

SODANCE



SODANCE Vernon Guide 2025-2026



Welcome to the family!

BECOME A PART OF THE COMMUNITY WHERE WE BELIEVE IN RAISING GOOD HUMANS, WHO HAPPEN TO DANCE!

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 winter and year-end show at the Vernon & District Performing Arts Centre.

Competition programs available for ages 5+ with as little commitment as 3 hours per week!



Styles of Dance

Creative Dance (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, theatre 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.

Acro (ages 3+) - Acro dance combines traditional dance techniques with precision acrobatic elements. Acro dance involves three main elements: strength, balance & flexibility.

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 3+) - 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 3+) - 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 3+) - 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 2025-2026

Parent & Tot (18mos to 3 years)

Wednesdays 9:30 - 10:00 AM - Creative Dance

Saturdays 9:30 - 10:00 AM - Creative Dance

Preschool (3 - 5 years)

Mondays 10:00 - 11:00 AM - Creative Dance

Mondays 4:30 - 5:30 PM - Ballet/Tap

Tuesdays 4:30 - 5:30 PM - Ballet

Wednesdays 10:00 - 11:00 AM - Ballet

Wednesdays 4:30 - 5:30 PM - Musical Theatre

Thursdays 4:30 - 5:30 PM - Acro/Jazz

Saturdays 11:00 - 12:00 PM - Jazz/Hip Hop



Class Schedule 2025-2026

Juniors (5 - 7 years)

Mondays 3:30 - 4:30 PM - Tap

Mondays 5:30 - 6:30 PM - Ballet/Contemporary

Tuesdays 3:30 - 4:30 PM - Jazz/Hip Hop

Tuesdays 5:30 - 6:30 PM - Ballet/Tap

Wednesdays 5:30 - 7:00 PM - Acro/Jazz

Thursdays 3:30 - 4:30 PM - Musical Theatre

Thursdays 5:30 - 6:30 PM - Jazz/Hip Hop

Saturdays 12:00 - 1:00 PM - Jazz/Hip Hop



Class Schedule 2025-2026

Elementary (8 - 12 years)

Mondays 3:15 - 4:15 PM - Acro

Mondays 4:15 - 5:15 PM - Musical Theatre

Tuesdays 3:15 - 4:45 PM - Jazz & Lyrical

Tuesdays 4:45 - 5:45 PM - Hip Hop

Tuesdays 5:45 - 6:45 PM - Hip Hop (Technique)

Tuesdays 6:45 - 7:45 PM - Jumps & Turns (Technique)

Tuesdays 5:45 - 6:45 PM - Tap

Wednesdays 3:15 - 4:15 PM - Contemporary

Wednesdays 4:15 - 5:15 PM - Hip Hop

Thursdays 3:15 - 4:45 PM - Ballet & Modern



Class Schedule 2025-2026

Intermediate (11 - 14 years)

Mondays 7:15 - 8:45 PM - Contemporary & Modern

Tuesdays 4:45 - 5:45 PM - Inter Tap

Tuesdays 5:45 - 6:45 PM - Hip Hop (Technique)

Tuesdays 6:45 - 7:45 PM - Jumps & Turns (Technique)

Wednesdays 5:15 - 6:15 PM - Hip Hop

Wednesdays 6:15 - 7:45 PM - Jazz & Lyrical

Thursdays 5:45 - 6:45 PM - Ballet Choreography



Class Schedule 2025-2026

Teen (13 - 17 years)

Mondays 4:15 - 5:15 PM - Ballet (Technique)

Mondays 5:15 - 6:15 PM - Acro

Mondays 6:15 - 7:15 PM - Tap

Mondays 7:15 - 8:45 PM - Contemporary & Modern

Tuesdays 5:45 - 6:45 PM - Hip Hop (Technique)

Tuesdays 6:45 - 7:45 PM - Jumps & Turns (Technique)

Tuesdays 7:45 - 8:45 PM - Hip Hop

Wednesdays 5:15 - 6:15 PM - Ballet (Technique)

Wednesdays 6:15 - 7:45 PM - Jazz & Lyrical

Wednesdays 7:45 - 8:45 PM - Hip Hop

Thursdays 5:45 - 6:45 PM - Ballet Choreography

Thursdays 6:45 - 7:45 PM - Musical Theatre



Performance Teams - (Ages 6 - 19)

All dancers in our performance program also have the option to enter solos, duets or trios in competition or perform at our shows.

