

Gustafson DANCE

Level 4A

2017-2018

Tuition: \$40 Reg Fee, \$1040 per semester. SSBYD Fees are separate.

Dress Code: Please read and be aware of our general dress code policies for all dance students at <http://gustafsondance.com/dress-code/>

Males: See page 3 from the link above for the boys' dress code.

Females:

Ballet: Rose Leotard-Any Style (All classes except Free Choice Leotard Sat), Pink Tights, Pink Leather Ballet Shoes, Pointe Shoes, Black Ballet skirt, Nude Leotard for under costumes, Black Character Skirt, Hair Secured away from face in a neat bun. Yoga Mat and Light/Medium Strength Theraband for Friday conditioning.

Jazz: Rose Leotard-Any Style, Tan Tights, Black Jazz Pants, Black Jazz Shorts, and Tan Jazz shoes (slip on preferred), Hair secured away from face in ponytail or bun.

Required Core Classes: 3 ballet classes per week (minimum) plus Pointe or Boys Ballet and 1 Jazz Class per week.

1. Monday: 5:30-7pm Level 4A&B with Nicole
2. Thursday: 4:30-5:45pm Level 4A with Allison
3. Thursday: 6:00-7pm Jazz 4A with Shelby
3. Friday: 3:30-4pm Conditioning with Nicole
4-5:00pm Pointe with Allison or Boys Ballet with Noam (Boys may go until 5:30)
5-7:00pm Weekly Rehearsals-check schedule
4. Saturday: 10:30-12 Level 4&5 with Allison
12:30-3:30pm Weekly Rehearsals- check schedule

Additional Class Options: Allowed to take the following classes as makeup classes.

- Monday: 4:30-5:30pm Level 3B with Allison
- Tuesday: 4:30-6pm Level 4B&C/SSBYD App 1&Jr. Class with Gary (4A's may take as an additional class if he/she is a Junior in SSBYD and already takes the required core classes for 4A)
- Tuesday: 6-7:00pm Jazz 4B
- Wednesday: 4:15-5:30pm Level 4B&C with Nicole (with permission from Allison or Nicole)
- Saturday: 9-10:30am open teen and adult class with Allison

Performances:

FALL- Level 4A will perform one jazz dance in *Rudolph*- Sat, Dec. 2nd @ 2pm & 6pm at the Lobero, and one ballet part in *Nutcracker* with State Street Ballet Company and live orchestra at the Granada Theatre-Sat, Dec. 16th @ 2pm& 7:30pm and Sun, Dec. 17th @ 2pm. The dancers may be in one or more performances of *Rudolph* and *Nutcracker*. Detailed Information on parts and shows will be posted by September. If the dancer is in SSBYD, he/she will also have a ballet part in Rudolph.

SPRING-Level 4A will perform a minimum of two ballet and one jazz dance in *Madeline: Lost in Central Park* at the Lobero on Sat, June 2nd @ 2pm and 6pm and Sun, June 3rd at 2pm. They may dance in one or more performance. In addition, SSBYD dancers will perform in *Celebration of Dance* on Sat, March 17th at the Lobero.

Studio Rehearsals: Dancers in Level 4A will rehearse for ballet parts in performances outside of ballet class on Fridays and Saturdays (with the exception of the Monday class for *Madeline: Lost in Central Park* in Spring. Monday class will likely do a dance with the Level 3C.). Jazz dances for *Rudolph* and *Madeline: Lost in Central Park* will be rehearsed in Thursday Jazz class. Dancers and Parents must get used to

checking the Friday and Saturday rehearsal schedule weekly, but should assume that there will be rehearsal most weekends. The schedule will go out each Monday and will be posted on the website, on the board in the studio and emailed. Non SSBYD dancers can expect to have few to no rehearsals on Fri or Sat in Jan/Feb but will resume rehearsals for *Madeline: Lost in Central Park* in March. Dancers must keep these days and times open. The week before performances, there may be a run through on Monday or Tuesday evening. These unique studio rehearsals will be posted in advance.

Fri: 5-7pm

Sat: 12:30-3:30pm, Some Saturdays will require staying until 4:30 or 5pm.

Occasionally Tues: 6-8pm when a show is coming up. You will be given plenty of notice for any additional rehearsals.

Theatre Dress Rehearsals: Spacing and Dress Rehearsals are mandatory for all three school performances. We especially cannot make any exceptions for the Nutcracker since it is collaboration with the professional company, State Street Ballet and incorporates an orchestra at a fully professional Union theatre.

Dress Rehearsal Dates: *Rudolph*: Wed, Nov. 29th and Thurs, Nov. 30th

Nutcracker: Tues(Studio), Wed-Fri(Theatre), Dec. 12th-15th

Madeline: Thurs-Fri, May 31st and June 1st

Level Expectations: All previous level requirements plus, but not limited to the following:

Proper alignment & placement at barre & center with demonstrated control of center (mainly abs)

Proper foot and knee placement (no rolling)

Proper head and arm positions and coordination with all movements

Développé above 90 degrees in all directions.

Penche properly executed

Double en Dehors & en Dedans pirouettes from fifth & fourth properly executed, including spotting

Clean single pique turns, working on doubles ½ pointe

Clean single piqué turns on pointe

Ability to execute 16 consecutive relevés in first centre floor with proper placement en pointe

Single pirouettes properly executed en pointe

Piqué arabesque on pointe with proper placement with leg at 45 degrees or higher

Grand Jeté with legs at 180 degrees

Demonstrated musicality, quality of movement and able to pick up and retain choreography

Policies for Level 4A

*Dancers and Parent(s) must attend a fall informational meeting or get the information given from another parent.

*Dancers and Parent(s) must be responsible to check the posted schedule and emails regularly.

*Keep your email and phone numbers current with our office and notify us if you have not received weekly emails.

*Any schedule conflicts need to be given in writing, in advance. Please know that casting may be changed if a significant amount of classes or rehearsals are missed for any reason. If you have an unavoidable conflict, please let us know as far in advance as possible. We do our best to schedule rehearsals around a major conflict, but we need advance notice (more than two weeks and preferably in the fall for the year). We do, however, expect that families of and dancers in Level 4-6 will weigh heavily their commitment to dance and understand that every absence, especially to rehearsals, affects the group.

