

# **SUNDRE COMMUNITY DANCE**

**2011 – 2012**



## **REGISTRATION      INFORMATION**

*“Committed to providing quality dance instruction at affordable prices in a fun and friendly environment to residents of Sundre and the neighbouring communities.”*

## REGISTRATION

**Where and when can I register?**

**\*Early Registration at Sundre Arts Center  
Wednesday June 15<sup>th</sup>, 5:00 to 7:30pm**

**\*Fall Registration at River Valley School Back to School BBQ  
Wednesday September 7<sup>th</sup>, 5:00 pm - 7:00pm**

To secure enrolment, forms must be in no later than September 9,2010.

**If unable to attend registration or for more information please call  
403-438-0971 or email [sundredance@hotmail.com](mailto:sundredance@hotmail.com).  
Now you can also check us out on Facebook!**

Late registrations (after Sept. 8) will be processed at: Greenwood Neighbourhood Place  
Sundre Community Centre  
2<sup>nd</sup> Avenue NW  
Call 638-1011

**Classes begin Monday, September 12<sup>th</sup>**

**\*\* Government of Canada 2011 Physical Activity Tax Credit Available**

# WELCOME & WELCOME BACK !

**Sundre Community Dance** would like to welcome back all returning students and parents to our 11th dance season!!! We are looking forward to meeting our many new students and parents. Sundre Community Dance is committed to providing quality dance instruction at affordable prices in a fun and friendly environment to residents of Sundre and the neighbouring communities. This season SCD is pleased to be offering Hip Hop, Musical Theatre, Tap, Jazz, Ballet, Lyrical, Stretch and Flex, Contemporary, Pre-School and Adult Classes. Be sure to check below for more information!

## CLASS DESCRIPTIONS

### ***CREATIVE MOVEMENT & DANCE***      **2 to 4 years**      ( 10 week Session)

This is where it all begins! Creative Movement & Dance introduces our boys and girls to the world of dance. While classes are structured, the focus is on fun, creativity, developing gross motor skills, coordination and balance. Focus is on inspiring in them a love and joy of music, theatre, movement and dance. Must be 2 by the start of the class.

### ***PRE-BALLET***      **3 to 5 years**

Pretty in pink...She'll feel like a princess! Pre-Ballet introduces children to the basic positions of the feet and arms used in classical ballet. The instructor will touch on basic Ballet vocabulary and use props to encourage expression. Students **MUST** be 3 by September 1<sup>st</sup> and toilet trained.

### ***PRE-TAP***      **3 to 5 years**

Let's make some NOISE! Pre-Tap introduces children to basic tap terminology, steps and counting. Tap encourages the development of musicality, coordination and rhythm. This is also an excellent class for boys. Students **MUST** be 3 by September 1<sup>st</sup> and toilet trained.

### ***BALLET***      **5 to adult**

Ballet is recommended for all dancers. The structure and discipline of ballet classes allow young students to develop the balance, poise, flexibility and strength necessary not only for ballet but for all dance forms. Classes follow the Royal Academy of Dancing (R.A.D.) syllabus as well as open work from various styles. The R.A.D. is a set syllabus of work based on classical technique and free movement. Ballet is excellent for developing grace, strength, correct alignment, and is highly recommended for dancers wishing to progress in the dance world. **Students must take Ballet if they wish to progress through the more advanced Jazz, Lyrical and Contemporary levels.**

## **TAP**                      **5 to adult**

This is a fun, popular class for boys and girls of all ages. Tap classes are excellent for fine-tuning rhythm, musicality and timing skills; it's like drumming with your feet. Classes follow the Al Gilbert syllabus as well as open work from various movements. It is a great way to develop a dancers sense of style and learn fun rhythms!

## **JAZZ**                      **5 to adult**

Jazz dance incorporates many styles and techniques to today's popular music styles. Jazz is a very high-energy class and is an excellent class for developing technique, coordination, musicality, performance, strength, and confidence. Jazz provides students with the coordination and isolation skills needed in Hip Hop.

## **MUSICAL THEATRE**      **7 & up**

Musical Theatre is a fun and unique class, where students can sing and act while incorporating basic dance steps. This class enhances the stage presence of the students and contributes greatly to a well-rounded, multi-disciplined performer. Ballet, Jazz or Tap is a co-requisite with this class.