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

Rates for Performing in Dancing in a Winter Wonderland (Winter Show) or Standing Ovation (Year-End Performance)

Starter Solo - \$150/dancer (includes 1 solo & four 30-min sessions)

Solo - \$350/dancer (includes 1 solo & six 30-min sessions)

Duet - \$275/dancer

(includes 1 duet & eight 30-minute lessons)

Trio - \$250/dancer

(includes 1 trio & ten 30-minute lessons)

Additional 30-minute sessions may be booked at a rate of \$35/session.

Costume fees for solos, duets and trios are separate

COMPETITIVE TEAM SOLOS/DUETS/TRIOS:

Competitive solos, duets & trios are required to have a weekly lesson with a designated coach for a minimum of 10 hours (in 30 or 45 min weekly sessions). Depending on how quickly the dancers learn, and how receptive they are to corrections/cleaning, up to 2 routines may be learned in this time. Limited spots are available. Booked between October - March on Fridays or Saturdays. Please contact admin@sodance.ca for more information.

Monthly Tuition Rates

30 mins/week - \$39.50

60 mins/week - \$66.50

2 hrs/week - \$120.25

3 hrs/week - \$166.75

4 hrs/week - \$204.00

5 hrs/week - \$236.50

6 hrs/week - \$275.50

45 mins/week - \$51.00

1.5 hrs/week - \$94.50

2.5 hrs/week - \$144.50

3.5 hrs/week - \$186.50

4.5 hrs/week - \$219.25

5.5 hrs/week - \$256.25

7+ hrs/week - \$312.00

(ALL PRICES LISTED ARE INCLUDING TAXES)

LATE REGISTRATIONS WILL BE SUBJECT TO LATE REGISTRATION TUITION PREMIUM RATES

OCTOBER START DATE - 2.5% TUITION INCREASE

NOVEMBER START DATE - 5% TUITION INCREASE

DECEMBER START DATE - 7.5% TUITION INCREASE

JANUARY START DATE - 10% TUITION INCREASE

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

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

100% MONEY BACK GUARANTEE APPLIED IF A DANCER IS NOT SATISFIED AFTER THEIR FIRST CLASS
WITHDRAWAL MUST BE PROCESSED PRIOR TO THE SECOND CLASS IN ORDER TO HONOUR THIS



Costume & Recital Fees

COSTUME FEES

Preschool - \$70.00 per class

Junior - \$75.00 per class

Elementary - \$80.00 per class

Teen - \$85.00 per class

These costumes are to be kept and taken home after recital.

