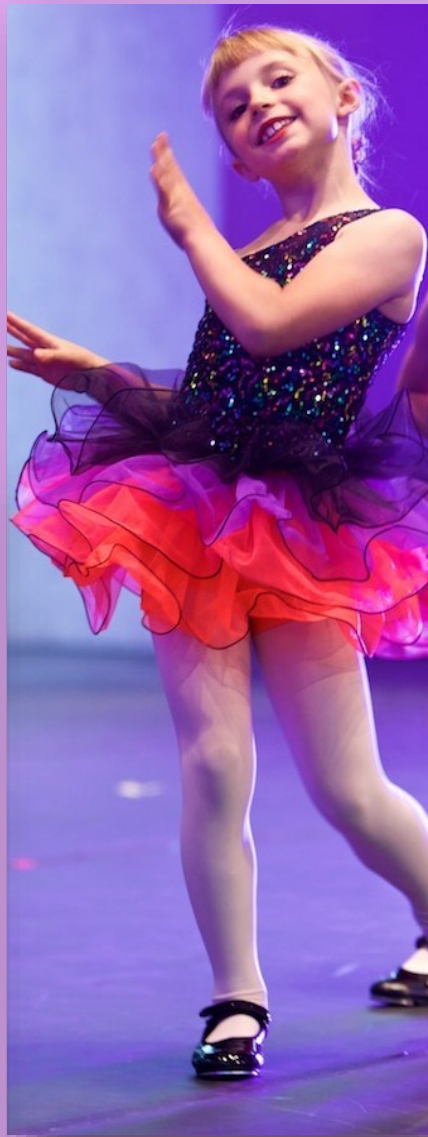




**2024-2025  
Class Catalog**



# About Us

Nestled in the Eagle Valley, in Edwards Colorado; The Vail Valley Academy of Dance has been in operation since 1989. The Vail Valley Academy of Dance is Eagle County's premier dance instruction school, and we consistently strive to offer the most complete multi-talent dance instruction anywhere in the valley.

Our teachers offer a variety of discipline instructions from different parts of the world, with different specialties such as; Classical Ballet, Contemporary, Tap, Jazz, Hip Hop, Musical Theatre and Acro/Strength.

In addition to our regular curriculum, The Vail Valley Academy of Dance stages 2 full length ballet productions each year, including The Nutcracker ballet in December partnered with Vail Friends of Dance.

We are proud to offer the following compliment of classes. Combined with our highly skilled instructors, we are certain that you will find a fulfilling dance experience which will excite and enrich your dancer!

Beginning summer 2024, we will be joining forces with our longtime ally in the Eagle Valley, More2Dance Studios. Together; we will be sharing programs and performances. This merger will allow VVAD to offer a wider variety of dance education and will unify dance in Eagle Valley under 1 amazing umbrella.

We warmly welcome you to visit our website to learn more about our programs, as well as testimonials from happy dancers!

VVAD.net

Warmest Regards,

Ashley & Ryan Calligan

Vail Valley Academy of Dance

## Tippy Toes

Tippy Toes is a fun introductory class for children ages 3 and 4. This class serves as a lead up to Beginning Dance 1, 2 and 3. The children have fun learning basic ballet terminology and posture, sequencing of movements, and movement across the dance floor. They will enjoy using their imagination to fly like a butterfly, spin and walk on their tippy toes like prima ballerinas and march like wooden soldiers in the Nutcracker.



## Beginning Dance 1 & 2

Children enrolled in Beginning Dance 1 and 2 attend classes once a week and are ages 4 and 5 respectively, by the beginning of the semester. The class is a combination tap and ballet, so children need to bring both tap and ballet shoes every week.

Students will learn basic ballet and tap technique with an emphasis on coordination, gross motor skills, listening, following directions, and the joy of movement and music. Various props are used such as dress-up clothes, instruments, the gymnastics mat, parachute, wings, and scarves.

## Beginning Dance 3

Children enrolled in Beginning Dance 3 attend classes once a week and must be 6 years old by the start of the semester. This class is a combination tap and ballet class so students need to bring both tap and ballet shoes each week. Beginning Dance 3 readies students for a more structured study of dance. It includes the work of Beginning Dance 1 and 2 and further develops dancer coordination, gross motor skills, listening, following directions, and the joy of movement and music. This class prepares the dancers to move into Divisional ballet.



