



STAGES

PERFORMING ARTS SCHOOL

Registration Manual & Guide Lines 2025 / 2026 Season

STAGES Performing Arts School

#301, 1551 Cedar Hill X Road, Victoria, BC V8P 2P3
(Behind the Shelbourne MacDonald's)

Phone: 250-384-3267 Email: stagesdance@shaw.ca

NORMAL OFFICE HOURS

(through the school year)

Tuesday & Thursday 10:00am - 2:00pm &

Tuesday - Friday 4:00 - 8:00pm

Saturday 9:00am - 2:00pm

FOLLOW US ONLINE FOR IMPORTANT UPDATES

[Instagram](#) @stagesdance for public posts and events

[Facebook](#) @ Stages Performing Arts School for more public posts and events

[Facebook](#) @ Stages Virtual World for private updates & in-studio notices

AN IMPORTANT NOTE ABOUT THIS MANUAL

Please take the time to go through our Registration Manual and Guidelines. Everything you need to know for a successful year of class is enclosed within this manual.

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PRESIDENT'S MESSAGE

In STAGES Performing Arts School is celebrating its 46th year of operation we look forward to continuing our tradition of providing dancers of all ages and levels of experience the very best training possible in a supportive, non-competitive and caring environment in which they can learn about the performing arts and themselves. Unlike a Recreation Centre STAGES is a Performing Arts School which offers integrated and diverse training in the performing arts. Our year/season runs from September through to June and we closely follow the time frame of the public school system.

Through the training we offer it is our goal to promote confidence and a sense of pride and accomplishment in each student. It is our belief that all students should have an equal opportunity to learn in a safe environment fostering self-expression, a healthy body, responsibility, discipline, and pride in their abilities.

Throughout our years we are proud of our students who have gone onto a career in the performing arts, from dancers in Ballet Companies such as The Royal Winnipeg Ballet Company, to Directors, Choreographers, Stage Managers, Broadway Talent agents, Emmy Award Winners. Dancers who have started their own studios and dance companies. On Stage, Film, and TV STAGES has become synonymous with well trained, diverse talent and above all nice people who are community minded, respectful and have a love for the performing arts.

I am surrounded by such vast talent in our teaching faculty. All of who have had professional dance careers of their own. This brings a vast array of experience outside of the studio that they can pass onto the students. I would also like to recognize all the talented teachers, admin staff, parent volunteers and students for their perseverance, hard work and dedication to what we offer at STAGES. We are a family!

If you have any questions, comments, or concerns regarding anything we are doing (or not doing) please let us know. We are trying to provide a service that you want and like, and only through your input can we continue to do so.

To our returning students and parents, THANK YOU for your continued support through the years. To all the newcomers to STAGES, thank you for considering our school and I hope that we are able to satisfy your needs as an artist, and/or artist's parents.

Sincerely, Kimberly Brooke Breiland

AIMS & OBJECTIVES

- To provide students of all ages and levels of experience an education in the performing arts by offering training which is varied, meticulous and meets the needs of each individual student.
- To give students the opportunity to perform and enhance their performing ability and in doing so instill a sense of self-discipline, pride, accomplishment and joy.
- To develop new audiences through the students' and parents' experiences in the arts.
- To develop new dancers, actors, singers and young choreographers through the school's teaching and performing elements.
- To produce dance and other related performances of professional quality.
- To provide scholarships to those both deserving and in need of financial aid.
- STAGES - bringing the love of dance to our community

GENERAL RULES OF CONDUCT

- Common courtesy and politeness is expected at all times.
- Tidiness and neat appearance for all classes is a must.
- Proper attire for all classes is a necessity.
- No chewing gum in the school.
- No loose or oversized shirts in any classes.
- No jewelry in any classes.
- Food is not to be consumed in the dressing room or in the studios.
- Dance shoes are not to be worn outside.
- Dressing rooms must be kept neat and tidy at all times
- Cell phones are to be silenced and not answered inside the studio.

PLEASE NOTE: STAGES Director, office staff, and teaching staff reserve the right to refuse service. Disrespectful comments and actions will not be tolerated.

