

**SODANCE**



# **SODANCE**

## **Vernon**

## **Guide**

## **2020-2021**



# Welcome to the family!

WHO WE ARE DRIVES WHAT WE DO.

---

At [SODANCE](#) your child will have a place to call their [SECOND HOME](#), filled with [OUTSTANDING](#) classes and instruction that teaches them the qualities that they need to live to make their [DREAMS](#) come true. We take pride in our [ACHIEVEMENTS](#) and celebrate the big and small wins in all areas of life. The studio is a [NURTURING](#) environment where your child will be free to build their [CONFIDENCE](#), spark their [CREATIVITY](#) and overall [ENJOY](#) learning to dance with their friends.



# All Ages - All Levels

FROM 18 MONTHS - 18 YEARS + ADULT SESSIONS



## Class Levels:

18 Months - 2.5 Years - Parent & Tot

2.5 Years - 5 Years - Preschool/Kinderdance

5 - 7 Years - Juniors

8-12 Years - Elementary

12+ Years - Teens

18+ Years - Adult



# Performance Opportunities

**All dancers participate in our year end show at the Vernon & District Performing Arts Centre in June.**

**Competition programs available for ages 5+ with as little commitment as 2 hours per week!**







# Styles of Dance

**Preschool/Kinderdance (ages 18 months - 5 years)** - A fun introduction to the world of dance focusing on creative movement, classroom environment and rhythm. In this program your child will learn the introductions to many dance forms - including ballet, jazz, lyrical and contemporary.

**Jazz (ages 5+)** - This type of dance is very fun and energetic. It is typically paired with upbeat music such as hip-hop, pop music or show tunes to add a theatrical flare. Jazz dancers often have more freedom to express their own individual personality through their dance performances. These dances usually have quick footsteps, lots of leaps and turns and unique movements.

**Ballet (ages 5+)** - Ballet is often referred to as the backbone of dance. The fundamentals used in ballet are often used throughout all other styles of dance as well. There are three main classifications: classical ballet, neoclassical ballet and contemporary ballet. Ballet depends severely on technique and commands a massive amount of diligence, discipline and dedication to succeed. Ballet is typically danced to classical music and is done wearing slippers or pointe shoes.

**Contemporary (ages 5+)** - This style of dance incorporates lyrical, modern, ballet and jazz. Contemporary dance is all about connecting the mind and the body through dance movements. It is typically done in half-sole shoes and there is heavy emphasis on strong controlled legwork. This style often allows the dancer creative freedom, and can be danced to a variety of different music



# Styles of Dance

**Hip Hop (ages 5+)** - Hip-hop is a style of dance that evolved from hip hop culture and is typically danced to hip hop music. Breakdancing is the most well known type of hip hop dance, but other styles include krumping, popping, locking, house and old school. This style of dance is probably the most different from the other forms. It is generally very energetic and allows the dancer to have freedom of movement within the routine and incorporate their personalities

**Tap (ages 5+)** - Tap dancers wear special shoes with metal taps on the soles that allows them to create their own rhythmical patterns and sounds while they are dancing. Although a majority of the focus in this dance is on the feet, tap dancers use their upper bodies and arms to showcase cohesive choreography.

**Lyrical Jazz (ages 5+)** - Lyrical jazz uses the same techniques as developed in Jazz but with an emphasis on connecting with the lyrics of the music. Generally performed to slower music.

**Theatre Dance (ages 8+)** - Also known, as Musical Theatre is a form of theatrical performance that combines songs, spoken dialogue, acting and dance. The plot and expressive material of a musical - humour, pathos, love, anger - are displayed through the words, music, movement and technical aspects of the choreography as a whole.

**Modern (ages 8+)** - Modern dance is a free, expressive style of dancing started in the early 20th century as a reaction to classical ballet. In recent years it has included elements not usually associated with dance, such as speech and film.



