

Registration Guide 2025/2026



At Dance Xpressions, we are committed to providing a nurturing environment where students can build a strong technical foundation and confidence to pursue their passion for dance, while our supportive community cheers them on every step of the way.

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Our Dance Programs

Recreational Dance Classes

Our recreational dance classes are designed for students of all ages who want to learn the fundamentals of dance in a supportive and enjoyable environment. Whether your child is a complete beginner or has previous dance experience, our recreational classes provide a non-competitive setting for them to develop their skills. Students will have the opportunity to showcase their progress in our annual recital held every June.



THE LAUNCH PROGRAM

Our performance program is tailored for dancers aged 8 and above who aspire to train at a higher level than recreational classes. Students can specialize in specific genres such as Jazz, Tap, Hip Hop, Ballet, Musical Theatre, or Acro. While there are prerequisites and age requirements for these classes, performance program dancers may also participate in the same classes as our elevate dancers. With a minimum requirement of two classes per week, performance students will have the opportunity to compete and perform at various events throughout the year, culminating in the annual year-end recital in June.



THE ELEVATE PROGRAM

Our elevate program caters to dedicated dancers aged 10-17 with current training in ballet and jazz. With three levels - Junior, Intermediate, and Senior - the program focuses on nurturing well-rounded dancers who enjoy performing, competing, and attending conventions. Mandatory classes include ballet, jazz, musical theatre/voice, and tap and/or hip hop. Elevate dancers will compete in multiple groups and undergo 7 to 16 hours of training per week based on their level. Placement is necessary for enrollment in this program, and interested individuals can contact us to schedule a meeting or placement class.



THE RAD BALLET PROGRAM

The Royal Academy of Dance (RAD) Ballet program is a world-renowned training system that offers structured ballet education for dancers of all ages and skill levels. Rooted in classical ballet traditions, the RAD provides a comprehensive curriculum that combines technique, artistry, and performance. The program is designed to nurture creativity and technical proficiency, with an emphasis on developing strong foundations while allowing for personal artistic expression. RAD's international reputation ensures that students are taught by highly qualified teachers, and the academy offers both exams and performance opportunities to help students track their progress and gain recognition in the dance world.

This program offers syllabus work and the opportunity for examinations that can be used for school credits towards secondary graduation.

What the season looks like:

SEPTEMBER: The season begins one week after school goes back. Students and Instructors introduce one another. Welcome!

OCTOBER: Competition Registration begins and the Competition Tour is confirmed and sent out.

NOVEMBER: Classes begin working on their Christmas Show performances.

DECEMBER: Christmas show time! And an extended Winter Break for Dancers.

JANUARY: Our final month of preparation for Competition! Recreational classes begin to work on their Year End Recital routines

FEBRUARY: Our Pre-Competitive Showcase.

MARCH: Year End Recital Preparation is in full swing, plus a two week break for Spring.

APRIL: Competition overload this month!

MAY: Photo Day and Final Details of our Recital (included costumes!)

JUNE: Our year end celebrations and Registration for the following season.



What to Wear

Ballet Attire Overview

- **Ballet Slippers:** Leather ballet slippers are preferred over canvas due to better durability and health considerations. Canvas slippers, especially those with elastin, can squeeze the toes, which is harmful, especially for beginners. They may be allowed for solo performances but not for group pieces unless specified by the costume.
- **Baby/Preschool Ballet:**
 - **Body Wear:** Tight-fitting, solid color clothing (no jewelry, zippers, or non-stretch fabrics).
 - **Tights/Footwear:** Bare legs or white/pink/nude tights. Leather ballet shoes preferred.
- **Boys/Men** (Primary and up):
 - **Body Wear:** White skin-tight T-shirt or bodysuit, black opaque tights or navy/black fitted shorts, and thin white ankle socks.
 - **Shoes:** Leather full-sole ballet shoes with elastic straps up to Grade III; split sole shoes allowed after that.

Tap Dance Attire

- **Pre-Primary and Primary Levels:**
 - **Body Wear:** Neutral color bodysuit with ballet pink, skin-tone, or black tights/leggings.
 - **Shoes:** Black tap shoes (Capezio or Bloch preferred).
- **Tap Technique/Competitive:**
 - **Body Wear:** As above.
 - **Shoes:** Black oxford tap shoes required.

Modern/Contemporary, Acro, and Jazz Attire

- **Girls/Women:**
 - **Body Wear:** Neutral color bodysuit with convertible tights, fitted leggings, shorts, or capris.
 - **Shoes:** Acro classes are barefoot, other classes can use ballet slippers or slip-on black leather jazz shoes (lace-up jazz shoes not permitted).
- **Boys/Men:**
 - **Body Wear:** Tight-fitting black T-shirt and leggings, neutral color tops/shorts allowed.
 - **Shoes:** As for girls.

Stage, Musical Theatre, and Acting

- **Body Wear:** Tight-fitting, solid neutral-colored clothing. No jewelry, zippers, rivets, non-stretch fabrics, or belts.
- **Footwear:** Black slip-on jazz shoes for Musical Theatre; street shoes not allowed.

Hip Hop Attire

- **Body Wear:** Solid-colored clothing that's easy to move in (no belts, jewelry, or non-stretch fabrics).
- **Footwear:** Clean, all-white indoor use-only running shoes.



You're ready to register!

We're excited you're interested in joining us for the upcoming 2025-2026 dance season.

Here are some key dates and information to help you prepare for registration:

- **Registration opens on June 20th, 2025** through our [Parent Portal](#).
- Our **schedule for the 2025-2026 season will be released on June 5th**.
- We're offering a **"Try It Out" Week from June 2nd-6th**, where dancers can sample classes in **jazz, hip hop, stage, and ballet**.
- **Tuition prices for the upcoming season** are available in a separate document.
- If you'd like to register in person or have questions you'd prefer to discuss face-to-face, we're offering **registration meetings from June 23rd-27th**. You can schedule a meeting with us on the parent portal (linked above).

We're happy to help with any additional questions you may have and look forward to welcoming your dancer into our DX Family!