STAGES FACULTY

STAGES faculty is composed of experienced teachers, choreographers, professional performers and adjudicators. Their varied experience makes ours one of the most comprehensive faculties and training facilities in Victoria.

All of our faculty have professional experience performing and/or teaching in their field, having worked with the likes of Janet Jackson, Dick Clark as well as having directed shows in New York, appeared on So You Think You Can Dance Canada, Canada's Got Talent, performed on International Cruise Lines, or trained and/or performed with the Royal Winnipeg Ballet, Alberta Ballet, Les Grande Ballets, Tap Dogs, the National Ballet of Canada, Decidedly Jazz, Ballet Jorgen and have local performance credits with the Victoria Operatic Society & Four Seasons Musical Theatre, as well as having film & television credits.

AN IMPORTANT NOTE ABOUT FOOD

More than a few of our students are extremely allergic to Peanuts, Nuts, and Seafood, among other foods. They **CAN NOT** come into contact with, touch, or eat these items or other products made from these items, **ESPECIALLY PEANUTS**. In the interest of the continued health and well-being of these students, we ask that these products not be brought into the studio.

TIMELINESS

Students who are more than 15 minutes late for a class will be allowed to participate in that class at the discretion of the teacher. This is in order to help ensure that students are properly warmed-up and thereby reducing the risk of injury. We always say that being early is on time.

We also ask that students be dropped off or picked up no more than 15 minutes before or after their class. STAGES will not be held responsible for supervising students before or after their classes.

CLASS SIZE

Space in a class will be held for those who have registered with their payments being up to date.

For our pre-teen classes we try not to have more than 15 students enrolled in a class without providing an assistant to the class in order to ensure that there is a high level of individual attention.

Please understand that from week to week we cannot predict how many drop-in students we will have in a class, but we will certainly keep an eye on any trends and act upon them accordingly.

CLASS CALENDAR & SCHEDULE

STAGES is a Performing Arts School. Unlike recreation programming we are excited that you have chosen to enroll in a Performing Arts School. Our season, like most school's, runs from September to June. Regardless of how many (or few) classes take place in a given month, each class has the same number of sessions. The monthly fees have been standardized in order to avoid having different fees every month for each class.

We do try to change the class schedule as little as possible. Through September and early October there are always a few changes due to classes that are conflicting for a large number of students.

SCHOOL NOTICES

Please join our **PRIVATE STAGES Virtual Dance World** face book page. Our website (www.stagesdance.com), Facebook Page (**Stages Performing Arts School**) and our **PRIVATE STAGES Virtual Dance World** Facebook group. Many questions can be answered by reading this material. We collect "principal contact" Names and Email Addresses for each student. We also send frequent updates and newsletters via email. We will use the "Best Email" contact on the registration form for these info packages. If you do not receive email updates, wish not to receive emails, or wish to add or change an address, please contact the office.

MISSED CLASSES

Please let the office know if a class will be missed. It is the responsibility of the student to take a make-up class within two weeks of the missed class. Please check with your teacher as to which class would work best in conjunction with the class or classes that were missed. **No Refunds or discounts are not given for missed classes.**

COMMUNICATION

Please talk to us if you have any questions, comments, concerns, or suggestions please let us know.

We strive to provide a service that you want and like and only through your input can we continue to do so; tell us what you want, like, and don't like.

Feel free to talk to us, It is often difficult to catch teachers when they are in between classes, please let the office know who you would like to talk to and we can get them to send an email or give you a call.

EMAIL & PRIVACY

Email: We are collecting a "primary contact" email address for each student. (Class, All-Studio). For those who have a student registered in more than one class, or more than one student registered at Stages: apologies in advance if you get more than one email from us.

Privacy: The information we collect through the registration forms and otherwise is for the explicit use of Stages only and is not shared, sold, or distributed in any way.

THE VIEWING AREA

All students are invited to inform their teacher(s) if they have brought a special guest to watch their class, in which case we will make every attempt to ensure that the blinds in the studio remain open or have these special guests in the studio to watch the class. In all other cases, the blinds will be used at the teacher's discretion. Please note that in many cases the students themselves ask that the blinds be closed because they are distracted by the goings-on outside the studio.

