



TVS Dance Program Guide
Pre-Kindergarten – Grade 12
2022-2023

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.

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.

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.

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.

Learn more about our programs on the [TVS Dance webpage](#)!

2023 TVS DANCE RECITAL

TVS Dance culminates with an annual spring recital performance featuring dancers of all ages (grades PreK-12) in full costume. The 2023 annual recital is scheduled for Tuesday, April 25, and Wednesday, April 26, in the Stephen Seleny Theater on the TVS campus. Dancers will perform class choreography on stage with theatrical lighting and digital backdrop images. **This end-of-the-year performance highlights the students' yearlong efforts to perfect technique, memorize class choreography and staging, and master entrances, exits, and bows!**

The TVS Dance Recital is a rewarding and memorable opportunity for the students to celebrate their TVS Dance experience. To ensure a successful recital performance, all dancers are required to participate in the dress rehearsal scheduled prior to the show. *More information about the rehearsal and recital will be shared as the time approaches.* Dance recital fees include costumes and accessories. Fees for the first dance are \$85, and each additional dance is \$65. *These fees will be charged to student billing accounts in December 2022 (see Payment Information on page 7).*

– TVS DANCE AFTER-SCHOOL PROGRAMS – GRADES PREK-8					
Program Description	Grade Levels	Timing	Location	Instructor	Fee
<p>Ballet / Jazz (Pre-Kindergarten)</p> <p><i>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 class meets once a week and students travel as a supervised group to the studio on dance days. Additionally, students will be supervised during the 30-minute gap between dismissal and the start of class. Guidelines for class attire and hairstyle will be sent after registration.</i></p>	Grade PreK (max. 20 students)	<p>Mondays @ 3:00-4:00</p> <p>Sep. 12, 19, 26 Oct. 3, 17 Nov. 7, 14, 28 Dec. 5, 12</p>	TVS Dance Studio	Courtney Sebastian-Dotson	\$245
<p>Ballet / Jazz (Kindergarten)</p> <p><i>Kindergarten 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. Guidelines for class attire and hairstyle will be sent after registration.</i></p>	Grade K (max. 20 students)	<p>Tuesdays @ 3:45-4:45</p> <p>Sep. 6, 13, 20, 27 Oct. 4, 11, 18 Nov. 1, 8, 15, 29 Dec. 6, 13</p>	TVS Dance Studio	Courtney Sebastian-Dotson	\$311
<p>Ballet (Levels 1-2)</p> <p><i>Level 1 presents the fundamentals of ballet to beginning Lower School dancers. This level is recommended for students in grades 1-2.</i></p> <p><i>Level 2 continues dance fundamentals and strengthens the foundation for developing dancers. This level is recommended for students in grades 3-4 with some prior dance experience.</i></p> <p><i>Guidelines for class attire and hairstyle will be sent after registration.</i></p>	Grades 1-4 (max. 20 students)	<p>Mondays @ 4:00-5:00</p> <p>Sep. 12, 19, 26 Oct. 3, 17 Nov. 7, 14, 28 Dec. 5, 12</p>	TVS Dance Studio	Courtney Sebastian-Dotson	\$245

