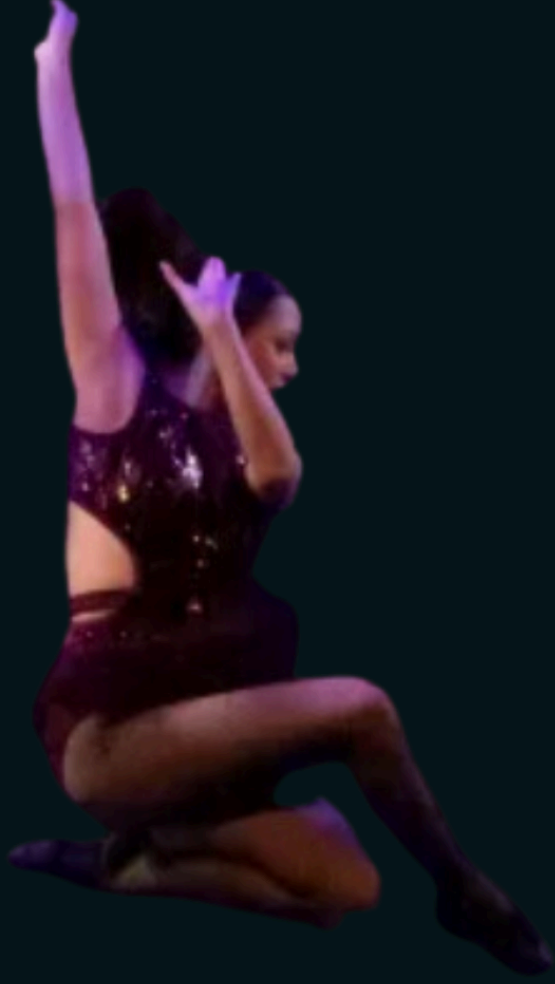


PROGRAM GUIDE

2023-2024



TVS DANCE

“Why TVS Dance?”

Families,

Thank you so much for considering TVS Dance programming as part of your child's experience here at Trinity Valley School. We offer robust programming in four major dance styles (ballet, lyrical, jazz, and hip hop) to students in Grades PreK-12. Broadly, our structure is as follows:

- **PreK Dance, Kinder Dance** = introductory programs
- **Levels 1-2** = skill-building programs for Grades 1-4 in ballet / lyrical, jazz, and hip hop
- **Level 3** = advanced skill-building programs for Grades 5-8 in ballet, lyrical, and jazz, while still inclusive of dancers seeking to begin in a particular style
- **Level 4** = Formal for-credit course for Grades 9-12
- **Level 5** = Opportunities for advanced training, open to Grades 5-12, conducted at a level above our Level 3 programs and Level 4 course

Many families choose TVS Dance because our instructors work flexibly with student schedules. We balance the rigor of TVS Dance with that of students' school-day curriculum. Dancers are allowed to participate at their own level of interest, desire, and availability.

Each semester, we showcase dancer progress through a Winter Performance (December) and a Spring Performance (April). We invite families and their guests to enjoy these evenings of fun!

We look forward to serving your dancer through our programming this year!

With appreciation,
Derek Reinhold, Director of Auxiliary Programs



Trinity Valley School Auxiliary Programs *Vision Statement*

In keeping with the mission and philosophy of Trinity Valley School, our Auxiliary Programs exist to **develop our students' wide constructive interests** by **expanding and enriching their academic, creative, and athletic horizons**. TVS Auxiliary Programs aim to **develop upstanding and empathetic leaders** by **building authentic partnerships** with the Fort Worth community, **creating meaningful opportunities** for TVS faculty and students to learn and serve, and **co-constructing solutions** to needs in the community.

– General Information –

TVS Dance offers a comprehensive dance education for all ages and skill levels. The School offers dance classes in a variety of forms, including...

BALLET

Ballet is the essential foundation of all dance training and enhances dancer strength and flexibility. The study of ballet is strongly recommended for all dancers at every level. Proper technique and alignment are emphasized in the TVS program. Age- and level-appropriate instruction includes barre, center and floor work, choreography, stage presence, and performance etiquette. Pointe work is optional and may begin with the recommendation of the instructor.

LYRICAL

The study of lyrical joins elements of jazz, modern dance, and ballet technique through expressive dance narratives. Through the study of lyrical, dancers refine balance, increase extension, and connect physical movement with emotional expression. In addition to improvisation, classes consist of center and floor work, progressions, jumps, turns, and choreography.

