



2022-23 Handbook



# VSB 2022-23 Handbook

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Dance is the joy of  
movement and the  
heart of life.

-unknown

# Welcome to VSB 2022-23 Performance Season

This season brings with it a big and exciting change for VSB. After many years of renting multiple spaces, we are moving into a space all our own, located on main street at 5121-50 St! This building is a clean slate into which we can grow together. We are excited to make new memories with our dancers.

Our 2022-23 season will see returning staff members we know and love. Miss Acadia, Miss Madi, Miss, Lisa and myself (Miss Laura) are all returning to grow our VSB family.

This season we will not be using the Remind App to communicate. Instead we will be using email to communicate last minute cancellations as well as regular updates. We do cancel classes from time to time due to illness or unsafe conditions, it is up to each family to ensure that their contact information is up to date and that they take measures to ensure that no urgent information is missed. Please use the Parent Portal to update your contact information.

Please use your VSB Handbook as a guide for the season. It contains information regarding billing and payment, communication, schedules, class descriptions, and our seasonal calendar, important contact information. Additionally, as dates and times may change throughout the year, our website is updated regularly with the newest information, and the Parent Portal Calendar will be a great asset as well.

Once again, we have the wonderful Leann Strilchuk on board for Accounts and Payables. Questions regarding billing and payments can be made directly to Leann at [vegrevilleballetoffice@gmail.com](mailto:vegrevilleballetoffice@gmail.com). Please keep in mind that Leann is not working on our accounts full-time, and she will get back to you as soon as possible.

Any other questions can be directed to me at [vegrevilleballet@gmail.com](mailto:vegrevilleballet@gmail.com). I do have time restraints as a mother and full-time student, but will reply as soon as possible. Please keep in mind that I am unable to answer phone calls while teaching classes, or while in my college classes, but if you wish to speak to me directly, we can arrange a time that works for both of us.

We are very excited to start a new season with our VSB family.

Miss Laura & Staff

# Billing & Payment

Our tuition fees have been updated this year and are now based on weekly hours accumulated by each dancer on a 28-week season. Tuition has been divided into 8 equal payments that will be billed monthly to your account on the 1st from October 2022- May 2023. Your monthly payment amount and your \$50 Registration fees will be billed to your account when you enroll through our online portal.

These are due on your first day of class:

- 1) \$50 Registration Fee.
  - 2) 8 Post-dated Tuition Cheques dated for the 1st of the month from October 2022-May 2023
- OR  
pay via e-transfer to [vegrevilleballet@gmail.com](mailto:vegrevilleballet@gmail.com).

Families who prefer to pay in full will receive a 10% discount, as always. These parents will need to contact Leann at [vegrevilleballetoffice@gmail.com](mailto:vegrevilleballetoffice@gmail.com) for your total and so that she can make the necessary adjustments to your account. Please note that it may take some days for her to get back to you.

Payments can also be made via e-transfer to [vegrevilleballet@gmail.com](mailto:vegrevilleballet@gmail.com)

Late fees of 5% on balance owing after 30 days. All fees include GST.

## Use the table below to determine your fees:

Hours	Monthly Deposit	Hours	Monthly Deposit	Hours	Monthly Deposit
		2.25	117.00	4.25	200.00
0.5	35.00	2.5	130.00	4.5	207.00
0.75	45.00	2.75	140.00	4.75	218.00
1	60.00	3	150.00	5	225.00
1.25	75.00	3.25	160.00	5.25	231.00
1.5	87.00	3.5	168.00	5.5	242.00
1.75	98.00	3.75	180.00	5.75	248.00
2	108.00	4	188.00	6	250.00

COSTUME FEES - \$65 for Little Minis - \$90 for all other Performance Classes - due October 15th

FESTIVAL FEES - \$120 for each Performance Class (not Little Minis) - due November 15th

All regular Festival Classes will be attending 3 festivals in the spring. Each dancer will be charged \$120/class. Costume Fees are non-refundable. Festival Fees are non-refundable.