<p>Ballet (Level 3)</p> <p><i>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. Guidelines for class attire and hairstyle will be sent after registration.</i></p>	<p>Grades 5-8 (max. 20 students)</p>	<p>Thursdays @ 4:00-5:30 Sep. 8, 15, 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17 Dec. 1, 8</p>	<p>TVS Dance Studio</p>	<p>Courtney Sebastian-Dotson</p>	<p>\$454</p>
<p>Hip Hop (Level 1)</p> <p><i>Level 1 presents the fundamentals of hip hop to beginning Lower School dancers. This level is recommended for students in grades 1-3. Guidelines for class attire and hairstyle will be sent after registration.</i></p>	<p>Grades 1-3 (max. 15 students)</p>	<p>Mondays @ 3:45-4:30 Sep. 12, 19, 26 Oct. 3, 17 Nov. 7, 14, 28 Dec. 5, 12</p>	<p>Middle School Drama Room</p>	<p>Vanessa Raqs</p>	<p>\$190</p>
<p>Jazz / Lyrical (Levels 1-2)</p> <p><i>Level 1 presents the fundamentals of jazz / lyrical dance to beginning Lower School dancers. This level is recommended for students in grades 1-2.</i></p> <p><i>Level 2 continues dance fundamentals and strengthens the foundation for developing dancers. This level is recommended for students in grades 3-4 with some prior dance experience.</i></p> <p><i>Guidelines for class attire and hairstyle will be sent after registration.</i></p>	<p>Grades 1-4 (max. 20 students)</p>	<p>Wednesdays @ 3:45-4:45 Sep. 7, 14, 21, 28 Oct. 12, 19, 26 Nov. 2, 9, 16, 30 Dec. 7</p>	<p>TVS Dance Studio</p>	<p>Courtney Sebastian-Dotson</p>	<p>\$289</p>
<p>Jazz (Level 3)</p> <p><i>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. Guidelines for class attire and hairstyle will be sent after registration.</i></p>	<p>Grades 5-8 (max. 20 students)</p>	<p>Tuesdays @ 4:45-6:00 Sep. 6, 13, 20, 27 Oct. 4, 11, 18 Nov. 1, 8, 15, 29 Dec. 6, 13</p>	<p>TVS Dance Studio</p>	<p>Hope Moon</p>	<p>\$382.50</p>

NOTE ON FEES: We calculate our semester-long TVS Dance program fees using a model of \$22/hour + \$25 “materials fee.” The hourly fee compensates our fantastic instructors and allows TVS to provide significant overhead support to our programs, including the annual TVS Dance Recital. The once-per-semester “materials fee” keeps consumable supplies, which are used specifically in these programs, well-stocked.

TVS DANCE PROGRAMS AT-A-GLANCE (GRADES PREK-8)

	Monday	Tuesday	Wednesday	Thursday	Friday
PreK	Ballet / Jazz (Pre-Kindergarten) <i>3:00-4:00 @ Studio</i>				
K		Ballet / Jazz (Kindergarten) <i>3:45-4:45 @ Studio</i>			
Grade 1	Ballet (Levels 1-2) <i>4:00-5:00 @ Studio</i> Hip Hop (Level 1) <i>3:45-4:30 @ MS Drama</i>		Jazz / Lyrical (Levels 1-2) <i>3:45-4:45 @ Studio</i>		
Grade 2	Ballet (Levels 1-2) <i>4:00-5:00 @ Studio</i> Hip Hop (Level 1) <i>3:45-4:30 @ MS Drama</i>		Jazz / Lyrical (Levels 1-2) <i>3:45-4:45 @ Studio</i>		
Grade 3	Ballet (Levels 1-2) <i>4:00-5:00 @ Studio</i> Hip Hop (Level 1) <i>3:45-4:30 @ MS Drama</i>		Jazz / Lyrical (Levels 1-2) <i>3:45-4:45 @ Studio</i>		
Grade 4	Ballet (Levels 1-2) <i>4:00-5:00 @ Studio</i>		Jazz / Lyrical (Levels 1-2) <i>3:45-4:45 @ Studio</i>		
Grade 5		Jazz (Level 3) <i>4:45-6:00 @ Studio</i>		Ballet (Level 3) <i>4:00-5:30 @ Studio</i>	
Grade 6		Jazz (Level 3) <i>4:45-6:00 @ Studio</i>		Ballet (Level 3) <i>4:00-5:30 @ Studio</i>	
Grade 7		Jazz (Level 3)* <i>4:45-6:00 @ Studio</i>		Ballet (Level 3)* <i>4:00-5:30 @ Studio</i>	
Grade 8		Jazz (Level 3)* <i>4:45-6:00 @ Studio</i>		Ballet (Level 3)* <i>4:00-5:30 @ Studio</i>	

**May be used in partial fulfillment of the Middle School athletic requirement, along with solo rehearsals and leadership with a lower-level class (see Athletic Credit on page 6).*

ATHLETIC CREDIT (GRADES 7-12)

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

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For students in **grades 7-8**, a minimum of 6 hours per week with TVS Dance after-school enrichment 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:

- 2.75 hours of Level III or higher class +
- 2.25 hours of solo rehearsal +
- 1 hour of leadership with a lower-level class =

6 hours per week.