COMPANY

Students are auditioned (**see DATES TO REMEMBER**) for placement each year in Stages Dance Company, Company members must be taking all of their dance classes at STAGES, have a strong ballet and jazz background and be able to commit themselves to weekly rehearsals, as well as numerous performances.

We have incorporated a class program in order to standardize fees for Company Members and in hopes of ensuring that the Members are taking those classes which will allow them to develop better technique and thereby improve their performance skills.

Additional classes to those included in the Company Packages may be taken, but will be charged out at the regular class fee rates.

- Company = \$350/mo. includes rehearsals and up to 7.5 hrs of classes.

JUNIOR COMPANY

We were excited to see so many of our young dancers interested in our Company program. We have elected to bring back our Junior Company program to introduce younger students to the performing world.

Similar to our Company program, we are holding auditions at the beginning of our season (**see DATES TO REMEMBER**) for placements. Students enrolling in our Junior Company are required to partake in weekly rehearsals every week. They are also expected to enroll in other classes to develop better technique, strength, conditioning, and broaden their dance vocabulary.

We have included 6 hours of class time within the Junior company price. We expect students to fill this time with Jazz, Ballet, Acrobatics, and other dance styles to hone their strength, versatility, and broaden their dance vocabulary.

- Junior Company = \$300/mo. includes rehearsals and up to 6 hours of classes.

POSSIBLE COURSE EQUIVALENCY

In some circumstances the classes we offer have been accepted as course equivalents in the regular school system. This has been dependent upon how many hours a week a student is with us and what classes they are taking. Typically we write a letter to the school outlining what the student is doing at STAGES. There is a bit more paperwork to do on the school's side: talk to your school's Principal and/or Counselor.

POSSIBLE TAX CREDIT

Depending on your situation, our class fees have also been accepted as a tax credit. Ask your accountant and/or Revenue Canada for details. We can generate an annual receipt for this, but please give us a few days' notice.

STAGES PRODUCTIONS

Over the years we have found that having a tangible goal to work towards helps students develop a sense of pride and dedication to their work. To this end we produce two shows each year, one in the fall and one in the spring.

FALL DEMONSTRATION: Before the holiday break we have a 'demonstration' for parents, family and friends. Each class performs at this 'demonstration'. This is much like our year-end recital, save that there are no costumes (the older students wear their regular dance class attire; for students under 10 years old there will be a specific-coloured t-shirt ordered at a cost of \$15), and there is no special lighting.

RECITAL: In June we end our year with a recital. Each class has a number in this recital which is rehearsed during regular class time. Unlike the fall production the recital can have a few rehearsals / photo shoots / etc. outside of regular class time, but not until the last two-ish weeks prior to the show.

COSTUMES FOR PRODUCTIONS

FALL DEMONSTRATION: For the Demonstration the older students wear their regular dance class attire. The teachers will try to have everyone in the same color and/or type of item (black jazz pants, red t-shirt, blue leotard, etc.), For the younger classes a primary-coloured t-shirt-**\$15 due at the time of registration.** to be worn with items that they already have such as jazz pants, tights or leggings.

RECITAL: In preparation for the June Recital we collect costume deposits of **\$90.00 per student, per class (But NOT for ADULT CLASSES)**. This deposit can be made payable on October 15th, and/or split up through November 15th. All costume deposits are due in full by November 15th. Please make the Costume Deposit payment separate from Class Fee or other payments.

Please note that this is deposit only. This deposit covers the initial cost of the costumes, but there may be shipping or taxes over this initial \$90 payment.

Note that the costume deposit is non-refundable and is non - refundable! Typically, the final cost of these costumes comes between \$90 and \$150+ each (some of the costumes cost more: more fabric, more elaborate, more sewing, shipping and handling fees, exchange rates, brokerage fees).

Any outstanding balance will be calculated and collected in the spring.

Additional sewing may be required to complete a costume. If any sewing or alterations are needed and are beyond your abilities let us know and we will help.

RECITAL PHOTOS & VIDEO

Class Photos and the Recital Video available via digital download.

Photo and video package **\$65.00 per student, with a per-family maximum of \$130.00.**

This fee is due upon registration.

