



Parent Handbook
2023-24

VSB 2023-24 Handbook

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

-unknown

Welcome to VSB 2023-24 Performance Season

We are very excited to see our dancers in the studio and get back to dance.

Our 2023-24 season will see returning staff members we know and love. Miss Acadia, and Miss Laura. Miss Abbe is joining the team of VSB teachers after much anticipation and training. We are also welcoming Miss Jorja Taylor who has trained with Miss Laura in Tofield for many years, and Miss Clarissa Strickland from Bruderheim. And finally, we are welcoming a new member of our Admin Team - Miss Sarah Wormsbecker, who will be taking over accounts.

This season, we will be using email to communicate last minute cancellations as well as regular updates and newsletters. We do cancel classes from time to time due to staff illness or unsafe driving 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.

As mentioned, Sarah is handling Accounts and Payables. Questions regarding billing and payments can be made directly to Sarah at vegrevilleballetoffice@gmail.com. Please keep in mind that Sarah is not working on our accounts full-time, and she will get back to you as soon as possible, though it may take some days.

Any other questions can be directed to me at vegrevilleballet@gmail.com. I do have time restraints, but will reply as soon as possible. Please keep in mind that I am unable to answer phone calls while teaching classes, but if you wish to speak to me directly, please email me so 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 & Pricing

Full Season Pricing

Our tuition fees are 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. **Your first monthly payment amount plus your \$50 Registration fees** will be billed to your account when you enroll through our online portal and **due immediately**. The remaining 7 payments will be billed on the 1st of the month October 2023 - April 2024, due upon receipt.

Following fees are due upon registration:

1. \$50 Registration Fee.
2. Monthly Fee for September
3. 7 Post-dated Tuition Cheques dated for the 1st of the month from October 2023-April 2024
OR
pay via etransfer to vegrevilleballet@gmail.com.

Families who prefer to pay in full will receive a 10% discount, as always. These parents will need to contact Sarah at 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. Withdrawals will incur a \$30 processing fee.

Late fees of 5% on balance owing after 10 days. All fees include GST.

Use the table below to determine your fees:

Family Hours	Monthly Payment Amount	Family Hours	Monthly Payment Amount	Family Hours	Monthly Payment Amount
		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	258.00

Acro Tech Classes (levels 2-5) - Because classes will be missed due to 2 Monday holidays this season, we will be giving a 50% discount on the April tuition installment.

COSTUME FEES - \$100 for Performance Classes – due October 15th

FESTIVAL FEES - \$135 for each Performance Class - due November 15th

All regular Performance Classes will be attending 3 festivals in the spring. Each dancer will be charged \$135/class.

Costume Fees are non-refundable. Festival Fees are non-refundable.

Sessional Pricing

Little Mini - 30 minute weekly classes for 6 weeks - **\$75**

(September 19th - October 24th and November 7th - December 6th)

Little Mini - 30 minute weekly classes for 8 weeks - **\$100**

(January 9th - February 27th and March 5th - April 30th)

Intro to Acro - 45 minute weekly classes for 12 weeks - **\$180**

All fees include GST.

Families are required to pay in full when they sign up for a Sessional Class.

If Little Minis families sign up for the Full Season, Full Season Pricing applies, see above.

These parents will need to contact Sarah at 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.

Pay via e-transfer to vegrevilleballet@gmail.com or by cheque

COSTUME FEES - \$75 for Little Minis due March 5th

Costume Fees are non-refundable.

NO FESTIVALS for sessional classes

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
Email: Miss Laura - vegrevilleballet@gmail.com
Sarah (Accounts) - 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 ReWear Sale

We are planning an event for families to sell and buy used dance-wear and shoes as well as costumes (great for solos and duets). This event will take place Saturday, September 9th. A portion of all sales will go toward new mirrors for the studio!

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.

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

See page 13

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 1-2 - Bloch Dancesoft leather ballet slippers
Ballet 3-4 - Sansha Pro canvas split-sole slipper in pink

Boys

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

Jazz, Lyrical, Musical Theatre 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, clean indoor 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.

Recommended Sources

VSB ReWear Sale - September 9th at the studio

Purchase and sell used dancewear, shoes and more. Proceeds are being put toward new mirrors for the studio.

And All That Jazz - Sherwood Park - 780-416-2017

<https://andallthatjazz.ca/>

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!