## **HIP HOP**                      **5 & up**

These classes are expected to fill very quickly, so register early to get your spot! Students will learn the latest dance moves and hear the latest hits. They will be able to use basic steps to create explosive hip-hop moves with plenty of attitude! Jazz is no longer a co-requisite for Hip Hop students however students may not progress as fast as students enrolled in jazz. Dancers are recommended to have a practical understanding of jazz steps.

## **TEEN STREET JAZZ**      **13 & up**

A blend of Jazz, Hip Hop and other various styles is typical of what you see in music videos and backup dancers. While there are no co-requisite requirements, a background of Jazz and/or Hip Hop would contribute to the dancers ability. This class is targeted towards teens with little to no dance experience. It is a fun lively class where we can experiment with various techniques/styles. \*\*It is purely a recreational class and participation in recital will be determined mid year. This class does NOT attend festivals.

## **STRETCH & FLEX**      **6 & up**

This is a 30-minute class designed to increase dancer's flexibility and core strength. It makes the dancers more aware of proper body placement. It will be focused on combining stretching exercises along with body endurance moves. This is an ideal class for all dancers of all ages.

## ***LYRICAL 8 & up***

Lyrical dance is a modern dance form which fuses modern dance, jazz and ballet. It requires excellent technique to perform, as the moves are often difficult and precise. Moreover, the dancer must be well aware of facial expressions, essentially acting, to properly perform a lyrical dance piece. The goal of the lyrical dancer is to convey the emotion of a song's lyrics. Intense emotional expression of the face and body are necessary to tell a story that evolves along the lines of the song to which lyrical dance is performed. Characteristic of the lyrical dance style is flowing dance moves that connect throughout the dance. In order to take lyrical dancers **must** have at least 3 years of ballet or jazz experience and be currently be enrolled in both jazz and ballet.

## ***CONTEMPORARY 12 and up***

Contemporary dance is characterized by its versatility. Contemporary can be danced to almost any style of music, or united with other dance forms to create new styles of movement. In contemporary dance, people attempt to explore the natural energy, alignment and emotions of their bodies to produce dances, which are often very personal. The ease of movement promoted by contemporary dance along with developed technique allows experienced dancers to push new boundaries of body movement. \*\*\*Dancers looking to register in Contemporary **must** have 3 years of training in Jazz and/or ballet and be currently enrolled in Jazz and Ballet.

## ***PLEASE NOTE:***

- **boys are welcome in any of our classes**
- **dancers are grouped by age/skill after all registrations are received**
- **Creative Movement & Dance students and adults are not required to perform in our year-end recital**

## FEES

Registration Fees: \$50 Administration Fee per student (includes year-end pictures)  
\*\*\*Register early and save 50% off registration fee.

Costume Deposit Fees: \$40 per class – Costumes, props, music, technical costs, etc.  
\*Post-dated cheque(s) for November 1, 2011  
\*\*\*Costumes will be OWNED by parents this year. You will be invoiced for additional costs over and above the \$40 deposit. We will be doing our best to keep costume costs under \$60. If the additional charges are over the \$60 mark, we will seek permission from all parents prior to costume purchase.

Volunteering Fees: See Volunteer Page!

Please remember that payments are spread over 8 months, based on an average payment of 4 classes/month and include extra time for dress rehearsal, yearly recitals, picture days, etc. Please note that we do not charge tuition for the month of May, due to the possibility of snow-day cancellations throughout the year.

## Tuition Fees & Discounts (per dancer)

<u>30 minute classes</u>	<u>YEARLY</u>	<u>MONTHLY</u>	<u>DISCOUNT</u>
1 Class / week	\$ 230.00 / year	\$ 28.75 / month	
2 Classes / week	\$ 414.00	\$ 51.75	10% discount
<u>45 – 60 minute classes</u>			
1 Class / week	\$ 298.00 / year	\$ 37.25 / month	
2 Classes / week	\$ 566.20	\$ 70.78	5% discount
3 Classes / week	\$ 804.60	\$100.58	10% discount
4 Classes / week	\$ 1013.20	\$126.65	15% discount
5 Classes / week	\$1,192.00	\$149.00	20% discount
6 Classes / week	\$1,341.00	\$167.63	25% discount

Creative Movement & Dance 10 week sessional \$ 80.00

**Family Rate:** Families taking a total of 4 or more classes may receive a family discount of an additional 5% off tuition. Subject to classes meeting their required minimums.

