



STAGES

PERFORMING ARTS SCHOOL

Registration Manual & Guidelines 2026 / 2027 Season

STAGES Performing Arts School

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

Phone: 250-384-3267 Email: stagesdance@shaw.ca

NORMAL OFFICE HOURS

(through the school year)

Tuesdays – Friday 4:00 – 8:00pm

Saturdays 9:00 – 2:00pm

FOLLOW US ON LINE FOR IMPORTANT UPDATES

IG - [@stagesdance](https://www.instagram.com/stagesdance) for public posts and events

FB - [@Stages Performing Arts School](https://www.facebook.com/StagesPerformingArtsSchool) for public posts and events

FB – Stages Virtual World – Private Parent Portal – updates

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

Welcome to STAGES Performing Arts School! STAGES is celebrating its 47th year of operation and 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. We celebrate the individuality of each student: their uniqueness, their learning habits and creativity. STAGES is a Performing Arts School which offers integrated and diverse training in the performing arts. STAGES is a Performing Arts School that runs for 10 months from September – June. We closely follow the time frame of the public school system. Some coarse credits may apply.

STAGES is an internationally recognized Dance Company and Performing Arts School bringing together a teaching staff that are dance professionals in our community. Throughout their careers have worked professionally in our industry bringing that experience to the dance students and imparting their knowledge, love of dance and performing arts to our students. Accredited in Acrobatic Arts, Registered with The Royal Academy of Dance, Progressing Ballet Technique, Diploma in Dance teaching from the British Ballet Organization, professional careers working in film, television, stage and more. They bring a vast array of experience outside of the studio that they pass onto the students.

Through the training we offer it is our goal to promote confidence and a sense of pride and 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.

Throughout our years we are proud of our students who have gone onto a career in the performing arts, from dancers in Ballet Companies such as The Royal Winnipeg Ballet Company, to Directors, Choreographers, Stage Managers, Broadway Talent agents, Emmy Award Winners, Dancers who have started their own studios and dance companies. On Stage, Film and TV, STAGES has become synonymous with well trained, diverse talent and above all nice people who are community minded, respectful and have a love for the performing arts.

I would also like to recognize all the talented teachers, admin staff, parent volunteers and students for their perseverance, hard work and dedication to what we offer at STAGES. I cannot do this alone. From the amazing teaching family that has developed over the years; to the incredible parents who have stepped up to give their dancers all their love and support. Thank you for making each year a joyous celebration of dance. To our returning students and families: THANK YOU for your continued support through the years. To all the newcomers to STAGES, thank you for joining our school and I hope that we are able to satisfy your needs as a dance, 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.

GENERAL RULES OF CONDUCT

- Common courtesy and politeness are 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.
 - Dressing rooms must be kept neat and tidy at all times
 - Dance shoes should not 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

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 10 minutes before or after their class. STAGES will NOT 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

STAGES Performing Arts School is not a recreation program. STAGES is a Performing Arts School which offers integrated and diverse training in the performing arts that runs for 10 months from September–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.

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 within two weeks of the missed class. Please check with your teacher as to which class would work best in conjunction with the class or classes that were missed.

NO refunds or discounts are not given for missed classes.

COMMUNICATION

Monthly Newsletters are sent out to families “primary contact” email within the first week of the month. Newsletters are also posted on our website and on the STAGES Virtual Dance World Private Parent FB page. Newsletters will also be posted to our website, Stagesdance.com.

Please join STAGES Private Parent Facebook group, and our public social media accounts!

Private FB - @STAGES Virtual Dance World: We update this page regularly with information about holidays, class cancelations (snow days, etc.), recital notices, show runs, ticket information and more.

Public FB - @Stages Performing Arts School: This page is used for public posts and events. If you are looking to see STAGES in the community, this is a great place to stay up to date.

Public IG - @stagesdance: Don't have Facebook? We also have a public Instagram with updates on our community events.

Notices will be posted on our bulletin boards and throughout the studio in person as well!

Please talk with us! If you have any questions, comments, concerns, or suggestions please let us know. We have endeavored to maintain an “open door” policy at STAGES. We strive to provide a service that you want and like and only through your input can we continue to do so.

Feel free to talk to us, but please understand that 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.

INFORMATION PRIVACY

Email: We are collecting a “primary contact” email address for each student. 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 from us.