2023-2024 Calendar

SEPTEMBER

S	M	T	W	T	F	S
					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

S	M	T	W	T	F	S
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

S	M	T	W	T	F	S
			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

S	M	T	W	T	F	S
					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

S	M	T	W	T	F	S
	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

S	M	T	W	T	F	S
				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		

MARCH

S	M	T	W	T	F	S
					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

S	M	T	W	T	F	S
	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

S	M	T	W	T	F	S
			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 7 - Town Registration Night
 September 9 - Dance Re-Wear Sale
 September 11 - Class Assistant Night
 October 9 - Thanksgiving - No Classes
 October 31 - Halloween - No Classes
 December 17 - Tinsel & Tutus
 December 18 - Winter Break Begins
 January 8 - Regular Classes Resume
 February 19 - Family Day - No Classes
 March 9 - Festival Dress Rehearsal
 March 22-23 - Picture Days

March 25 - Spring Break Begins
 April 1 - Easter Monday - No Classes
 April 12-14 - Starstruck Festival (Vermillion)
 April 18-21 - VIVID Dance Festival (Morinville)
 April 26 - Recital Rehearsal
 April 27 - Spring Recital
 April 29 - Acro Achievement Day
 April 30 - Classes in Lieu of October 31
 May 1-5 - Evergreen Dance Festival (Sh. Park)
 May 14 - Spring Session Begins

Subject to Change

2023-24 Performance Season Schedule

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

VSB Schedule 2023-2024

	Monday Miss Laura & Abbe	Tuesday Miss Abbe/Miss Laura	Wednesday Miss Clarissa/Miss Laura	Thursday Miss Acadia & Miss Jorja
4:00	Intro to Acro (Abbe) (Sessional)	Hip Hop 1 (Abbe)	Hip Hop 2 (Clarissa)	Jazz 1 (Acadia)
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	Acro 2 (Abbe & Laura)	Little Mini 3-4 (Sessional) (Abbe)	Jazz 3-4 (Clarissa)	Jazz 2 (Acadia)
5:00	4:45-5:45	4:45-5:15 30 minutes	4:45-5:30	4:45-5:30
5:15		Little Mini 5 (Sessional) (Abbe)		
5:30	60 minutes	5:15-5:45 30 minutes		45 minutes
5:45	Acro 3 (Abbe & Laura)	Acro Choreo 1 (Abbe & Laura)	Hip Hop 3 (Clarissa)	Musical Theatre (Acadia)
6:00	5:45-6:45	5:45-6:30	5:30-6:15	5:30-6:15
6:15	3+ Years Experience	45 minutes	45 minutes	45 minutes
6:30	60 minutes	Acro Choreo 2 (Abbe & Laura)	Ballet 1 (Clarissa & Laura)	Lyrical (Jorja)
6:45	Acro 4 (Abbe & Laura)	6:30-7:15	6:15-7:00	6:15-7:00
7:00	6:45-7:45	45 minutes	45 minutes	45 min
7:15	4 Years Experience	Ballet 3-4 (Tech 1) (Laura)	Ballet 2 (Laura)	Ballet 4 (Tech 2) (Jorja)
7:30	60 minutes	7:15-8:00	7:00-7:45	7:00-8:00
7:45	Acro 5 (Abbe & Laura)	60 minutes	Modern (Laura)	60 minutes
8:00	7:45-9:00	Ballet 3-4 Choreo (Laura)	7:45-8:30	Senior Choreo (Jorja)
8:15		8:00-8:45	45 minutes	8:00-9:00
8:30		30 minutes	Stretch & Strength (Laura)	
8:45	75 minutes	Ballet 4 Pointe (Laura)	8:30-9:15	60 minutes
9:00		8:45-9:15 30 minutes	45 minutes	
9:15				
9:30				
	Festival (3)	Recital only	Tech only	

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 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 no experience in Acro. This class runs in 12 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 6+ with 4 or more years of experience in Acro.

Acro 5 - This class is for our most advanced Acro dancers.

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. Stretch and Strength, Jazz and Ballet are recommended.

Acro Choreo 2 - Must be enrolled in Acro Tech 4 or 5 as well as at least one of: 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 1-3

Jazz 2 - Grade 4-5

Jazz 3-4 - Grade 6+, enrollment in Stretch & Strength is 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 - Grade 6+ - dancers must be enrolled in Ballet Tech as well as either Acro or Jazz. Stretch & Strength is recommended.

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 - Grade 1-3 - will learn a routine for Festivals and Spring Recital.

Ballet 2 - Grade 4-6

Ballet 3-4 - Grade 7+ - this is a technique only class.

Ballet 3-4 Choreo Grade 7+ - must be enrolled in Ballet 3-4 and have 4+ years experience.