# Class Schedule 2020-2021

## Parent & Tot

Mondays 9:30 - 10:00 AM

Wednesdays 9:30 - 10:00 AM

Saturdays 9:30 - 10:00 AM

## Preschool

Mondays 10:00 – 10:45 AM

Mondays 4:15 – 5:00 PM

Tuesdays 10:00 – 10:45 AM

Tuesdays 4:45 – 5:30 PM

Wednesdays 10:00 – 10:45 AM

Wednesdays 4:15 – 5:00 PM

Thursdays 4:15 – 5:00 PM

Saturdays 10:00 – 10:45 AM





# Class Schedule 2020-2021

## Juniors

Mondays 5:00 – 6:00 PM Ballet & Contemporary

Tuesdays 5:00 – 6:00 PM – Lyrical Jazz

Wednesdays 5:00 – 6:00 PM – Ballet & Contemporary

Thursdays 5:00 – 6:00 PM – Jazz & Hip Hop

Saturdays 10:45 – 11:45 AM – Jazz & Hip Hop

Exam Ballet – Time TBA – Please contact for more details

Junior Tap – Time TBA – Please contact for more details





# Class Schedule 2020-2021

## Elementary

Mondays 3:15 – 4:15 PM – Hip Hop

Mondays 6:00 – 7:00 PM – Theatre

Tuesdays 3:15 – 4:15 PM – Jazz

Wednesdays 3:15 – 4:15 PM – Hip Hop

Thursdays 3:15 – 4:15 PM – Ballet &  
Contemporary

Exam Ballet – Time TBA – Please contact  
for more details

Elem Tap – Time TBA – Please contact  
for more details





# Class Schedule 2020-2021

## Teens

Mondays 6:00 – 7:00 PM – Theatre

Mondays 7:00 – 8:00 PM – Contemporary

Tuesdays 6:00 – 7:00 PM – Hip Hop

Tuesdays 7:00 – 8:00 PM – Ballet

Wednesdays 6:00 – 7:00 PM – Jazz

Wednesdays 7:00 – 8:00 PM – Modern

Thursdays 6:00 – 7:00 PM – Hip Hop

Thursdays 7:00 – 8:00 PM – Lyrical

Exam Ballet – Times TBA – Please contact for more details

Teen Tap – Times TBA – Please contact for more details





# Competition Teams

Dancers wishing to participate in our competitive teams should contact the office at [sodanceinfo@gmail.com](mailto:sodanceinfo@gmail.com) for more info

**Tier 1** - 8+ hours per week / Ages 11+ / 3 - 4 local competitions + 1 away competition / dancing 4 - 5 groups per competition

**Tier 2** - 4+ hours per week / Ages 8+ / 1 - 2 local competitions + 1 away competition (optional) / dancing 1 - 2 groups per competition

**Tier 3** - 2+ hours per week / Ages 5+ / 1 local competitions / dancing 1 group per competition

**All dancers in our competitive program also have the option to enter solos, duets or trios in competition.**

**Choreography Fees - All extra choreography fees must be paid in full prior to starting any choreography. All prices include taxes.**

Solo - \$350/solo

Duet - \$275/dancer

Trio - \$250/dancer

Small Group - \$200/dancer

## THE SOLO PROGRAM IS BACK FOR 2020-2021

**This program is made for dancers that want to supplement their group training with consistently scheduled private lessons. Includes:**

**24 private lessons (scheduled on a weekly basis)**

**2 choreographed solos**

**2 solo costumes**

**Discounts on additional choreography and private lesson fees**

**\$1250 (taxes included)**





# Monthly Tuition Rates

30 mins/week - \$36.75

60 mins/week - \$63.00

2 hrs/week - \$110.25

3 hrs/week - \$152.25

4 hrs/week - \$183.75

5 hrs/week - \$225.00

7 hrs/week - \$264.00

45 mins/week - \$47.25

1.5 hrs/week - \$89.25

2.5 hrs/week - \$131.25

3.5 hrs/week - \$168.00

4.5 hrs/week - \$190.00

6 hrs/week - \$236.50

8+ hrs/week - \$275.00

(ALL PRICES LISTED ARE INCLUDING TAXES)

2nd Dancer in a family - 10% tuition discount  
+ 33% discount on registration

3rd Dancer in a family - 15% tuition discount  
+ 67% discount on registration



# Payment Options

## TUITION + EXTRAS (DEFAULT OPTION)

At the time of registration - 1 month tuition

Sept 1st - Monthly tuition + registration fee

Sept 15th - Costume fee

Oct 1st - Monthly tuition

Oct 15th - Recital fee

Nov 1st - May 1st - Monthly tuition

## MONTHLY ALL INCLUSIVE

All inclusive payments include costume & recital fees in the monthly payments

At time of registration - 1 all inclusive payment + registration fee

Sept 1st - May 1st - equal monthly all inclusive payments

## YEAR IN FULL

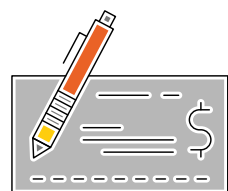
Payable prior to Sept 15th of the current season - 5% tuition discount applied





# Payment Methods

MANY OPTIONS FOR YOUR CONVENIENCE



## Post-Dated Cheques

Must be submitted to the office  
at the time of registration



## Cash

Any cash payments must  
be received on or before  
the date they are due



## Interac E-Transfer

Sent to [sodanceinfo@gmail.com](mailto:sodanceinfo@gmail.com)  
on or before the date they are  
due



## Credit Card

All payments are subject  
to a 3% credit card  
processing fee



## Late Fees

Any balances more than  
21 days overdue are  
subject to a late fee  
equal to 5% weekly  
interest







TOGETHER, WE THRIVE

**"Coming together is a beginning,  
staying together is progress, and  
working together is success."**



# What our families are saying!

SODANCE is more than just a collection of outstanding, passionate dancers led by an exceptional group of teachers. It truly is a place of growth and expression where dancers not only learn to fine tune their technique but build on the importance of teamwork, friendship, and dedication to something you love.  
~ Shannon F.

Thanks for being so amazing! Those dancers are all so great! We really enjoyed the show!  
~ Melissa M.

My heart is so proud and in awe of how much my dancer has learned and to see it all come to life is a memory that I will hold with me forever. Thank you. Your studio and all the dancers are above what I could've ever imagined.  
~Janna M.







# Welcome to



# Vernon!

LET'S GET DANCING!

WWW.SODANCE.CA  
SODANCEINFO@GMAIL.COM  
250-309-1593

#103B - 1340 KAL LAKE ROAD  
VERNON BC  
V1T 6V2

(WE ARE BEHIND SUN COUNTRY CYCLE - TURN ON 14TH AVE,  
MAKE YOUR FIRST LEFT INTO THE PARKING LOT, AND WE ARE  
AT THE END OF THE LOT ON THE LEFT HAND SIDE)