

BLV

# *Ballet Victoria Conservatory*



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### **Unsurpassed Dance Education**

Ballet Victoria Conservatory (BVC) is committed to excellence in dance education. BVC’s Vaganova-based classical ballet curriculum combined with lessons in pointe, contemporary, jazz, tap, Bollywood, and repertoire, produces versatile dancers of the highest caliber. Since its inception in 2014, BVC has prepared many young aspiring dancers to dance professionally. Students have had opportunities to perform on the Royal Theatre stage with the Ballet Victoria Company, offering them a unique and educational dance experience. Emerging professionals that have performed with the Ballet Victoria Company have moved on to join prestigious companies such as Les Grands Ballets Canadiens, Alberta Ballet, San Jose Ballet, Oklahoma City Ballet and Alonzo King Lines Ballet.



### **Admission**

Students are accepted and placed into their appropriate level according to age, drive, talent, and musicality. Careful attention is given while introducing students to the discipline, physical demands, and standards of proper classical ballet technique.

### **Emphasis on Performance**

The Ballet Victoria Company works in close connection to BVC. It provides additional performance and education opportunities by including selected students in some of its seasonal main stage productions, such as *The Gift* and *A Midsummer Night’s Dream*. BVC students also have their own year-end performance, and participate yearly in local and provincial festivals.

### **Benefits of Dance**

- ❖ *Improves coordination, endurance, flexibility, and strength*
- ❖ *Strengthens bones and boosts cardiovascular health*
- ❖ *Increases energy, builds confidence and reduces stress*
- ❖ *Fosters creativity and artistry*
- ❖ *Promotes dynamic and rapid fire decision-making, creating new neural paths*



### **Why Choose Ballet Victoria Conservatory?**

Since most dance studios seem to have friendly and qualified teachers, convenient class times, and a big show at the end of the year, they can all appear to be basically the same. However, there are four main factors that can make a huge difference in the instruction your child receives, and the overall enjoyment and satisfaction of being involved in a dance program.

### **1. Class Size**

When a dance class has fewer students, each child receives more individual attention, learns more, and has more fun. It is easier for a teacher to maintain control over the class, and make sure each student understands the concepts and instructions. All classes at BVC are limited to 15 students, ensuring that no fundamental concepts are missed, and that students develop proper technique. Classes for younger children also have a teacher's assistant present to help.

### **2. Dance Floor**

Dancing is a physical activity involving lots of jumping, which can put stress on bones and joints. Most dance footwear provides little cushioning; the impact of dance movements can place pressure on the knees and back. To ensure a safe dance environment for your child, choose a school that has a sprung "floating floor." A sprung floor is a dance floor that rests on a base of high-density foam to absorb the impact of jumping. A high-density rubber-based floor is superior to a simple wood sprung floor built over a regular floor.

The top layer of the dance floor is also an important factor. A vinyl composite "Marley floor" is accepted worldwide as the best surface layer for recreational and professional dance. Facilities such as Canada's Royal Winnipeg Ballet and National Ballet School all use Marley floors. Most studios opt for regular or linoleum floor, due to the expense involved with Marley floors. Ballet Victoria studios are equipped with floating floors and Marley to reduce risk of injury and to allow students to dance longer without getting fatigued.

### **3. Syllabus**

BVC's syllabus is based on the Vaganova method, which is the leading method used for educating classical dancers. Not only does this method produce exceptionally strong dancers, it also encourages self-discipline, respect, and excellence through teamwork.

Choosing a dance school that uses a clear syllabus will help your child learn, understand, and ultimately develop a better appreciation for dance. Schools that use a syllabus typically produce dancers that go on to university dance programs, professional dance careers, or become dance teachers. BVC teachers are selected for their extensive professional dance training and stage experience, as well as their commitment to providing quality instruction. They give individual corrections and encouragement during class.

#### ***4. Footwear***

Footwear that is properly fitted is of the utmost importance, especially for ballet dancing. Having the right fit allows for better performance, increased comfort, and can protect a dancer from potential foot injuries. Fitting a ballet shoe too big can cause blisters, and gives the dancer a sloppy appearance; fitting too small can cause bunions, foot cramps, and hammer toes. The fit must be "just right" for the dancer to confidently execute steps and to be comfortable wearing them for extended periods of time. BVC offers complimentary assistance for professional pointe shoe fittings, and is happy to recommend dance shoes for all levels.

