

Across the Floor
DANCE STUDIO



2017/2018
Studio Handbook

Studio Location:

10301 - 112th Street
Grande Prairie, AB

(East of Home Depot, behind Hanson Ford Lincoln in the LBX bldg.)

Mailing Address:

Box 25232
Wapiti Rd Post Office
Grande Prairie, AB T8W 0G2

Phone: 780-532-2887

email: admin@acrossthefloordance.com

www.acrossthefloordance.com

Welcome to Across The Floor Dance Studio!

Across The Floor Dance Studio is looking forward to a successful 2017/2018 dance year. Our knowledgeable and experienced instructors look forward to sharing their love of dance and for all of our dancers to have a memorable year.

Our goal is to provide a “family friendly” Studio where dancers can flourish and are encouraged to explore their individual artistic abilities.

To ensure the Studio operates successfully we need to have families read and understand the policies of our Studio so that we all can have a great year.

Please take a few minutes to read with your child the handbook provided, and direct any questions that you may have to the office administration.

Students/Parents Responsibility

- To come to dance in the proper attire, hair and footwear as set out in the handbook. Hair must be done according to discipline.
- Remove all outside footwear to keep our Studio clean.
- No gum chewing allowed in class.
- No jewellery.
- All cell phones must be turned off while in class.
- Label all dance shoes.
- Attend classes on a regular basis.
- Arrive to classes on time.
- Show consideration, courtesy and respect to other dancers both in classes and at festivals.
- Show respect to all instructors, staff and volunteers during classes and at other scheduled events.
- Refrain from making any negative comments about other dancers, parents, teachers or other dance studios.
- Respect all property; yours, the studios and others.
- Please phone if you are unable to make it to class. We do keep attendance.
- Let your instructor know well ahead of time if you are unable to attend a festival.
- Unexpected absent members of a “team” make it difficult for others.
- Check the bulletin boards and website on a regular basis for updates.

Registration / Costumes

- A non-refundable \$50.00 per registrant registration fee and a \$100.00 non-refundable tuition deposit per registrant is due at the time of registration.
- Costumes will range from \$85.00 - \$100.00. Should the costume cost above \$85.00, the remaining balance will be invoiced to your account and will be payable April 2nd, 2018. No costumes will be handed out until the account is paid in full.
- Costume costs include steaming and alterations to make them “stage ready”.
- Costumes will be yours to keep after recital so costumes will not be returned to the Studio.

Dance Classes

- Although it is a joy to watch your child dance, it can be very distracting to the dancer as well as other students. Students seem to focus more on their parents than they do on their dance steps.
- During the first week of September parents will be encouraged to stay and watch the last 10 minutes of the class to meet the teachers and be informed of the teachers/studio expectations for the year.

Student Class Placement

- Students are placed in their classes by our experienced instructors according to their abilities, and not necessarily their age or with their friends. Our instructors have met and evaluated each student in each discipline to ensure that placement is agreed upon. This is to ensure that each student is placed at their ability level and so that the instructor does not have to teach multiple levels in a class.

Student Assessments

- Students considering our Studio will be assessed by one of our instructors to ensure proper class placement. A \$50.00 non-refundable fee will be charged to the family and if the family chooses to attend **Across The Floor Dance Studio**, the charge will go towards the student's tuition for the year.

Tuition Fees

- Fees are due in three quarterly instalments. September 11th, 2017, December 4th, 2017 and March 5th, 2018 with costume fees due with the first tuition payment. A 5% late fee will be charged if fees are not paid within the first month of each term. Post-dated cheques dated September 11th, 2017, December 4th, 2017 and March 5th, 2018 or a valid credit card number is required. We accept Cash, Debit, Visa, MasterCard, cheque or email transfer.

Competition Fees

- Competition groups and solo entry fees (CPT) range from \$35.00 - \$50.00 per dancer per competition. CPT fees are due no later than October 16th, 2017. Non-payment of fees could result in your child's solo/duet/group not being registered.
- Dancers must be part of Competitive Performance Team (CPT) for the 2017/2018 year to attend out of town competitions.
- All classes will participate in one local festival of which you will be notified by September 11th, 2017. Cost of the festival is \$35.00 per dancer.
- Extra costs for competitions include competition fees, costumes, hotels, gas and meals.
- More information will be provided and will be posted on the Studio website at www.acrossthefloordance.com

Additional Costs

- Costumes, dance footwear, bodysuits, tights, competition fees, recital tickets, pictures, choreography fees, exams, NSF charges, DVD's, hair supplies, workshops and summer school.