**Subsidy Program:** For families requiring subsidy assistance, please contact Greenwood Neighbourhood Place @ 638-1011, to set up your application for subsidy.

## METHOD OF PAYMENT

Sundre Community Dance will only accept **cheques** or money order.

**(CASH will NOT be accepted)**

Please make cheques payable to **Sundre Community Dance**.

Monthly	7 post-dated cheques dated the 1 <sup>st</sup> or 15 <sup>th</sup> of each month. The first cheque must include the first 2 months of tuition and received by September 8, 2011. <b>EARLY REGISTRATION MUST HAVE THE FIRST 2 MONTHS PAID UP FRONT on JUNE 15, 2011.</b>
Full Season Fall	1 payment dated June 15, 2011 for Early Registration and September 8, 2011 for Registration.*** <b>PAY TUITION IN FULL AND RECEIVE AN ADDITIONAL 5% OFF TUITION. ****</b>
Registration	1 cheque dated for date of registration.
Costume	1 cheque dated for November 1, 2011 (include all classes)
Volunteer	Depends on choice for Volunteer Commitment

## REFUND POLICIES – Please READ

One month's tuition will be retained by SCD in the event of withdrawals from class(es). For example, if notice is given in November, the December's post-dated cheque will be cashed. There will be **no refunds** for withdrawals after December 1, 2011.

Costume Fees are 100% returnable until November 1, 2011.

In case of serious illness / injury, tuition fees will be returned effective the date of a Doctor's note.

# REGISTRATION POLICIES

**Prior to signing your registration form(s), please become familiar with the following:**

1. All dancers are considered upon registration, enrolled in Sundre Community Dance from September to May. Full fees must be received at the time of registration whether it is full payment or post-dated monthly cheques before registration forms can be processed. It is imperative that all of the following are included with your registration forms.
  - a. Registration Fee(s)
  - b. Tuition Fees
  - c. Costume Deposit Fee(s)
  - d. Volunteer Bond Cheques or Volunteer Opt-Out Fee
  - e. Signed Registration Form(s) – indicating that you have read and understand all Sundre Community Dance Policies and SCD waiver.
2. SCD requires a minimum enrolment per class. SCD reserves the right to cancel classes that have insufficient enrolment after registration. Full refunds will be issued in these circumstances.
3. If dancers are unable to participate in our year-end recitals, Sundre Community Dance must be notified in writing by November 1, 2011. After this date, dancers are responsible to the group to participate in group numbers, to the instructor for the choreography and to Sundre Community Dance for the remainder of fees to the year-end. There will be NO REFUNDS of costume fees if dancers are not involved in the shows, or if dancers pull out of classes after December 1, 2011. \*Costumes are ordered in November. Once costumes are ordered, dancers are expected to pay for costumes\*
4. Any outstanding accounts from previous years, must be paid prior to acceptance of registration for this season.
5. **All communication** from Sundre Community Dance is done by **email**. A valid email address must be included on your registration form. If you do not have email access, you may set up a free hotmail account at our local library or provide us with an alternate email contact that has agreed to forward the information to you. **SCD is not responsible for missed information due to an invalid or inactive email account.**
6. There will be a \$25.00 charge on all returned (NSF) cheques.

# GENERAL INFORMATION

## The Season

Our season begins Monday, September 12<sup>th</sup> and runs into May. Our tentative year end recital is scheduled for May 4 and 5<sup>th</sup>. Due to the seating capacity of Sundre Arts Centre, and to accommodate all dancer families and friends, we typically hold 3 recitals; 1 on Friday and 2 on Saturday. Public school holidays are observed. (See Year-at-a-Glance Calendar)

## The Venue

All classes will be held at the Sundre Arts Development Centre which is conveniently located on 2<sup>nd</sup> Avenue NW between the elementary and high school. Please respect the fact that we are sharing this facility with many organizations. We would ask that all dance students respect the facility and do their part in keeping this building clean. Ensure your dancers have collected all of their belongings prior to leaving the building. SCD is not responsible for lost or stolen items.