Once the photos and videos are ready we will send you a code for your downloads. Our photographer and videographer strive to have their photos and videos uploaded by mid-July after the show.

FEE & PAYMENT STRUCTURE

REGISTERING, WITHDRAWALS & CHANGING CLASSES

- A student is only considered Registered once a completed Registration Form and one of the forms of payment, see 'Payment Structure Options 1-3' below, is received by the office.
- Once registered in a class; the student is registered in that class **for the season**, from September through June.
- A minimum of first and last month's payment and Registration Fee is due at the time of Registration and is **non-refundable**.
- For your convenience our fees are calculated to the number of classes and bear no relationship to the number of classes in a given calendar month.
- All fees include multiple class discounts, GST and Entandem tariffs
- There is a \$50.00 registration fee per family. This fee is only collected one time per family, not per family member. If you have multiple students joining us, you only pay this registration fee once.

WITHDRAWALS

- From September through November we require **ONE FULL MONTH'S WRITTEN NOTICE**
- **Written notice must be given on or before November 1st**
- **NO REFUNDS are given after November 30th.**
- **NO partial months fees will be refunded.**
- **NO refunds given for any reason from December - June.**
- **December - May are non-refundable after November 30th 2024.**
- **Please note - NO Exceptions for any reasons.**
- There is no charge for switching from one class to another, (save for any class fee changes due to an increase or decrease in the hours of class time), but the office **MUST** be informed of this change.

DROP-INS

If there is space available in the class, anyone wants to try out a class, there is a Drop-In Fee (see Fee Payment below). If the student then signs up for class(es), the Drop-in fees paid during the month in which they sign up will be credited to that month's fees.

RETURNED CHEQUES

There is a **\$45.00** charge for all - **NO EXCEPTIONS**.

NO DEBIT OR CREDIT CARD PAYMENT?

This has come up a number of times through the years. Why no tap or swipe? To do so would mean at least a 9% increase in fees in order to cover all the costs involved. STAGES accepts payments in cash, cheque or e transfers.

PAYMENT & STUDENT IDENTIFICATION

If the student's surname differs from the surname on the cheques or e-transfer(s) please, write the student's name on the cheque or make that note on the e-transfer(s).

PAYMENT STRUCTURE

Fees can be paid one of three ways: Please note that STAGES is a performing arts school. As with most schools our season runs from September - June.

If Registered For The Class:

Option 1: One payment for the year (10 x Monthly Fee + Reg Fee of \$50.00) via cheque or e-transfer or cash. Due at time of Registration.

Option 2: Five payments for the year via post-dated cheques, or e-transfers, not cash:

- First cheque = September & June combined + Reg Fee of \$50.00. Due at time of Registration; &
- Four payments, each 2x the monthly fee (dated for/paid on October 1st, December 1st, February 1st, & April 1st).

If Not Registering:

Option 3: As a Drop-in Student, \$20.00 for each 0.75 or 1.00 hr class,
\$30.00 for each 1.25 hr or 1.50 class,

- **If a class is full Drop-in Students may not be able to take that class. Class positions can not held or reserved for Drop-in Students.**

- No one will be permitted to take class without one of these forms of payment.
- **Any student with an account which is overdue by more than fourteen days for any reason and without communication with the office will not be permitted to take classes.**
- **Note that overdue accounts are subject to a \$20 administration fee per affected month.**

NO REFUNDS are given after November 30th. Written notice must be given on or before November 1st.

FEE STRUCTURE - All fees include applicable taxes and tariffs.

Our fee structure is based on how many hours of class per week a student commits to. Once classes have been chosen, you may refer to the chart on the following page by finding your total hourly rate per week, and following the row of fees for your class payments. The column for option one includes all ten months of fees, plus the \$50 registration fee. Column two includes your first payment for two months of class, plus the \$50 registration fee, and Column three lists the price of the following four months of fees without the registration fee.

