

# XCEL

DANCE

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 apply to 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, Georgia Cooper- Coaches

## XCEL DANCE GROUPS

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

## MINIMUM REQUIREMENTS

### Xcel Dance Timetable

All students are required to attend a minimum of 3 classes per week ensuring they have selected at least one class from each of the columns below. Each student's selection must include at least one intensive for their Xcel group. Students will need to do at least 1 contemporary and 1 hip hop class.

Once the minimum requirement has been met students are free to take any additional classes they choose, including other styles on the Make Your Move timetable.



## COMPETITIONS & WORKSHOPS

There will be 2 competitions:

- Brindabella Dance Festival (September)
- Australian Dance Crew Championships (October)

There is an option that students can opt in to enter a competition solo, but there may be an added cost.

We will be hosting bi-monthly dance workshops from interstate and local guest choreographers. These workshops are open for both dance groups to participate in.

Competition training times will be announced in June.

## SOCIAL NIGHTS

We will be planning to have two social events throughout the year. One per semester to celebrate the students' achievements and strengthen social connection between the students.

"YOU DON'T BECOME SOMEBODY,  
YOU ARE SOMEBODY"



[admin@kulturebreak.com](mailto:admin@kulturebreak.com) | HQ Office: (02) 6296 3265 |  
<https://kulturebreak.com/dance-music-classes/xl-dance-programs/>

# TIMETABLE

## CLASS ONE

Strength and Stretch

## CLASS TWO

### **Hip Hop Xcel Intensive Ignite**

Wednesday 6.15pm-7pm

Hip Hop 9-12yrs L1

Thursday 5pm-6pm

Hip Hop 13-17yrs L2

Tuesday 6.15pm-7.15pm

### **Hip Hop Xcel Intensive Blaze**

Wednesday 7.45pm-8.15pm

Hip Hop 9-12yrs L2

Thursday 5.15pm-6.15pm

Hip Hop Open L3

Tuesday 7.15pm-8.15pm

Hip Hop 9-12yrs L1

Tuesday 4.15pm-5.15pm

Hip Hop 13-17yrs L1

Tuesday 5pm-6pm

## CLASS THREE

### **Contemporary Xcel Intensive Ignite**

Wednesday 5.15pm-6pm

Contemporary 9-12yrs L2

Saturday 11.45am-12.45pm

### **Contemporary Xcel Intensive Blaze**

Wednesday 6.45pm-7.30pm

Contemporary 13-17yrs L1

Monday 7.15pm-8.15pm

Contemporary 9-12yrs L1

Monday 5pm-5.45pm

Contemporary Open L3

Tuesday 6.15pm-7.15pm

## 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)

## MID AND END OF SEMESTER SHOWCASES

- Xcel students will have the opportunity to showcase what they have learned in classes at the Kulture Break Mid & End of Year Showcases.

## 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.

