

# PROJECT *dance*

During registration, you will just need to register for your “CORE” and we will insert you into the mandatory classes, you may choose the “Optional” ones to save spots in those classes.

## What is **CORE** ?

It's the 2023-24 Company Program at Project Dance.

Definition of a CORE: *the central or most important part of something.*

C- commitment

O- originality

R- respect

E- excellence

*A group of dancers with Passion, Dreams and Commitment.*

**ATTENDANCE:** We have created PD Core for a variety of reasons. Without commitment, results plummet and the team truly doesn't feel whole. We are reasonable, things happen and we also need to work on our communication when things do arise so we are aware. For the 2023-24 season, we are implementing a 4 MISSED policy. Dancers can only miss 4 classes in the season (per genre). If the dancer surpasses this, class time will be made up with the instructor in a private. This doesn't mean skip to get a private. Our hope is that dance is more of a priority especially in classes like tech, COMBO and ballet. If you are too sick to dance or are contagious.

Please note: All Company dancers will participate in a “Choreography weekend” in September. Dancers will range between \$50-\$75 per dancer for the weekend. More details to come.

## **CORAL CORE MANDATORY CLASSES**

6 years= Primary Ballet (45 minutes-1 hour)

Grade One Ballet 2 times a week 7 years= (2 hours)

Coral Ballet Choreography (30 min)

Coral Jazz Choreography

Coral Jazz Tech

Coral Acro Tech

Coral Tap

Coral Hip Hop (45 minutes)

**Optional:** \*HIGHLY RECOMMEND

Coral Lyrical

## **CRYSTAL CORE MANDATORY CLASSES**

8 years= Grade Two (2 classes per week)

9 years= Grade Three (2 classes per week)

Crystal Ballet Choreography (30 minutes)

Crystal Jazz Choreography

Crystal Jazz Technique

Crystal Acro Technique/Stretch & Strength

Crystal Lyrical Choreography

Crystal Tap Choreography  
Crystal Hip Hop Choreography  
**Optional:** Acro Choreography & Stage Choreography

### **DIAMOND CORE**

Grade Four Ballet (2 classes per week)  
Diamond Ballet Group (30 minutes)  
Diamond Jazz Choreography  
Diamond Lyrical Choreography  
Diamond Jazz Technique  
Diamond Acro Technique/ Stretch & Strength (1 hour)  
Hip Hop Choreography  
Stage Choreography  
Combo Class & PBT

**Optional:** \*\* HIGHLY RECOMMEND

Diamond Tap Choreography  
Acro Choreography group  
Contemporary Choreography  
Small group. Placement only \*additional choreography fee

### **RUBY CORE**

Grade Five Ballet (2 classes per week)  
Pre Pointe Ballet (1/2 hour)  
Ruby Ballet Choreography (30 min)  
Ruby Jazz Choreography  
Ruby Lyrical Choreography  
Ruby Jazz Technique  
Ruby Acro Technique/ Stretch & Strength  
Ruby Contemporary Group  
Combo Class & PBT/Yoga

**Optional:** \*\* HIGHLY RECOMMEND

Tap Choreography \*Summer tech will determine placement.  
Acro Choreography group  
Hip Hop Group

### **AMBER CORE**

2 RAD Ballet classes a week (2.5 hours)  
Pointe Class  
PBT 12- under/ Combo Class/ Yoga  
Amber Jazz Choreography  
Amber Lyrical Choreography  
Amber Contemporary Choreography  
Amber Jazz Technique  
Amber Hip Hop Choreography  
Amber Acro Tech/Stretch & Strength (1 hour)  
Lyrical Line \* Extra cost for Guest Choreography may be applied

**Optional:** \* Highly recommended

Tap  
Senior Acro Group  
Stage Group  
Small group. Placement only \*Additional choreography fee

**PEARL**

2 Ballet classes

Combo Class

Pearl Jazz Choreography

Pearl Lyrical Choreography

Pearl Contemporary Choreography

Pearl Jazz Technique

Optional:

Tap

Hip Hop Group

Stage

**ONYX**

RAD Ballet classes a week (2 hours) \*Pointe for those wishing to do an exam

PBT 12+ Turns & Jumps Technique

Onyx Jazz Choreography

Onyx Lyrical Choreography

Onyx Contemporary Choreography

Lyrical Line Line \*Extra cost may be needed for Guest Choreographer

Onyx Jazz Technique

Acro Tech/Stretch & Strength

Combo Class

**Optional:**

Senior Acro Group

Tap

Hip Hop Group

Stage

Small Groups \*Will be placed, additional choreography fee

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**TUESDAYS JULY 11, 18, 25<sup>TH</sup> AUGUST 1, 8, 15<sup>TH</sup>**  
**WEDNESDAYS JULY 12, 19, 26<sup>TH</sup> AUGUST 2, 9, 16<sup>TH</sup>**

