

Performance Season Schedule

Subject to change & all classes are based on minimum enrollment
Please visit our website for the most up-to-date version.

VSB Schedule 2024-25				
Updated September 1, 2024				
	Monday	Tuesday	Wednesday	Thursday
	Miss Abbe	Miss Laura	Miss Pauline & Miss Jorja	Miss Lauren
3:45				
4:00	Jazz 1	Acro Choreo 1	Jazz 2	Hip Hop 3
4:15	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45
4:30	45 minutes	45 minutes	45 minutes	45 minutes
4:45	Little Mini 5 (Sessional)	Little Mini 3-4 (Sessional)	Intro to Acro (Sessional)	Musical Theatre
5:00	4:45-5:15	4:45-5:15	4:45-5:30	4:45-5:30
5:15	30 minutes	30 minutes	45 minutes	45 minutes
5:30	Acro 2	Ballet 3 (Tech)	Ballet 1-2	Hip Hop 4
5:45	5:15-6:00	5:15-6:00	5:30-6:15	5:30-6:15
6:00	45 minutes	45 minutes	45 minutes	45 minutes
6:15	Acro 3	Modern	Hip Hop 1	Jazz 3
6:30	6:00-7:00	6:00-6:45	6:15-6:45	6:15-7:00
6:45	60 minutes	45 minutes	30 minutes	45 minutes
7:00	Acro 4 (Abbe & Laura)	Acro Choreo 2	Hip Hop 2	Ballet 3-5 Choreo
7:15	7:00-8:00	6:45-7:30	6:45-7:30	7:00-7:45
7:30	60 minutes	45 minutes	45 minutes	45 minutes
7:45	Acro 5 (Abbe & Laura)	Ballet 4-5 (Tech 1)	Lyrical	Stretch & Strength
8:00	8:00-9:00	7:30-8:30	7:30-8:15	7:45-8:30
8:15	60 minutes	60 minutes	45 minutes	45 minutes
8:30		Ballet 4 Pre-Pointe	Ballet 4-5 (Tech 2)	Jazz 4
8:45	60 minutes	8:30-9:00	8:15-9:00	8:30-9:15
9:00		Ballet 5 Pointe		45 minutes
9:15		9:00-9:30		
9:30				
	Festival (3)	Recital only	Tech only	

Genres, Levels & Prerequisites

Acro Tech

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, Enrollment in these classes is determined by skill level first and age second. If you have questions regarding placement, please reach out to Miss Laura via email at vegrevilleballet@gmail.com.

Intro to Acro - Grade 1+ with limited or no experience in Acro. This class runs in 13 week sessions, at the end of which dancers can be integrated into the higher levels at the discretion of the teachers.

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

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

Acro 4 - Grade 5+ with 4 or more years of experience in Acro.

Acro 5 - This class is for our most advanced Acro dancers - teacher & director approval is required.

Acro Choreo

In our Acro Choreo classes, dancers will learn a routine to be performed in Festivals and our Spring Recital.

Acro Choreo 1 - Grades 2+ and must be enrolled in Acro 2 or 3. Jazz and Ballet are recommended.

Acro Choreo 2 - Must be enrolled in Acro Tech 4 or 5 AND at least one of: Stretch and Strength, Jazz or Ballet.

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 1-4 - will learn a routine for Festivals and Spring Recital.

Ballet 3 - Grade 5-6 - this is a technique only class.

Ballet 4-5 - Grade 7+ - this is a technique only class.

Ballet 3-5 Choreo Grade 5+ - must be enrolled in Ballet Tech.

Ballet 4 Pre-Pointe - Grade 7+ - must be enrolled in Ballet 4-5 (Tech 1) & Ballet 4-5 (Tech 2). and with teacher approval.

Ballet 5 Pointe - Grade 8+ - must be enrolled in Ballet 4-5 (Tech 1) & Ballet 4-5 (Tech 2). and completed Pre-Pointe.

Jazz

In our jazz classes, dancers will work on technique and 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 5-6, enrollment in Stretch & Strength is recommended.

Jazz 4 - Grade 7+, enrollment in Stretch & Strength is recommended

Musical Theatre

In Musical Theatre, dancers will learn a routine to be performed at Festivals and in the Spring Recital. Dancers are required to take Jazz. Grade 3+.

Modern

Our Modern class will teach dancers the techniques of Modern dance. They will learn a routine to be performed at Festivals and in the Spring Recital. There are no prerequisites for Modern. Grade 5+.

Lyrical

In our Lyrical class 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 - Grade 6+ or teacher & director approval - dancers must be enrolled in Ballet Tech as well as either Acro or Jazz. Stretch & Strength is recommended.

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 5-6

Hip Hop 4 - Grade 7+

Stretch & Strength

In this class, dancers will learn body-awareness as they work on improving strength and flexibility and learn basic technique. There are no prerequisites for this class. Grade 5+ or teacher recommendation.

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