

A woman with dark hair in a bun, wearing a black leotard, is captured in a graceful ballet pose. She is looking upwards with her right arm extended high and her left arm reaching forward. The background is a dimly lit dance studio with a ballet barre visible on the left.

A ASPENGROVE *Studios*

ASPENGROVE SCHOOL

VANCOUVER ISLAND, CANADA





ASPENGROVE BALLET ACADEMY

Developing Artists. Building Excellence.

An elite, full-time ballet training program where dedicated dancers develop their technique, artistry, versatility, and confidence while pursuing their academic goals.

TRAIN

PERFORM

GROW



01 *Classical Foundation*

Training grounded in the internationally recognized Royal Academy of Dance (RAD) syllabus, developed in London, England.



02 *Multi-Genre Training*

Expand beyond classical ballet through complementary dance styles and cross-training designed to build strength, versatility, and artistry.



03 *Individualized Coaching*

Focused instruction and mentorship help each dancer refine technique and reach their potential.



04 *Competition & Performance*

Seasonal competitions across North America give students the opportunity to perform, compete, and grow in a professional environment.



TRAINING DESIGNED TO DEVELOP THE COMPLETE DANCER

This program is ideal for dancers committed to training five days per week in an elite, structured environment while balancing strong academics.

- 2 hours of dance training during the school day
- 2–3 hours of additional training after school
- Daily classes in Ballet
- Weekly guest instructors every Friday
- Weekly Pilates and structured weight training
- Weekly classes in:
 - Jazz
 - Lyrical
 - Contemporary
- Participation in six competitions per season, including select travel competitions



**Students train in
bright, naturally lit
dance studios right
on campus.**



A GLOBAL COMMUNITY

Join a small, globally focused school where international students integrate into local culture and form meaningful connections with Canadian and international classmates.



ENGLISH IMMERSION

Learn and live in an English-speaking environment, building confidence both inside and outside the classroom.



A HOME AWAY FROM HOME

International students live with a member of the Aspengrove community through our Aspengrove-managed Homestay Program.



EXPERIENCE HOMESTAY

Scan to watch our Homestay video.

*A world-class education.
Exceptional dance training.
An unforgettable Canadian experience.*





ACADEMIC & UNIVERSITY PREPARATION

Aspengrove combines strong academic programming with exceptional support for ambitious dancers pursuing their passion while preparing for their future. Students complete the IB Programme through Grade 10, followed by Advanced Placement course offerings in Grades 11 and 12, with personalized guidance from both the Director of Dance and University Counsellor to help balance academic and artistic goals.

Through performance opportunities, individualized mentorship, and personalized development plans, dancers are prepared to pursue diverse post-secondary pathways, from professional dance training and collegiate dance programs to future leadership opportunities.

A day at Aspengrove

8:30 - 9:50	Ballet Academy Training Block
10:30 - 11:50	Academic Block
11:50 - 13:10	Academic Block
13:10 - 14:00	Lunch
14:00 - 15:20	Academic Block
After School	Ballet Academy Training



Unleash Your Potential

Discover what's possible at Aspengrove's Ballet Academy on Vancouver Island, Canada.



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7660 Clark Dr, Lantzville, British Columbia, Canada