Exams

- At **Across The Floor Dance Studio**, we hold exams in Ballet, Tap and Jazz. Instructors will inform each student individually when they are ready to take an exam. It is up to you as student/parent if you wish to take the exam. It is important for you to know that exams can be scheduled at any time on any day of the week dependent on the examiner. Costs for exams are over and above program fees. Exams are held in the spring.

Workshops

- Workshops can be a way that a dancer cannot only strengthen their abilities, but also have an opportunity to try something new. At **Across The Floor Dance Studio**, we will from time to time have guest instructors throughout the year. Although it is not mandatory, the students are encouraged to participate.

Cancellation Policy

- In order to withdraw from **Across the Floor Dance Studio**, written notification is required prior to the start of a new term. No refunds will be issued after the start of a new term.

Cancellation of Classes

- Cancellation of classes sometimes happens. Whether it is due to illness, exams or festival or Competition. The instructor will inform you and reschedule your class if a substitute teacher cannot be arranged.

Drop Off and Pick Up Policies

- Students should **NOT** be dropped off more than 15 minutes before their class time begins and picked up no later than 15 minutes after it ends unless approved by the office. Students under the age of 10 will not be released from the studio without the accompaniment of an adult. This is to ensure the safety of your child.

Dress Code

- Why is there a dress code? If your child has ever played team sports, this should be easy to understand. You wouldn't play soccer with the wrong color jersey, right? What about your cleats? You need them too! How about your hair? Hair needs to be pulled back off your face to play a good game. The same is expected when you enroll your child in dance. They will be required to have certain dress for their classes. Dress codes are set out in the last pages of the handbook.

Website

- Keep informed by using our website to obtain all Studio information such as all forms, competition and recital info. Our website is www.acrossthefloordance.com

Studio Calendar of Events

- Monthly calendars will be posted on the Studio Bulletin Board as well as our Studio website which will be updated as needed.
- It is your responsibility to keep informed of upcoming events such as competitions, picture and recital dates.

Pictures

- Costume, hair and makeup must be done prior to arriving at the Studio. With limited space, the more prepared you are, the better. Hair must be worn as stated on the costume sheet that is handed out with your costume.
- Please arrive ½ hr prior to your picture time with your envelope and payment ready to give to the photographer. Since the photographer waits until all dancers in the groups are ready, waiting for the form to be filled out can make the picture schedule run behind.

Recital

- Students should be dropped off at the Douglas J. Cardinal Theatre Room D208 1 hour prior to the show. Do not be late. We will not wait for your child to begin the show.
- Children love to perform, especially if there are people watching them perform. Our recital is in two parts and it means a lot to the kids if you stay and watch the entire performance. The last act of the evening is just as important as the first. And at the end, the children are all invited back on stage to take a final bow and so we can show them our appreciation and how much we enjoyed the show.
- Holding up a video camera or camera from your seat is a distraction to the others around you and may cause blocked views. It is also considered poor theatre etiquette. Also, the flash from a camera and lights from a video camera are a BIG distraction to the performers on stage. If you are caught taking pictures or videotaping, you will be asked to leave the theatre immediately. Professional taped and edited DVDs will be available for purchase.
- Order forms will be available prior to recital at the Studio office, during pictures, recital rehearsal and at Recital intermission.

Dress Rehearsal

- Will be held the week of Recital. Times will be posted on the Studio Bulletin Board as well as our Studio website. Rehearsals are held at the Douglas J. Cardinal Theatre.
- Parents will not be able to take pictures or videotape the rehearsal.
- Dancers are to come prepared to practice their numbers in their costume so the instructors can make sure everything will run smoothly for Recital.

Recital Volunteers

- Everyone knows that with the help of volunteers, everything runs smoother. Watch for sign-up sheets on the bulletin board. Remember that no job is too small.

Summer School

- AFDS Summer School is held in August each year and is available to students of all levels. Summer School consists of Syllabus and Technique classes in Ballet, Jazz and Tap. Students considering taking exams in the spring/winter must attend.

