



ASPENGROVE  
BALLET  
ACADEMY



# DANCE

Dance is a rare combination of artistry and athleticism, requiring both creative expression and disciplined physical mastery. Dancers collaborate as a cohesive team, transforming choreography into a unified and compelling work of art. Through dedicated training, students develop a strong work ethic, perseverance, accountability, and resilience - qualities that positively influence every aspect of their lives.

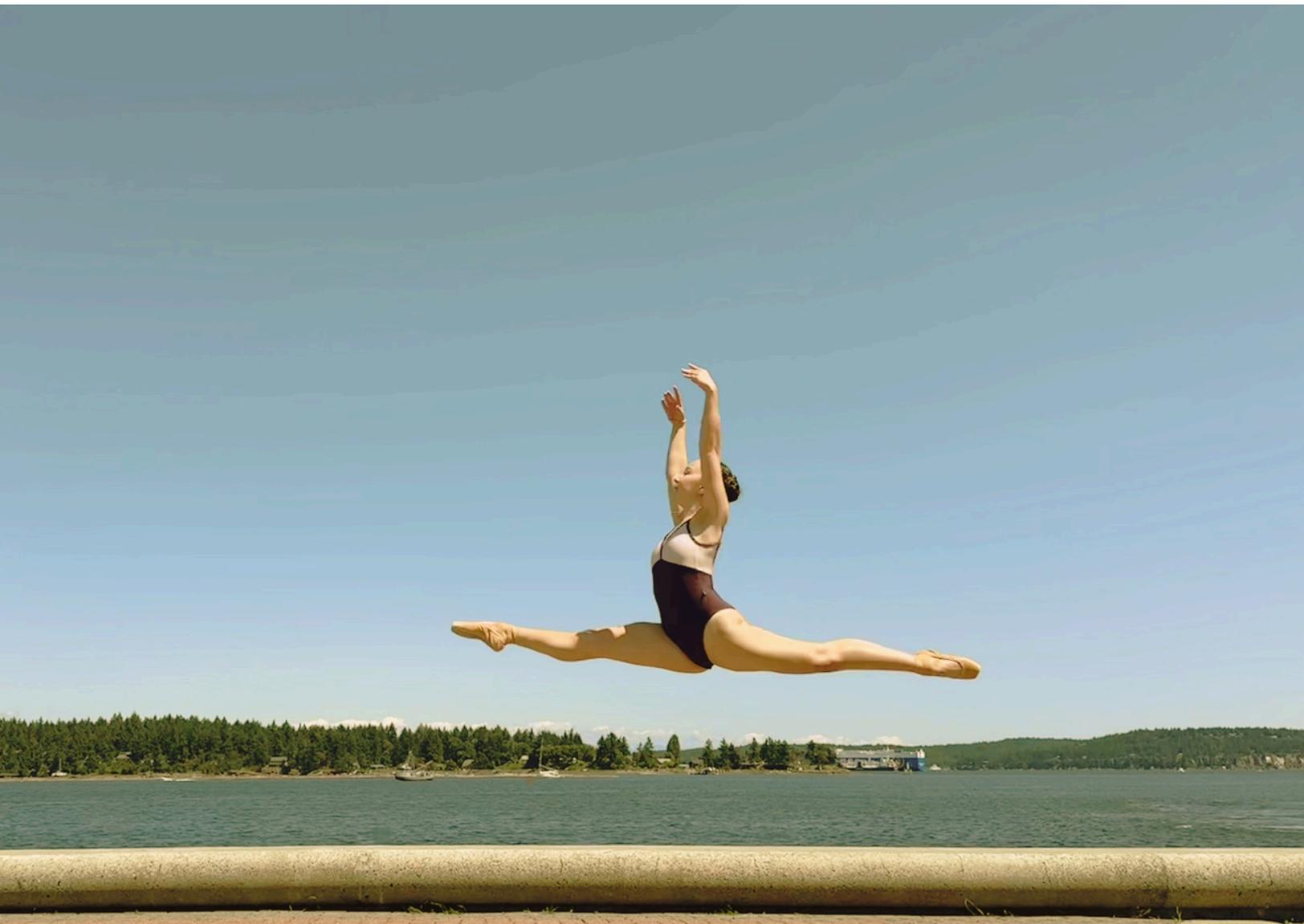
At Aspengrove, we take pride in delivering pre-professional level ballet training grounded in discipline and technical excellence. At the same time, we ensure our dancers receive comprehensive, well-rounded instruction through additional studies in jazz, contemporary, and lyrical dance. This balanced approach cultivates versatile, confident artists prepared to excel both on and off the stage.



