarship applications are available from the office and **MUST** be returned to the office no later than Friday, September 3<sup>rd</sup> in order to be considered. Preference will be given to students who:

1. Have demonstrated outstanding promise and/or desire.
2. Are taking at least four classes a week.
3. Must be taking all of their dance classes at STAGES
4. Have other family members enrolled at STAGES.
5. Demonstrate a genuine financial need in their application.

Please Note:

- There are a total of ten full or partial scholarships available.
- Students will be required to participate in “chores” around the studio, including cleaning and assisting in the office.
- Students may also be asked to assist with some of our larger and/or younger classes, and otherwise take part in our Student Teacher Program.
- The Scholarship Applications are available through our office.

## **CLOTHING FOR CLASSES**

With each class we offer comes the need for proper clothing, but **PLEASE NOTE that if something is listed as needing to be blue and you have a black one that fits DO NOT go out and get a blue one. Once the black one has worn out or has been outgrown, then please do get a blue one.** The most important item of clothing is footwear and we do realize that these expenses add up.

Please feel free to post a notice regarding clothes you need or clothes you have for resale on our bulletin board. Detailed lists of clothing requirements are listed with the classes.

## **CLASSES & PLACEMENT**

Please understand that the following are guidelines only, (based on the general ages and ability levels of students in the classes from our last season).

We have structured these specifically for those students who are new to the studio in order for them to have a good idea what the levels of our classes are and what might work for them. Proper placement will be determined through their first month of classes.

Students move up in levels **ONLY** on the teacher’s instructions. It usually takes at least two years before all of the necessary skills, physical maturity and strength have been acquired to allow the student to move up a level.

The placement of students in class levels should **NEVER, NEVER, NEVER EVER** be considered to be a “Pass or Fail” situation.

## CLASSES OFFERED 2023 – 2024

### JAZZ

Jazz is a high-energy dance form that incorporates elements of ballet, hip-hop, acrobatics, modern and partner work. The classes are broken down to include a warm-up, cross-floor work and technique, ending with choreography set to contemporary music.

**Jazz 1&2:** 4 to 6 years old, no experience necessary.

**Jazz 3:** 6 to 8 years old, no experience necessary.

**Jazz 4:** 8 to 10 years old, one year experience in Jazz or Ballet recommended.

**Jazz 5\*:** 10 to 12 years old, two years of experience in Jazz or Ballet recommended.

**Jazz 6\*:** 12 to 14 years old, five years of experience in Jazz recommended.

**Jazz 7&8\*:** 13 years old and up. Advanced Jazz Class, strong background in Jazz & Ballet is required.

**Jazz 9\*:** 15 years old and up. Advanced Jazz Class, strong background in Jazz & Ballet is required.

**Adult Jazz:** Adults. Little, some, or no experience in Jazz.

\* Jazz 5 through 9 must be taken twice per week and it is strongly advised that students take ballet class(es) in conjunction with these classes.

**Clothing For Jazz:** Fitted Dancewear, Flexible Runners (Jazz 1-3 only) otherwise Jazz Shoes: No Street Shoes. Hair must be tied back. No Jewelry.

### HIP HOP

Hip Hop is a high-energy dance form that draws from the contemporary and popular form of jazz dance, funk and street. The classes are broken down to include a warm-up, cross-floor work and technique, ending with choreography set to contemporary music.

**Hip Hop 1 & 2:** 5 to 7 years old, no experience necessary.

**Hip Hop 3:** 7 to 10 years old, minimum of two years of experience in dance.

**Hip Hop 4:** 10 to 13 years old, minimum of two years of experience in dance.

**Hip Hop 5:** 14 years old & up, minimum of three years of experience in dance.

**Clothing For Hip Hop:** Fitted Dancewear, Jazz Shoes or Flexible Runners: No Street Shoes. Hair must be tied back. No Jewelry.

### ACROBATICS

These classes will be focused on basic acrobatic movements and geared to improving flexibility and versatility.

**Acrobatics 1:** 5 to 7 years old, minimum one year of dance experience.

**Acrobatics 2:** 8 to 10 years old, minimum one year of dance experience.

**Acrobatics 3\*:** 11 to 13 years old, minimum three years of dance experience

**Acrobatics 4\*:** 13 years old & up, minimum four years of dance experience.

\* Acrobatics 3 and 4 must be taken twice per week

**Clothing for Acrobatics:** Fitted Dancewear. Bare Feet. Hair must be tied back. No Jewelry.

### LYRICAL

Lyrical is a jazz and ballet based dance form that expresses emotions that are directly inspired by the words and melody of a piece of music.