Any billing questions should be sent to Leann at [vegrevilleballetoffice@gmail.com](mailto:vegrevilleballetoffice@gmail.com)

# Communication

As indicated in the introduction, we will no longer be using the Remind App for communication. Instead we will be using email to communicate last minute cancellations. As we do cancel classes from time to time due to illness or unsafe conditions, it is up to each family to ensure that their contact information is up to date and that they take measures to ensure no urgent information is missed. Please use the Parent Portal to update your contact information.

We will be updating our Social Media with information as well. Please follow us at:

Facebook: Vegreville School of Ballet  
Instagram: vegrevilleballet  
Twitter: @VegBallet  
Website: [www.vegrevilleschoolofballet.com](http://www.vegrevilleschoolofballet.com)  
Email: Miss Laura - [vegrevilleballet@gmail.com](mailto:vegrevilleballet@gmail.com)  
Leann (Accounts) - [vegrevilleballetoffice@gmail.com](mailto:vegrevilleballetoffice@gmail.com)

Parent Portal:



## Parent Portal

Our Parent Portal allows you access your account, view your billing, update contact information, view class schedules and more. You can even access emails sent to you from VSB! Use the QR code above to access your account through the Parent Portal. Please allow 10 business days to process payments and changes to your account.

## VSB Parent Association

Years ago, VSB was run solely by our Parent Association. Now, the everyday running of things is done by Miss Laura, but the VSB Parent Association still plays a vital roll in our studio. They provide funding for photos, rehearsals and performances, allowing VSB to keep your costs down while still providing optimal programming. If you are looking for a way to get involved in our community and/or have great ideas that you would like to see come to light, please consider volunteering with our Parent Association. There will be an AGM in the Fall - please watch for more information.

## Dance-Wear & Costume Swap

We are planning an event for families to sell/trade/rent used dance-wear and shoes as well as costumes (great for solos and duets). This event will take place early in the fall and will be announced as soon as we have firm dates. There is also a Facebook Group called Vegreville Dance Buy and Sell where you are able to post what you are selling and/or in search of. This is a great way to access used items year round.

# Class Etiquette

## Behavior

We realize that our dancers enjoy the social aspect of their dance classes. It can be a great way to spend time with old friends and make new friends. That being said, the studio is a place to of learning and as such, dancers need to behave accordingly. Dancers are expected to work hard in class and be respectful to their teachers as well as fellow classmates. We appreciate the help of all parents (especially those of our younger dancers) in reminding their children of what is expected in the classroom as well as the lobby before and after class.

## Attendance

As with any forum for learning, absence from a dance class will result in missed opportunities to improve on known material as well as not learning new steps and choreography. Prolonged or regular absence can result in a student falling behind in his/her progress and no longer being able to keep-up with his/her classmates. For this reason more than three unexcused absences may prevent a dancer from attending performances, including festivals and the year-end recital. Please be diligent in your attendance and communications with your instructor.

Similarly, students who are habitually late for classes will find that they are slipping behind the progress made by the rest of their classmates. This may also prevent dancers from competing with their class, so please continue to be diligent in getting to class on time.

On occasion, tardiness is unavoidable. When you find yourself in this situation, please be polite when entering the class in progress and do your best to join in without causing a distraction. You may find it better to get ready (hair up, shoes on, etc.) prior to entering the studio.

Should a dancer be absent or late for class for any reason, that dancer (or parent) is expected to notify their instructor(s).

## Dance -Bag Essentials

In addition to being on time each week, dancers who are prepared for class are going to be able to work harder and achieve more in class. A great way to help your dancer be prepared for every class is to put together a dance bag. It doesn't have to be fancy, but it really can make a huge difference for dancers, especially those studying multiple genres. Here is a list of items that are great to have on hand:

- Hair brush
- Comb
- Hair elastics
- Hair Pins
- Bun form
- Hair spray
- Deodorant
- Lip balm
- Feminine Hygiene items
- Simple sewing kit
- Safety pins
- Extra tights
- Granola bar
- Band-Aids
- Liquid Band-Aid
- Breath mints
- Water bottle
- Hand sanitizer
- Thera-band
- Legwarmers
- Pen and notebook

Don't forget your dance shoes and extra tights/socks!