JAZZ

Filled with high energy and rhythmic movement, jazz training develops the dancer's range of style, line, and form. Center and floor work, progressions, jumps, turns, and choreography provide a solid foundation in classic and current trends in jazz technique. Dancers experiment with self-expression, develop personal style, and focus on performance quality.

HIP HOP

Hip hop's urban street flair combines break dance, pop and lock, freestyle, and tricks. Fun and high energy, hip hop reinforces musicality and a heightened sense of rhythm, self-confidence, expressive movement, and personal style. Dancers gain strength, flexibility, precision of movement, and stamina during this fun and upbeat class with age-appropriate music and choreography.

Other after-school opportunities offered by TVS Auxiliary Programs

If you are interested in **Extended Day programs** (childcare for grades PreK-8), please visit our [Extended Day website](#) to learn more! There, you'll find the 2023-2024 *Extended Day Guide*, FAQs documents, and more.

If you are interested in non-Dance **Enrichment programs** (classes, etc.), please visit our [Enrichment website](#) to learn more! You'll be able to view the current Catalog, an FAQs document, and more.

Are you interested in **TVS Dance programs** for the 2023-2024 academic year?

You're in the right place! *Please continue reading...*

Our TVS Dance programs mostly fall within the same model as our other Enrichment programs here at Trinity Valley School. As such, many of these logistics - especially for grades PreK-8 - replicate what can be found in our Enrichment Catalogs!

PreK Dance, Kinder Dance, and Levels 1-3 in each style begin after Labor Day for the fall semester and after Martin Luther King, Jr. Day for the spring semester.

- Please pay special attention to the specific dates of the programs.
- If you see an expected date "missing," this indicates either a no-school day OR a day the instructor is unavailable.

Registration for PreK Dance, Kinder Dance, and Levels 1-3 in each style will occur online, via the [Auxiliary Programs registration platform](#), powered by CampBrain. Registration for the fall semester opens on **Wednesday, July 12, 2023, at 5:00 p.m.** Registration for the spring semester opens on **Wednesday, November 1, 2023, at 5:00 p.m.** All participants - both from Trinity Valley School and the community - must register online.

Due to our Studio's capacity, TVS Dance programs have an enrollment cap.

- **If a maximum enrollment is exceeded, our platform will automatically switch the program status to "waitlisting."** You are welcome to add your child's name to the waitlist, or find other programs that are still open.
- If space opens in a waitlisted program, a member of the Auxiliary Programs team will contact you as soon as possible to inquire about finalizing enrollment. Please note that we may not be able to accommodate all waitlisted individuals.

For grades PreK-4, a 15-minute supervised break for restroom, water, and snack (provided) will occur in the TVS Dining Hall between school-day dismissal and the start of TVS Dance programs. This is also the time to change into appropriate attire (please see below). For grades 5-8, programming will typically begin at 4:45, to accommodate other after-school activities - like sports - that participants may have. Students in these grades should report directly to the TVS Dance Studio by the start of their program.

**Beginning on the registration dates listed above, please [REGISTER HERE](#) for:
PreK Dance, Kinder Dance, and Levels 1-3 in each style!**

Are you a TVS family?

Full fees will be charged to your FACTS account at the start of the program, which can be paid through the FACTS portal or via check made out to "Trinity Valley School."

If you choose the paper check method, please put "Enrichment" in the memo line.

Please note that statements will be emailed from FACTS Management Company on the 5th of each month, due on the 16th. However, you can log into your FACTS account any time to see your balance!

Employees of Trinity Valley School receive a 25% discount on all Enrichment programming.

Are you a non-TVS family?

After registering, please pay the total balance for the semester via check made out to "Trinity Valley School." Please put "Enrichment" in the memo line.

You can either bring the check in person or mail to:
Trinity Valley School
Attn: Business Office
7500 Dutch Branch Road
Fort Worth, TX 76132

Payment will be due by the first program session / date.

Please contact the business office (817.321.0109) with any questions or to discuss alternative payment options.

Fall 2023 Timeline:

Wednesday, July 5, 2023 → This 2023-2024 TVS Dance Program Guide will be published online.

Wednesday, July 12, 2023, at 5:00 p.m. → Registration for PreK Dance, Kinder Dance, and Levels 1-3 in each style will open at the link provided in the blue box above.