Hours Per Week	Fees Per Month	COLUMN 1 10 months Plus Reg Fee	COLUMN 2 First Month + June & Reg Fee	COLUMN 3 Following Months, No Reg Fee
0.75	\$53.50	\$585.00	\$157.00	\$107.00
1.00	\$72.00	\$770.00	\$194.00	\$144.00
1.25	\$88.00	\$930.00	\$226.00	\$176.00
1.50	\$105.00	\$1,100.00	\$260.00	\$210.00
1.75	\$122.00	\$1,270.00	\$294.00	\$244.00
2.00	\$137.00	\$1,420.00	\$324.00	\$274.00
2.25	\$152.00	\$1,570.00	\$354.00	\$304.00
2.50	\$163.00	\$1,680.00	\$376.00	\$326.00
2.75	\$174.00	\$1,740.00	\$398.00	\$348.00
3.00	\$183.00	\$1,880.00	\$416.00	\$366.00
3.25	\$192.00	\$1,970.00	\$434.00	\$384.00
3.50	\$198.00	\$2,030.00	\$446.00	\$396.00
3.75	\$205.00	\$2,100.00	\$460.00	\$410.00
4.00	\$212.00	\$2,170.00	\$474.00	\$424.00
4.25	\$215.00	\$2,200.00	\$480.00	\$430.00
4.50	\$224.00	\$2,290.00	\$498.00	\$448.00
4.75	\$231.00	\$2,360.00	\$512.00	\$462.00
5.00	\$236.00	\$2,410.00	\$522.00	\$472.00
5.25	\$243.00	\$2,480.00	\$536.00	\$486.00
5.50	\$248.00	\$2,530.00	\$546.00	\$496.00
5.75	\$257.00	\$2,620.00	\$564.00	\$514.00
6.00	\$263.00	\$2,680.00	\$576.00	\$526.00
6.25	\$270.00	\$2,750.00	\$590.00	\$540.00
6.50	\$275.00	\$2,800.00	\$600.00	\$550.00
6.75	\$282.00	\$2,870.00	\$614.00	\$564.00
7.00	\$289.00	\$2,940.00	\$628.00	\$578.00
7.25	\$294.00	\$2,990.00	\$638.00	\$588.00
7.50	\$303.00	\$3,080.00	\$656.00	\$606.00
7.75	\$312.00	\$3,170.00	\$674.00	\$624.00
8.00	\$320.00	\$3,250.00	\$690.00	\$640.00
Jr. Company	\$300.00	\$3,050.00	\$650.00	\$600.00
Company	\$350.00	\$3,550.00	\$750.00	\$700.00

FAMILY RATES

There is a 15% discount for families with more than one student registered at STAGES. This 15% discount is applied to each individual student's class fees specifically, not costume or photo & video fees. This discount is applied to each class fee separately across a family of students, not to the family's final total

Family Rates do not apply to Company Fees, but do apply to the fees for other family members.

WITHDRAWALS

- From September through November we require **ONE FULL MONTH'S WRITTEN NOTICE**
- **NO REFUNDS are given after the last day of November.**
- **Written notice must be given on or before November 1st.**
- **NO partial months fees will be refunded.**
- **NO refunds given for any reason from December - June.**
- **December - May are non-refundable after November 30th 2024.**
- **Please note - NO Exceptions for any reasons.**
- There is no charge for switching from one class to another, (save for any class fee changes due to an increase or decrease in the hours of class time), but the office **MUST** be informed of this change.

SCHOLARSHIPS

The scholarship program is designed to further assist dedicated students with a genuine financial need. Scholarship applications are available from the office and **MUST** be returned to the office no later than , September 1st in order to be considered. Preference will be given to students who:

1. Have demonstrated outstanding promise and/or desire.
2. Are taking at least four classes a week.
3. Must be taking all of their dance classes at STAGES
4. Have other family members enrolled at STAGES.
5. Demonstrate a genuine financial need in their application.

Please Note:

- There are a total of ten full or partial scholarships available.
- Students will be required to participate in “chores” around the studio, including cleaning and assisting in the office.
- Students may also be asked to assist with some of our larger and/or younger classes, and otherwise take part in our Student Teacher Program.
- The Scholarship Applications are available through our office.

CLOTHING FOR CLASSES

With each class we offer comes the need for proper clothing, but **PLEASE NOTE that if something is listed as needing to be blue and you have a black one that fits DO NOT go out and get a blue one. Once the black one has worn out or has been outgrown, then please get the correct colour for your class.** The most important item of clothing is footwear and we do realize that these expenses add up.