# Ballet Division 1 - 6

- **Division 1** – This level develops a student’s readiness to progress to a higher, more structured level of work. This involves physical conditioning, developing the ability to concentrate, learning the basic deportment and behavior expectations of the ballet class, and the most fundamental terminology and technical movements of classical dance. Students also develop coordination skills and the ability to take direction from the teacher. Students in Division 1 attend class twice a week.
- **Division 2** – Work of level 1 plus greater concentration on the establishment of correct placement, use and control of turnout of the legs, and understanding of the use of the working and supporting legs. Students will progress in using the positions of the head and port de bras, particularly at the barre. Students in Division 2 attend class twice a week.
- **Division 3** – All work of level 2 is consolidated and reviewed in Division 3. The use of 5th position is introduced and practiced at the barre and in the center work. Barre and center exercises are completed and extended in length. Some demi- pointe work is introduced as well as the poses croise and efface. Students in Division 3 attend class twice a week.
- **Division 4** — Students attend class three times a week. Lesson times increase at this level. Exercises are done with one hand on the barre and work in the center is done in the poses. Turning movements are introduced and allegro work includes the introduction of jumps to and from one leg.
- **Division 5** —This is our pre-pointe ballet division. Students attend class three times a week. Lesson times increase at this level. Exercises are done with one hand on the barre and work in the center is done in the poses. Turning movements are introduced and allegro work includes the introduction of jumps to and from one leg.
- **Division 6** — Students at these levels come to class 3 or more days per week and are eligible to audition for the Vail Youth Ballet Company and VVAD’s Repertory Company. This division practices all of the work of the previous years, with increased complexity with the full use of the port de bras, head, control of the turnout, and use of the working and supporting legs.



## Division 7 —

Students at these levels come to class 3 or more days per week and are eligible to audition for the Vail Youth Ballet Company and VVAD's Repertory Company. The upper divisions practice all of the work of the previous years, with increased complexity with the full use of the port de bras, head, control of the turn-out, and use of the working and supporting legs. Students will be encouraged to develop artistry and musicality. Classical repertoire will be introduced as appropriate.



### **Pre-Professional Track -**

The pre-professional track at VVAD is the start of career/college training. These dancers have already been training for several years and passed our beginning and intermediate levels at VVAD. These dancers are in our Vail Youth Ballet Company and are required to be in classes and rehearsals up to 6 days per week. These dancers are focused on completing their training to possibly audition for college dance programs, college dance teams and even professional dance companies. These dancers must be of high school age and an audition is required to participate at this level. The dancers in Pre-Professional ballet meet 4 times per week.

### **Teen Ballet -**

The Teen Program is set up for dancers who love to dance, but need a more flexible schedule to accommodate other extra-curricular activities. The Teen Program is for dancers who are not in our Repertory Company or Vail Youth Ballet Company who want to work on and improve their technique in a fun and comfortable environment. The dancers in Teen Ballet meet twice per week.

### **Senior Repertory Company Classes**

The Senior Repertory Company track is for the dancers who are of high school age and are participating in our Repertory Company Competition Team. These classes are geared towards preparing and guiding the dancers to be ready for all the competition/convention events they attend during the year as well as options in the dance world post high school. This level of dancers has at least 3 years of dance experience in multiple genres and must audition to be a part of this team. For more information, please see the Repertory Company page, 9.

## Contemporary

Contemporary is a newer dance genre born out of the European neo-classical movement. It utilizes classical ballet and modern dance technique. It can be performed in soft ballet shoes as well as in pointe shoes. There is an emphasis on health, communication/storytelling, artistry and emotion. Classes will teach the principles of modern technique, improvisation, and experimental choreography. Students **MUST** be enrolled in either jazz or ballet to participate in contemporary at VVAD. This class is for students Division 4 and up.

## Pre-Professional Contemporary/Senior Repertory Company Contemporary

The pre-professional track at VVAD is the start of career/college training. These dancers have already been training for several years and passed our beginning and intermediate levels at VVAD. These dancers are either in our Repertory Competition Company or in the Vail Youth Ballet Company and are required to be in classes and rehearsals up to 6 days per week. These dancers are focused on completing their training to possibly audition for college dance programs, college dance teams and even professional dance companies. These dancers must be of high school age and an audition is required to participate at this level.

## Jazz

Jazz dance is a fun and athletic dance style. Class begins with warm-ups, stretches and flexibility exercises, floor work, across the floor combinations and choreography. There is an emphasis on leaps, turns, funky street moves, lyricism, theatrics, and individual expression.

In **Beginning Jazz & Jazz 3**, we focus on Isolation exercises, Jazz Pas de bourrée, three step turns, chasses, single pirouettes, basic jazz walks, leaps, jumps, grand battement {kicks}, correct body placement, coordination, rhythm, hip hop style and jazz style.

In **Jazz 4**, we focus on adding more pirouettes, turning pas de bourrée, chaines turns in releve and plie, pique turns, and linking more step together in a faster manner. There is also an intro to lyrical movement.

In **Jazz 5**, we add drag turns, touch turns, side leaps, arabesque and attitude turns, barre work for fouetté and a la seconde turns, adding more lyrical movements and more hip hop style.