**Lyrical 1&2:** 7 to 10 years old, minimum one year of dance experience.

**Lyrical 3:** 10 to 12 years old, minimum two years of dance experience.

**Lyrical 4:** 13 years old & up, minimum three years of dance experience.

**Clothing for Lyrical:** Fitted Dancewear. Bare Feet. Hair must be tied back. No Jewelry.

## **BALLET**

Ballet has always been the foundation for most other forms of dance. Ballet gives the student an understanding of placement, posture and a sense of line and musicality. Ballet classes are based the Royal Academy of Dancing. Ballet One is designed for those students who are starting later with their ballet training or those who want a basic understanding of ballet.

**Primary Ballet:** 4 to 6 years old, little or no experience.

**Grade 1 Ballet:** 6 to 9 years old, one or two years of experience.

**Grade 2 Ballet:** 8 to 10 years old, completion of previous grade or equivalent.

**Grade 3&4 Ballet\*:** 9 to 11 years old, completion of previous grade or equivalent.

**Grade 5&6 Ballet\*:** 10 to 12 years old, completion of previous grade or equivalent.

**Grade 7 Ballet \*:** 12 years old & up, completion of previous grade or equivalent.

**Advanced 1&2 Ballet\*:** Senior level class, completion of Grade 7 Ballet.

**Pre-Pointe\*:** 9 to 13 years old, for students working at a Grade 2 or 3 level.

**Pointe 1\*:** 11 to 13 years old and up with the completion of Grade 3&4 Ballet.

**Pointe 2\*:** 14 years old and up with the completion of Grade 6 Ballet.

**(See Note On The Next Page Regarding Pointe And Pointe Shoes)**

**Ballet One:** 12 years old and up. Little or no experience in Ballet.

**Adult Ballet:** Adults. Little, some, or no experience in Ballet. Wear what you are comfortable moving in. Ignore the clothing requirements below.

\* Grade 3&4 though Advanced 1&2, as well as the Pointe Classes must be taken twice per week.

### **Clothing For Ballet - (Please see "Clothing For Classes" on pg 6 )**

#### **Choice 1**

##### **Pre-Primary & Primary Ballet**

- **Bodysuit:** Solid Coloured Pink Leotard (So Danca, Style #SL-09 #3 in light pink)
- **Tights:** White Ankle Socks
- **Shoes:** Soft Pink Leather ballet shoes (elastic to secure)
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

##### **Grade 1 - Grade 4 and PrePointe**

- **Bodysuit:** Solid Coloured Lilac Leotard (So Danca, Style #SL-10)
- **Tights:** Ballet Pink Capezio style #1815 or #1816
- **Shoes:** Properly. Fitted full-sole, leather ballet slippers
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

##### **Grade 5 through to Advanced 1 & 2**

- **Bodysuit:** Solid coloured Dusk Purple (So Danca, Style #SL-127)
- **Tights:** Ballet Pink Capezio style #1815 or #1816
- **Dance Shorts/Skirts:** Optional over Leotard - preferably matching the colour of the leotard
- **Shoes:** Properly. Fitted full-sole, leather ballet slippers
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

#### **Choice 2**

- **Clothing:** White fitted T-shirt
- **Legs:** Pre-Primary through Grade 2 Ballet: Black shorts and white socks. Grade 3 Ballet and up: Black footed or footless tights with white socks
- **Dance Belt:** Required beginning at age 11 or 12
- **Shoes:** Black leather ballet or canvas slippers, split-sole

**Warm - Up Wear:** Wrap Sweaters permitted at beginning of class. No baggy pants or sweatpants.

## **REGARDING POINTE AND POINTE SHOES**

**Please** if you have not been on pointe as of yet **DO NOT** go out and get a pair of pointe shoes (or convince one or more of your parents that “you must get some”).

The instructor will determine when a student is ready for pointe and help the student (and parents) with the fitting and choice of shoes. There are a number of factors that help determine whether or not a student is ready to be on pointe. These factors include strength, technique, experience and physical development.

- Students may choose whichever brand of pointe shoes fit them the best.
- Any width of elastic is allowed, but ribbons need to match tights.

## **MUSICAL THEATRE**

Musical Theatre combines the elements of song and dance. Students receive a proper vocal and physical warm-up, and then work on songs from both popular musicals and well-known hits, which are both challenging and fun.

**Musical Theatre 1:** 5 to 8 years old, no experience necessary.

**Musical Theatre 2:** 9 years old & up, one or two years of dance experience.

**Musical Theatre 3:** 10 years old & up, minimum of three years of experience in dance.

**Clothing For Musical Theatre:** Fitted Dancewear. Jazz Shoes or Flexible Runners: No Street Shoes. Hair must be tied back. No Jewelry.