CLASSES & PLACEMENT

Please understand that the following are guidelines only, (based on the general ages and ability levels of students in the classes from our last season).

We have structured these specifically for those students who are new to the studio in order for them to have a good idea what the levels of our classes are and what might work for them. Proper placement will be determined through their first month of classes.

Students move up in levels **ONLY** on the teacher's instructions. It usually takes at least two years before all of the necessary skills, physical & emotional maturity and strength have been acquired to allow the student to move up a level.

The placement of students in class levels should **NEVER** be considered to be a “Pass or Fail” situation.

CLASSES OFFERED 2025 – 2026

JAZZ

Jazz is a high-energy dance form that incorporates elements of ballet, hip-hop, acrobatics, modern and partner work. The classes are broken down to include a warm-up, cross-floor work and technique, ending with choreography set to contemporary music.

Jazz 1&2: 4 to 6 years old, no experience necessary.

Jazz 3: 6 to 8 years old, no experience necessary.

Jazz 4: 8 to 10 years old, one year experience in Jazz or Ballet recommended.

Jazz 5*: 10 to 12 years old, two years of experience in Jazz or Ballet recommended.

Jazz 6*: 12 to 13 years old, five years of experience in Jazz recommended.

Jazz 7&8*: 13 - 14 years old, with five years of experience. A strong background in Jazz & Ballet is required.

Jazz 9*: 15 years old and up. Advanced Jazz Class, strong background in Jazz & Ballet is required.

Adult Jazz: Adults. Little, some, or no experience in Jazz.

* Jazz 5 through 9 must be taken twice per week and it is strongly advised that students take ballet class(es) in conjunction with these classes.

Clothing For Jazz: Fitted Dancewear, Flexible Runners (Jazz 1-3 only) otherwise Jazz Shoes: No Street Shoes. Hair must be tied back. No Jewelry.

HIP HOP

Hip Hop is a high-energy dance form that draws from the contemporary and popular form of jazz dance, funk and street. The classes are broken down to include a warm-up, cross-floor work and technique, ending with choreography set to contemporary music.

Hip Hop 1 & 2: 5 to 7 years old, no experience necessary.

Hip Hop 3: 7 to 10 years old, minimum of two years of experience in dance.

Hip Hop 4: 10 to 13 years old, minimum of two years of experience in dance.

Hip Hop 5: 14 years old & up, minimum of three years of experience in dance.

Clothing For Hip Hop: Fitted Dancewear, Jazz Shoes or Flexible Runners: No Street Shoes. Hair must be tied back. No Jewelry.

ACROBATICS

These classes will be focused on basic acrobatic movements and geared to improving flexibility and versatility.

Acrobatics 1: 5 to 7 years old, minimum one year of dance experience.

Acrobatics 2*: 8 to 10 years old, minimum one year of dance experience.

Acrobatics 3*: 11 to 13 years old, minimum three years of dance experience

Acrobatics 4*: 13 years old & up, minimum four years of dance experience.

Acro 4 is a performance group that can be called upon for select performances.

Participants must be open to additional hours outside regular class time for shows.

* Acrobatics 2, 3 and 4 must be taken twice per week

Clothing for Acrobatics: Fitted Dancewear. Bare Feet. Hair must be tied back. No Jewelry.

LYRICAL

Lyrical is a jazz and ballet-based dance form that expresses emotions that are directly inspired by the words and melody of a piece of music.

Lyrical 1&2: 7 to 10 years old, minimum one year of dance experience.

Lyrical 3: 10 to 12 years old, minimum two years of dance experience.

Lyrical 4: 13 years old & up, minimum three years of dance experience.

Clothing for Lyrical: Fitted Dancewear. Bare Feet. Hair must be tied back. No Jewelry.

BALLET

Ballet has always been the foundation for most other forms of dance. Ballet gives the student an understanding of placement, technique, posture and a sense of line and musicality. Ballet classes are based the Royal Academy of Dancing.

Primary Ballet: 4 to 6 years old, little or no experience.