**COST:**

**\$15.00 + GST 1 HOUR**

**COMPANY CORE: JAZZ/TAP/ACRO & STRETCH/STRENGTH MINIMUM 4 CLASSES EACH**

**COMPETITION TEAM: MINIMUM 3 CLASSES**

**\*\*UPDATED JULY 4<sup>th</sup>**

**TUESDAYS**

**COMPANY JAZZ TECH**

3-4PM AGES 7-9 YEARS

4-5PM AGES 10-12 YEARS

5-6PM AGES 13+ YEARS

**COMPETITION/COMPANY JAZZ TECH**

3-4PM AGES 5-6 YEARS (SPARKLE)

4-5PM AGES 6-8 YEARS (CORAL/GLITTER)

5-6PM AGES 8-12 YEARS (GLOW/SPARK)

6-7PM 12-up YEARS (VELOCITY)

**ACRO TECH**

2-3PM COMPANY ACRO TECH 7-9 YEARS

3-4PM AGES 10-12 COMPANY ACRO TECH & STRETCH/STRENGTH

4-5PM COMPANY 12-UP ACRO TECH & STRETCH/STRENGTH

5-6PM SPARKLE/GLITTER COMPETITION ACRO TECH

6-7PM COMPETITION ENERGY/POWER

**WEDNESDAYS**

**COMPANY/COMPETITION TEAM TAP TECH**

3-4 PM CORAL & SPARKLE TAP TECH

3-4PM CRYSTAL TAP TECH

4-5PM DIAMOND/RUBY TAP TECH

5-6PM COMPANY TAP TECH 12+

6-7PM COMP TEAM/BEGINNER TAP

**COMPANY COMBO CLASS**

4-5PM 13-UP

5-6PM 10-12 YEARS

6-6:30PM 7-9YEARS

## PROJECT DANCE CORE DRESS CODE

### **Jazz Technique and Choreography classes: Jazz, Lyrical, Stage.**

Hair up and in a secure bun

All black tight clothing

Pirouettes

### **Contemporary and Acro**

Hair up and in a secure bun

All black tight clothing

Bare feet

### **Tap**

Hair up and in a secure bun

All black tight clothing

Black Oxford tap shoes

### **Hip Hop**

Hair up and off face

Loose fitting clothing, no ballet tights

Clean Runners

### **Combo Class**

Hair up and off face

Anything you feel comfortable to move in

Pirouettes or bare feet

### **Ballet**

Required colour ballet bodysuit for certain RAD grade \*See below for details

Convertible Ballet tights

Canvas Ballet shoes

Hair up in a bun with a hairnet

**Pre Pointe:** Canvas ballet shoes, tennis ball and Theraband

**Beginner Pointe:** Wait to buy pointes shoes with the ballet teachers.

**Intermediate and Advanced:** Pointe Shoes

### **Boys Ballet**

White bodysuit or tank top

Black leggings

White socks

White ballet shoes

### **PBT (Progressive Ballet Technique)**

Hair up in a secure bun

Ballet bodysuit any colour

Ballet tights or black leggings

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## RAD Ballet Attire 2023/24

### Pre Primary/Primary

- Lilac One Piece Bodysuit, capped sleeves, skirt attached
  - Pink leather full sole ballet shoes
  - Socks: Mondor, pink or pink tights
- All above items available at the PD Boutique, or can be sized and custom ordered***

### Grade 1-2

- SoDanca leotard, colour - **Geranium Lake** (available at PD Boutique)
- Pink canvas split sole ballet shoes – preferably SoDanca SD16 or Capezio Hanami
- Ballet Pink ballet tights
- Character shoes (Gr 1&2) low heel black character shoes with pink elastic (no snaps)

### Grade 3-5

- SoDanca leotard, colour – **Burgundy** (available at PD Boutique)
- Pink canvas split sole ballet shoes – SoDanca SD16 or Capezio Hanami
- Ballet Pink ballet tights, convertible
- Character shoes- Cuban heel black character shoes with pink elastics (no snaps)

### Intermediate Foundation/Intermediate/Advanced

- Capezio Leotard, Black, Bra Tek model (available through the PD Boutique)
- Pink canvas split sole ballet shoes with ribbons sewn on (Inter Found.) SoDanca SD16 or Capezio Hanami
- Pink full sole soft blocs (Intermediate and up)
- Pointe shoes (will be advised of fit clinics)

### Rec Ballet, and Rec Grades 1 and 2 (once a week class)

- SoDanca leotard, **RED** (available at PD Boutique)
- Pink Ballet tights
- Pink ballet shoes, leather full sole or split sole canvas