

2023-24 Performance Season Schedule

VSB Schedule 2023-2024

	Monday Miss Laura & Abbe	Tuesday Miss Abbe/Miss Laura	Wednesday Miss Clarrissa/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	4:45-5:30	4:45-5:30
5:15		Little Mini 5 (Sessional) (Abbe)		
5:30	60 minutes	5:15-5:45		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
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 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)		45 minutes	60 minutes
8:00	7:45-9:00	Ballet 3-4 Choreo (Laura)	Modern (Laura)	Senior Choreo (Jorja)
8:15		8:00-8:45	7:45-8:30	8:00-9:00
8:30		30 minutes	45 minutes	
8:45	75 minutes	Ballet 4 Pointe (Laura)	Stretch & Strength (Laura)	60 minutes
9:00		8:45-9:15	8:30-9:15	
9:15		30 minutes	45 minutes	
9:30				
	Festival (3)	Recital only	Tech only	

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 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.