# PROGRAM OVERVIEW

Aspengrove's Ballet Academy is an elite, full-time training program dedicated to developing exceptional dancers while supporting their academic success. Our comprehensive curriculum integrates advanced technical instruction, individualized coaching, and specialized cross-training to cultivate strength, artistry, and peak performance.

We are committed to guiding each dancer toward reaching their fullest potential, both in the studio and in the classroom. Through rigorous training and mentorship, students refine their ballet technique, elevate their academic achievement, and build the discipline, resilience, and teamwork essential for long-term success. At Aspengrove's Ballet Academy, excellence is not only pursued - it is expected, nurtured, and achieved.





# ABOUT ASPENGROVE

Aspengrove is one of Vancouver Island's leading independent schools, serving students from Junior Kindergarten through Grade 12. Our teachers work with and support each student as an individual, championing their interests, igniting their passions, and strengthening their unique abilities.

Our foundation is built on academic excellence, character and leadership development, and a purpose-driven, structured environment where **every student is seen, known, and challenged.**

For student-athletes, this matters. High performance requires discipline, time management, and strong mentorship - qualities we intentionally cultivate every day.



**ASPENGROVE**  
SCHOOL

*Strong Roots, Bright Futures*

# PROGRAM GOALS

At the Aspengrove Ballet Academy, our goal is to empower student-artists in Grades 5-12, across two teams, to reach their full potential by fostering excellence in ballet, academics, and personal growth within a supportive, disciplined, and values-driven community. Our core objectives include:

## **ARTISTIC & ATHLETIC EXCELLENCE:**

Develop advanced ballet technique through consistent classical training, pointe work (age appropriate), Royal Academy of Dance exam work, and performance/competition experience, while nurturing artistry, musicality, and refined presentation.

## **PHYSICAL CONDITIONING:**

Enhance strength, flexibility, alignment, and injury prevention through a comprehensive conditioning and cross-training program designed to meet the physical demands of pre-professional ballet training.

## **ACADEMIC ACHIEVEMENT:**

Support students in maintaining strong academic performance through structured time management, mentorship, and access to academic resources, ensuring success both in the studio and the classroom.

## **LEADERSHIP & CHARACTER:**

Cultivate discipline, resilience, confidence, and professionalism while encouraging leadership and accountability within training, rehearsals, performances, and the broader school community.

## **COLLABORATION & ENSEMBLE WORK:**

Promote respect, communication, and teamwork within technique classes and choreography settings to build a cohesive, supportive, and high-performing artistic environment.

## **TEAMWORK & COMMUNICATION:**

Promote strong communication, collaboration, and respect within team environments to cultivate a positive and cohesive culture.

## **COMMUNITY ENGAGEMENT:**

Encourage meaningful participation in the school and local community through performances, outreach initiatives, and school events that reflect school spirit and service.

## **PATHWAY DEVELOPMENT:**

Prepare dancers for post-secondary pathways - whether in professional dance training programs, collegiate dance opportunities, or leadership roles, by providing performance exposure, individualized mentorship, and personalized development plans.

# PROGRAM DIRECTOR



## KATHRYN RUSSELL

Aspengrove's High Performance  
Ballet Academy

Kathryn has been an active and respected member of the dance community for over 30 years. She has trained extensively in multiple disciplines, including ballet, jazz, tap, contemporary, modern, lyrical, musical theatre, hip hop, and acrobatics, developing a comprehensive and versatile foundation in dance education.

She currently specializes in ballet, contemporary, and Progressing Ballet Technique (PBT), while also bringing many years of teaching experience in acro, tap, jazz, lyrical, musical theatre, and hip hop.