## Attendance

Attendance is essential in maintaining the progression of the individual dancer as well as the group as a whole. Dancers who miss classes will be expected to put in extra practice at home in order to keep up with the class. If your child is going to miss a class please advise your dance instructor in advance. **Lack of attendance by dancers may result in losing the opportunity to perform and continue with classes.** If there are 3 unexplained absences in a row, a phone call will be made home. Any classes missed after that is up to the teachers' discretion as to what dancer will be able to perform in/at. Attendance is an important part of team building and is essential to the other dancers in the class who are dedicated.

## Home Practice

Home practice is encouraged at all times. Copies of recital music will be made if student provides a teacher with CD. We like parents to take an active roll in their child's dance education by encouraging them to practice 2 to 3 times a week outside of class.

## Viewing

Parents will **not** be permitted to watch weekly classes as it interferes with the focus of the class. Parent viewing occurs in the last week of each month. However, if you can't make it on the assigned date, please notify instructor and further accommodations can be made. Parents can come and watch the last half of the class. SCD has an open door policy and if at any time parents or family members would like to watch, please feel free to make arrangements with the instructor.

## Newsletters

Newsletters will be sent to all dancers/parents by email. If you do not have an email address, please find a friend in dance to print these updates off for you or you may access the library computers. Newsletters will also be posted at the Arts Centre for your convenience.

## Festivals

The purpose of festivals is to provide an exciting and positive learning experience through adjudication and allows dancers to gain from the stage experience. At Festivals, dancers are adjudicated according to their training in a fair and encouraging atmosphere in which they can progress from the beginner stages right through to professional careers. Festivals are a great way to encourage excellence and showcase the talents of performers. Attending festival provides the dancers with opportunities to encourage one another as well as inspire or be inspired in a positive enlightening experience. Please check off if interested in attending festival this year on your registration form. Routines entered in festival will be the same ones performed at recital so no additional costume expense is needed. \* **It is not mandatory to attend festival.**

\*Please note that there will be an extra charge of around \$20.00 per student for each registered group to attend. There will be no refunds on festival expenses.

## Solos, Duets, Small Groups

Students who are interested in performing solos, duets, or extra groups in the recital and/or festival are required to complete an 'Extra Choreography Application Form'. Selection will be based on a variety of factors and the instructors will make final decisions. If you register for a solo/duet or extra group, you must attend the solo/duet workshops. There will be an extra charge for these sessions, made payable directly to the instructor.

*(Extra Choreography Application Forms for Solos/Duets/Small Groups will be available at registration)*

## Assistant Dance Instructors (11 years and up)

Any student interested in assisting our dance instructors on a weekly basis for the full dance year may complete a 'Student Assistant Teacher Application Form'. This applicant must have taken the applied dance discipline for at least three years and will be registered in that dance discipline for this year with Sundre Community Dance. All assistants are volunteers. The applications will be reviewed by Sundre Community Dance and their dance instructors. *(Forms available at registration)*

## Suspension and Expulsion

This policy is in effect only to prevent a serious situation from deteriorating.

**(ie. Belligerent or disrespectful behaviour in class or in the facility, bullying, vandalism or theft, refusal to participate in class or listen to instructors or assistants, skipping class, continuously refusing to wear appropriate attire, etc.) SCD has a zero tolerance policy towards these behaviours.** While this policy may seem strict to some parents, it has been put in place because we have experienced **all** of the above issues in the past years and they are not in keeping with the core values of our program. Parents will be notified of these situations should they occur to ensure a quick resolution.

Sundre Community Dance reserves the right to suspend or expel any student who refuses to comply with policies and etiquette included in this booklet. Sundre Community Dance reserves the right to keep all fees resulting from expulsion or suspension.

## **Recital**

All students, with the exception of our adult dancers, Teen Street and Creative Movement & Dance students, are required to perform in our year-end recitals. This is wonderful and rewarding opportunity for the dancers to showcase their talents and for family and friends to see all that they have accomplished during the year. If dancers are unable to participate in our year-end recitals, Sundre Community Dance must be notified in writing by November 1, 2011. After this date, dancers are responsible to their peers to participate in group numbers, to the instructor for the choreography and to Sundre Community Dance for the remainder of fees to the year-end. There will be NO REFUNDS of costume fees if dancers are not involved in the shows, or if dancers pull out of classes after November 1, 2011.