Tuesday, September 5, 2023 → Fall programs begin. Registration will officially close for PreK Dance, Kinder Dance, and Levels 1-3 in each style. Please email Melisa Garcia (garciam@tvs.org) with any requests to add / drop programs after this date.

Friday, September 15, 2023, at 11:59 p.m. → Adds / drops for Fall 2023 TVS Dance programs must be completed. Please note that we will not prorate or provide refunds for cancellations beyond this date.

Spring 2024 Timeline:

Wednesday, November 1, 2023 → This 2023-2024 TVS Dance Program Guide will be re-published online.

Wednesday, November 8, 2023, at 5:00 p.m. → Registration for PreK Dance, Kinder Dance, and Levels 1-3 in each style will open at the link provided in the blue box above.

Tuesday, January 16, 2024 → Spring programs begin. Registration will officially close for PreK Dance, Kinder Dance, and Levels 1-3 in each style. Please email Melisa Garcia (garciam@tvs.org) with any requests to add / drop programs after this date.

Friday, January 26, 2024, at 11:59 p.m. → Adds / drops for Spring 2024 TVS Dance programs must be completed. Please note that we will not prorate or provide refunds for cancellations beyond this date.

– Attire Guide –

PreK Dance / Kinder Dance / Ballet / Lyrical (ALL LEVELS)

Courtney Sebastian-Dotson

sebastianc@tvs.org

- Dance attire includes a black leotard with attached skirt, and pink ballet slippers.
- Hair should be in a bun.
- Dance attire can be purchased at the Dance Shop or at Winners All.
 - Winners All [Address](#): 6500 Camp Bowie Blvd Suite #160, Fort Worth, TX 76116
 - Dance Shop [Address](#): 2485 Forest Park Blvd, Fort Worth, TX 76110

Courtney Sebastian-Dotson is also the lead contact for the Upper School Dance I-IV courses. Please contact her with any questions about attire guidelines for those courses.

Jazz (ALL LEVELS)

Joy McKay

joymckay88@gmail.com

- For jazz, students should wear leggings, bike shorts, or jazz pants with a tank top or other somewhat fitted T-shirt.
- Any colors are acceptable.
- Jazz shoes are required in either black or tan.
- Hair should be pulled back in a ponytail or bun.

Hip Hop (ALL LEVELS)

Vanessa Raqs

vanessaraqs@gmail.com

- No specific attire required.
- TVS uniforms are good, since students already wear athletic shoes to school.

– Performance Information –

Winter Performance: December 1, 2023 // Stephen Seleny Theater

Spring Performance: April 5, 2024 // Stephen Seleny Theater

Specific information about tech / dress rehearsals, requirements of families, etc. will be released after the start of each semester, as the team finalizes details. *Please note that the \$130 "all-inclusive fee" included in each program registration - described below - covers the cost of consumable materials, performance fees (e.g. scripts, licensing, insurance, extra personnel), and costumes.*

This year's *Performance Handbook* may be found on the [TVS Dance website](#), directly below the dates of the performances themselves!

These end-of-semester performances highlight the students' efforts to perfect technique, memorize class choreography and staging, and master entrances, exits, and bows! We hope you join us!

★ QUICK GUIDE TO TVS DANCE PROGRAMS ★ (organized by grade level)

| Grade Level | Day of Week | Program Title(s) |
|------------------|-----------------|--|
| Pre-Kindergarten | Monday | PreK Dance |
| Kindergarten | Monday | Kinder Dance |
| Grades 1-4 | Tuesday | Levels 1-2 Hip Hop |
| | Wednesday | Levels 1-2 Jazz |
| | Thursday | Levels 1-2 Ballet / Lyrical |
| Grades 5-8 | Monday | Level 3 Ballet (add-on option, must register for core class) |
| | Tuesday | Level 3 Lyrical |
| | Wednesday | Level 3 Jazz; Level 5 |
| | Thursday | Level 3 Ballet (add-on option, must register for core class); Level 5 |
| | Friday | Level 3 Ballet (core class) |
| Grades 9-12 | Monday - Friday | Level 4 Courses (when not a Day 6)*; Level 5 on Wednesdays / Thursdays |

*UPPER SCHOOL DANCE I-IV COURSES (OPEN TO STUDENTS IN GRADES 9-12)