*If you are too sick to attend class and/or rehearsal, please contact the office BEFORE 3pm and give a legitimate reason for your last minute absence.

*Classes can and should be made up, but rehearsals cannot be made up.

*Dancers may not miss any classes or rehearsals the two weeks prior to any performance. If illness keeps one from attending class, the class must be made up before the performance.

*If you are well enough to actively observe class or rehearsal (no fever), which can be a valuable experience, you will not be marked absent. Actively observing means paying attention- not talking, reading, sleeping or lounging.

*If you do not take class, you may not participate in rehearsal unless you have done a proper self warm-up. (We have warm up guidelines for you to follow if needed.)

*If attendance becomes an issue, we will need to meet with you and your parents to come up with a plan, but you may be restricted from Pointe work until attendance is regular.

*Saturdays Off- On occasion, we will give a Saturday off of rehearsal. There will always be one class that you can attend on the Saturday Off if you want to come. That class can be counted as a make-up.

*Please be sure to let the teacher know if you are taking a make-up class so her/she can mark it down properly.

*The dress code must be adhered to at all times, including proper hair, shoe elastics need to be sewn on, pointe shoe ribbons properly sewn and tied, no jewelry. NO STREET CLOTHES are to be worn, and no shoe Booties to be worn during class or rehearsal. If you have a specific reason for being out of dress code, please let your instructor know before class begins.

* We expect good behavior from all students, including respect shown to all teachers, staff, younger and older dancers and parents, as well as all property of Gustafson Dance, State Street Ballet, all theatres and other dancers' belongings. This includes respectful language and topics of discussion amongst peers, and refraining from wild behavior and disruptive noise.

*Dancers need to have proper foot care items such as band aids, toe tape, nail clippers, jet glue for shoes, and sewing kits. Dancers need to maintain proper hygiene with respect to their feet to avoid infected blisters. Dancers should wash feet with soap and water as soon as they get home from dance class.

*Dancers need to have hair supplies and makeup for performances, including fake eyelashes.

*We expect supportive, appropriate and positive conversation among dancers and parents. If you need or want to express concerns or frustrations, please do so outside of the studio, or make an appointment to meet with Allison or Nicole. We do not tolerate any inappropriate or negative comments regarding the studio, any teacher, staff, dancer or parent on public Social Media sites. In addition, we do not tolerate discussions among dancers regarding inappropriate topics anywhere on the studio property or at any of our events.

*Dancers are expected to make good use of their time at the studio. When not being used in rehearsals, dancers are expected to stay warm and to practice, review, stretch, strengthen, observe, take notes, sew pointe shoes or understudy. Dancers may also do homework if that is the best use of their time. Socializing is of course part of being in a group, but we expect the main focus to be on dance!

*Casting is at the discretion of the Directors. We expect dancers and their families to be supportive of the casting decisions made and to understand that many factors go into casting decisions. If a dancer is not cast in a part that he/she would have liked, he/she can ask to understudy, and should show great effort in any part he/she is cast in.

*There is to be no eating in the bathrooms, or inside the dance studios. This is SMELLY, UNCLEAN, and RAT INVITING! Please eat outside!

*If you have Independent PE forms to be signed, please bring them with a pen to Nicole or Allison before or after class-not during class. For Progress Reports or Letters of Recommendations, please give Allison at least two weeks' notice. Remember that dancers in Independent PE are receiving school credit and/or a grade for classes. Students must take the required minimum of 7.5 hours per week in order to have their forms signed. If dancers miss classes due to illness or other reasons, classes must be made up (Rehearsals do not count as make-up classes.). If there are more than two absences without make-ups, the Independent PE liaison at the school will be called.

Signing of this document indicates the understanding, respect of, and agreement to adhering to these policies.

Dancer's Name: _____ Level: _____ Date: _____

Dancer's Signature: _____

Parent's Signature: _____

Gustafson DANCE

Level 4B

2017-2018

Tuition: \$40 Reg Fee, \$1040 per semester. SSBYD Fees are separate.

Dress Code: Please read and be aware of our general dress code policies for all dance students at <http://gustafsondance.com/dress-code/>

Males: See page 3 from the link above for the boys' dress code.

Females:

Ballet: Rose Leotard-Any Style (All classes except Free Choice Leotard Sat), Pink Tights, Pink Leather Ballet Shoes, Pointe Shoes, Black Ballet skirt, Nude Leotard for under costumes, Black Character Skirt, Hair Secured away from face in a neat bun. Yoga Mat and Light/Medium Strength Theraband for Friday conditioning.

Jazz: Rose Leotard-Any Style, Tan Tights, Black Jazz Pants, Black Jazz Shorts, and Tan Jazz shoes (slip on preferred), Hair secured away from face in ponytail or bun.

Required Core Classes: 3 ballet classes per week (minimum), plus Pointe or Boys Ballet and 1 Jazz Class per week.

1. Tues: 4:30-6pm Level 4B&C with Gary or SSBYD class with Nicole if in Apprentice 2 Level
2. Tues: 6-7:00pm Jazz 4B with Shelby
3. Wed: 4:30-5:45pm Level 4B&C with Nicole
3. Fri: 3:30-4pm Conditioning,
4-5:00pm Pointe with Marina or Boys Ballet with Noam (Boys may go until 5:30)
5-7:00pm Weekly Rehearsals- check schedule
4. Sat: 10:30-12 Level 4&5 with Allison
12:30-3:30pm Weekly Rehearsals- check schedule

Make-up or Additional Class Options: Allowed to take the following classes as makeup or additional classes if Core Classes are attended:

- | | |
|------------------|--|
| Mon: 5:30-7pm | Level 4A with Nicole |
| Thurs: 4:30-5:45 | Level 4A with Allison |
| Thurs: 6-7pm | Jazz 4A with Shelby |
| Sat: 9-10:30am | open teen and adult class with Allison |

Performances:

FALL- Level 4B will perform one jazz dance in *Rudolph*- Sat, Dec. 2nd @ 2pm & 6pm at the Lobero, and one ballet part in *Nutcracker* with State Street Ballet Company and live orchestra at the Granada Theatre-Sat, Dec. 16th @ 2pm& 7:30pm and Sun, Dec. 17th @ 2pm. The dancers may be in one or more performances of *Rudolph* and *Nutcracker*. Detailed Information on parts and shows will be posted by September. SSBYD dancers will also have a ballet part in *Rudolph*.