**Jazz 6** is a fusion of all jazz styles: Lyrical, Jazz, Theater Jazz, Contemporary, Hip Hop, Street Funk and Modern. Students are also taught Triple pirouettes, turns -a -la- seconde, turning leaps, Firebird leaps and Fouetté turns. More emphasis is given to performance level execution of progressions and technique.

In **Jazz 7**, the students are expected to have excellent grooming and attendance. Emphasis is given to highly technical skills in Double pirouette combinations into fouetté and a la seconde turns, triple and quadruple pirouettes, side tilt extensions and double tour en l'air. Students are challenged with Abstract contemporary combinations; expressive ports de bras and acting improvisation. These students are usually in high school or in the 8th grade so that the maturity and level of expertise expected is met.

**Pre-Professional / Senior Repertory Company Jazz** — The pre-professional track at VVAD is the start of career/college training. These dancers have already been training for several years and passed our beginning and intermediate levels at VVAD. These dancers are either in our Repertory Competition Company or in the Vail Youth Ballet Company and are required to be in classes and rehearsals up to 6 days per week. These dancers are focused on completing their training to possibly audition for college dance programs, college dance teams and even professional dance companies. These dancers must be of high school age and an audition is required to participate at this level.

**Teen Jazz** — The Teen Program is set up for dancers who love to dance, but need a more flexible schedule to accommodate other extra-curricular activities. The Teen Program is for dancers who are not in our Repertory Company or Vail Youth Ballet Company who want to work on and improve their technique in a fun and comfortable environment.



## Tap

Tap Dancing is characterized by using the feet as a percussive instrument. Tap dancing at VVAD starts at age four in Beginning Dance with combination classes of ballet and tap. Children will start with the basics of learning the various sounds their tap shoes make, using their heel, toe, side and ball of feet. They will learn combinations of flaps, shuffles, and travel steps across the floor. As they progress into the various Tap Levels of Tap 1 thru Senior Tap, they learn more challenging combinations and Choreography to include time steps, syncopation combinations and full on routines. All tap classes meet once a week for one hour. Rhythms, speed, and complexity are increased at each level.



## Beginning Hip Hop

High energy, fun introduction to Hip Hop basics, targeting physical fitness and co-ordination. Each class begins with a callisthenic warm up session, followed by across the floor progressions with Jumps, Indy grab leaps, and break dance moves such as: Side-Swipes, Windmills, Six-step, Brooklyn Rock step, Hand plants and Flips. Dancers then learn a basic routine connecting their break dance steps with rhythmic transition steps. This is for younger dancers or those with no previous hip-hop dance experience.

## Intermediate Hip Hop & Advanced Hip Hop/Senior Hip Hop

These high-energy intermediate to advanced level classes are focused on musicality, integrating pop-lock, street Funk, flares and stylistic versatility. All the basic break dance progressions are fine-tuned with the intensive calisthenic warm up and across the floor progressions. We will work on freestyle moves, improvisation, the ability to turn and extreme fitness. The break moves included in this class include: Rock steps, CC's, Broncos, Boston Grab, Bunny Hop, Cannon Ball, Crab, Crazy legs, Coffee Grinders, Floats, Hand Glides and Helicopter. Dancers in Senior Hip Hop will need at least 2 years of previous experience.

## Beginning/Intermediate and Advanced Musical Theatre

Musical Theatre is a form of dance that is jazz based and usually done with Broadway stull dancing and music. Musical Theatre emphasizes learning the dance steps along with the performance skills and connecting with your audience. These classes offered at VVAD will allow your dancer to step outside of their normal technique classes to explore their more dramatic side in a comfortable and supportive environment. Dancers in Musical Theatre must also be enrolled in a Jazz class at VVAD.

## Beginning/Intermediate and Advanced Acro Dance and Strength —

Acro Dance is a style of dance that combines elements of acrobatics and floor gymnastics with classical styles of dance. At VVAD we combine Acro with strength training to make sure the dancers are getting the training they need to execute the Acro Dance steps correctly and with ease.





# VVAD Repertory Company

Repertory Company is an alternative performance avenue for committed dancers ages 10-18 at VVAD. This company performs in Competition dance settings.

Along with their weekly classes at VVAD they will attend dance competitions, and dance conventions, as well as perform in the annual spring Repertory Spotlight performance.

Auditions are held in May, however, if your child missed the audition due to travel or you are new to the studio and are interested in participating please email us at [vvad.repco@gmail.com](mailto:vvad.repco@gmail.com). We will make audition arrangements for every dancer.

Repertory Company members are expected to enroll in all styles of dance that they will be competing in for the season.





## Vail Youth Ballet Company

Vail Valley Academy of Dance, with the support of Friends of the Dance, provides its technically proficient ballet students the opportunity for inclusion in the Vail Youth Ballet Company. The Company dancers have additional performance opportunities throughout the year such as The Nutcracker and Spring Showcase.