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. We never give out email addresses to any third-party companies. Your information stays with us exclusively.

THE VIEWING AREA

Studio One has a large one-way viewing window for guests to watch their student's dance! Studio Two has a smaller window from which you can see the majority of the room as well. Come and watch your dancer! They always appreciate the support. We ask that viewers **do not tap on the glass!** Distracting students from their class is a hindrance on the learning environment.

STAGES JUNIOR & SENIOR COMPANY

Students are auditioned the first Tuesday back in studio in September. Placement in STAGES JUNIOR OR SENIOR Dance Company is at the discretion of the Artistic Director and dance team. 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 both Jr & Sr Company Members and in hopes of ensuring that the Members are taking those classes which will allow them to develop better technique, strength, versatility, broaden their dance vocabulary 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** = \$350/mo. includes rehearsals and up to 7.5 hrs. of classes. Ages 12 and up
- **Junior Company** = \$300/mo. Includes rehearsal and up to 6.0 hrs. of classes. Ages 8-11

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.

Parent Volunteers: If you are interested in volunteering backstage during our recitals, please let us know! Den parents help back stage with our younger dancers. Assisting with costumes, hair, lining the dancers up backstage, helping get them on stage and off. Den parent safely escort their groups to the balcony and stay with their dancers until they are picked up at the end of the show. Den parents receive a ticket voucher for our recitals and are VITAL to the success of our shows.

DECEMBER 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. Younger classes will receive a specific, coloured-coded t-shirt ordered at a cost of \$15.

JUNE 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 or three 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. For the younger classes (10 & under) a coloured t-shirt will be assigned to each class - **\$15 T-Shirt fee is due at the time of registration** to be worn with items that they already have such as jazz pants, tights or leggings. Students keep their costumes

RECITAL: In preparation for the June Recital, we collect costume deposits of **\$95.00** per student, per class (**BUT NOT FOR THE ADULT CLASSES**). This deposit can be made payable on October 15th, and/or split up through October 30th. All Costume deposits must be paid in full by October 31st Please make the Costume Deposit payment separate from Class Fee or other payments.

Please note that this is a **DEPOSIT ONLY**. This deposit covers the initial cost of the costumes to our suppliers. Costumes have been affected by rising costs, in shipping, tariffs, taxes, exchange rates and brokerage fees etc.

Note that the costume deposit is non-refundable and are not refundable. Costume deposits are due in Full by October 15th. Students keep their costumes

Any outstanding costume balance will be collected later in the spring. Costumes will be distributed following spring break. All Outstanding balances must be paid before costumes can be released.

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

Class Photos and the Recital Video available via digital download.

The fee involved for this is \$65.00 per student, with a per-family maximum of \$130.00.

This fee is due upon registration. The Photo & Video fees are non-refundable after October 31st.

Once the photos and videos are ready, we will send you a code for your downloads. Our photographer and videographer strive to have their photos and videos uploaded no later than mid-July after the show.

FEE & PAYMENT STRUCTURE

REGISTERING, WITHDRAWALS & CHANGING CLASSES

- STAGES is a Performing Arts School which offers integrated and diverse training in the performing arts. You are registering in a performing arts school that runs for 10 months from September – June
- 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.
- Registration fees, Costume fees, Photography and video fees are non-refundable and non-transferable
- 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 (September – June) is due at the time of Registration and is **non-refundable**.
- From September through October we require **ONE FULL MONTH'S WRITTEN NOTICE**
- **No refunds are given after October 31st Written notice must be given on or before October 1st.**
- **After October 31st – it is expected that you remain with the studio for the dance year. September – June. Costume deposits, class fees, photo and video fees are non-refundable after October 31st**
- **There is a \$60.00 registration fee per family.** This fee is only collected one time per family, not per family member.
- 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.

WITHDRAWALS

- From September through October we require One full month's written notice
- Written Notice must be given on or before October 15th.
- NO REFUNDS are given after October 31st
- NO partial months fees will be refunded
- NO refunds given for ANY reason from November – June
- Please note: NO Exceptions for any reasons
- There is no change for switching classes (save for any class fee changes due to an increase or decreases in the hours of class time), but the office **MUST** be informed of this change

DROP-INS

If there is space available in the class, anyone wants to try out a class, there is a Drop-In Fee \$25.00 for .75 to 1hr class and a \$30 Drop in Fee for 1.5 or 2hr class. Drop-in fees are accepted by cash, cheque or e-transferred to stagesdance@shaw.ca. Drop-in fees will be applied to your \$60 registration fee should you join us for the year of class!