SPRING-Level 4B will perform a minimum of two ballet and one jazz dance in *Madeline: Lost in Central Park* at the Lobero on June 2nd @ 2pm and 6pm and Sun, June 3rd at 2pm. They may dance in one or more performance. In addition, SSBYD dancers will perform in *Celebration of Dance* on Sat, March 17th at the Lobero.

Studio Rehearsals: Dancers in Level 4B will rehearse for ballet parts in performances outside of ballet class on Fridays and Saturdays. Jazz dances for *Rudolph* and *Madeline: Lost in Central Park* will be

rehearsed in Tuesday Jazz class. Dancers and Parents must get used to checking the Friday and Saturday rehearsal schedule weekly, but should assume that there will be rehearsal most weekends. The schedule will go out each Monday and will be posted on the website, on the board in the studio and emailed. Non SSBYD dancers can expect to have few to no rehearsals on Fri or Sat in Jan/Feb but will resume rehearsals for *Madeline: Lost in Central Park* in March. Dancers must keep these days and times open.

Fri: 5-7pm

Sat: 12:30-3:30pm, Some Saturdays will require staying until 4:30 or 5

Occasionally Tues: 7-8pm when a show is coming up. You will be given plenty of notice for any additional rehearsals.

Theatre Dress Rehearsals: Spacing and Dress Rehearsals are mandatory for all three school performances. We especially cannot make any exceptions for the Nutcracker since it is collaboration with the professional company, State Street Ballet and incorporates an orchestra at a fully professional Union theatre.

Dress Rehearsal Dates: *Rudolph*: Wed, Nov. 29th and Thurs, Nov. 30th

Nutcracker: Tues(Studio), Wed-Fri(Theatre), Dec. 12th-15th

Madeline: Thurs-Fri, May 31st and June 1st

Level Expectations: All previous level requirements (some listed here) plus, but not limited to the following:

Proper alignment & placement at barre & center with demonstrated control of center (mainly abs)

Proper foot and knee placement (no rolling)

Proper head and arm positions and coordination with all movements

Développé above 90 degrees in all directions.

Penche properly executed

Double en Dehors & en Dedans pirouettes from fifth & fourth properly executed, including spotting

Working on Double piqué turns

Ability to execute 16 consecutive relevés in first centre floor with proper placement en pointe

Double pirouettes properly executed en pointe

Clean single piqué turns on pointe, working on doubles

Grand jeté with legs at 180 degrees

Demonstrated musicality

Demonstrated quality of movement

Able to pick up and retain choreography

Sixteen consecutive fouettés on flat

Ballotte, Ballonne

Piqué arabesque on pointe with proper placement with leg at 45 degrees or higher

Emboite en pointe and saute en tournant

Assemble battu and jeté battu

Policies for Level 4B

*Dancers and Parent(s) must attend a fall informational meeting or get the information given from another parent.

*Dancers and Parent(s) must be responsible to check the posted schedule and emails regularly.

*Keep your email and phone numbers current with our office and notify us if you have not received weekly emails.

*Any schedule conflicts need to be given in writing, in advance. Please know that casting may be changed if a significant amount of classes or rehearsals are missed for any reason. If you have an unavoidable conflict, please let us know as far in advance as possible. We do our best to schedule rehearsals around a major conflict, but we need advance notice (more than two weeks and preferably in the fall for the year). We do, however, expect that families of and dancers in Level 4-6 will weigh heavily their commitment to dance and understand that every absence, especially to rehearsals, affects the group.

*If you are too sick to attend class and/or rehearsal, please contact the office BEFORE 3pm and give a legitimate reason for your last minute absence.

*Classes can and should be made up, but rehearsals cannot be made up.

*Dancers may not miss any classes or rehearsals the two weeks prior to any performance. If illness keeps one from attending class, the class must be made up before the performance.

*If you are well enough to actively observe class or rehearsal (no fever), which can be a valuable experience, you will not be marked absent. Actively observing means paying attention- not talking, reading, sleeping or lounging.

*If you do not take class, you may not participate in rehearsal unless you have done a proper self warm-up. (We have warm up guidelines for you to follow if needed.)

*If attendance becomes an issue, we will need to meet with you and your parents to come up with a plan, but you may be restricted from Pointe work until attendance is regular.

*Saturdays Off- On occasion, we will give a Saturday off of rehearsal. There will always be one class that you can attend on the Saturday Off if you want to come. That class can be counted as a make-up.

*Please be sure to let the teacher know if you are taking a make-up class so her/she can mark it down properly.

*The dress code must be adhered to at all times, including proper hair, shoe elastics need to be sewn on, pointe shoe ribbons properly sewn and tied, no jewelry. NO STREET CLOTHES are to be worn, and no shoe Booties to be worn during class or rehearsal. If you have a specific reason for being out of dress code, please let your instructor know before class begins.

* We expect good behavior from all students, including respect shown to all teachers, staff, younger and older dancers and parents, as well as all property of Gustafson Dance, State Street Ballet, all theatres and other dancers' belongings. This includes respectful language and topics of discussion amongst peers, and refraining from wild behavior and disruptive noise.

*Dancers need to have proper foot care items such as band aids, toe tape, nail clippers, jet glue for shoes, and sewing kits. Dancers need to maintain proper hygiene with respect to their feet to avoid infected blisters. Dancers should wash feet with soap and water as soon as they get home from dance class.

*Dancers need to have hair supplies and makeup for performances, including fake eyelashes.

*We expect supportive, appropriate and positive conversation among dancers and parents. If you need or want to express concerns or frustrations, please do so outside of the studio, or make an appointment to meet with Allison or Nicole. We do not tolerate any inappropriate or negative comments regarding the studio, any teacher, staff, dancer or parent on public Social Media sites. In addition, we do not tolerate discussions among dancers regarding inappropriate topics anywhere on the studio property or at any of our events.