The TVS Dance instructors are thrilled to offer formal Upper School courses to interested students. These courses may be taken in fulfillment of certain graduation requirements. (Please contact the Upper School Administration for more information.) Descriptions from the *2023-2024 TVS Upper School Course Catalog* may be found [here](#):

| | |
|--|---|
| <p>Dance I</p> <p>This course introduces students to multiple dance forms including ballet, jazz, and, lyrical. Ballet is the essential foundation of dance training. Proper technique and alignment are emphasized, and dancers build strength and flexibility. Other prominent dance forms serve to develop the dancer's range of style and expression, connection of movement and form, and heighten rhythm and musicality. Students participate in performance and leadership opportunities throughout the year. For an additional fee, interested students may choose to participate in the extracurricular competitive performance program and attend area dance conventions.</p> <p>9th Grade 10th Grade 11th Grade 12th Grade</p> | <p>Dance II</p> <p>This course expands on the curriculum presented in Dance I. Students further develop their technique, strength, and flexibility through the continued study of ballet jazz, and, lyrical. Increased emphasis is placed on proper alignment, style and expression, connection of movement, and musicality. Students participate in performance and leadership opportunities throughout the year. For an additional fee, interested students may choose to participate in the extracurricular competitive performance program and attend area dance conventions.</p> <p>10th Grade 11th Grade 12th Grade</p> |
| <p>Dance III</p> <p>Dance III is an advanced course that provides elite-level training to experienced dancers. Students must demonstrate a strong work ethic and commitment to improving their technique at the advanced level. Students focus on the mastery of advanced elements, performance quality, improvisation and audition skills as they continue to study ballet, jazz, and lyrical. Students participate in performance and leadership opportunities throughout the year. For an additional fee, interested students may choose to participate in the extracurricular competitive performance program and attend area dance conventions.</p> <p>11th Grade 12th Grade</p> | <p>Dance IV</p> <p>Dance IV is an advanced course that expands on elite-level training to experienced dancers. Students must demonstrate a strong work ethic and commitment to improving their technique at the advanced level. Students focus on the mastery of advanced elements, performance quality, improvisation and audition skills as they continue to study ballet, jazz, and lyrical. Students participate in performance and leadership opportunities throughout the year. For an additional fee, interested students may choose to participate in the extracurricular competitive performance program and attend area dance conventions.</p> <p>12th Grade</p> |

MONDAYS

PREK DANCE (for PreKindergarten)

PreK Dance combines ballet and jazz instruction into one class. Students develop a foundation of dance training, heighten musicality, focus on performance quality, and increase self-confidence. The PreK program meets once a week and students travel as a supervised group to the Studio on dance days.

| FALL 2023 | SPRING 2024 |
|---|--|
| <u>Mondays @ 2:45-3:45</u> | <u>Mondays @ 2:45-3:45</u> |
| September 11, 18 October 2, 16, 30 November 6, 13, 27 | January 22, 29 February 5, 12 March 4, 18, 25 |
| This program concludes at the Winter Performance. | This program extends beyond the Spring Performance. |
| (No September 4, 25; October 9, 23; November 20) | April 8, 15, 22, 29 May 6 |
| | (No January 15; February 19, 26; March 11; April 1) |
| <u>Fee</u> | <u>Fee</u> |
| \$184.00 + \$130 "all-inclusive" Dance Fee (see p. 5) | \$276.00 + \$130 "all-inclusive" Dance Fee (see p. 5) |
| <u>Instructor</u> | <u>Instructor</u> |
| Courtney Sebastian-Dotson | Courtney Sebastian-Dotson |

KINDER DANCE (for Kindergarten)

Kinder Dance combines ballet and jazz instruction into one class. Students develop a foundation of dance training, heighten musicality, focus on performance quality, and increase self-confidence. The Kindergarten class meets once a week and students travel as a supervised group to the Studio on dance days.

| FALL 2023 | SPRING 2024 |
|---|--|
| <u>Mondays @ 3:45-4:45</u> | <u>Mondays @ 3:45-4:45</u> |
| September 11, 18 October 2, 16, 30 November 6, 13, 27 | January 22, 29 February 5, 12 March 4, 18, 25 |
| This program concludes at the Winter Performance. | This program extends beyond the Spring Performance. |
| (No September 4, 25; October 9, 23; November 20) | April 8, 15, 22, 29 May 6 |
| | (No January 15; February 19, 26; March 11; April 1) |
| <u>Fee</u> | <u>Fee</u> |
| \$184.00 + \$130 "all-inclusive" Dance Fee (see p. 5) | \$276.00 + \$130 "all-inclusive" Dance Fee (see p. 5) |
| <u>Instructor</u> | <u>Instructor</u> |
| Courtney Sebastian-Dotson | Courtney Sebastian-Dotson |