Kathryn is a Registered Teacher with the Royal Academy of Dance (RAD), a certified instructor with Acrobatic Arts, and a certified Progressing Ballet Technique instructor. She has also completed the Canadian Dance Teachers Association (CDTA) Jazz and Tap syllabus. Kathryn served as Children's Rehearsal Mistress for the Royal Winnipeg Ballet's Nutcracker productions in 2018, 2022, and 2024.

With more than 18 years of adjudication experience, Kathryn regularly is invited to judge dance competitions and festivals across Canada.

Her students have earned acceptance and scholarships to prestigious summer intensives and full-time professional programs worldwide, including Alvin Ailey American Dance Theater, English National Ballet, Princess Grace Academy, Royal Danish Ballet, Dutch National Ballet, LINES Ballet, National Ballet of Canada, Arts Umbrella, Ballet Jörgen, Next Generation Ballet, Hubbard Street Dance Chicago, Joffrey Ballet, and Alberta Ballet.

Kathryn is passionate about providing her dancers with meaningful performance and competitive opportunities, both nationally and internationally, and has received award recognition for her choreography at distinguished events internationally. Dedicated to inspiring excellence in artistry and technique, Kathryn is committed to nurturing dancers of all ages, fostering confidence, discipline, and a lifelong love of dance.



**ROYAL ACADEMY OF DANCE (RAD)**  
**ACROBATIC ARTS**  
**PROGRESSING BALLET TECHNIQUE (PBT)**  
**CANADIAN DANCE TEACHERS ASSOCIATION (CDTA)**

# ADMISSIONS

Students applying to the Aspengrove Ballet Academy must first complete Aspengrove's standard admissions process, which all school applicants follow. In addition, applicants will undergo a dance evaluation to assess their skills and suitability for the program.

For more information on the admissions process, please visit our website [here](#).

# TUITION & FEES

Tuition & Fee information can be found [here](#). Tuition includes the Dance Program costs. Some extra fees may apply for travel & competitions.

# SCHOLARSHIPS & BURSARIES

Aspengrove is committed to making our exceptional education and Dance Program accessible to families who may benefit from financial assistance. To learn more about our bursary opportunities, please visit our website [here](#).



# FREQUENTLY ASKED QUESTIONS

## ***Who is eligible for the Academy?***

In its inaugural year, launching September 2026, the Aspengrove Ballet Academy will be open to dedicated dancers in Grades 5–12 who demonstrate strong technical foundation, commitment, and potential for pre-professional training. Admission is by audition, with acceptance and placement determined according to ability and readiness.

## ***Will my dancer participate in performances and competitions?***

Yes. Academy dancers will participate in studio productions, community performances, and selected competitions in and out-of-town.. These experiences are designed to enhance stage presence, artistry, teamwork, and professional development.

## ***Are there additional costs for performances or travel?***

Tuition includes regular training, coaching, and scheduled in-house performance opportunities. Families may be responsible for additional costs related to select travel and accommodation where applicable.

## ***How will my child be supported in balancing academic and dance commitments?***

At Aspengrove, our faculty and academic staff work closely with students to foster a balanced and structured environment. Strong communication between home and school ensures each dancer is supported in managing academic responsibilities alongside the demands of elite-level training.

## ***Do you offer bus service?***

Aspengrove operates three school buses and provides daily service from South Nanaimo to Qualicum. We strive to accommodate families within our service routes whenever possible. (Bus service is not included in tuition fees.)

**[General Aspengrove FAQ's can be found here.](#)**



# ASPENGROVE BALLET ACADEMY



## GET IN TOUCH WITH US.

**Inquire:** [admissions@aspengroveschool.ca](mailto:admissions@aspengroveschool.ca) 

**Apply Now:** [www.aspengroveschool.msm](http://www.aspengroveschool.msm) 

**Website:** [www.aspengroveschool.ca](http://www.aspengroveschool.ca) 

**Address:** 7660 Clark Dr, Lantzville, BC 

**Social Media** [Instagram](#)  [Facebook](#) 