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.

Please view our [TVS Dance weekly schedule](#) for more information about specific classes, rehearsals, and leadership that are required for fulfillment of the Middle School athletic requirement.

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For students in **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:

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| <ul style="list-style-type: none">• One full year of participation in the after-school Elite Performance Company = one Activity Credit• <i>Please note that this option requires approval by the TVS Dance instructional staff.</i> | OR | <ul style="list-style-type: none">• One full year of enrollment in a Dance I, II, III, or IV course = 3 Activity Credits OR 1 Fine Arts Credit• <i>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).</i> |
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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.

TVS DANCE PAYMENT INFORMATION (GRADES PREK-8)

- Full fees for the **Fall 2022** programs 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.”
- 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!
- Full fees for the **Spring 2023** programs – plus recital fees – will be charged in December 2022.
 - **Recital fees are non-refundable.** Recital fees include costumes and accessories. Fees for the first dance are \$85, and each additional dance is \$65.
 - Please notify us **by December 1, 2022**, if your dancer will NOT participate in the 2023 TVS Dance Recital.

Parents of dancers in grades PreK-8:

Beginning Monday, August 15, at 5:00 p.m., please [REGISTER HERE](#) for our TVS Dance after-school programs!

NOTE: Information about our offerings for Upper School students can be found below.



UPPER SCHOOL DANCE I-IV COURSES (GRADES 9-12)

COURSE NAME	GRADE LEVEL	COURSE LENGTH	SEMESTER(S) OFFERED	COURSE PREREQUISITE
DANCE I	9, 10, 11, 12	FULL YEAR	--	TEACHER APPROVAL
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.				

COURSE NAME	GRADE LEVEL	COURSE LENGTH	SEMESTER(S) OFFERED	COURSE PREREQUISITE
DANCE II	10, 11, 12	FULL YEAR	--	DANCE I
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.				

COURSE NAME	GRADE LEVEL	COURSE LENGTH	SEMESTER(S) OFFERED	COURSE PREREQUISITE
DANCE III	11, 12	FULL YEAR	--	DANCE II
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.				

COURSE NAME	GRADE LEVEL	COURSE LENGTH	SEMESTER(S) OFFERED	COURSE PREREQUISITE
DANCE IV	12	FULL YEAR	--	DANCE III
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.				

(From the TVS Upper School Course Catalog, 2022-2023)

TVS DANCE PERFORMANCE COMPANY

TVS Dance Performance Company is a competitive performance program for highly dedicated dancers who seek training beyond the recreational level. Performance Company Membership promotes teamwork, professionalism, responsibility, discipline, and self-confidence. The TVS Dance Performance Company will perform ballet, jazz, and lyrical routines at:

- ★ a winter on-campus performance,
- ★ three regional competitions in the spring, and
- ★ the TVS Dance Recital in April.

A kick-off meeting is scheduled for Saturday, September 10, 2022, at 1:30-3:30 p.m. in the TVS Dance Studio.

Please look for more information on this! Preliminary information can be found [here](#).

Participation in the TVS Dance Performance Company entails a high level of commitment!

- ★ Dancers and parents will sign an agreement, indicating their commitment to the program.
- ★ There is a separate fee structure than for our PreK-8 after-school programs (described above). The fees cover the cost of extra rehearsal time, competition entry / travel costs, and costumes.



TRINITY VALLEY SCHOOL

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