LEVEL 3 BALLET (optional add-on, for grades 5-8)

Level 3 offers classes to experienced beginners and intermediate Dance students in grades 5-8. This is a ballet-specific class, providing in-depth study and technical advancement in the dance form. *Note: Registration in Friday's core class is required to add on this option. This is to be viewed as supplemental training, not in place of the core class. No "all-inclusive" Dance Fee is charged here.*

| FALL 2023 | SPRING 2024 |
|--|--|
| <u>Mondays @ 4:45-6:00</u> September 11, 18 October 2, 16, 30 November 6, 13, 27 This program concludes at the Winter Performance. (No September 4, 25; October 9, 23; November 20) | <u>Mondays @ 4:45-6:00</u> January 22, 29 February 5, 12 March 4, 18, 25 This program extends beyond the Spring Performance. April 8, 15, 22, 29 May 6 (No January 15; February 19, 26; March 11; April 1) |
| <u>Fee</u> \$230.00 | <u>Fee</u> \$345.00 |
| <u>Instructor</u> Courtney Sebastian-Dotson | <u>Instructor</u> Courtney Sebastian-Dotson |

TUESDAYS

LEVELS 1-2 HIP HOP (for grades 1-4)

Level 1 presents the fundamentals of hip hop to beginning Lower School dancers. Level 2 continues dance fundamentals and strengthens the foundation for developing dancers. Level 2 students are allowed some leadership opportunities within this combined class!

| | |
|--|---|
| <p style="text-align: center;">FALL 2023</p> <p style="text-align: center;"><u>Tuesdays @ 3:45-4:45</u></p> <p style="text-align: center;">September 5, 12, 19, 26 October 3, 10, 17 November 7, 14, 28</p> <p style="text-align: center;">This program concludes at the Winter Performance.</p> <p style="text-align: center;">(No October 24, 31; November 21)</p> <p style="text-align: center;"><u>Fee</u></p> <p style="text-align: center;">\$230.00 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u></p> <p style="text-align: center;">Vanessa Raqs</p> | <p style="text-align: center;">SPRING 2024</p> <p style="text-align: center;"><u>Tuesdays @ 3:45-4:45</u></p> <p style="text-align: center;">January 16, 23, 30 February 6, 13, 20 March 5, 19, 26 April 2</p> <p style="text-align: center;">This program extends beyond the Spring Performance.</p> <p style="text-align: center;">April 9, 16, 23, 30 May 7</p> <p style="text-align: center;">(No February 27; March 12)</p> <p style="text-align: center;"><u>Fee</u></p> <p style="text-align: center;">\$345.00 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u></p> <p style="text-align: center;">Vanessa Raqs</p> |
|--|---|

LEVEL 3 LYRICAL (for grades 5-8)

Level 3 offers classes to experienced beginners and intermediate Dance students in grades 5-8. This is a lyrical-specific class, providing in-depth study and technical advancement in the dance form.

| | |
|--|---|
| <p style="text-align: center;">FALL 2023</p> <p style="text-align: center;"><u>Tuesdays @ 4:45-6:00</u></p> <p style="text-align: center;">September 5, 12, 19, 26 October 3, 10, 17 November 7, 14, 28</p> <p style="text-align: center;">This program concludes at the Winter Performance.</p> <p style="text-align: center;">(No October 24, 31; November 21)</p> <p style="text-align: center;"><u>Fee</u></p> <p style="text-align: center;">\$287.50 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u></p> <p style="text-align: center;">Vanessa Raqs</p> | <p style="text-align: center;">SPRING 2024</p> <p style="text-align: center;"><u>Tuesdays @ 4:45-6:00</u></p> <p style="text-align: center;">January 16, 23, 30 February 6, 13, 20 March 5, 19, 26 April 2</p> <p style="text-align: center;">This program extends beyond the Spring Performance.</p> <p style="text-align: center;">April 9, 16, 23, 30 May 7</p> <p style="text-align: center;">(No February 27; March 12)</p> <p style="text-align: center;"><u>Fee</u></p> <p style="text-align: center;">\$431.25 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u></p> <p style="text-align: center;">Vanessa Raqs</p> |
|--|---|