*Dancers are expected to make good use of their time at the studio. When not being used in rehearsals, dancers are expected to stay warm and to practice, review, stretch, strengthen, observe, take notes, sew

pointe shoes or understudy. Dancers may also do homework if that is the best use of their time. Socializing is of course part of being in a group, but we expect the main focus to be on dance!

*Casting is at the discretion of the Directors. We expect dancers and their families to be supportive of the casting decisions made and to understand that many factors go into casting decisions. If a dancer is not cast in a part that he/she would have liked, he/she can ask to understudy, and should show great effort in any part he/she is cast in.

*There is to be no eating in the bathrooms, or inside the dance studios. This is SMELLY, UNCLEAN, and RAT INVITING! Please eat outside!

*If you have Independent PE forms to be signed, please bring them with a pen to Nicole or Allison before or after class-not during class. For Progress Reports or Letters of Recommendations, please give Allison at least two weeks' notice. Remember that dancers in Independent PE are receiving school credit and/or a grade for classes. Students must take the required minimum of 7.5 hours per week in order to have their forms signed. If dancers miss classes due to illness or other reasons, classes must be made up (Rehearsals do not count as make-up classes.). If there are more than two absences without make-ups, the Independent PE liaison at the school will be called.

Signing of this document indicates the understanding, respect of, and agreement to adhering to these policies.

Dancer's Name: _____ Level: _____ Date: _____

Dancer's Signature: _____

Parent's Signature: _____

Dancer's Name: _____ Level: _____ Date: _____

Dancer's Signature: _____ Parent's Signature: _____

Gustafson DANCE

Level 4C

2017-2018

Tuition: \$40 Reg Fee, \$1040 per semester. SSBYD Fees are separate.

Dress Code: Please read and be aware of our general dress code policies for all dance students at <http://gustafsondance.com/dress-code/>

Males: See page 3 from the link above for the boys' dress code.

Females:

Ballet: Purple Leotard-Any Style (All classes except Free Choice Leotard Sat), Pink Tights, Pink Leather Ballet Shoes, Pointe Shoes, Black Ballet skirt, Nude Leotard for under costumes, Black Character Skirt, Hair Secured away from face in a neat bun. Yoga Mat and Light/Medium Strength Theraband for Friday conditioning.

Jazz: Purple Leotard-Any Style, Tan Tights, Black Jazz Pants, Black Jazz Shorts, and Tan Jazz shoes (slip on preferred), Hair secured away from face in ponytail or bun.

Required Core Classes: 3 ballet classes per week (minimum), including Pointe or Boys Ballet and 1 Jazz Class per week.

1. Tues: 4:30-6pm Level 4B&C with Gary or SSBYD class with Nicole if in Apprentice 2 level.
2. Wed: 4:30-5:45pm Level 4B&C with Nicole
3. Wed: 3:30-4:30pm Level 3-6 Boys Ballet with Gary
4. Wed: 6-7:15pm Jazz 4C, 5 & 6 with Shelby
5. Fri: 3:30-4pm Conditioning with Nicole
4-5:00pm Pointe with Marina or Boys Ballet with Noam (Boys may go until 5:30)
5-7:00pm Weekly rehearsals- check schedule
6. Sat: 10:30-12 Level 4B&C with Allison
12:30-3:30pm Weekly rehearsals- check schedule

Make-up or Additional Class Options: Allowed to take the following classes as makeup or additional classes if Core Classes are attended:

Mon: 5:30-7pm Level 4C&5&6 with Allison or 4A with Nicole

Thurs: 4:30-5:45pm Level 4A with Allison or Thurs 6-7:30 open teen and adult class

Sat: 9-10:30 open teen and adult class

Level 4C can take jazz make-up in Jazz 4A or dancers may ask permission to take the Monday 7-8:15pm Level 5&6 class or Wednesday Jazz 5&6.

Performances:

FALL- Level 4C will perform one jazz dance in *Rudolph- Rudolph-* Sat, Dec. 2nd @ 2pm & 6pm at the Lobero, and one ballet part in *Nutcracker* with State Street Ballet Company and live orchestra at the Granada Theatre-Sat, Dec. 16th @ 2pm& 7:30pm and Sun, Dec. 17th @ 2pm. The dancers may be in one or more performances of *Rudolph* and *Nutcracker*. Detailed Information on parts and shows will be posted by September. SSBYD dancers will also have a ballet part in *Rudolph*.

SPRING-Level 4C will perform a minimum of two ballet and one jazz dance in *Madeline: Lost in Central Park* at the Lobero on Sat, June 2nd @ 2pm and 6pm and Sun, June 3rd at 2pm. They may dance in one or more performance. In addition, SSBYD dancers will be involved in Adjudication at the studio on January 22nd and perform in *Celebration of Dance* on Sat, March 17th at the Lobero.

Studio Rehearsals: Dancers in Level 4C will rehearse for ballet parts in performances outside of ballet class on Tuesdays (if in SSBYD), Fridays and Saturdays. Jazz dances for *Rudolph* and *Madeline: Lost in Central Park* will be rehearsed in Tuesday Jazz class. Dancers and Parents must get used to checking the Tuesday, Friday and Saturday rehearsal schedule weekly, but should assume that there will be rehearsal most weekends. The schedule will go out each Monday and will be posted on the website, on the board in the studio and emailed. Non SSBYD dancers can expect to have few to no rehearsals in Jan/Feb but will resume rehearsals for *Madeline: Lost in Central Park* in March. Dancers must keep these days and times open.

Tues: 6-8pm if in SSBYD, and occasionally for those not in SSBYD, especially close to a show

Fri: 5-7pm

Sat: 12:30-3:30pm, Some Saturdays will require staying until 4:30 or 5

Theatre Dress Rehearsals: Spacing and Dress Rehearsals are mandatory for all three school performances. We especially cannot make any exceptions for the Nutcracker since it is collaboration with the professional company, State Street Ballet and incorporates an orchestra at a fully professional Union theatre.

Dress Rehearsal Dates: *Rudolph:* Wed, Nov. 29th and Thurs, Nov. 30th

Nutcracker: Tues(Studio), Wed-Fri(Theatre), Dec. 12th-15th

Madeline: Thurs-Fri, May 31st and June 1st

Level Expectations: All previous level requirements (some listed here) plus, but not limited to the following:

Proper alignment & placement at barre & center with demonstrated control of center (mainly abs)

Proper foot and knee placement (no rolling)

Proper head and arm positions and coordination with all movements

Développé above 90 degrees in all directions.