Questions and Concerns

- Should you have a concern or a question that you would like to speak to the instructor about, please advise the office administration. The instructor will be contacted and a meeting will be scheduled so as not to interrupt ongoing classes as the instructors are generally going from one class directly to another.

Remember, if you have any questions, please contact the office.

Thank-You for Being a Part of the Across The Floor Dance Studio Family!

Disciplines Offered by Across The Floor Dance Studio

Introduction to Dance - For Students 3-5 and 6-8 year olds

Introduction to Dance is an eight week 45 minute dance session in your choice of Ballet, Tap, Jazz, Jazz/Hop and Acro for Kids. This program allows for a change in pace of discipline to increase your child's interest in the disciplines offered at AFDS. These classes might be for your child if a whole year seems overwhelming.

Ballet - For Students 3 and Up

Ballet is the foundation for all dance programs and all children entering into dance are encouraged to participate in this program. Ballet is a physical art form that teaches musical awareness, flexibility, body coordination, mental quickness, personal confidence and self-discipline. Students will study the RAD Syllabus (Royal Academy of Dance).

Tap - For Students 3 and Up

A high energy class where dancers learn rhythm, speed, and precision to all forms of music. Classes begin with a warmup, move to across the floor patterns, and finishes with combinations. Tap combines the rhythm of footwork with the elements of other forms of dance. Tap is enjoyed by all ages! Students will study the CDTA Syllabus (Canadian Dance Teachers Association).

Jazz - For Students 4 and Up

High energy classes set to contemporary music offers children and teens an exciting way to enjoy the benefits and discipline of dance training. Classes will include a full body warm-up including centre, across the floor and combinations. Jazz is a fun, upbeat style of dance that stems from ballet and combines today's stylish moves with energetic, popular-age appropriate music. Students will study the CDTA Syllabus (Canadian Dance Teachers Association).

Contemporary - For Students 10 and Up

Contemporary dance is characterized by its versatility. Contemporary can be danced to almost any style of music, or united with other dance forms to create new styles of movement. Contemporary seeks to work with the natural alignment of the body. At the same time, the ease of movement promoted by contemporary dance technique allows experienced dancers to push new boundaries of body movement. Students must be enrolled in a twice weekly ballet class and recommended by an instructor to register for this class.

Lyrical - For Students 6 and Up

Lyrical dance is a highly technical dance style that blends ballet and jazz dance to show the meaning of music. This style will challenge students to use movement and emotion to tell a story. Choreography is often emotional, gripping and delicate all at the same time while allowing spirit to tell where the dance will go. Students must be enrolled in a twice weekly ballet class and recommended by an instructor to register for this class.

Modern - For Students 8 and Up

One of the most expressive yet abstract forms of dance, modern explores weight changes, dynamics and improvisation. Integrating Graham, Horton and Limon styles, classes will include contractions of spine, flat backs and floor work. Students must be enrolled in a twice weekly ballet class to register for this class.

Hip-Hop and Jazz/Hop – For Students 3 and Up

This high-energy class not only improves physical fitness, but rhythm, freestyle movement, and self-confidence as well. This style of dance is funky, energetic and a lot of fun! It incorporates the latest dance moves to the latest dance music.

Acro – For Students 3 and Up

Style of dance that combines classical dance technique with precision acrobatic elements. Shows performance of extraordinary feats of balance, agility and motor co-ordination. Dancers enrolled in a full year program must also be enrolled in Ballet or Jazz.

Song & Dance – For Ages 7 and Up

If you have a passion for both singing and dancing, this is the class for you! In our new Song and Dance class students will have the opportunity to learn the foundational basis of many musical and dance concepts.