WEDNESDAYS

LEVELS 1-2 JAZZ (for grades 1-4)

Level 1 presents the fundamentals of jazz to beginning Lower School dancers. Level 2 continues dance fundamentals and strengthens the foundation for developing dancers. Level 2 students are allowed some leadership opportunities within this combined class!

| FALL 2023 | SPRING 2024 |
|---|---|
| <p><u>Wednesdays @ 3:45-4:45</u> September 6, 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15 This program concludes at the Winter Performance. (No November 22; November 29 is a rehearsal for the Winter Performance)</p> <p style="text-align: center;"><u>Fee</u> \$253.00 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u> Joy McKay</p> | <p><u>Wednesdays @ 3:45-4:45</u> January 17, 24, 31 February 7, 14, 21, 28 March 6, 20, 27 This program extends beyond the Spring Performance. April 10, 17, 24 May 1, 8 (No March 13; April 3 is a rehearsal for the Spring Performance)</p> <p style="text-align: center;"><u>Fee</u> \$345.00 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u> Joy McKay</p> |

LEVEL 3 JAZZ (for grades 5-8)

Level 3 offers classes to experienced beginners and intermediate Dance students in grades 5-8. This is a jazz-specific class, providing in-depth study and technical advancement in the dance form.

| FALL 2023 | SPRING 2024 |
|---|---|
| <p><u>Wednesdays @ 4:45-6:00</u> September 6, 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15 This program concludes at the Winter Performance. (No November 22; November 29 is a rehearsal for the Winter Performance)</p> <p style="text-align: center;"><u>Fee</u> \$316.25 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u> Joy McKay</p> | <p><u>Wednesdays @ 4:45-6:00</u> January 17, 24, 31 February 7, 14, 21, 28 March 6, 20, 27 This program extends beyond the Spring Performance. April 10, 17, 24 May 1, 8 (No March 13; April 3 is a rehearsal for the Spring Performance)</p> <p style="text-align: center;"><u>Fee</u> \$431.25 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p style="text-align: center;"><u>Instructor</u> Joy McKay</p> |

LEVEL 5 (for grades 5-12)

Trinity Valley School recognizes that certain dancers in Grades 5-12 may wish for **more advanced and specialized training opportunities** in dance than offered by our Level 3 after-school programs (Middle School) and Level 4 for-credit course (Upper School). As such, our TVS Dance instructional staff has organized opportunities for students in Grades 5-12 to continue their journey as dancers and pursue excellence in their craft!

Please see our [Level 5 Dance Information document](#) for complete information!

THURSDAYS

LEVELS 1-2 BALLET / LYRICAL (for grades 1-4)

Level 1 presents the fundamentals of ballet to beginning Lower School dancers. Level 2 continues dance fundamentals and strengthens the foundation for developing dancers. Level 2 students are allowed some leadership opportunities within this combined class!

| FALL 2023 | SPRING 2024 |
|--|---|
| <p><u>Thursdays @ 3:45-4:45</u> September 7, 14, 21, 28 October 5, 12, 19, 26 November 2, 9, 16</p> <p>This program concludes at the Winter Performance.</p> <p>(No November 23; November 30 is a rehearsal for the Winter Performance)</p> <p><u>Fee</u> \$253.00 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p><u>Instructor</u> Courtney Sebastian-Dotson</p> | <p><u>Thursdays @ 3:45-4:45</u> January 18, 25 February 1, 8, 15, 22, 29 March 7, 21, 28</p> <p>This program extends beyond the Spring Performance. April 11, 18, 25 May 2, 9</p> <p>(No March 14; April 4 is a rehearsal for the Spring Performance)</p> <p><u>Fee</u> \$345.00 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p><u>Instructor</u> Courtney Sebastian-Dotson</p> |

LEVEL 3 BALLET (optional add-on, for grades 5-8)