# VSB Dress Requirements

Our dress requirements are designed to both prevent injury and assist the teachers in improving the technique of the dancers. It is important that all dancers arrive ready to dance, with hair up (bun for ballet, bangs back for all disciplines) and appropriate clothing and footwear. Only small stud earrings are acceptable for class, no other jewelry is permitted. A fitted sweater and fitted legwarmers are suggested for warm-up. Sweat Pants are great for a cover-up to and from class on colder days, but should be removed when class starts.

## Little Minis

### Girls:

Bodysuit: black  
Mondor tights in ballerina pink  
Bloch Bunny Hop Ballet slippers - pink  
Capezio "Tyette" Tap shoe in Tan Bloch tights in Light Tan

### Boys:

Bloch Dancesoft leather ballet slippers in Black  
Black Socks  
Black Dance Shorts  
White t-Shirt  
Capezio "Tapster" in Black

## Little Minis Hip Hop

Leggings, shorts or sweats  
Clean indoor only running shoes

## Ballet

### Girls:

Black bodysuit – Any Style (exams Capezio CC202 in Black)  
Optional: Black sheer ballet wrap skirt or bike-shorts  
Mondor convertible tights in ballerina pink  
Ballet 1-3 - Bloch Dancesoft leather ballet slippers  
Ballet 4-5 - Sansha Pro canvas split-sole slipper in pink

### Boys

Bloch Dancesoft leather ballet slippers in Black  
Black Dance Shorts  
White t-Shirt  
Black Socks

## Tap

### Girls:

Short black shorts or leggings - no long pants.  
Black fitted tank top  
Bloch, convertible tights in Light Tan  
Tap 1 – Bloch "Tap On" Tap shoe in Tan  
(style #SO 302 with a ½" heel)  
Tap 2 – Please wait for instructions from your teacher.

### Boys:

Black Shorts  
White T-shirt  
Black Socks Bloch  
"Jazz Tap" shoes in Black

## Jazz, Lyrical and Stretch & Tech

### Girls:

Black, fitted bike-shorts or leggings  
Black fitted tank top  
Bloch, convertible tights in  
Light Tan Bloch, Elastabootie jazz oxfords in Tan

### Boys:

Black Shorts  
White T-shirt  
Black socks  
Bloch, Elastabootie jazz oxfords in Black

## Hip Hop

Non-marking running shoes (white unless otherwise directed by teacher) and T-shirt, leggings or sweat pants. No jeans!

## Acro Dance

### Girls:

Black, fitted short-shorts or leggings  
Black tank-style bodysuit

### Boys:

Black Shorts  
White T-shirt - tucked in

2 Yoga Blocks.

Absolutely NO JEWELRY is permitted in Acro Dance classes.

Hair must be pulled back and held tight against head (ie french braid).

For the dancer's safety, dancers who are not dressed or groomed appropriately will not participate in class.