Grade 1 Ballet: 6 to 9 years old, one or two years of experience.

Grade 2 Ballet: 8 to 10 years old, completion of previous grade or equivalent.

Grade 3&4 Ballet*: 9 to 11 years old, completion of previous grade or equivalent.

Grade 5&6 Ballet*: 11 to 13 years old, completion of previous grade or equivalent.

Grade 7 Ballet *: 13 years old & up, completion of previous grade or equivalent.

Intermediate & Advanced Ballet*: Senior level class, completion of Grade 7 Ballet.

Pre-Pointe*: 9 to 13 years old, for students working at a Grade 2 or 3 level.

Pointe 1*: 12 to 14 years old and up with the completion of Grade 3&4

Ballet. **Pointe 2*:** 14 years old and up with the completion of Grade 6

Ballet.

(See Note On The Next Page Regarding Pointe And Pointe

Shoes) Ballet One: 12 years old and up. Little or no experience in Ballet.

Adult Ballet: Adults. Little, some, or no experience in Ballet. Wear what you are comfortable moving in. Ignore the clothing requirements below.

* Grade 3&4 though Advanced 1&2, as well as the Pointe Classes must be taken twice per week.

Clothing For Ballet - (Please see "Clothing For Classes" on pg 6)

Choice 1

Pre-Primary & Primary Ballet

- **Bodysuit:** Solid Coloured Pink Leotard (So Danca, Style #SL-09 #3 in light pink)
- **Tights:** White Ankle Socks
- **Shoes:** Soft Pink Leather ballet shoes (elastic to secure)
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

Choice 2

- **Bodysuit:** Solid Coloured white Leotard
- **Tights:** White Ankle Socks
- **Shorts:** Black Dance Shorts
- **Shoes:** Soft Black Leather ballet shoes (elastic to secure)
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

Grade 1 - Grade 2

Choice 1

- **Bodysuit:** Solid Coloured Lilac Leotard (So Danca, Style #SL-10)
- **Tights:** Ballet Pink Capezio style #1815 or #1816
- **Shoes:** Properly. Fitted full-sole, leather ballet slippers
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

Choice 2

- **Bodysuit:** Solid Coloured white Leotard
- **Tights:** White Ankle Socks
- **Shorts:** Black Dance Shorts
- **Shoes:** Soft Black Leather ballet shoes (elastic to secure)
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

Grade 3 through to Advanced 1 & 2, Pre Pointe, Pointe 1 & Pointe 2

Choice 1

- **Bodysuit:** Solid coloured Dusk Purple (So Danca, Style #SL-127)
- **Tights:** Ballet Pink Capezio style #1815 or #1816
- **Dance Shorts/Skirts:** Optional over Leotard - preferably matching the colour of the leotard
- **Shoes:** Properly fitted full-sole, leather ballet slippers
- **Hair:** Must be secured back in a bun, secured with a hairnet and pins.

Choice 2

- **Clothing:** White fitted T-shirt
- **Legs:** Pre-Primary through Grade 2 Ballet: Black shorts and white socks. Grade 3 Ballet and up: Black footed or footless tights with white socks
- **Dance Belt:** Required beginning at age 11 or 12
- **Shoes:** Black leather ballet or canvas slippers, split-sole

Warm - Up Wear: Wrap Sweaters permitted at beginning of class. No baggy pants, leg warmers or sweatpants.

REGARDING POINTE AND POINTE SHOES

Please if you have not been on pointe as of yet **DO NOT** go out and get a pair of pointe shoes.

The instructor will determine when a student is ready for pointe and help the student (and caregivers) with the fitting and choice of shoes. There are a number of factors that help determine whether or not a student is ready to be on pointe. These factors include strength, technique, experience and physical development.

- Students may choose whichever brand of pointe shoes fit them the best.
- Any width of elastic is allowed, but ribbons need to match tights.

MUSICAL THEATRE

Musical Theatre combines the elements of song and dance. Students receive a proper vocal and physical warm-up, and then work on songs from both popular musicals and well-known hits, which are both challenging and fun.

Musical Theatre 1: 5 to 8 years old, no experience necessary.