Penche properly executed

Double en Dehors & en Dedans pirouettes from fifth & fourth properly executed, including spotting

Consecutive Double piqué turns ½ pointe working toward consecutive double piqué turns en pointe

16 consecutive relevés in first and 8 each leg centre floor with proper placement en pointe

Double pirouettes properly executed en pointe

Pique arabesque on pointe with proper placement with leg at 90 degrees

Grand jeté with legs at 180 degrees

Demonstrated musicality

Demonstrated quality of movement

Able to pick up and retain choreography

Eight consecutive fouettes en pointe and sixteen half-pointe

Ballotte, Ballonne

Brise

Italian Pas De Chat

Emboite en pointe and saute en tournant

Assemble battu and jete battu

Policies for Level 4C

*Dancers and Parent(s) must attend a fall informational meeting or get the information given from another parent.

*Dancers and Parent(s) must be responsible to check the posted schedule and emails regularly.

*Keep your email and phone numbers current with our office and notify us if you have not received weekly emails.

*Any schedule conflicts need to be given in writing, in advance. Please know that casting may be changed if a significant amount of classes or rehearsals are missed for any reason. If you have an unavoidable conflict, please let us know as far in advance as possible. We do our best to schedule rehearsals around a major conflict, but we need advance notice (more than two weeks and preferably in the fall for the year). We do, however, expect that families of and dancers in Level 4-6 will weigh heavily their commitment to dance and understand that every absence, especially to rehearsals, affects the group.

*If you are too sick to attend class and/or rehearsal, please contact the office BEFORE 3pm and give a legitimate reason for your last minute absence.

*Classes can and should be made up, but rehearsals cannot be made up.

*Dancers may not miss any classes or rehearsals the two weeks prior to any performance. If illness keeps one from attending class, the class must be made up before the performance.

*If you are well enough to actively observe class or rehearsal (no fever), which can be a valuable experience, you will not be marked absent. Actively observing means paying attention- not talking, reading, sleeping or lounging.

*If you do not take class, you may not participate in rehearsal unless you have done a proper self warm-up. (We have warm up guidelines for you to follow if needed.)

*If attendance becomes an issue, we will need to meet with you and your parents to come up with a plan, but you may be restricted from Pointe work until attendance is regular.

*Saturdays Off- On occasion, we will give a Saturday off of rehearsal. There will always be one class that you can attend on the Saturday Off if you want to come. That class can be counted as a make-up.

*Please be sure to let the teacher know if you are taking a make-up class so her/she can mark it down properly.

*The dress code must be adhered to at all times, including proper hair, shoe elastics need to be sewn on, pointe shoe ribbons properly sewn and tied, no jewelry. NO STREET CLOTHES are to be worn, and no shoe Booties to be worn during class or rehearsal. If you have a specific reason for being out of dress code, please let your instructor know before class begins.

* We expect good behavior from all students, including respect shown to all teachers, staff, younger and older dancers and parents, as well as all property of Gustafson Dance, State Street Ballet, all theatres and other dancers' belongings. This includes respectful language and topics of discussion amongst peers, and refraining from wild behavior and disruptive noise.

*Dancers need to have proper foot care items such as band aids, toe tape, nail clippers, jet glue for shoes, and sewing kits. Dancers need to maintain proper hygiene with respect to their feet to avoid infected blisters. Dancers should wash feet with soap and water as soon as they get home from dance class.

*Dancers need to have hair supplies and makeup for performances, including fake eyelashes.

*We expect supportive, appropriate and positive conversation among dancers and parents. If you need or want to express concerns or frustrations, please do so outside of the studio, or make an appointment to meet with Allison or Nicole. We do not tolerate any inappropriate or negative comments regarding the studio, any teacher, staff, dancer or parent on public Social Media sites. In addition, we do not tolerate discussions among dancers regarding inappropriate topics anywhere on the studio property or at any of our events.

*Dancers are expected to make good use of their time at the studio. When not being used in rehearsals, dancers are expected to stay warm and to practice, review, stretch, strengthen, observe, take notes, sew pointe shoes or understudy. Dancers may also do homework if that is the best use of their time. Socializing is of course part of being in a group, but we expect the main focus to be on dance!

*Casting is at the discretion of the Directors. We expect dancers and their families to be supportive of the casting decisions made and to understand that many factors go into casting decisions. If a dancer is not cast in a part that he/she would have liked, he/she can ask to understudy, and should show great effort in any part he/she is cast in.

*There is to be no eating in the bathrooms, or inside the dance studios. This is SMELLY, UNCLEAN, and RAT INVITING! Please eat outside!

*If you have Independent PE forms to be signed, please bring them with a pen to Nicole or Allison before or after class-not during class. For Progress Reports or Letters of Recommendations, please give Allison at least two weeks' notice. Remember that dancers in Independent PE are receiving school credit and/or a grade for classes. Students must take the required minimum of 7.5 hours per week in order to have their forms signed. If dancers miss classes due to illness or other reasons, classes must be made up (Rehearsals do not count as make-up classes.). If there are more than two absences without make-ups, the Independent PE liaison at the school will be called.

Signing of this document indicates the understanding, respect of, and agreement to adhering to these policies.

Dancer's Name: _____ Level: _____ Date: _____

Dancer's Signature: _____

Parent's Signature: _____

Gustafson DANCE

Level 5 2017-2018

Tuition: \$40 Reg Fee, \$1040 per semester. SSBYD Fees are separate.

Dress Code: Please read and be aware of our general dress code policies for all dance students at <http://gustafsondance.com/dress-code/>

Males: See page 3 from the link above for the boys' dress code.

Females:

Ballet: : Royal Blue Leotard-Any Style (All classes except Free Choice Leotard Sat), Pink Tights, Pink leather Ballet Shoes, Pointe Shoes, Black Leotard, Black Ballet Skirt, Nude Leotard for under costumes, Black Character Skirt, Hair Secured away from face in a neat bun, Yoga Mat and Light/Medium Strength Theraband for Friday conditioning.