## **DANCE ETIQUETTE**

### **Class Times**

Please have your child come to class no earlier than 10 minutes before his/her class. Due to the set up of the Arts Centre, students are asked to refrain from talking as soon as they enter the building, to prevent disrupting the class in progress. To prevent further disruption, students are asked to wait to use the washrooms until the break between classes. To maintain respect for other dancers and instructors, all students are required to stay in the boot room **quietly**, while other classes are going on.

### **Absences**

Parents are asked to notify their child's instructor **via email** if their child will be absent from class. Refunds will not be given for missed classes except in the event of extended illnesses or injuries, and then only with the submission of a doctor's note.

### **Snow Days**

We typically run classes on Chinooks Edge snow days, however we do not count attendance on these dates. It is parents discretion as to whether or not to drive student into class on these days.

# VOLUNTEERING COMMITMENT

## **A Message from our Board:**

Sundre Community Dance has often been described as one of the best recreational organizations for youth in Sundre. Our dedicated instructors provide quality dance education while encouraging students to have fun and build team spirit.

Sundre Community Dance welcomes **all** individuals who would like to make a contribution of their time and talents in a variety of ways. If you are interested in volunteering for our great organization, please let us know what interests you. By volunteering for Sundre Community Dance, not only are you helping youth in our community, you will find a rewarding experience that allows you to provide valued input and at the same time develop new friendships.

**Sundre Community Dance is not a business, and is run solely by volunteers committed to the program's continued success. Without the volunteer commitment from our parents our club would not be able to run as successfully as it does.**

---

We realize that parents are busy with so many demands on their time, which is why we are happy to offer you a variety of options to suit you.

**Sundre Community Dance has 2 options for parents to choose from this year.**

### **OPTION A**

#### **OPT OUT OF VOLUNTEERING**

- Pay \$100 cheque now dated for September 8, 2011 and you are not required to assist/ volunteer for the 2011/12 dance season.

### **OPTION B**

#### **YEAR VOLUNTEER COMMITMENT**

- Provide a post-dated bond cheque for \$100 dated for May 1, 2012. Bond cheque will be cashed if commitment is not fulfilled.

**It is mandatory for everyone to help out with a recital show unless you have opted out.**

---

## OPTION A

## OPT OUT

If you are too busy to contribute even a small amount of time to our organization and would like to opt-out of volunteering, we understand and appreciate your contribution of a \$100 towards our important initiatives. Your cheque can be designated so that the money goes towards one of our specific projects. On the bottom of your cheque, please note where your \$100 contribution will be applied.

- **Sundre Community Dance Costume Club**
  - Benefits current & future students and helps offset costs of costumes at the end of the year.
- **Sponsor a Student**
  - Money will be put towards sponsoring a full season dance tuition for a student in our subsidy assistance program.

FOR OPTION A, Please make cheques payable for **September 8, 2011**

## OPTION B

## YEAR VOLUNTEER COMMITMENT

*For any of the following responsibilities, you are NOT required to contribute money towards the fundraising account, however \$100 bond cheque is still required. If volunteer commitment is not completed cheque will be cashed. Please date cheque for May 1, 2012 for this reason. **If cheque is not used, SCD will destroy bond cheque after recital weekend.***

Please sign up for your volunteer commitment at registration.

# WHAT TO WEAR

## DANCE ATTIRE

Proper dancewear is required every week. We have a dress code in place for each discipline. This enables your instructors to see bodylines and posture; therefore they can make proper corrections to the student. All dancers are expected to have the required attire by the 1<sup>st</sup> week in October. Inappropriate attire or hair may result in the student being asked to sit out of class. It is suggested that all dancers have a dance bag that holds all dance clothing, shoes, hair supplies, and a water bottle. Labels with student's names or initials should be in all dancewear and shoes.