JUNE RECITAL FEE

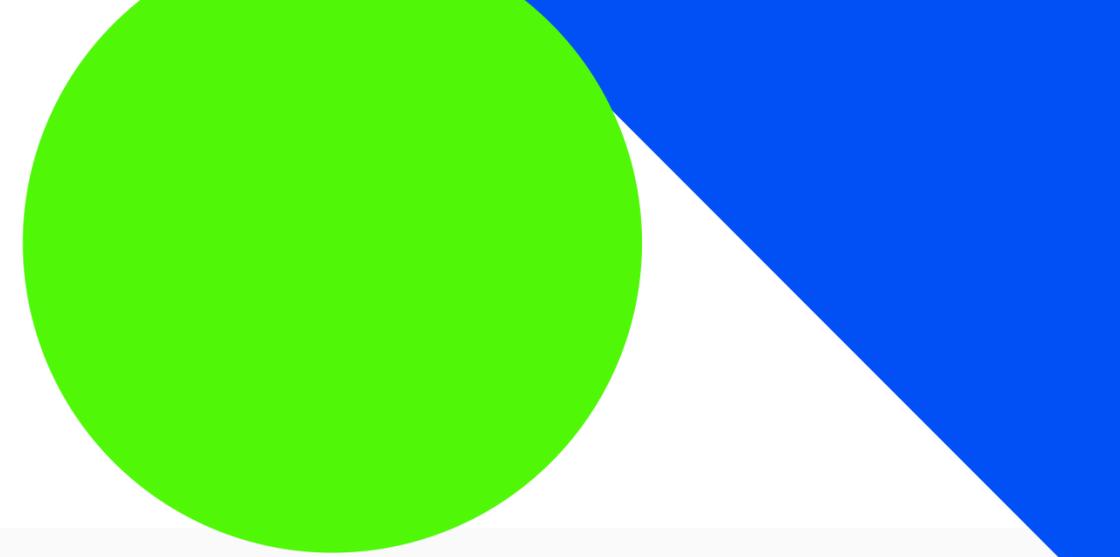
This fee covers the costs associated with extra theatre and in-studio rehearsals, posed in-studio photos, and photos & videos from our year-end recital.

Base rate \$60 + \$20 per routine.

WINTER SHOW FEE

Winter Show fees are included in the annual fee and instalment payments, but are paid between time of registration and December 1st. Winter Show fees cover the costs associated with extra theatre and in-studio rehearsals, photos & videos from the Winter Show, and costume rentals for the Winter Show.

Base rate \$50 + \$25 per routine.



Payment Options

MONTHLY ALL INCLUSIVE (DEFAULT OPTION)

All Inclusive payments include costume & recital fees. Winter Show fees are included in All Inclusive payments until Dec 1st.

Schedule:

At time of registration - 1 all inclusive payment (including Winter Show fees) + registration fee

Sept 1st - Day 1st - Monthly all inclusive payments (including Winter Show fees)

Jan 1st - May 1st - Monthly all inclusive payment (without Winter Show fee)

YEAR IN FULL

Payable within 14 days of registration:

5% tuition discount applied



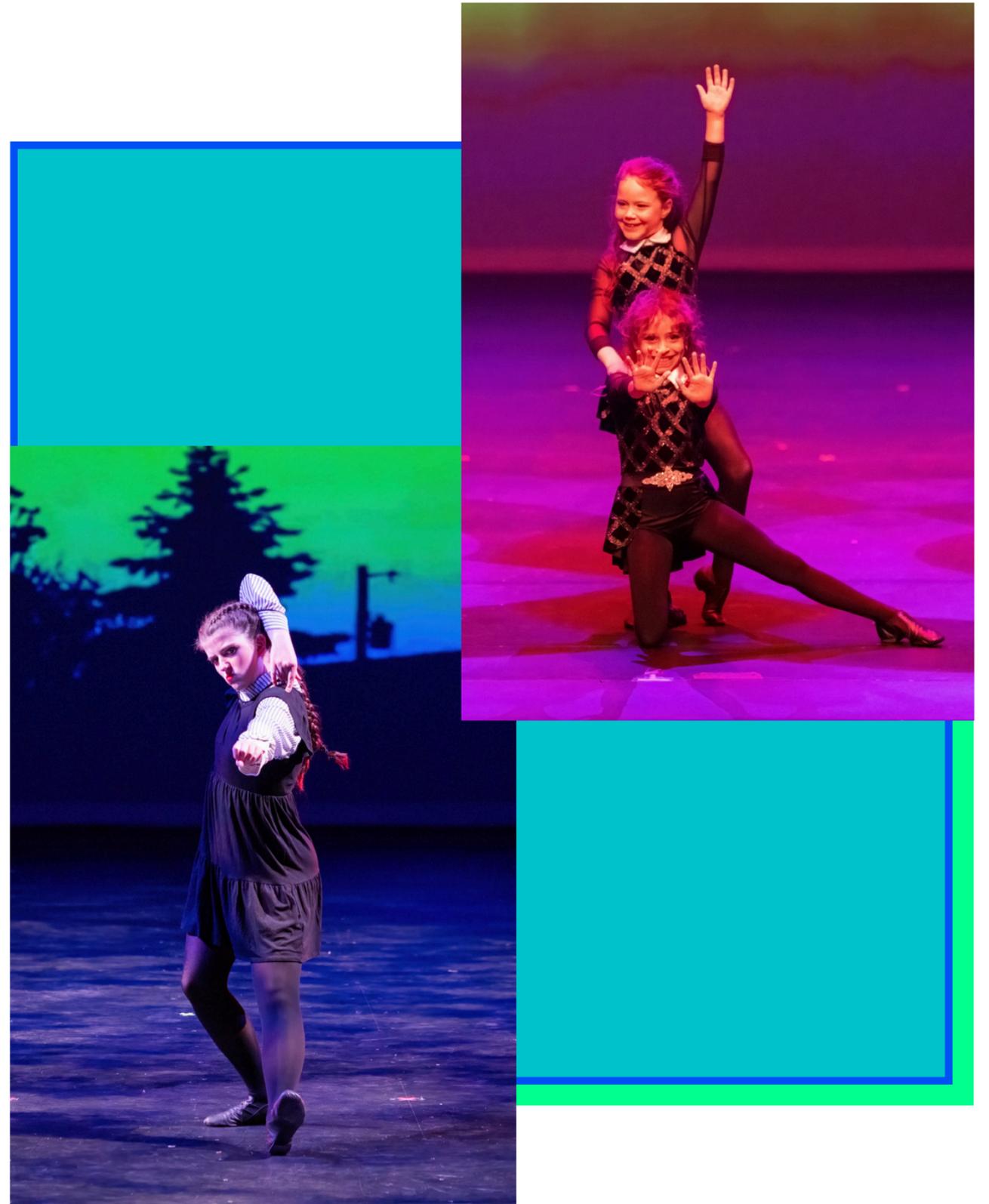
Private Lessons

Our Private Lessons give your dancer the opportunity to work on their technique one on one with our instructors!

30-minute private lesson - \$35

45-minute private lesson - \$52.50

We recommend one private lesson per week in four-week increments.



Birthday Parties!

It's Time to Party!

SODANCE Vernon offers Dance Birthday Parties for your dancer's special day!

Base Rate - \$150 per hour for 8 kids

Additional \$12 per kid over 8 kids

20 kids maximum

We recommend 2-hour parties - just over an hour of dancing and the rest of the time reserved for snacks & cake!



Payment Methods

MANY OPTIONS FOR YOUR CONVENIENCE



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% non-refundable
credit card processing fee



Cash

Any cash payments must
be received on or before
the date they are due (DO
NOT MAIL)



Late Fees

Any balances more than
21 days overdue are
subject to a late fee
equal of \$10 per week



Accountability Commitment

At SODANCE Vernon we are committed to holding ourselves accountable to the highest standards of equitable teaching practices within our studio.

We do this by training our faculty to embrace and be accountable for anti-abuse, anti-othering and anti-discriminatory policies and procedures within our organization.