Jazz: TanTights, Black Jazz Pants, Black Jazz Shorts, and Tan Jazz shoes (slip on preferred), Hair secured away from face in ponytail or bun.

Required Core Classes: 3 ballet classes (minimum), plus Pointe or Boys Ballet and either Jazz or Contemporary per week (or both). Choose Mon or Wed schedule or both, along with Tues (if SSBYD), Fri and Sat. If not in SSBYD, choose 3 ballet classes plus Pointe and either Jazz or Contemporary.

1. Mon:	5:30-7pm	Level 5&6 with Allison
2. Mon:	7-8:15	Rotating Class (Jazz, Hip Hop, Contemporary, Modern, Yoga, Pas, etc)
3. Tues:	4:30-6pm	SSBYD Co & App 2 Class with Nicole (only for those in SSBYD)
	6-8pm	Weekly Rehearsals-check schedule
4. Wed:	3:30-4:30pm	Level 3-6 Boys Ballet with Gary
5. Wed:	4:30-6:00pm	Level 5&6 with Gary
6. Wed:	6:00-7:15pm	Jazz Level 4C, 5&6 with Shelby
7. Fri:	3:30-4pm	Conditioning with Nicole
	4-5:00pm	Pointe with Nicole or Boys Ballet with Noam (Boys may go until 5:30)
	5-7:00pm	Weekly Rehearsals-check schedule
8. Sat:	10:30-12	SSBYD Co class with Gary, or Level 4&5 for non SSBYD with Allison
	12:30-3:30pm	Weekly Rehearsals-check schedule

Additional Class Options: Allowed to take the following classes as makeup or additional classes if Core Classes are attended:

Thurs: 6-7:30 open teen and adult class

Sat: 9-10:30 open teen and adult class

Performances:

FALL- Level 5 may perform one jazz dance in *Rudolph* (if in Wed Jazz 4C, 5&6 class)- Sat, Dec. 2nd @ 2pm & 6pm at the Lobero, and one ballet part in *Nutcracker* with State Street Ballet Company and live orchestra at the Granada Theatre-Sat, Dec. 16th @ 2pm& 7:30pm and Sun, Dec. 17th @ 2pm. The dancers may be in one or more performances of *Rudolph* and *Nutcracker*. Detailed Information on parts and shows will be posted by September. SSBYD dancers will also have at least one ballet part in *Rudolph*.

SPRING-Level 5 will perform a minimum of one ballet and possibly one jazz/contemporary dance in *Madeline: Lost in Central Park* at the Lobero on Sat, June 3rd @ 2pm and 6pm and Sun, June 4th at 2pm. They may dance in one or more performance. In addition, SSBYD dancers will be involved in Adjudication at the studio on January 26th and in *Celebration of Dance* on Sat, March 17th at the Lobero.

Studio Rehearsals: Dancers in Level 5 will rehearse for ballet parts in performances outside of ballet class on Tuesdays (mostly if in SSBYD, but sometimes all Level 5 needs to rehearse on Tuesday), Fridays

and Saturdays. If a Jazz dance is performed in *Rudolph* and *Madeline: Lost in Central Park*, those will be rehearsed in Wednesday Jazz class. Dancers and Parents must get used to checking the Tuesday, Friday and Saturday rehearsal schedule weekly, but should assume that there will be rehearsal most weekends. The schedule will go out each Monday and will be posted on the website, on the board in the studio and emailed. Non SSBYD dancers can expect to have few to no rehearsals in Jan/Feb but will resume rehearsals for *Madeline: Lost in Central Park* in March. Dancers must keep these days and times open:

Tues: 6-8pm if in SSBYD, and often for those not in SSBYD, especially close to a show

Fri: 5-7pm

Sat: 12:30-3:30pm, Some Saturdays will require staying until 4:30 or 5

Theatre Dress Rehearsals: Spacing and Dress Rehearsals are mandatory for all three school performances. We especially cannot make any exceptions for the Nutcracker since it is collaboration with the professional company, State Street Ballet and incorporates an orchestra at a fully professional Union theatre.

Dress Rehearsal Dates: *Rudolph*: Wed, Nov. 29th and Thurs, Nov. 30th

Nutcracker: Tues(Studio), Wed-Fri(Theatre), Dec. 12th-15th

Madeline: Thurs-Fri, May 31st and June 1st

Level Expectations: All previous level requirements (some listed here) plus, but not limited to the following:

Proper alignment & placement at barre & center with demonstrated control of center (mainly abs)

Proper foot and knee placement (no rolling)

Proper head and arm positions and coordination with all movements

Developpe above 90 degrees in all directions.

Penche properly executed

Double en dehors & en dedans pirouettes from fifth & fourth properly executed, including spotting

Ability to execute 16 consecutive relevés in first, and 16 on single leg centre floor with proper placement en pointe

Double pirouettes properly executed en pointe

Pique arabesque on pointe with proper placement with leg above 90 degrees

Grand jete with legs at 180 degrees

Demonstrated musicality and quality of movement

Sixteen consecutive fouettes en pointe

Ballotte, Ballonne

Emboite en pointe and saute en tournant

Assemble battu and jete battu

Ease of Movement in centre work and choreography

Petit Allegro with beats, Petit Allegro over and under

Brise properly executed

Italian Pas de chat

Italian Fouette en pointe

Saute Fouette properly executed

Working on Entre chat six

32 releve arabesque en pointe travelling backwards

Consecutive double pique turns en pointe

Ability to perform two classical variations

Policies for Level 5

*Dancers and Parent(s) must attend a fall informational meeting or get the information given from another parent.

*Dancers and Parent(s) must be responsible to check the posted schedule and emails regularly.

*Keep your email and phone numbers current with our office and notify us if you have not received weekly emails.

*Any schedule conflicts need to be given in writing, in advance. Please know that casting may be changed if a significant amount of classes or rehearsals are missed for any reason. If you have an unavoidable conflict, please let us know as far in advance as possible. We do our best to schedule rehearsals around a major conflict, but we need advance notice (more than two weeks and preferably in the fall for the year). We do, however, expect that families of and dancers in Level 4-6 will weigh heavily their commitment to dance and understand that every absence, especially to rehearsals, affects the group.