In the musical part of the class students will learn:

- Rhythm games and exercises
- Music notation recognition
- Development of singing and musical thought

In the dance part of the class students will learn:

- Foundational dance steps
- Creative movement exercises
- Application of musical theory
- Learning of theatrical routines

ACROSS THE FLOOR DANCE STUDIO –DRESS CODE

BALLET CLASSES

“Rosebuds (RB) and Ladybugs (LB) Ballet, Intro To Dance”

- Any solid color tank bodysuit
- Pink Tights – no bare legs (Mondor Classic Pink)
- Pink Full Sole Leather Ballet Slipper

BALLET ADV (BALLET A)

- Any Black Sleeveless Bodysuit
- Pink Convertible Tights – no bare legs
- Pink Split/ Full Sole Leather or Stretch Canvas Ballet Shoes(No Mesh Insert)
- Black Character Skirt
- Black Character Shoes – cuban heel
- Demi-pointe Shoes

BALLET INTERMEDIATE (BALLET B)

- Any Black Sleeveless Bodysuit
- Pink Convertible Tights – no bare legs
- Pink Split/ Full Sole Leather or Stretch Canvas Ballet Shoes(No Mesh Insert)
- Black Character Skirt
- Black Character Shoes – cuban heel

BALLET (Ballet Gr 4 & 5)

- Burgandy Sleeveless Bodysuit (Mondor 03505 color: Renaisa)
- Pink Convertible Tights – no bare legs (Mondor Classic Pink)
- Pink Split/ Full Sole Leather or Stretch Canvas Ballet Shoes(No Mesh Insert)
- Black Character Skirt
- Black Character Shoes – cuban heel

BALLET (Ballet Gr 1, 2 & 3)

- Navy Tank Bodysuit with matching elastic belt
- Pink Convertible Tights – no bare legs (Mondor Classic Pink)
- Pink Full Sole Leather Ballet Shoes
- Black Character Skirt
- Black Character Shoes – low heel
- Grade 3 Ballet – Cuban heel character shoe

BALLET PRE-PRIMARY AND PRIMARY

- Lilac Tank Bodysuit with matching elastic belt
- Pink Convertible Tights – no bare legs (Mondor Classic Pink)
- Pink Full Sole Leather Ballet Shoes
- Lilac Wrap-around skirt

BALLET JR

- Any Solid Color Bodysuit
- Pink Convertible Tights – no bare legs (Mondor Classic Pink)
- Pink Full Sole Leather or Stretch Canvas Ballet Shoes(No Mesh Insert)

Pre-Pointe and Pointe

- Any Solid Color Bodysuit
- Pink Convertible Tights – no bare legs (Mondor Classic Pink)
- Pink Split Sole Leather or Stretch Canvas Ballet Shoes(No Mesh Insert)

Intermediate/Inter Foundation

- Any Solid Color Bodysuit
- Pink Convertible Tights – no bare legs (Mondor Classic Pink)
- Pink Split Sole Leather or Stretch Canvas Ballet Shoes(No Mesh Insert)
- Pointe Shoes and Demi's

Hair must be pulled back in a BUN and Hair Net for BALLET CLASS!! NO BANGS!

NO bras can be worn for Ballet!!

MODERN

- Any Solid Colored Bodysuit
- Tan Capri Tights – no bare legs (Mondor Light Tan)
- Bare Feet

Hair must be pulled back in a PONYTAIL for MODERN/CONTEMPORARY CLASS!! NO BANGS!
If you have Modern/Contemp before a ballet class then you must pull your hair in a BUN for Modern/Contemp!!

JAZZ CLASSES

ALL JAZZ GROUPS

- Any Solid Colored Bodysuit
- Tan Convertible Tights – no bare legs legs (Mondor Light Tan)
- Tan Leather Bloch Jazz Shoes (Style SO499) or Similar Tan Jazz Shoes (No Laces) (**Performance Groups may require black as well**).
- Black Jazz Capri Pants or Black Shorts are Optional (please ensure capris and shorts are **fitted** dance or fitness wear)

SONG & DANCE

- Any Solid Colored Bodysuit
- Tan Convertible Tights – no bare legs legs (Mondor Light Tan)
- Tan Leather Bloch Jazz Shoes (Style SO499) or Similar Tan Jazz Shoes (No Laces)
- Black Jazz Capri Pants or Black Shorts are Optional (please ensure capris and shorts are **fitted** dance or fitness wear)

Hair must be pulled back in a PONYTAIL for SONG & DANCE CLASS!! NO BANGS!

LYRICAL CLASSES

ALL LYRICAL GROUPS

- Any Solid Colored Bodysuit
- Tan Capri Tights – no bare legs
- Black Shorts are Optional (Please ensure shorts are **fitted** dance or fitness wear)
- Shoes – Instructors will inform the individual classes of the shoe requirement at the start of the year.