10 Pillars of Equitable Teaching Practices at SODANCE Vernon

- We want all dancers to feel that they are **accepted** within SODANCE Vernon and we will create that environment by ensuring that all dancers are **included** in their activities within their classes.
- It is important to us that our dancers and teachers maintain their **health and safety** within SODANCE Vernon so that they can enjoy many years of dancing in their future. We accomplish this by ensuring that our faculty is adequately trained in all aspects of dance education to provide a **protected** and secure environment for our dancers.
- We encourage our dancers to bring their **individual humanity** into SODANCE Vernon by **respecting** the values, beliefs, and ideas through strong anti-othering procedures that support each individual dancer that is a part of SODANCE Vernon.
- Through our commitment to **education** practices (starting with dance history) at SODANCE Vernon, we strive to **inspire** dancers to appreciate dance as an active participant or an observer throughout their entire lives.
- Our team believes that it is important for dancers to have a voice in the studio! We want our dancers to feel that they are **heard**, and we encourage this by **actively listening** to the individual thoughts of each student.

10 Pillars of Equitable Teaching Practices at SODANCE Vernon

- Dancers will feel **valued and welcome** at SODANCE Vernon because we aim to provide an accessible environment to all dancers through the use of an *access check-in* during our registration and orientation process for new and continuing students each season. If at any time a dancer's accessibility needs change, dance families are encouraged to contact SODANCE Vernon and update their information as required.
- At SODANCE Vernon we strive to facilitate a safe space where dancers feel that they have full sovereignty for **creative self-expression** by safeguarding the **dignity** of all dancers through the exceptional **awareness** training of our faculty.
- Our dancers are encouraged to embolden their **confidence** through the **courageous and vulnerable leadership** of our studio.
- We strive to develop a feeling of **appreciation** within all of our dancers through an educational approach that is **consistently kind and compassionate**.
- At SODANCE Vernon we honor that our dancers are autonomous individuals through our commitment to the awareness, development and use of **self-advocacy tools** within our space that dancers can continue to strengthen through their adult lives.

Accountability Practice at SODANCE Vernon

What do our accountability pillars actually look like as a member of the SODANCE Vernon Dance Family?

- All faculty are trained extensively on the daily practice of our accountability pillars.
- We are held accountable by ourselves and by third party organizations
- We ensure that all music, costumes and choreography are appropriate for all dancers involved in class/performances (both as spectators and as performers)
- We have detailed plans of action to put into play if we observe, or receive note of any abusive, othering, or otherwise discriminatory practices taking place inside or around the studio
- We make an effort to go above and beyond and provide dance families with an access check-in to enhance their dance experience even further!
- Our studio has strong body acceptance policies in place where we enforce and appreciate that every body is a dance body. Faculty are encouraged to role model the importance of dancers having healthy relationships with food that nourishes and energizes the body in order to dance!
- Our studio accepts payments from various organizations that provide economic support for students from lower income families. We have also enforced a lower cost dress code to additionally make dance more affordable for our dance families.