## HAIR & JEWELLERY

Hair **must** be up and away from the dancer's face. This allows the eyes to have a clear view of others in the room, which is safer for executing turns. Short hair must be kept off the face by a headband or barrettes. Longer hair must be in a ponytail. Jewellery is **not** permitted in class

### PRE-BALLET

- Any color and style of bodysuit
- Pink seamless tights
- Pink leather ballet slippers
- Any color of ballet skirt is allowed in class but not required

### PRE-TAP

- Any color or style, cotton/lycra bodysuit
- pink or beige seamless tights
- Black patent tap shoes with elastic ties (not ribbon) & Tele-tone taps

### BALLET

- Black or Navy tank-style, cotton/lycra bodysuit
- pink seamless tights
- Pink split-sole ballet slippers
- Dance shorts or skirt is allowed to be worn overtop of bodysuit

### JAZZ/TAP/ LYRICAL/STRETCH & FLEX

- Any color or style cotton/lycra bodysuit
  - Form fitting athletic style pants or shorts will be allowed
  - Black leather, seamless slip on preferred, split-sole jazz oxfords
- Tap shoes need to be black and NON patent shoes. Ask instructor for more details.
- Inter + up are allowed to wear fitted tank tops either over body suit or sports top

## **MUSICAL THEATRE**

- Comfortable clothing for free movement (no jeans or running shoes)
- If dancer is in other disciplines, wear the same outfits for these dances.
- Ballet, Jazz or Gymnastics slipper.

**Foot wear will be selected upon costume selection. Bare feet is okay until decision is made.**

## **HIP HOP/ TEEN STREET**

- Anything that is comfortable but not restricting
- Sweats and baggy t-shirt are perfect
- Absolutely no jeans is allowed
- **Clean running shoes until teacher determines required foot wear**

## **ADULT CLASSES**

- Dancewear should allow the dancer to move and stretch freely. Fitness or yoga-style pant is appropriate and a t-shirt or tank. Footwear: many adults prefer a dance sneaker for jazz classes as they provide additional support and cushioning over the oxford.

## **BOYS**

- Black or white tank or t-shirt
- Black pants or shorts
- Required footwear appropriate for boys. See instructor for more details.

## **Recommended Dance Supply Stores:**

(Sundre Community Dance students may receive a 10-15% discount from these suppliers)

### **Sagit Aries Costumes**

202, 4806 – 51 Ave.

Red Deer

Ph #: 347-2633

### **Fantasy Costumes & Action Wear**

31, 6320 – 50 Ave.

Red Deer

Ph #: 343-6500

## **Our Board of Directors**

Naomi Talbot	(403) 638-2041	talbot@xplornet.com
Heather Hicks	(403) 556-2042	hhicks79@hotmail.com
Tabitha May	(403) 638-3092	tab_may@hotmail.com
Linda Van Vlaanderen	(403) 638-3027	lindavv@xplornet.com

**We are actively seeking parents or dancers to join our board.  
Please contact any of our board members if interested.**

Notes:

# Sundre Community Dance YEAR – at – a – GLANCE

Sundre Rodeo Parade	June 25 <sup>th</sup>
Back to Dance Boot Camp	TBD in August 2011
<b>CLASSES BEGIN !!</b>	<b>Week of Sept. 12</b>
Thanksgiving Holiday <b>***No Classes all Week***</b>	Week of October 10 - 14
Remembrance Day Week, <b>Classes run all week</b>	November 7-11
Last week of Dance Classes before winter break ( <i>Chinooks Edge School Holidays: December 22 – January 4, 2012</i> )	December 19– 23
Dance Classes Resume	<b>January 9, 2012</b>
Family Day Holiday/Teacher Convention <b>***No Classes All Week***</b>	Week of February 20 -24
<b>Spring Break</b> ( <i>Chinooks Edge Spring Break: March 31 – April 9, 2012</i> )	<b>April 2 - 6</b>
<b>Dance Classes Resume</b>	<b>April 9</b>
*Picture Day will occur on a Saturday in March. Date will be confirmed upon learning the arrival date of costumes. We typically aim for the first or second weekend in March.	
** <b>PARENT VIEWING</b> will occur once a month during the last week. Come to the <b>last half</b> of class to observe the progress of your dancer(s). See open door policy inside.	
<b>TENTATIVE Dates for Year – End Recitals</b>	<b>May 4-6 , 2012</b>

**Be Sure to Check us out on Facebook!**