

XCEL

KULTURE
BREAK

2021



INFLUENCE A CULTURE,
EMPOWER A GENERATION

WHO WE ARE

Established in 2002, Kulture Break is a not-for-profit social enterprise, committed to empowering the well-being and inclusion of children and youth with a focus on reducing the risks associated with mental health through the creative arts.



XCEL DANCE PROGRAM INFORMATION

The Xcel Dance program (formerly Elevate Academy) offers young people the opportunity to Xcel their confidence and dance skills under the guidance of professional industry mentors.

Students of Xcel participate in intensive classes, exclusive workshops, gain personal development hacks, enjoy social gatherings and receive an unlimited class pass.

Students will also have the opportunity to join our new **performance crews** and troupes for more live performances and tours.

WE CAN'T WAIT TO WORK WITH YOU

Welcome to the Xcel Dance 2021 Program! This year we are excited to bring to you a dynamic and rounded dance education, focusing on building the confidence, skills and artistry of Canberra's young people. We can't wait to see how you will develop over these coming months.

Francis Owusu, Kulture Break CEO
Rachel Lariosa, Ashleigh McAlister - Coaches

XCEL DANCE GROUPS

Ignite – 10-13 years; Blaze 13-18 years;

TIMETABLE

Wednesday

5:15pm – 6pm Strength & Conditioning (With Mindset Coaching once a month)
6 – 7pm Ignite Ballet/Contemporary Intensive with Ashleigh
7 – 8pm Blaze & Inferno Ballet/Contemporary Intensive with Ashleigh

Thursday

6.30-7.30pm Ignite Hip Hop Intensive with Rachel
7.30-8.30pm Blaze Hip Hop Intensive with Rachel

Tuition includes **unlimited classes** on Kulture Break's Make Your Move timetable Dance Pass to 'Activation' Workshops/Bootcamps

OVERALL FOCUS

Growing in Confidence through:

- Personal Development – setting milestones and positive habits
- Mindset Coaching– gaining tools to building resilience
- Self-awareness – becoming more body and mind aware

Growth in Performance Skills through:

- Precision Energy
- Communicating the story through movement

XCEL HIP HOP

There will be a term alternation between:

- Technique (focusing on grooves & freestyle)
- Choreography (focusing on execution & energy)

HIP HOP

- **Technique:**

Foundation of Grooves (bouncing, rocking & isolations)

- **Freestyle Technique:**

- Ability to express emotions
- Creativity
- Repetition
- Levels
- Precision Rhythm/Musicality

- **Choreography:**

- Presentation
- Energy
- Precision
- Choreography pick up/repetition
- Group work: formations

XCEL BALLET/CONTEMPORARY

Ballet will focus on terminology & technique.

Units to cover

- Counting
- Storytelling
- Duo/partner (lifting, trust falls, building relationships)

Creating culture:

- During weeks 3-4, students will do a self-assessment
- Journaling – Ask the students what they want to do
- Storytelling - Get the students to watch a comparison of storytelling, precision & energy
- Improvisation – Give the students a chance to create/input on the choreography (duo)

END OF SEMESTER SHOWCASES

- Combined showcase of the Xcel Dance and Music students. There are two major performances throughout the year so students are able to showcase their improved skills and talents.

PRICE SCHEDULE

What is included:

- Unlimited classes on Kulture Break's Make Your Move timetable
 - Dance Pass to 'Activation' Workshops/Bootcamps
 - Personalised coaching for personal growth and improvement
 - Performance opportunities with KB's primary events
 - Showcases and recitals
 - Competition crew and troop opportunity (NEW)
- Approx. \$60 per week | \$1,200 per semester
- Approx. \$50 per week | \$2,000 per year
- Esidebit payments available

To enrol in Xcel Dance, please complete the enrolment form. We will invoice you the cost of the program once received.

Payment plans are available. Payment plans are processed through Ezidebit and will incur Ezidebit fees outlined on the Direct Debit Request form.

Payment plans are due for final payment on or before 4 December 2021.

Payment plans started the week of 24 February will have 40 weeks or 20 fortnights of debits.

Failed payment plans will be rescheduled to debit along with your next payment.

If 2 or more payments fail, we may need to reassess your payment options to ensure there is no disruption to you/your child's participation in the Xcel program. If you need to make any adjustments to your payment plan, please don't hesitate to get in touch.

Withdrawal penalty

Should you withdraw from the course once commenced, you will forfeit all monies paid and be liable for the full annual tuition and administration fees.

PARTNER SUPPORT

Xcel is honoured to have the ACT Government, McDonalds ACT as Principal Partners for Xcel Dance. Their contribution enables us to reduce the cost of fees for Xcel students, providing more young people with access to the program.

