

SODANCE



SODANCE Vernon Guide 2022-2023



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 - 3 Years - Parent & Tot

3 Years - 5 Years - Preschool/Kinderdance

5 - 8 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 2022-2023

Parent & Tot

Mondays 9:30 - 10:00 AM

Thursdays 3:00 - 3:30 PM

Saturdays 9:30 - 10:00 AM

Preschool

Mondays 10:00 – 10:45 AM (Ballet)

Mondays 4:45 - 5:45 PM (Ballet & Tap)

Tuesdays 4:45 – 5:30 PM (Ballet)

Wednesdays 1:00 - 1:45 PM (Ballet)

Wednesdays 4:45 – 5:30 PM (Jazz & Hip Hop)

Thursdays 3:30 - 4:15 PM (Ballet)

Saturdays 10:00 – 11:00 AM (Ballet & Tap)



Class Schedule 2022-2023

Juniors

Mondays 5:45 – 6:45 PM Ballet & Contemporary

Mondays 6:45 - 7:45 PM Tap

Tuesdays 3:45 - 4:45 PM Jazz & Hip Hop

Tuesdays 5:30 – 6:30 PM Lyrical

Wednesdays 5:30 – 6:30 PM Ballet & Contemporary

Thursdays 5:30 – 6:30 PM Jazz & Hip Hop

Saturdays 11:00 - 12:00 PM Jazz

Exam Ballet – Time TBA – Please contact for more details



Class Schedule 2022-2023

Elementary

Mondays 3:15 – 4:15 PM – Hip Hop (Kinetic Energy Crew)

Mondays 4:15 - 5:15 PM - Theatre

Mondays 6:45 - 7:45 PM - Tap

Tuesdays 3:15 – 4:15 PM – Jazz

Tuesdays 4:15 - 5:15 PM - Lyrical

Wednesdays 3:15 – 4:15 PM – Hip Hop

Wednesdays 4:15 - 5:15 PM - Modern

Thursdays 3:15 – 4:15 PM – Ballet

Thursdays 4:15 - 5:15 PM - Contemporary

Thursdays 5:00 - 5:30 PM - Tap

Exam Ballet – Time TBA – Please contact
for more details



Class Schedule 2022-2023

Teens

Mondays 6:15 – 7:15 PM – Contemporary

Mondays 7:15 – 8:00 PM – Ballet

Mondays 8:00 - 8:45 PM - Tap

Tuesdays 6:15 - 7:30 PM – Hip Hop

Tuesdays 7:30 – 8:45 PM – Teen Theatre

Wednesday 4:00 - 4:45 PM - Pointe

Wednesdays 6:15 – 7:30 PM – Jazz

Wednesdays 7:30 – 8:45 PM – Lyrical

Thursdays 6:15 – 7:15 PM – Modern

Thursdays 7:15 – 8:45 PM – Advanced Hip Hop (Dynamic Revolution)

Thursday 7:15 - 8:45 PM - Intermediate Hip Hop (Electric Evolution)

Exam Ballet – Times TBA – Please contact for more details



● Competition Teams - Kinetic Energy (Ages 8 - 12) ●

Dancers wishing to participate in our competitive teams should contact the office at sodanceinfo@gmail.com for more info

Tier A - 13.75 hours per week / Styles of dance: Hip Hop, Theatre, Jazz, Lyrical, Modern, Ballet, Contemporary & Tap (Optional)

Tier B - 9.75 hours per week / Styles of Dance: Hip Hop, Modern, Theatre & Jazz

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.

Duet - \$468/dancer
(includes 1 duet & twelve 30-minute lessons)

Trio - \$416/dancer
(includes 1 trio & sixteen 30-minute lessons)

THE SOLO PROGRAM IS BACK FOR 2022-2023

**This program is made for dancers that want to supplement their group training with consistently scheduled private lessons. Includes:
twenty 30-minute private lessons (scheduled on a weekly basis)**

2 choreographed solos

Discounts on additional choreography and private lesson fees

\$950 (taxes included)

Competition Teams - Electric Evolution (Ages 11 - 15)

Dancers wishing to participate in our competitive teams should contact the office at sodanceinfo@gmail.com for more info

Tier A - 15 hours per week / Styles of dance: Hip Hop, Theatre, Jazz, Lyrical, Modern, Ballet, Contemporary & Tap (Optional)

Tier B - 10 hours per week / Styles of Dance: Hip Hop, Contemporary & Jazz

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

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2 choreographed solos

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\$950 (taxes included)

● **Competition Teams - Dynamic Revolution** **(Ages 16 - 18)**

Dancers wishing to participate in our competitive teams should contact the office at sodanceinfo@gmail.com for more info

Tier A - 15 hours per week / Styles of dance: Hip Hop, Theatre, Jazz, Lyrical, Modern, Ballet, Contemporary & Tap (Optional)

Tier B - 10 hours per week / Styles of Dance: Hip Hop, Contemporary & Jazz

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.

Duet - \$468/dancer

(includes 1 duet & twelve 30-minute lessons)

Trio - \$416/dancer

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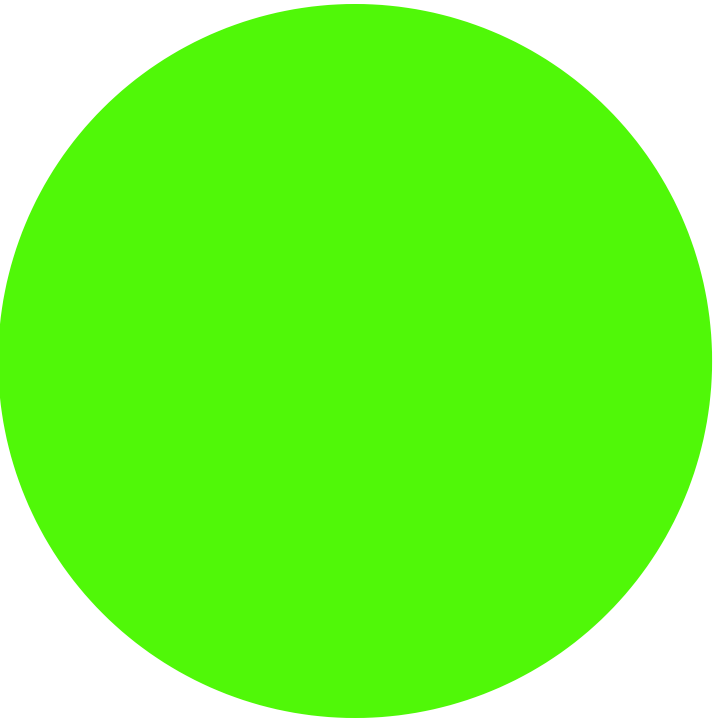
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Monthly Tuition Rates



30 mins/week - \$39.50

60 mins/week - \$67.50

2 hrs/week - \$125.00

3 hrs/week - \$175.50

4 hrs/week - \$219.50

5 hrs/week - \$256.50

7 hrs/week - \$310.50

9 hrs/week - \$337.50

45 mins/week - \$50.00

1.5 hrs/week - \$96.25

2.5 hrs/week - \$149.75

3.5 hrs/week - \$197.50

4.5 hrs/week - \$238.00

6 hrs/week - \$287.00

8 hrs/week - \$327.50

10+ hrs/week - \$341.00

(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

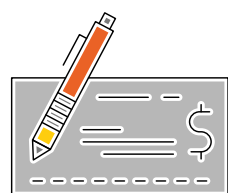
YEAR IN FULL

Payable within 14 days of registration - 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 on or before the date they are due



Credit Card

All payments are subject to a 3.5% 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



SODANCE

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)