RETURNED CHEQUES

There is a **\$45.00** charge for all returned cheques - **NO EXCEPTIONS**.

NO DEBIT OR CREDIT CARD PAYMENT?

This has come up a number of times 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. STAGES accepts payments, cash, cheque or E-transfers to stagesdance@shaw.ca.

PAYMENT & STUDENT IDENTIFICATION

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

FEE STRUCTURE - All fees include applicable taxes.

Our fee structure is based on a per-hour-of-class-per-week format. You can match up the class hours per week with the respective row. The Option One Column is for those who elect to pay all fees at once. The Option two columns are for bi-monthly installments. The first column has the extra \$60 reg fee added on, which is your first payment, and the second column is the following payments without the reg fee added on.

Hours Per Week	Fee Per Month	OPTION ONE	OPTION TWO	
		Total Due For The Year 10 Months + Reg Fee	First Payment First Month + June+Reg Fee	And Four Payments Each at 2x Monthly Fee
0.75	\$55.00	\$610.00	\$170.00	\$110.00
1.00	\$75.00	\$810.00	\$210.00	\$150.00
1.25	\$92.00	\$980.00	\$244.00	\$184.00
1.50	\$108.00	\$1140.00	\$276.00	\$216.00
1.75	\$126.00	\$1320.00	\$312.00	\$252.00
2.00	\$148.00	\$1540.00	\$356.00	\$296.00
2.25	\$157.00	\$1630.00	\$374.00	\$314.00
2.50	\$168.00	\$1740.00	\$396.00	\$336.00
2.75	\$180.00	\$1860.00	\$420.00	\$360.00
3.00	\$189.00	\$1950.00	\$438.00	\$378.00
3.25	\$198.00	\$2040.00	\$456.00	\$396.00
3.50	\$205.00	\$2110.00	\$470.00	\$410.00
3.75	\$212.00	\$2180.00	\$484.00	\$424.00
4.00	\$219.00	\$2250.00	\$498.00	\$438.00
4.25	\$223.00	\$2290.00	\$506.00	\$446.00
4.50	\$231.00	\$2370.00	\$522.00	\$462.00
4.75	\$239.00	\$2450.00	\$538.00	\$478.00
5.00	\$245.00	\$2510.00	\$550.00	\$490.00
5.25	\$251.00	\$2570.00	\$562.00	\$502.00
5.50	\$256.00	\$2620.00	\$572.00	\$512.00
5.75	\$265.00	\$2710.00	\$590.00	\$530.00
6.00	\$272.00	\$2780.00	\$604.00	\$544.00
6.25	\$280.00	\$2860.00	\$620.00	\$560.00
6.50	\$285.00	\$2910.00	\$630.00	\$570.00
6.75	\$292.00	\$2980.00	\$644.00	\$584.00
7.00	\$299.00	\$3050.00	\$658.00	\$598.00
7.25	\$305.00	\$3110.00	\$670.00	\$610.00
7.50	\$313.00	\$3190.00	\$686.00	\$626.00
7.75	\$322.00	\$3280.00	\$704.00	\$644.00
8.00	\$332.00	\$3380.00	\$724.00	\$664.00
8.25	\$338.00	\$3340.00	\$736.00	\$676.00
8.50	\$344.00	\$3500.00	\$748.00	\$688.00
8.75	\$350.00	\$3560.00	\$760.00	\$700.00
9.00	\$356.00	\$3620.00	\$772.00	\$712.00
9.25	\$362.00	\$3680.00	\$784.00	\$724.00
9.50	\$368.00	\$3740.00	\$796.00	\$736.00
9.75	\$375.00	\$3810.00	\$810.00	\$750.00
10.00	\$380.00	\$3860.00	\$820.00	\$760.00
JR Company*	\$300.00	\$3060.00	\$660.00	\$600.00
SR Company*	\$350.00	\$3550.00	\$760.00	\$700.00

*Junior Company's \$300/month rate includes up to 6 hours of classes in its monthly cost. Senior Company's \$350/month rate includes up to 7.5 hours of class in its monthly cost. Additional fees will apply should your student take more hours of class alongside company.