# 2022-23 Performance Season Schedule

	<b>Monday</b> Miss Laura	<b>Tuesday</b> Miss Laura	<b>Wednesday</b> Miss Acadia/Miss Madi	<b>Thursday</b> Miss Lisa
4:00	<b>Acro 1</b>	<b>Ballet 1-2</b>	<b>Jazz 1 (Acadia)</b>	<b>Jazz 3</b>
4:15	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45
4:30	Beginner-1 year Exp. 45 minutes	45 minutes	45 minutes	45 minutes
4:45	<b>Acro 3</b>	<b>Little Mini 3-4</b>	<b>Little Mini Hip Hop (Acadia)</b>	<b>Tap 1</b>
5:00	4:45-5:45	4:45-5:15 30 minutes	4:45-5:15 30 minutes	4:45-5:15 30 minutes
5:15	3-4 Years Experience/11+years	<b>Little Mini 5</b>	<b>Jazz 2 (Acadia)</b>	<b>Tap 2</b>
5:30	60 minutes	5:15-5:45 30 minutes	5:15-6:00	5:15-6:15
5:45	<b>Acro 2</b>	<b>Lyrical 1</b>	45 minutes	60 minutes
6:00	5:45-6:45	5:45-6:30	<b>Hip Hop 1 (Madi)</b>	<b>Lyrical 2</b>
6:15	2+ Years Experience	45 min	6:00-6:45	6:15-7:00
6:30	60 minutes	<b>Ballet 3-4</b>	45 minutes	45 minutes
6:45	<b>Acro Choreo *</b>	6:30-7:15	<b>Hip Hop 2 (Madi)</b>	<b>Jazz Tech &amp; Stretch</b>
7:00	6:45-7:30	45 minutes	6:45-7:30	7:00-8:00
7:15	45 minutes	<b>Ballet 3-4 Choreo</b>	45 minutes	60 minutes
7:30	<b>Ballet 5</b>	7:15-7:45 30 minutes	<b>Hip Hop 3 (Madi)</b>	<b>Jazz 4 Choreo</b>
7:45	7:30-8:30	<b>Ballet 4 Pointe</b>	7:30-8:15	8:00-9:00
8:00	60 minutes	7:45-8:15 30 minutes	45 minutes	60 minutes
8:15	<b>Ballet 5 Pointe &amp; Choreo *</b>	<b>Stretch &amp; Strength</b>	<b>Hip Hop 4 (Madi)</b>	
8:30	8:30-9:15	8:15-9:00	8:15-9:15	
8:45	45 minutes	45 minutes	60 minutes	
9:00				
9:15				
9:30				
	<b>Festival (3)</b>	<b>Recital only</b>	<b>Tech only</b>	

Subject to change & all classes are based on minimum enrollment.

## Solos, Duets & Extra Choreography

Dancers who are interested in pursuing a solo or duet can arrange this through their teacher. All arrangements for extra choreography are strictly at the teacher's discretion. Dancers must be enrolled in at least one Choreography class at VSB and must register their solo or duet with Miss Laura in order to be included in Festivals and our Solo Show in May.

Solos and duets can order costumes through VSB for a fee (dependent on the costume chosen), but can make arrangements privately to rent/borrow or purchase elsewhere. It is the responsibility of the parents to ensure costumes are ready on time. If ordering through VSB, orders must be placed with Miss Laura by November 1st.

Festival fees will be billed to registered solos and duets in November. Only those whose fees are paid will be entered into festivals.

Please watch for more information to be coming in October.

# Genres, Levels & Prerequisites

## Acro

Our Acro classes are technique only classes. There will not be a routine learned and performed in this class, but instead dancers work toward goals, learning tricks and building strength and flexibility. There is an option to learn and perform a routine in the Acro Choreo class.

Acro 1 - Grade 1+ with 0-2 years of experience in Acro.

Acro 2 - Grade 3+ with 2-4 years experience in Acro.

Acro 3 - Grade 6+ with 4 or more years of experience in Acro.

Acro Choreo - Grades 3+ and must be enrolled in Acro 2 or 3. Stretch and Strength, Jazz and Ballet are recommended.

## Jazz

In our jazz classes, dancers will learn a routine to be performed in festivals and our Spring Recital.

Jazz 1 - Grade 1-2

Jazz 2 - Grade 3-4

Jazz 3 - Grade 5-7

Jazz 4 - Grade 8+. and must enroll in Jazz Tech with Stretch & Strength Recommended

## Lyrical

In our Lyrical classes dancers will learn a routine to be performed at Festivals and in the Spring Recital. Lyrical dance is complex and difficult to master. As such there are prerequisites for this class.

Lyrical 1 - Grade 5-7 - dancers must be enrolled in Ballet Tech as well as Stretch & Strength and either Acro or Jazz.

