

PD CORE 2022-2023

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 2022-23 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, one is attendance. I have talked to many studio directors, teachers and mentors. 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 2022-23 season, we are implementing a 4 miss 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.

CORAL CORE MANDATORY CLASSES

Ballet:

5 years= Pre Primary (45 minutes) or

6 years= Primary Ballet (45 minutes-1 hour) *There will be a ballet group at recital

Coral Jazz Choreography (1 hour)

Coral Jazz Tech (1 hour)

Coral Tap

Optional: *HIGHLY RECOMMEND

Coral Lyrical

Coral Hip Hop

CRYSTAL CORE MANDATORY CLASSES

Ballet:

6 years= Primary (45 minutes-1 hour)

7 -7.5 years= Grade One (2 classes per week)

8 years= Grade Two (2 classes per week)

Crystal Jazz Choreography (1 hour)

Crystal Jazz Technique (1 hour)

Crystal Acro Technique (1 hour)

Crystal Lyrical Choreography

Crystal Tap Choreography

Optional: **HIGHLY RECOMMEND

Crystal Hip Hop

Acro Choreography

DIAMOND CORE

Grade Three Ballet (2 classes per week)
Diamond Jazz Choreography (1 hour)
Diamond Lyrical Choreography (1 hour)
Diamond Jazz Technique (1 hour)
Diamond Acro Technique/ Stretch & Strength (1 hour)
Hip Hop Choreography (45 minutes)
Optional: ** HIGHLY RECOMMEND
Diamond Tap Choreography
Acro Choreography group
Stage Group

RUBY CORE

Grade Four Ballet (2 classes per week)
Pre Pointe Ballet (1/2 hour)
Ruby Jazz Choreography (1 hour)
Ruby Lyrical Choreography (1 hour)
Ruby Jazz Technique (1 hour)
Ruby/Diamond Acro Technique/ Stretch & Strength (1 hour)
Ruby Contemporary Group
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)
PBT 12- under/ Combo Class/ Yoga
Amber Jazz Choreography
Amber Lyrical Choreography
Amber Contemporary Choreography
Amber Jazz Technique
Amber Acro Tech/Stretch & Strength (1 hour)
Jazz Line (30-45 minutes)
Optional: * Highly recommended
Hip Hop
Tap
Senior Acro Group
Stage Group

PEARL

1 Ballet class (Grade Six)

Combo Class

Pearl Jazz Choreography

Pearl Lyrical Choreography

Pearl Contemporary Choreography

Pearl Jazz Technique

Jazz Line (30-45 minutes)

Optional:

Tap

Hip Hop Group

Stage

EMERALD/ONYX/QUARTZ

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

PBT 12+/ Combo Class/ Turns & Jumps Technique

Onyx Jazz Choreography

Onyx Lyrical Choreography

Onyx/ Emerald Contemporary Choreography

Jazz Line (30-45 Minutes)

Onyx Jazz Technique

Acro Tech/Stretch & Strength (1 hour)

Optional:

Senior Acro Group

Tap

Hip Hop Group

Stage

Small Groups *Will be placed



SUMMER TECH 2022

TUESDAYS JULY 12, 19, 26TH AUGUST 2, 9, 16TH
WEDNESDAYS JULY 13, 20, 27TH AUGUST 3, 10, 17TH

COST:

\$12.00 45 MINUTES

\$15.00 1 HOUR

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

COMPETITION TEAM: MINIMUM 3 CLASSES

TUESDAYS

COMPANY JAZZ TECH

3-4PM AGES 6-7 YEARS (CRYSTAL)

4-5PM AGES 9-10 YEARS (DIAMOND/RUBY)

5-6PM AGES 10-13 YEARS (AMBER)

6-7PM AGES 13+

COMPETITION JAZZ TECH

3-4PM AGES 5-6 YEARS (CORAL/GLITTER)

4-5PM AGES 8-12 YEARS (GLOW/SPARK)

5-6PM 11-up YEARS (SHIMMER/VELOCITY)

ACRO TECH

3-4PM AGES 8+ COMPANY ACRO TECH & STRETCH/STRENGTH

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

5-6PM 10-UNDER ACRO TECH

6-7PM COMPANY 12- UNDER (POWER/COMPANY)

WEDNESDAYS

COMPANY/COMPETITION TEAM 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

3-4PM 10-13 YEARS

4-5PM 12-UP

5-5:45 8-11 YEARS

PROJECT DANCE CORE DRESS CODE

Jazz Technique and Choreography classes: Jazz, Lyrical, and 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, Amber and up Split sole recommended

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

Project Dance RAD Ballet Attire 2022/23

Pre Primary/Primary

- Mondor cap sleeved leotard style #3535 in Lilac, or Capezio CC400C cap sleeve in Lavender
- Mondor Lilac wrap skirt, or Mondor Lilac pull-on skirt
- 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 3-4

- 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)

Grade 5 & Grade 6

- SoDanca leotard, **Red** (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

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

*All items except pointe shoes can be purchased or ordered through the PD Boutique.
Gently used Mini tap shoes and Character shoes also available for sale.*