



Depth: Our New Half Day Program

Description:

Seymour Dance's new Half Day Intensive Training Program gives students an opportunity to train consistently at a pre-professional level and explore more in-depth dance concepts, themes and techniques. The program includes daily training from 1:45PM-3:15PM

This new program will include:

- A minimum of 15+ hours of dance per week
- Guest teachers and exclusive new classes not offered on our regular schedule
- Program extras including resume building, head shots, video shoot sessions with professional photographer
- Exclusive new uniform merchandise included
- One on One progress sessions
- Curriculum that includes MOMM, dance history, health and wellness, intensive technique training, and additional performance opportunities

Program Benefits:

- Students experience classes not offered on our regular schedule
- Students start dance training earlier in the day, leaves more time to complete homework
- Opportunities to work with guest artists, attend workshops and classes at other local dance venues
- Consistent intensive training that will help dancers progress at a faster rate

Basic Program Information:

How do I apply for Depth: Half Day Program?

Students must fill out a NVSD Peak Performance Form requesting TWO blocks (blocks 4 and 8) to ensure that they have afternoons off Monday – Friday. *Please see hand out.*

Additionally, students are required to fill out a Seymour Dance Half Day Program Application Form and hand it into the Seymour Dance office by May 10th. Program acceptance is conditional pending competitive team placement as well as meeting 15+ hour enrollment requirement for September 2019.

****this program is geared towards high school students as the Peak Block system has been set up at the high school level. Elementary students are welcome to apply; however parents would need to speak with their dancers' school to see if missing the afternoon would be possible.**

When can I apply?

Now! We are currently accepting applications. Students need to fill out the required Peak Performance Form and schedule an appointment with their school counsellors as soon as possible to go over their scheduling request for next year.

How much does this program cost?

\$650.00 + tax/month

This program is a package that includes 15+ hours of dancing as well as all program extras such as guest artists, head shots, video shoots, program uniforms, additional workshops, solo class fee, quarterly one-on-one coaching sessions as well as all additional curriculum costs.

This monthly set cost includes 15+ overall hours of dance, not just the afternoon class sessions.

What previous dance experience is required?

Dancers need to have been part of our competitive program for at least 2+ years. Program acceptance is conditional of being admitted into our competitive program for year 2019/2020. Additionally students must be enrolled in 15+ hours of dance for the 2019/2020 year that include all competitive pre-requisites.

Technical requirements include:

- Dancers must already be on pointe or entering into Beginner Pointe as of September 2019.
- Dancers must be able to do a double pirouette
- Dancers should have their full splits on at least one side
- Dancers must be enrolled in a vocational Ballet class (Intermediate Foundations – Advanced 1)

How does the Half Day Program work with my dancer's school schedule?

The Peak Program allows high school students to be dismissed at lunch time which gives the dancers time to eat their lunch, travel to Seymour Dance and to get changed for class. The Half Day Program classes start promptly at 1:45PM and run until 3:15PM daily Monday to Friday. *Students are responsible for getting to Seymour Dance from their home school.*

Sample Two Week at a Glance:

Monday 1:45-3:15pm	Tuesday 1:45-3:15pm	Wednesday 1:45-3:15pm	Thursday 1:45-3:15pm	Friday 1:45-3:15pm
Open Pointe	MOMM	Open Ballet	Solo Privates/ Technique Class <i>(Jazz/Lyrical/Contemp/Hip Hop)</i>	Guest Teacher/ Combo Day/ Cross-Training Activity
Monday 1:45-3:15pm	Tuesday 1:45-3:15pm	Wednesday 1:45-3:15pm	Thursday 1:45-3:15pm	Friday 1:45-3:15pm
Open Pointe/Open Ballet	MOMM	Nutrition/Dance History/Career Planning/ Mock Auditions	Solo Privates/ Technique Class <i>(Jazz/Lyrical/Contemp/Hip Hop)</i>	Contemporary/Improv/ Choreography

What other topics are covered?

- Advanced performance techniques
- Audition preparation/ mock auditions
- Resume building
- Dance history
- Dance nutrition, health & wellness
- Cross-training

Tier 1 Half Day Program

- Intensive 5-day per week training
 - Classes Monday, Tuesday, Wednesday, Thursday, Friday
- 2 Peak Blocks resulting in both block 4 and 8
- \$650.00/Month

Tier 2 Half Day Program

- Part Time Half Day Peak Performance
- 1 Peak Block resulting in a rotating schedule (either block 4 OR 8)
 - Week 1: class Monday, Wednesday and Friday
 - Week 2: class Tuesday and Thursday
- \$600.00/month
- **only offered if two-peak blocks is not approved

Meet the Half Day Team:

Lauren Overholt, Janelle Ordiales, Nicola Earl



Half Day Program: Application FORM

Name: _____

Email: _____

Phone: _____

Please describe why you feel you are a strong candidate for the program:

How do you feel the program will benefit your dancing?

Please list a couple goals for yourself while in the program:

Technical Requirements Checklist as of September 2019

- Dancers must already be on pointe or entering into Beginner Pointe
- Dancers must be able to do a double pirouette
- Dancers should have their full splits on at least one side
- Dancers must be enrolled in a vocational Ballet class (Intermediate Foundations – Advanced 1)

Application Requirements:

- Dancer has completed the NVSD PEAK PERFORMANCE FORM to be submitted to school counsellor
- Dancer is applying to:
 - Full Time Intensive Training Program – 5 days per week
 - Park Time Training Program – Rotating Schedule 3:2 days per week
- As of September 2019, dancer will be enrolled in 15+ hours of dance
- Dancer is registered for our Summer School Training/Competitive Program Audition
- **please note that acceptance into our Half Day Program is conditional on being accepted into our competitive program.

Student Signature: _____

Parent Signature: _____