Lyrical 2 - Grade 8+ - dancers must be enrolled in 2 of Ballet Tech Jazz Tech or Stretch & Strength and Jazz .

## Tap

In our Tap classes dancers will learn a routine to be performed at festivals and our Spring Recital.

Tap 1 - Grade 1+ No Experience necessary

Tap 2 - Grade 8+, 4+ years experience

## Ballet

Our Ballet classes are designed to maximize technical instruction for everyone. For dancers who want the technical training but do not want to participate in ballet on stage, we have separated our older classes into technique classes and choreography classes.

Ballet 1-2 - Grade 1-5 - will learn a routine for Festivals and Spring Recital.

Ballet 3-4 - Grade 6+ - this is a technique only class.

Ballet 3-4 Choreo Grade 6+ - must be enrolled in Ballet 3-4 and have 4+ years experience.

Ballet 4 Pointe - Grade 7+ - must be enrolled in Ballet 3-4 and Stretch & Strength and completed Pre-Pointe last season

Ballet 5 - this is a technique only class.

Ballet 5 Choreo & Pointe - this is by instructor approval only. Must have been in Pointe last season and enrollers in Ballet 5 and Stretch & Strength and/or Jazz Tech.

## Hip Hop

Our Hip Hop classes will be learning a routine to be performed at festivals and our Spring Recital. There are no prerequisites for Hip Hop dancers.

Hip Hop 1 - Grade 1-2

Hip Hop 2 Grade 3-4

Hip Hop 3 - Grade 5-7

Hip Hop 4 - Grade 8+

We strongly recommend all dancers study ballet - it is fundamental to all dance training available at VSB.

# VSB 2022-23 Performance Season Calendar

September 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2023						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2023						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- September 1 Registration Begins
- September 26-29 1<sup>st</sup> week of Regular Classes
- October 10 Thanksgiving – No Regular Classes
- November 8-10 Fall Break – No Regular Classes
- December 18 Tinsel & Tutus
- December 16 January 8 – Winter Break – No Regular Classes
- January 9 Classes Resume
- March 24 April 2 – Spring Break – No Regular Classes
- March/April TBD Festival #3 TBA
- April 7-7 Starstruck Festival (optional for solos, etc.)
- April 20-23 VIVID Dance Festival
- May 3-7 Evergreen Dance Festival
- May 12 Recital Rehearsal
- May 13 Spring Recital

# Little Minis

Our Little Minis programs are designed to nurture and promote the growth and development of your young child. In addition to socializing and making friendships that can last a lifetime, your child will learn to take direction, work with others, practice many fine motor as well as gross motor skills that are developmentally appropriate, all while using imagination and growing in self confidence.

## Little Minis 3-4

This 30 minute class is designed for our pre-k dancers who will be at least 3 years old by December 31st. Dancers in this class will practice ballet, creative movement, and tap.

## Little Minis 5

This 30 minute class is designed for dancers who are also in kindergarten and will be at least 5 years old by December 31st. Dancers will practice ballet, creative movement, acro, jazz and tap

## Little Mini Hip Hop

This 30 minute class is geared for dancers who will be at least 4 years old by December 31st. This is a great class for kids who like to get moving to great tunes.

All of our Little Mini classes will participate in our Tinsel & Tutus Winter Performance as well as our Spring Recital.

## Important Dates for Little Minis:

September 27th - First Day of Class - Ballet/Creative Movement Session Begins  
November 8th - Fall Break - No classes  
November 15th - Tap begins for Little Mini 5, Little Mini 3-4 resumes Ballet  
December 18th - Tinsel & Tutus Winter Preschool Performance - Winter Break Begins  
January 10th - Classes Resume - Ballet/Creative Movement for 3-4's and Acro for 5's  
February 7th - Tap Begins for Little Mini 3-4's  
March 7th - Jazz Begins for Little Mini 5's  
March TBA - Pictures  
May 12th - Recital Rehearsal  
May 13th - Spring Recital

