

2022-23 Performance Season Schedule

	Monday Miss Laura	Tuesday Miss Laura	Wednesday Miss Acadia/Miss Madi	Thursday Miss Lisa
4:00	Acro 1	Ballet 1-2	Jazz 1 (Acadia)	Jazz 3
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	Acro 3	Little Mini 3-4	Little Mini Hip Hop (Acadia)	Tap 1
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	Little Mini 5	Jazz 2 (Acadia)	Tap 2
5:30	60 minutes	5:15-5:45 30 minutes	5:15-6:00	5:15-6:15
5:45	Acro 2	Lyrical 1	45 minutes	60 minutes
6:00	5:45-6:45	5:45-6:30	Hip Hop 1 (Madi)	Lyrical 2
6:15	2+ Years Experience	45 min	6:00-6:45	6:15-7:00
6:30	60 minutes	Ballet 3-4	45 minutes	45 minutes
6:45	Acro Choreo *	6:30-7:15	Hip Hop 2 (Madi)	Jazz Tech & Stretch
7:00	6:45-7:30	45 minutes	6:45-7:30	7:00-8:00
7:15	45 minutes	Ballet 3-4 Choreo	45 minutes	60 minutes
7:30	Ballet 5	7:15-7:45 30 minutes	Hip Hop 3 (Madi)	Jazz 4 Choreo
7:45	7:30-8:30	Ballet 4 Pointe	7:30-8:15	8:00-9:00
8:00	60 minutes	7:45-8:15 30 minutes	45 minutes	60 minutes
8:15	Ballet 5 Pointe & Choreo *	Stretch & Strength	Hip Hop 4 (Madi)	
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				

Festival (3)	Recital only	Tech only
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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.