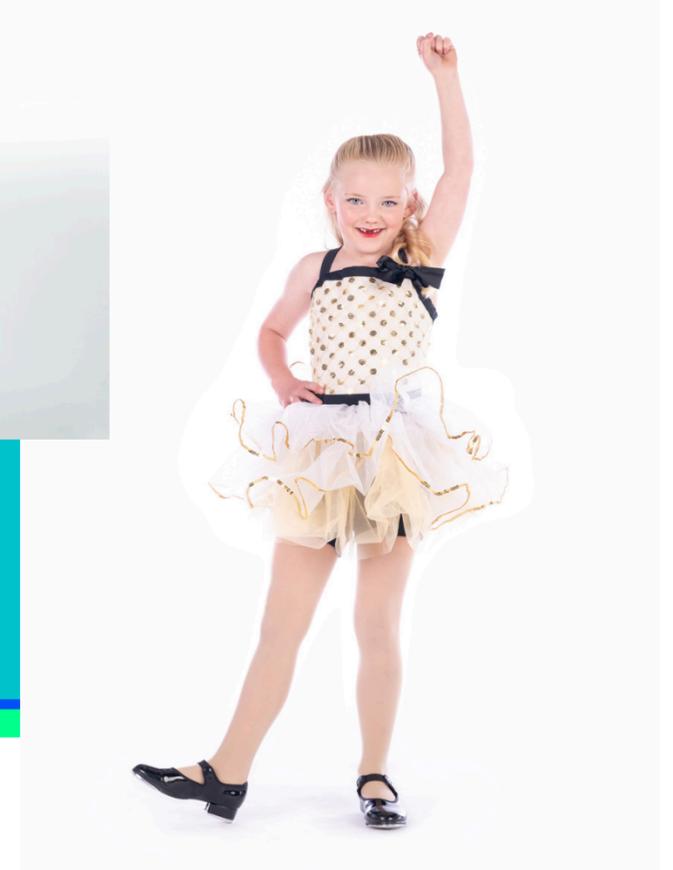
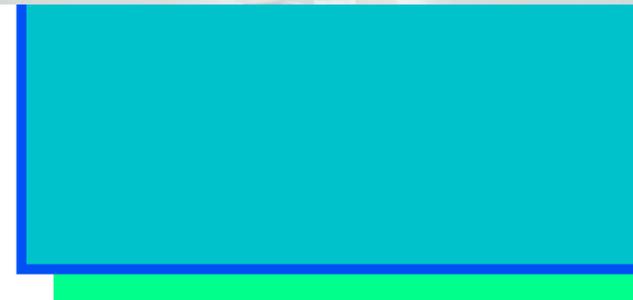
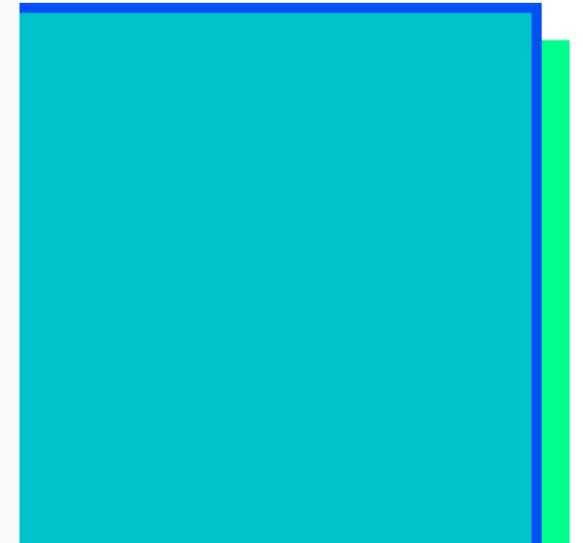
Accountability Practice at SODANCE Vernon

What do our accountability pillars actually look like as a member of the SODANCE Vernon Dance Family?

- We have strict anti-bullying policies in place with clear guidelines of structured courses of action for any instances of bullying observed or noted.
- Our faculty has received training on the importance of recognizing different developmental milestones and how to appreciate neurodiversity within these developmental stages
- We recognize that diversity comes in many different forms including physical differences, neurodiversities, or economic/personal circumstantial related diversities.
- Our team has received extensive training on the importance of understanding what "grooming" is and how to strengthen and empower consent practices within our studio. This includes training and practice on self-advocacy work within our classes.
- We appreciate that dancers come in all physical forms and do not discriminate against any individual's choice of their own gender identity or gender expression
- We encourage our faculty to make sure that they are taking care of their mental health and being mindful so that they can be role models to the students of our studio when it comes to making mental and emotional health as much of a priority as our physical health.

SODANCE Vernon's Accountability Pledge

The staff at SODANCE Vernon are committed to continual excellence by staying up to date with our business practices, following through on regularly scheduled training, holding each other accountable to the standards set out in these policies and to updating and reviewing these policies and procedures at minimum on an annual basis to ensure that they remain relevant and applicable to the needs of our dancers and our community.





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.