Company members are also exposed to many guest teachers and choreographers such as Sarah Tallman from Wonderbound, Joanne Whitehill from Burklyn Ballet Theatre, Jared and Brianna Mesa from Western Arkansas Ballet, Richard Romero from Wonderbound, Lauren O'Leary from LO Impact Pilates.

Rehearsals and performances are separate from classroom work and participation in the Company requires sincere dedication and commitment on the part of the dancer and parents. Dancers must audition to be considered for this company.

# Annual Performances



## Nutcracker

VVAD and Vail Friends of Dance have been producing a full-length Nutcracker ballet for over 20 years. Dancers aged 7 and above are eligible to audition for this timeless classic. Each year, this production is changed and tailored to the dancers participating. We like to keep the choreography and staging of this ballet current to the dancers who auditioned. The dancers begin rehearsals in September and spend the next two months preparing for their four performances at The Vilar Performing Arts Center in Beaver Creek. The past two years, all four performances have been sold out!



## Recital and Spring Ballet

Each year, the culmination of the dance season is displayed with joy and confidence in our recital and ballet performances. All dancers at VVAD have the opportunity to present their hard work and dedication at these performances. Having the chance to show their family, friends, and our local community their passion for dance on the stage at The Vilar Performing Arts Center in Beaver Creek.



## Adult Program Classes

We offer adult classes in ballet, tap, and jazz. These classes are geared towards adults 18+, no experience required, who want to move, learn and try something new or pick up where you left off. The Adult Program classes are planned by session offering a once a week class anywhere from 7 to 12 weeks long, per semester. We suggest you wear clothing that you are comfortable in to move freely. For shoes required, there is a link on the homepage of the website that will take you to the online company we prefer.



## Youth Annual Tuition - Fall 2024 - 2025



1 Class per week – \$95/Month

2 Classes per week - \$195/Month

3 Classes per week – \$285/Month

4 Classes per week – \$380/Month

5 Classes per week – \$475/Month

6 Classes per week – \$550/Month

7 Classes per week - 610/Month

8 or more classes per week - 650/Month

FALL SEMESTER BEGINS MONDAY AUGUST 26TH, 2024.

### Payment Options:

#### Option 1 – 10% Discount For Full Year Tuition Payment by April 30th, 2024.

- A 10% discount will be applied for Youth 2024-2025 if you choose to pay the year's full tuition by **April 30th, 2024!**

#### Option 2 - 5% Discount For Full Year Tuition Payment by May 31st, 2024.

- A 5% discount will be applied for Youth 2024-2025 if you choose to pay the year's full tuition by **May 31st, 2024!**

#### Option 3 – Automatic Monthly Payments

- Due beginning the first of each month, in advance, payments run 9 MONTHLY INSTALLMENTS. (September thru May)
  - Statements can be found and downloaded in the parent portal.
  - Tuition will be automatically charged to your designated payment method the last day of the previous month.
  - **Monthly tuition received after the 15<sup>th</sup> of the month will automatically be assessed a non refundable \$50.00 late fee.**

#### Full Year CASH Payment Discount

- If you decide that you would like to pay for the full year tuition in cash, you will receive an additional 3% discount.

#### Referral Credit

- A \$100.00 credit will be applied to any account holder who refers a new student to our studio and they register for classes.

#### Sibling Discount

- An additional 5% discount will be applied if FULL YEAR TUITION is paid for families with more than 1 child.
  - Payment must be made by **May 31st, 2024.**

#### Class Withdrawal/Drop Fees

- Withdrawal fees are assessed when a student drops from a class, they equal **30%** of projected yearly total tuition.
  - Drop fees begin October 1st, 2024

***There will be no disenrollment allowed for the 2024-2025 season after February 1st, 2025.***

#### Registration Fee

- A fee of \$30.00 per discipline will be charged immediately upon completion of registration.  
(This fee covers the cost of software and administration.)

#### Costume Fee

- **\$65.00 per class will be charged for recital costumes on January 15th, 2025.**

#### Payment

- **Payment Methods** – We proudly accept CASH ,all major credit cards & digital check.
  - **Please use your parent portal for e-payment and registration!**

#### Please Note:

*Tuition is based on a full school year, **regardless of student's actual attendance**, taking into consideration holidays and school breaks. This includes the cost incurred in the rental of the theatre, program printing and other costs incidental to presenting the recital that showcases all of our students.. Tuition **DOES NOT** include performance venue tickets. Class withdrawals after October 1st, 2024 will incur a drop fee (SEE ABOVE). When you register, you will agree to a legally binding membership contract.*

***Enrollment is based upon class availability at time of registration.***



[www.VVAD.net](http://www.VVAD.net)

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