*If you are too sick to attend class and/or rehearsal, please contact the office BEFORE 3pm and give a legitimate reason for your last minute absence.

*Classes can and should be made up, but rehearsals cannot be made up.

*Dancers may not miss any classes or rehearsals the two weeks prior to any performance. If illness keeps one from attending class, the class must be made up before the performance.

*If you are well enough to actively observe class or rehearsal (no fever), which can be a valuable experience, you will not be marked absent. Actively observing means paying attention- not talking, reading, sleeping or lounging.

*If you do not take class, you may not participate in rehearsal unless you have done a proper self warm-up. (We have warm up guidelines for you to follow if needed.)

*If attendance becomes an issue, we will need to meet with you and your parents to come up with a plan, but you may be restricted from Pointe work until attendance is regular.

*Saturdays Off- On occasion, we will give a Saturday off of rehearsal. There will always be one class that you can attend on the Saturday Off if you want to come. That class can be counted as a make-up.

*Please be sure to let the teacher know if you are taking a make-up class so her/she can mark it down properly.

*The dress code must be adhered to at all times, including proper hair, shoe elastics need to be sewn on, pointe shoe ribbons properly sewn and tied, no jewelry. NO STREET CLOTHES are to be worn, and no shoe Booties to be worn during class or rehearsal. If you have a specific reason for being out of dress code, please let your instructor know before class begins.

* We expect good behavior from all students, including respect shown to all teachers, staff, younger and older dancers and parents, as well as all property of Gustafson Dance, State Street Ballet, all theatres and other dancers' belongings. This includes respectful language and topics of discussion amongst peers, and refraining from wild behavior and disruptive noise.

*Dancers need to have proper foot care items such as band aids, toe tape, nail clippers, jet glue for shoes, and sewing kits. Dancers need to maintain proper hygiene with respect to their feet to avoid infected blisters. Dancers should wash feet with soap and water as soon as they get home from dance class.

*Dancers need to have hair supplies and makeup for performances, including fake eyelashes.

*We expect supportive, appropriate and positive conversation among dancers and parents. If you need or want to express concerns or frustrations, please do so outside of the studio, or make an appointment to meet with Allison or Nicole. We do not tolerate any inappropriate or negative comments regarding the studio, any teacher, staff, dancer or parent on public Social Media sites. In addition, we do not tolerate discussions among dancers regarding inappropriate topics anywhere on the studio property or at any of our events.

*Dancers are expected to make good use of their time at the studio. When not being used in rehearsals, dancers are expected to stay warm and to practice, review, stretch, strengthen, observe, take notes, sew pointe shoes or understudy. Dancers may also do homework if that is the best use of their time. Socializing is of course part of being in a group, but we expect the main focus to be on dance!

*Casting is at the discretion of the Directors. We expect dancers and their families to be supportive of the casting decisions made and to understand that many factors go into casting decisions. If a dancer is not cast in a part that he/she would have liked, he/she can ask to understudy, and should show great effort in any part he/she is cast in.

*There is to be no eating in the bathrooms, or inside the dance studios. This is SMELLY, UNCLEAN, and RAT INVITING! Please eat outside!

*If you have Independent PE forms to be signed, please bring them with a pen to Nicole or Allison before or after class-not during class. For Progress Reports or Letters of Recommendations, please give Allison at least two weeks' notice. Remember that dancers in Independent PE are receiving school credit and/or a grade for classes. Students must take the required minimum of 7.5 hours per week in order to have their forms signed. If dancers miss classes due to illness or other reasons, classes must be made up (Rehearsals do not count as make-up classes.). If there are more than two absences without make-ups, the Independent PE liaison at the school will be called.

Signing of this document indicates the understanding, respect of, and agreement to adhering to these policies.

Dancer's Name: _____ Level: _____ Date: _____

Dancer's Signature: _____

Parent's Signature: _____

Gustafson DANCE

Level 6 2017-2018

Tuition: \$40 Reg Fee, \$1040 per semester. SSBYD Fees are separate.

Dress Code: Please read and be aware of our general dress code policies for all dance students at <http://gustafsondance.com/dress-code/>

Males: See page 3 from the link above for the boys' dress code.

Females:

Ballet: : Royal Blue Leotard-Any Style (All classes except Free Choice Leotard Sat), Pink Tights, Pink leather Ballet Shoes, Pointe Shoes, Black Leotard, Black Ballet Skirt, Nude Leotard for under costumes, Black Character Skirt, Hair Secured away from face in a neat bun, Yoga Mat and Light/Medium Strength Theraband for Friday conditioning.

Jazz: TanTights, Black Jazz Pants, Black Jazz Shorts, and Tan Jazz shoes (slip on preferred), Hair secured away from face in ponytail or bun.

Required Core Classes: 3 ballet classes (minimum), plus Pointe or Boys Ballet and either Jazz or Contemporary per week (or both). Choose Mon or Wed schedule or both, along with Tues (if SSBYD), Fri and Sat. If not in SSBYD, choose 3 ballet classes plus Pointe and either Jazz or Contemporary.

1. Mon:	5:30-7pm	Level 5&6 with Allison
2. Mon:	7-8:15	Rotating Class (Jazz, Hip Hop, Contemporary, Modern, Yoga, Pas, etc)
3. Tues:	4:30-6pm	SSBYD Co & App 2 Class with Nicole (only for those in SSBYD)
	6-8pm	Weekly Rehearsals-check schedule
4. Wed:	3:30-4:30pm	Level 3-6 Boys Ballet with Gary
5. Wed:	4:30-6:00pm	Level 4C, 5&6 with Gary
6. Wed:	6:00-7:15pm	Jazz Level 5&6 with Shelby
7. Fri:	3:30-4pm	Conditioning with Nicole
	4-5:00pm	Pointe with Nicole or Boys Ballet with Noam (Boys may go until 5:30)
	5-7:00pm	Weekly Rehearsals-check schedule
8. Sat:	10:30-12	SSBYD Co class with Gary
	12:30-3:30pm	Weekly Rehearsals-check schedule

Additional Class Options: Allowed to take the following classes as makeup or additional classes if Core Classes are attended:

Thurs: 6-7:30 open teen and adult class

Sat: 9-10:30 open teen and adult class

Performances:

FALL- Level 6 may perform one jazz dance in *Rudolph* (if in Wed Jazz 4C, 5&6 class)- Sat, Dec. 2nd @ 2pm & 6pm at the Lobero, and one ballet part in *Nutcracker* with State Street Ballet Company and live orchestra at the Granada Theatre-Sat, Dec. 16th @ 2pm& 7:30pm and Sun, Dec. 17th @ 2pm. The dancers may be in one or more performances of *Rudolph* and *Nutcracker*. Detailed Information on parts and shows will be posted by September. SSBYD dancers will also have at least one ballet part in *Rudolph*.