Level 3 offers classes to experienced beginners and intermediate Dance students in grades 5-8. This is a ballet-specific class, providing in-depth study and technical advancement in the dance form. *Note: Registration in Friday's core class is required to add on this option. This is to be viewed as supplemental training, not in place of the core class. No "all-inclusive" Dance Fee is charged here.*

| FALL 2023 | SPRING 2024 |
|---|--|
| <p><u>Thursdays @ 4:45-6:00</u> September 7, 14, 21, 28 October 5, 12, 19, 26 November 2, 9, 16</p> <p>This program concludes at the Winter Performance.</p> <p>(No November 23; November 30 is a rehearsal for the Winter Performance)</p> <p><u>Fee</u> \$316.25</p> <p><u>Instructor</u> Courtney Sebastian-Dotson</p> | <p><u>Thursdays @ 4:45-6:00</u> January 18, 25 February 1, 8, 15, 22, 29 March 7, 21, 28</p> <p>This program extends beyond the Spring Performance. April 11, 18, 25 May 2, 9</p> <p>(No March 14; April 4 is a rehearsal for the Spring Performance)</p> <p><u>Fee</u> \$431.25</p> <p><u>Instructor</u> Courtney Sebastian-Dotson</p> |

LEVEL 5 (for grades 5-12)

Trinity Valley School recognizes that certain dancers in Grades 5-12 may wish for **more advanced and specialized training opportunities** in dance than offered by our Level 3 after-school programs (Middle School) and Level 4 for-credit course (Upper School). As such, our TVS Dance instructional staff has organized opportunities for students in Grades 5-12 to continue their journey as dancers and pursue excellence in their craft!

Please see our [Level 5 Dance Information document](#) for complete information!

FRIDAYS

LEVEL 3 BALLET (core class, for grades 5-8)

Level 3 offers classes to experienced beginners and intermediate Dance students in grades 5-8. This is a ballet-specific class, providing in-depth study and technical advancement in the dance form.

| FALL 2023 | SPRING 2024 |
|--|--|
| <p><u>Fridays @ 3:45-5:00</u> September 8, 15, 22, 29 October 6, 13, 20, 27 November 3, 10, 17</p> <p>This program concludes at the Winter Performance.</p> <p>(No November 24; December 1 is the Winter Performance)</p> <p><u>Fee</u> \$316.25 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p><u>Instructor</u> Courtney Sebastian-Dotson</p> | <p><u>Fridays @ 3:45-5:00</u> January 19, 26 February 2, 9, 23 March 1, 8, 22</p> <p>This program extends beyond the Spring Performance. April 12, 19, 26 May 3, 10</p> <p>(No February 16; March 15, 29; April 5 is the Spring Performance)</p> <p><u>Fee</u> \$373.75 + \$130 "all-inclusive" Dance Fee (see p. 5)</p> <p><u>Instructor</u> Courtney Sebastian-Dotson</p> |

– 2023-2024 Athletic Credit Information –

For students in grades 7-12, work in certain after-school programs may provide fulfillment of the Middle School or Upper School athletic requirements.

GRADES 7-8

A minimum of 6 hours per week with TVS Dance after-school programs is required to fulfill the Middle School athletic requirement.

Although other “pathways” may be provided at the discretion of TVS Dance and the TVS Middle School, the most common “pathway” is:

- 5 hours of Level 3 Ballet, Lyrical, and / or Jazz (*note that 6.25 hours of Level 3 classes are offered per week*)
- 1 hour of leadership in a lower-level Dance class

A minimum of two consecutive athletic seasons (fall / winter or winter / spring) with TVS Dance is required; the third season may include participation in a TVS sport or in an independent sport with approval from the Athletics Department.

GRADES 9-12

Athletic credit falls under the umbrella of the Upper School Activities Credit requirement. The two common “pathways” for earning Activity Credits (with a physical component) are:

One full semester of participation in the TVS Level 5 after-school program = **1 Activity Credit**

Please note that this option requires registration through TVS Auxiliary Programs and is a 2 evening / week commitment.

No credit is awarded for the private Saturday rehearsals; those are truly optional.

OR

One full year of enrollment in a Dance I, II, III, or IV course = **3 Activity Credits OR 1 Fine Arts Credit**

Please note that enrollment in the course is semester-based, but one Activity Credit is awarded for EACH athletic season of enrollment (fall, winter, and spring).

OR

One full semester of participation in two TVS Level 3 after-school programs = **1 Activity Credit**

Please note that this option requires permission from TVS Dance instructors and direct registration via email through the Director of Auxiliary Programs. A 2 evening / week minimum commitment is required.

This option is available to Upper School dancers who wish to participate in after-school dance but may not feel prepared for the Level 5 program.

Any student wishing to fulfill the Middle School or Upper School athletic requirements through participation in TVS Dance must receive advance approval from the administration in the appropriate division.

TRINITY VALLEY SCHOOL

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