Hair must be pulled back in a PONYTAIL for JAZZ/LYRICAL CLASS!! NO BANGS!
If you have Jazz/Lyrical before a ballet class then you must pull your hair in a BUN for Jazz/Lyrical!!

CONTEMPORARY CLASSES

ALL CONTEMPORARY GROUPS

- Any Solid Colored Bodysuit
- Tan Capri Tights – no bare legs
- Black Shorts are Optional (Please ensure shorts are **fitted** dance or fitness wear)
- Shoes – Instructors will inform the individual classes of the shoe requirement at the start of the year.

Hair must be pulled back in a PONYTAIL for CONTEMPORARY CLASS!! NO BANGS!
If you have Contemporary before a ballet class then you must pull your hair in a BUN!!

TAP CLASSES

LIL' STOMPERS TAP GROUP

- Any Solid Colored Bodysuit
- Tan Convertible Tights – no bare legs
- Black Mary Jane Tap Shoes
- Dance skirt is optional

ALL OTHER TAP GROUPS

- Any Solid Colored Bodysuit
- Tan Convertible Tights – no bare legs
- Black Tap Shoes
- Black Capri or Jazz Pants, Black shorts and Dance skirts are optional (Please ensure capris, pants, and shorts are **fitted** dance or fitness wear)
- Dance skirt is optional

Hair must be pulled back in a PONYTAIL for TAP CLASS!! NO BANGS!
If you have Tap before a ballet class then you must pull your hair in a BUN for Tap!!

8 WEEK SESSIONALS (Ballet, Tap, Jazz-Hop and Acro)

- Any Solid Colored Bodysuit, Pink Tights and Pink Full Sole Leather Ballet Slippers for Ballet (3-5 year olds and 6-8 year olds)
- Any Solid Colored Bodysuit, Tan Tights and Tan Jazz Shoes for Jazz
- Any Solid Colored Bodysuit, Tan Tights and Black Tap Shoes for Tap
- Any Solid Colored Bodysuit or shorts or Capris for Acro For Kids and bare feet
- Loose DANCE Clothing and –Street Shoe Runners (Non-Marking Soles) (NO OUTSIDE RUNNERS) for Jazz-Hop (3-5 year olds)

Hair must be pulled back in a PONYTAIL for MUSICAL THEATRE CLASS!! NO BANGS!

HIP- HOP and JAZZ-HOP CLASSES

- Loose DANCE Clothing
- Black Street Shoe Runners –Non-Marking Soles (NO OUTSIDE RUNNERS)

Hair must be pulled back in a PONYTAIL for HIP-HOP CLASS!! NO BANGS!

No Sweat Pants or Jeans.

ACRO

- Any Solid Colored Bodysuit or appropriate dance top
- Shorts or Capri's
- Bare Feet

Hair must be pulled back in a PONYTAIL for CLASS!! NO BANGS!

**Lulu Lemon Bras are allowed for Jazz, Contemporary, Modern, Tap, Acro and Lyrical.
No Sweat Pants or Jeans.**

PROGRESSIONS

Every student must have their own equipments to use in the class. Without these things, your dancer will be unable to participate in this class.

- a. fit/swiss/yoga ball for the required size for you height (see below for sizing details)
- b. small hand ball (lacrosse ball)
- c. medium ball (soft ball i.e. dodge ball)
- d. resistance band (preferably 9 feet in length)
- e. yoga/pilates mat

***using your height to size up your ball: when you stand next to an exercise ball, it should be even or slightly above knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, your knees should be bend at a 90-degree angle and your thighs should be parallel or even with the floor. Find you height and see which ball size you should try first.

The following chart shows a slight variation of recommended heights for the different ball sizes you can choose from:

<u>Height</u>	<u>Recommended Ball Size</u>
Under 4'8"/142cm	45 cm ball
4'8" to 5'3"/142-160cm	55 cm ball
5'4" to 5'10"/160-178cm	65 cm ball
5'10 to 6'4/178-193cm	75cm ball

***the equipment can be stored at the studio for the duration of the year. But please have your names on everything

2. Body suit and tights are the required uniform for this class
3. For girls, please have your hair in a high ballet bun