Musical Theatre 2: 9 to 11 years old, one or two years of dance experience.

Musical Theatre 3: 12 years old & up, minimum of three years of experience in dance.

Clothing For Musical Theatre: Fitted Dancewear. Jazz Shoes or Flexible Runners: No Street Shoes. Hair must be tied back. No Jewelry.

TAP

Tap combines the rhythms of footwork with the elements of other forms of dance. From the days of Gene Kelly to its present day revitalization through Sabian Glover and Riverdance, Tap has been with us for almost a century and focuses on the rhythms of the feet.

Tap 1: 4 to 6 years old, little or no experience.

Tap 2: 6 to 8 years old, completion of one year of Tap.

Tap 3: 8 to 10 years old, completion of one year of Tap.

Tap 4: 10 -12 years old, completion of three years of Tap.

Tap 5: 13 years old & up, completion of four years of Tap.

Teen Tap: 12 years old and up. Little or no experience in Tap.

Adult Tap: Adults. Little, some, or no experience in Tap.

Clothing For Tap:

- Adult Tap: Clothes. Tap Shoes.
- Fitted Dancewear - NO LOOSE SHIRTS, Hair must be tied back, No Jewelry.
- Shoes: Tap 1-3: Black Lace-Up Tap Shoes (no "single screw", whatever style fits the best).
- Shoes: Tap 4 & 5: As they grow out of their old shoes we would like to see them in Jason Samuel or Capezio K543 - these are a heavier shoe.

CONTEMPORARY

Contemporary Dance combines several genres of dance: modern, lyrical, jazz, and ballet. Focusing on floor work and improvisation, it asks dancers to be inspired by, feel, and move to the music.

Contemporary: 14 years old & up, minimum of three years of experience in dance.

Clothing for Contemporary: Fitted Dancewear. Bare Feet. Hair must be tied back. No Jewelry.

DATES TO REMEMBER

2025

- **Summer Office Hours:**
 - **June 15 - July 7th:** STAGES will not have regular office hours.
 - **July 8th - 26th (M-F):** 9:00am - 3:00pm (Closed 12:30-1:00pm).
 - **July 29th - Aug 11th:** STAGES will not have regular office hours.
 - **August 12th - August 30th (M-F):** 9:00am - 4:30pm (Closed 12:30-1:00pm).
 - **The office will be closed on weekends.**

- **July 10th - August 7th**
 - **STAGES LITTLE DANCERS - 4 weeks - every Wednesday 9:30 - 10:15**
(Once a week sessions for under 3 year olds).
- **July 8th - 26th & August 12th - August 16th**
 - **PRESCHOOL SUMMER DANCE CAMPS**
(one week sessions for 3 - 5 year olds).
- **July 8th - 26th & August 12th - August 30th**
 - **YOUTH SUMMER DANCE CAMPS**
(one week sessions for 6 - 11 year olds).
- **August 19th – August 30th**
 - ***STAGES 46th ANNUAL SUMMER DANCE INTENSIVE .***
(9:15am - 4:15pm, Mon. - Fri. for 12 year olds & up).
- **September 1st** - Last Day To Apply For A Scholarship.
- **September 2nd** - CLASSES BEGIN.
- **September 2nd** - Company Auditions (6:30 – 8:00pm).
- **December 14th** - Fall Demonstration (subject to theatre availability).
- **December 16th - January 4th** - Winter Break, Studio Closed. (We will be in to pick up the mail and messages).

2026

- **January 5th** - CLASSES BEGIN.
- **June 13th** - RECITAL 2026 (subject to theatre availability) & Season End

**NOTE THAT CLASSES DO NOT
TAKE PLACE ON STATUTORY HOLIDAYS:**

National Day for Truth and Reconciliation: September 30th, 2025

Thanksgiving Day: October 13th, 2025

Remembrance Day: November 11th, 2025

Family Day: February 16th, 2026

Easter Weekend: April 4th- April 6th

Victoria Day: May 18, 2026

Also,

**NOTE THAT CLASSES DO NOT TAKE PLACE THROUGH
SPRING BREAK**

March 16 – 27th

STAGES Spring Break Camp runs March 16th – 20th