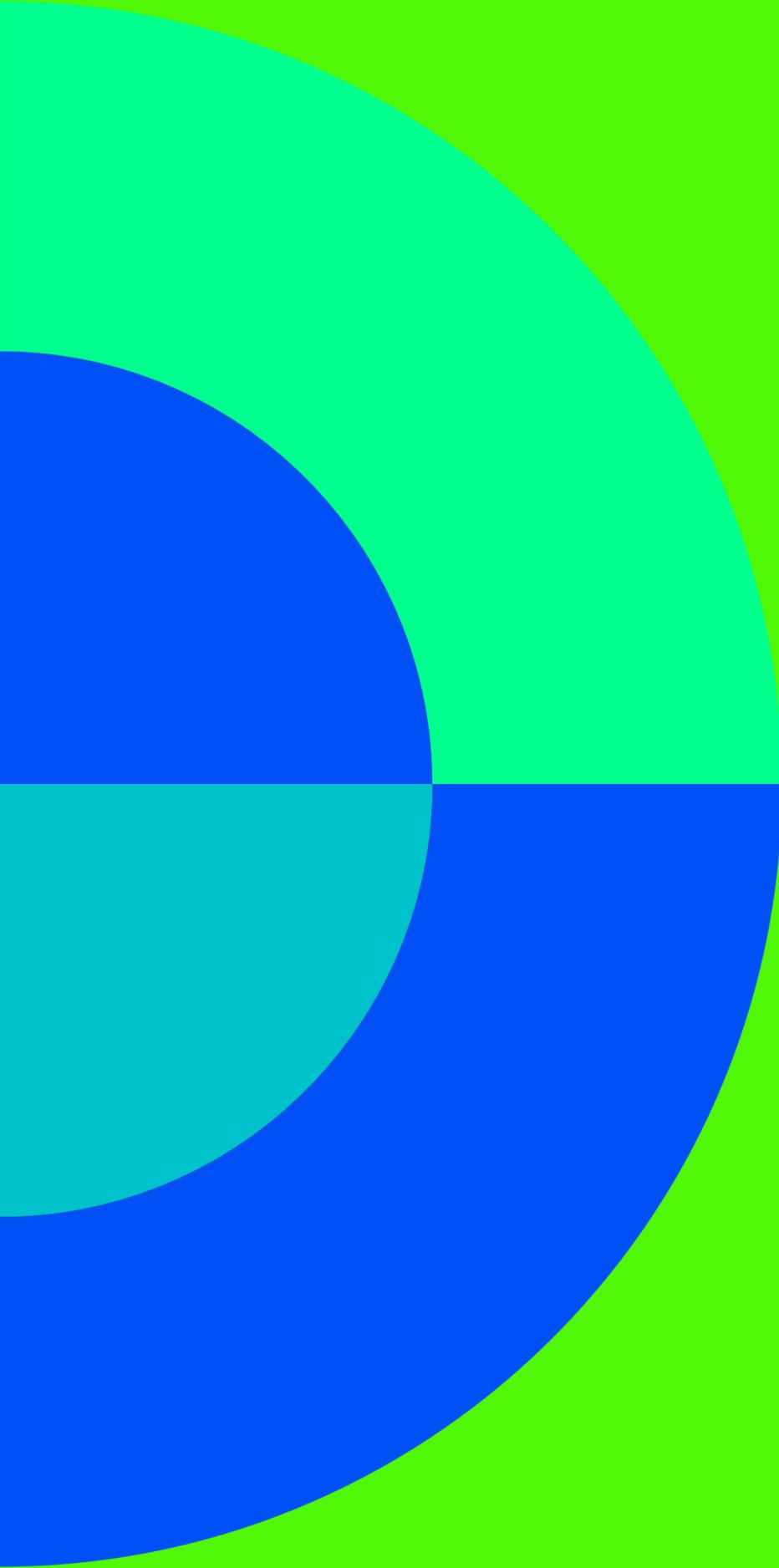
Thanks for being so amazing! Those dancers are all so great! We really enjoyed the show!

~ 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
ADMIN@SODANCE.CA
250-309-1593

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

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)