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.

There are several factors that go into to class placement. We strive to place a student in a class that is the best fit for the individual. Factoring in their learning styles, goals and ambitions. Some factors that are a consideration is the dancer's emotional and physical maturity, confident with the work, are they anxious or need individual attention. Do they have a grasp of the syllabus, technique and how one holds their body. Is their body physically developing; strength, flexibility, posture, control, ankle and knee support, center and core strength, are they a quick study, do they pick up the work quickly and retain the work or do they need more time. Are they able to retain and apply corrections, is their sense of musicality and maturity developing and suited for the specific level. These are some of the factors that we consider when we look at placement.

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

The placement of students in class levels should **NEVER** be considered to be a "Pass or Fail" situation.

CLOTHING & HAIR 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 purchase the appropriate colour.** The most important item of clothing is footwear and we do realize that these expenses add up.

Please note, however, that we will always ask students to have their hair done up properly before joining us for class. While teachers can offer assistance with hair, this can cut into their class time. Teachers are not obligated to assist with hair, and we ask that both students and their parents know which hair styles are asked for. Most classes ask for either a pony tail, or a bun. Please familiarize yourself with how to make long hair into these styles.

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 OFFERED

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 & 7 : 12 to 14 years old, five years of experience in Jazz recommended.

Jazz 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, Jazz shoes or Flexible Runners for 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 2 , 3 & 4 must be taken twice per week and in conjunction with a jazz or ballet class

Clothing for Acrobatics: Fitted Dancewear, leotard, leggings below the knee, **NO T-Shirts**, Bare Feet. Hair must be tied back. No Jewelry.

Acrobatics levels 2 – 4 must be taken twice a week and in conjunction with a jazz or ballet class. Acrobatics 4 is our performance group. Participants must be open and available to additional performances outside of class time such as evening performances during our run at Galey Farms.

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: 7 to 8 years old, one or two years of experience.

Grade 2 Ballet: 9 to 10 years old, completion of previous grade or equivalent.

Grade 3&4 Ballet*: 10 to 11 years old, completion of previous grade or equivalent.

Grade 5&6 Ballet*: 12 to 13 years old, completion of previous grade or equivalent.

Grade 7 Ballet *: 14 years old & up, completion of previous grade or equivalent.

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

Pre-Pointe*: 10 to 11 years old, for students working at a Grade 2 or 3 level.

Pointe 1*: 12 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.

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.

- With the advice of the teacher and/or a reliable pointe shoe fitter students may choose whichever brand of pointe shoes fit them the best.
- Any width of elastic is allowed, but ribbons need to match tight

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 - 11 years old & up, one or two years of dance experience.

Musical Theatre 3: 12 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: 4 to 6 years old, little or no experience.

Tap 2: 6 to 7 years old, completion of one year of Tap.

Tap 3: 7 to 10 years old, completion of two 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: 13 years old and up. Little or no experience in Tap.

Adult Tap: Adults. Little to 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. Students enrolled in this class must also be enrolled in Jazz 9.

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

DATES TO REMEMBER

2026

- **Summer Office Hours:**
 - **June 14th - July 5th:** STAGES will not have regular office hours.
 - **July 6th – 31st Monday - Friday:** 9:00am - 4:00pm.
 - **August 1st - Aug 9th:** STAGES will be closed.
 - **August 10th - September 6th Monday - Friday:** 9:00am - 4:00pm.
 - **The office will be closed on weekends.**
- **September 8th** - CLASSES BEGIN.
- **September 8th** - Junior and Senior Company Auditions (6:30 – 8:00pm).
- **December 13th** - Fall Demonstration (exact date subject to theatre availability).
- **December 14th - January 3rd** - Winter Break, Studio Closed.

2027

- **January 4th** - CLASSES BEGIN.
- **June 12th** - 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 30th, 2026

Thanksgiving Day: October 12th, 2026

Remembrance Day: November 11th, 2026

Family Day: February 15th, 2027

Easter Weekend: March 26th– March 29th 2027,

Victoria Day: May 24, 2027

**NOTE THAT CLASSES DO NOT TAKE PLACE
THROUGH SPRING BREAK**

March 14th – into Easter Monday March 29th

Studio reopens on Tuesday March 30th