## **TAP**

Tap combines the rhythms of footwork with the elements of other forms of dance. From the days of Gene Kelly to its present day revitalization through Sabian Glover and Riverdance, Tap has been with us for almost a century and focuses on the rhythms of the feet.

**Tap 1&2:** 4 to 6 years old, little or no experience.

**Tap 3:** 6 to 10 years old, completion of one year of Tap.

**Tap 4:** 11 years old & up, completion of three years of Tap.

**Tap 5:** 12 years old & up, completion of four years of Tap.

**Teen Tap:** 12 years old and up. Little or no experience in Tap.

**Adult Tap:** Adults. Little, some, or no experience in Tap.

**Clothing For Tap:**

- Adult Tap: Clothes. Tap Shoes.
- Fitted Dancewear - NO LOOSE SHIRTS, Hair must be tied back, No Jewelry.
- Shoes: Tap 1-3: Black Lace-Up Tap Shoes (no “single screw”, whatever style fits the best).
- Shoes: Tap 4 & 5: As they grow out of their old shoes we would like to see them in Jason Samuel or Capezio K543 - these are a heavier shoe.

## **CONTEMPORARY**

Contemporary Dance combines several genres of dance: modern, lyrical, jazz, and ballet. Focusing on floor work and improvisation, it asks dancers to be inspired by, feel, and move to the music.

**Contemporary:** 14 years old & up, minimum of three years of experience in dance.

**Clothing for Contemporary:** Fitted Dancewear. Bare Feet. Hair must be tied back. No Jewelry.

## **DATES TO REMEMBER**

### **2023**

- **Summer Office Hours:**
  - **June 18<sup>th</sup> - July 2<sup>nd</sup>:** STAGES will not have regular office hours.
  - **July 3<sup>rd</sup> - 28<sup>th</sup> (M-F):** 9:00am - 3:00pm (Closed 12:30-1:00pm).
  - **July 29<sup>th</sup> - Aug 6<sup>th</sup>:** STAGES will not have regular office hours.
  - **August 8<sup>th</sup> - September 1<sup>st</sup> (M-F):** 9:00am - 4:30pm (Closed 12:30-1:00pm).
  - **The office will be closed on weekends.**
- **July 3<sup>rd</sup> - 28<sup>th</sup> & August 8<sup>th</sup> - 18<sup>th</sup>**
  - **PRESCHOOL SUMMER DANCE CAMPS**  
(one week sessions for 3 - 5 year olds).
- **July 4<sup>th</sup> - 29<sup>th</sup> & August 8<sup>th</sup> - September 1<sup>st</sup>**
  - **YOUTH SUMMER DANCE CAMPS**  
(one week sessions for 6 - 12 year olds).
- **August 22<sup>nstd</sup> - September 2<sup>nd</sup>**
  - **STAGES 43<sup>rd</sup> ANNUAL SUMMER SCHOOL.**  
(9am - 4:00pm, Mon. - Fri. for 11 year olds & up).
- **September 1<sup>st</sup>** - Last Day To Apply For A Scholarship.
- **September 5<sup>th</sup>** - CLASSES BEGIN.
- **September 5<sup>th</sup>** - Company Auditions (6:30 – 8:00pm).
- **October 16<sup>th</sup> - 23<sup>rd</sup>** - Bring-A-Friend Week.
- **December 17<sup>th</sup>** - Fall Demonstration (subject to theatre availability).
- **December 18<sup>th</sup> - January 7<sup>th</sup>** - Winter Break, Studio Closed. (We will be in to pick up the mail and messages).

### **2024**

- **January 8<sup>th</sup>** - CLASSES BEGIN.
- **February 5<sup>th</sup> - 10<sup>th</sup>** - Bring-A-Friend Week.
- **June 15<sup>th</sup>** - RECITAL 2023 (subject to theatre availability) & Season End

### **NOTE THAT CLASSES DO NOT**

### **TAKE PLACE ON STATUTORY HOLIDAYS:**

National Day for Truth and Reconciliation: September 30<sup>th</sup>, 2023

Thanksgiving Day: October 9<sup>th</sup>, 2023

Remembrance Day: November 11<sup>th</sup>, 2023

Family Day: February 19<sup>th</sup>, 2024

Easter Weekend: March 29<sup>th</sup> - April 1<sup>st</sup>, 2024

Victoria Day: May 20, 2024

Also,

### **NOTE THAT CLASSES DO NOT TAKE PLACE THROUGH THE SECOND WEEK OF SPRING BREAK**

March 24<sup>th</sup> - April 1<sup>st</sup>, 2024