Ballet 4 Pointe - Grade 8+ - must be enrolled in Ballet 3-4 (tech 1) and Ballet 4 (Tech 2). and completed Pre-Pointe last season. 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 1-3

Hip Hop 2 Grade 4-5

Hip Hop 3 - Grade 6+

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

Class Assistant & Junior Instructor Programs

Is your dancer interested in becoming a Class Assistant with VSB? This is an exciting and very rewarding opportunity.

Expectations of a VSB Class Assistant:

In their own classes, our ideal candidate will:

- Demonstrate inclusion, teamwork, excellence and teamwork.
- Show a love for dance.
- Work hard in their technical classes to achieve their best.
- Demonstrate an understanding of the importance of technique.
- Follow instruction with enthusiasm and positivity.

For the classes they are assisting a Class Assistant will:

- Arrive early
- Dress appropriately for the genre of the class they are assisting.
- Welcome each dancer to the class and help them find their places.
- If a dancer arrives late – ensure they are settled without interrupting the teacher or class flow.
- Lead warm-ups or exercises as the teacher requests.
- Be familiar with class work, routines and class flow so you can step in if needed.
- Help to keep the focus on the teacher and class flow.
- Guide dancers to bathroom as required. DO NOT enter bathroom with dancers.
- Help the teacher to keep the studio clean during and after class.

In addition to helping with weekly classes, Class Assistants are committed to:

- Attend all performances, photo days and rehearsals of their class
- Be an Ambassador for VSB at all VSB events and within the community.
- This means:
 - Be respectful of all VSB Staff, dancers and families
 - Be kind
 - Be inclusive
 - Be helpful
 - Strive for excellence

If your dancer is interested in being a Class Assistant, please fill out the form on our website: <https://www.vegevilleschoolofballet.com/class-assistants-jr> prior to September 12th.

Junior Instructors

Our Senior Dancers can participate in our Junior Instructor Program. This is a 2 year program in which dancers are mentored and given more responsibility, like co-teaching large classes and subbing if needed.

Dancers must be in grade 11 to enter this program.

Little Minis

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

In the first session of our Performance Season, we will be learning creative movement with ballet and jazz movements combined with imaginative play. In November we will start Hip Hop which we will perform at our Tinsel & Tutus Winter Performance. In January we will start our Acro Session, and then finish with jazz starting in March. Our season will finish with a jazz dance performed in our Spring Recital.

Important Dates: (subject to change)

September 19th – October 24th – Session 1 (6 weeks) (Creative Movement for LM 5 & 3-4)

October 31st – Halloween – No Classes

November 7th - December 6th – Session 2 (6 weeks) (Hip Hop for LM 5, Creative Movement for LM 3-4)

December 17th - Tinsel & Tutus Winter Preschool Performance - Winter Break Begins

January 9th – February 27th - Session 3 (8 weeks) (Acro for LM 5, Jazz for LM 3-4)

March 5th – April 30th – Session 4 (8 weeks) (Jazz for LM 5, Jazz for LM 3-4)

March TBA – Class Pictures

March 26th – Spring Break – No Classes

April 26th - Recital Rehearsal

April 27th - Spring Recital

Uniform:

Girls: for class, bodysuits and dance tights are best. For the first half of the season, dancers should have pink ballet slippers, then switch to clean indoor sneakers for hip hop, bare feet for acro and pink ballet slippers for jazz.

Boys: for class dancers should wear a boy's bodysuit or white t-shirt with black shorts, black socks and black ballet slippers. For the second half of the season, we switch to clean indoor sneakers for hip hops, bare feet for acro and black ballet shoes for jazz.

Dancers with long hair should have their hair back, preferably in a bun for ballet, and jazz or a braid for acro. Please no necklaces, rings, dangly earrings or bracelets.

In colder months, dancers may add fitted sweaters to keep warm

Costumes for Performances:

Your dancer will receive a costume for the Spring Recital and for the Tinsel & Tutus performances. Girls will need to have Bloch beige dance tights and the required shoes for each performance. It is recommended that you purchase a pair of tights to save only for performances and pictures

Pricing

Sessions 1 & 2 - 30 minute weekly classes for 6 weeks - **\$75**

(September 19th – October 24th and November 7th - December 6th)

Sessions 3 & 4 - 30 minute weekly classes for 8 weeks - **\$100**

(January 9th – February 27th and March 5th – April 30th)

All fees include GST.

Families are required to pay in full when they sign up for a Sessional Class.

If Little Minis families sign up for the Full Season, Full Season Pricing applies, see page 6.

These parents will need to contact Sarah at 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.

Pay via e-transfer to vegrevilleballet@gmail.com or by cheque

COSTUME FEES - \$75 for Little Minis due March 5th

Costume Fees are non-refundable.

NO FESTIVALS for sessional classes