SPRING-Level 6 will perform a minimum of one ballet and possibly one jazz/contemporary dance in *Madeline: Lost in Central Park* at the Lobero on Sat, June 3rd @ 2pm and 6pm and Sun, June 4th at 2pm. They may dance in one or more performance. In addition, SSBYD dancers will be involved in Adjudication at the studio on January 26th and in *Celebration of Dance* on Sat, March 17th at the Lobero.

Studio Rehearsals: Dancers in Level 6 will rehearse for ballet parts in performances outside of ballet class on Tuesdays (mostly if in SSBYD, but sometimes all Level 6 needs to rehearse on Tuesday), Fridays and Saturdays. If a Jazz dance is performed in *Rudolph* and *Madeline: Lost in Central Park*, those will be rehearsed in Wednesday Jazz class. Dancers and Parents must get used to checking the Tuesday, Friday and Saturday rehearsal schedule weekly, but should assume that there will be rehearsal most weekends. The schedule will go out each Monday and will be posted on the website, on the board in the studio and emailed. Non SSBYD dancers can expect to have few to no rehearsals in Jan/Feb but will resume rehearsals for *Madeline: Lost in Central Park* in March. Dancers must keep these days and times open:

Tues: 6-8pm if in SSBYD, and often for those not in SSBYD, especially close to a show

Fri: 5-7pm

Sat: 12:30-3:30pm, Some Saturdays will require staying until 4:30 or 5

Theatre Dress Rehearsals: Spacing and Dress Rehearsals are mandatory for all three school performances. We especially cannot make any exceptions for the Nutcracker since it is collaboration with the professional company, State Street Ballet and incorporates an orchestra at a fully professional Union theatre.

Dress Rehearsal Dates: *Rudolph*: Wed, Nov. 29th and Thurs, Nov. 30th

Nutcracker: Tues(Studio), Wed-Fri(Theatre), Dec. 12th-15th

Madeline: Thurs-Fri, May 31st and June 1st

Level Expectations: All previous level requirements (some listed here) plus, but not limited to the following:

Proper alignment & placement at barre & center with demonstrated control of center (mainly abs)

Proper foot and knee placement (no rolling)

Proper head and arm positions and coordination with all movements

Developpe above 90 degrees in all directions.

Penche properly executed

Double and Triple pirouettes (endehors & endedans) from fifth & fourth properly executed

Ability to execute 16 consecutive relevés in first, and 16 on single leg centre floor with proper placement en pointe

Pique arabesque on pointe with proper placement with leg above 90 degrees

Grand jete with legs at 180 degrees

Demonstrated musicality and quality of movement

Ballotte, Ballonne

Emboite en pointe and saute en tournant

Assemble battu and jete battu

Ease of Movement in centre work and choreography

Petit Allegro with beats, Petit Allegro over and under

32 releve arabesque en pointe travelling backwards

Consecutive double pique turns en pointe

Ability to perform two classical variations

Italian Pas de chat,

Italian Fouette en pointe

Saute Fouette

Brise properly executed, Brise vole properly executed

32 consecutive fouettes en pointe

Policies for Level 6

*Dancers and Parent(s) must attend a fall informational meeting or get the information given from another parent.

*Dancers and Parent(s) must be responsible to check the posted schedule and emails regularly.

*Keep your email and phone numbers current with our office and notify us if you have not received weekly emails.

*Any schedule conflicts need to be given in writing, in advance. Please know that casting may be changed if a significant amount of classes or rehearsals are missed for any reason. If you have an unavoidable conflict, please let us know as far in advance as possible. We do our best to schedule rehearsals around a major conflict, but we need advance notice (more than two weeks and preferably in the fall for the year). We do, however, expect that families of and dancers in Level 4-6 will weigh heavily their commitment to dance and understand that every absence, especially to rehearsals, affects the group.

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*Please be sure to let the teacher know if you are taking a make-up class so her/she can mark it down properly.

*The dress code must be adhered to at all times, including proper hair, shoe elastics need to be sewn on, pointe shoe ribbons properly sewn and tied, no jewelry. NO STREET CLOTHES are to be worn, and no shoe Booties to be worn during class or rehearsal. If you have a specific reason for being out of dress code, please let your instructor know before class begins.

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*Dancers need to have hair supplies and makeup for performances, including fake eyelashes.

*We expect supportive, appropriate and positive conversation among dancers and parents. If you need or want to express concerns or frustrations, please do so outside of the studio, or make an appointment to meet with Allison or Nicole. We do not tolerate any inappropriate or negative comments regarding the studio, any teacher, staff, dancer or parent on public Social Media sites. In addition, we do not tolerate discussions among dancers regarding inappropriate topics anywhere on the studio property or at any of our events.

*Dancers are expected to make good use of their time at the studio. When not being used in rehearsals, dancers are expected to stay warm and to practice, review, stretch, strengthen, observe, take notes, sew pointe shoes or understudy. Dancers may also do homework if that is the best use of their time. Socializing is of course part of being in a group, but we expect the main focus to be on dance!

*Casting is at the discretion of the Directors. We expect dancers and their families to be supportive of the casting decisions made and to understand that many factors go into casting decisions. If a dancer is not cast in a part that he/she would have liked, he/she can ask to understudy, and should show great effort in any part he/she is cast in.

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Signing of this document indicates the understanding, respect of, and agreement to adhering to these policies.

Dancer's Name: _____ Level: _____ Date: _____

Dancer's Signature: _____

Parent's Signature: _____