



Student and Parent Handbook
2021-22



MDP Academy Handbook

Welcome to MDP Academy!

Move. Dance (and experience) Pilates with Maya Devi Pingle

This handbook will better prepare parents and students for enrollment, and a successful dance season at MDP!

*Please review this with your child, as the purpose of this program is to empower students with skills, responsibility and confidence. Their process will not be as successful without your attentiveness and support. **The registration link is attached at the end of this handbook.***

WHAT TO KNOW BEFORE REGISTRATION:

Location: Aspen Academy, 5859 South University Blvd Greenwood Village, CO 80121

Entrance/Parking: Please enter off of University blvd OR Orchard blvd and park on the west side of the building, facing Curtis Park.

Start Date: Monday, September 13, 2021

Last Date of Classes: Wednesday, May 25, 2022

End of the year Performance Concert: Rehearses on all dates of June 1,6,8, with Concert on June 10th *(this is a separate Performance fee and offered to students enrolled from January-May. This performance is not mandatory for enrollment, but is the culmination of the year and an important piece of this program and each dancer's growth.)*

The above dates, Holidays, and non classes are listed on the calendar in "parent information" on the website. The studio closures, breaks and holidays reflect Aspen Academy/Littleton Public schools calendar.

I cannot predict State and Federal Mandates on COVID. I can only give students the most productive way of moving and plan to do so with safety and without fear.



Class information, Schedule, Pricing and Uniform requirements are listed below.

****Registration Fee is due at the time of enrollment. Each family and/or student's maximum Registration fee is \$100. 2nd Child discount is 10% off higher tuition.***

Boogie Bugs N' Fairy Tails

Ages 3-5 (prek-Kindergarten)

No dance experience necessary. Potty trained.

*This is a 45 minute creative movement class that teaches ballet technique in a more creative and playful approach, using story and expression to find self awareness, confidence and the skills it takes to BE a Boogie Bug. Class will include a variety of dance and music styles, with a showcase performance at the end of each session. Each lesson will focus on Ballet, Musical Theatre, Jazz and Hip Hop and is designed for all genders. This class will run all year as 3 separate enrollment sessions: Halloween session (7 weeks), Winter Holiday (7 weeks) and the January- May session may participate in the recital in early June. ***Full amount of session will be taken on September 1.***

3:30-4:15 pm Mondays

3:45-4:30 pm Wednesdays

Session 1: 6 or 7 weeks September 15-October 27 (no class Monday October 11)

\$165/189 total (includes classroom supplies) Full amount will be deducted on September 1st.

Session 2: 7 weeks November 3-December 22 (sign up in October)

\$189 total (includes classroom supplies)

Session 3: 20 weeks January 5-May 25 (sign up in December)

\$74/monthly with \$50 Registration Fee

DRESS CODE:

Required: Pink tights with Pink leather ballet shoes OR Black tights with Black leather ballet shoes OR BAREFEET and leggings/shirt. *Aspen students on Mondays will come directly from school.

Dancers choice: Simple costume, ballet leotard/skirt/tutu or tshirt and leggings any color. Most children have a set dance outfit they like to wear.

HAIR: Hair must be away from the face, pulled back.



The Ballet Bodhi is an enlightening approach to traditional ballet. The benefits of ballet training and performing are entwined throughout each class with a focus on self and body awareness, ballet technique, freestyle and purposeful movement, and Pilates principles. From the moment students walk into the classroom, the space is our stage. Life Skills. Stage Thrills. See below for more details on each level.

The Ballet Bodhi Minis

Ages 4-7 (Kindergarten-2nd grades)

No dance experience necessary.

An enlightening approach towards traditional ballet. Classes will focus on ballet basics for creating and developing a student's own rhythm, movement, and confidence in the free dance formula of our class. This class is the transition from Boogie Bugs N' Fairy Tails into The Ballet Bodhi performing group. They will learn age appropriate material, skills, dance styles, with deep focus on improvisation. Students may participate in a June recital and two parent observation classes.

4:30-5:25 pm Mondays

\$79/monthly September-May with \$50 Registration Fee

\$711/year

Dress Code:

- Ballet Pink or skin tone colored footed convertible/transition tights (#1916 Capezio)
- Pink leather split soled ballet shoes
- Lilac/lavender any sleeved leotard dress/tutu/skirt

HAIR:

- High on the back of the head ballet bun or any height. Short hair with headband or two side buns.



The Ballet Bodhi 1

Ages 6-9 (1st-3rd grades)

No ballet experience necessary, but helpful.

This class is an enlightening approach to traditional ballet. Classes will focus on ballet basics for creating and developing a student's own rhythm, movement, and confidence in the free dance formula of this class. They will be introduced to the floor ballet barre as well as traditional ballet barre. Technical skills and more diverse dance styles will be introduced, with a deep focus on improvisation. Students may participate in a June recital and two parent observation classes.

4:30-5:25 pm Wednesdays

**\$79/monthly September-May with \$50 Registration Fee
\$711/year**

Dress Code:

- Ballet Pink or skin toned colored footed convertible/transition tights (#1916 Capezio)
- Pink leather split soled ballet shoes
- Light Pink any sleeved leotard
- Can accessorize with a separate ballet skirt for ballet centre.

HAIR:

- High on the back of the head ballet bun or any height. Short hair with headband or two side buns.



The Ballet Bodhi 2

Ages 7-10 (2nd-4th grades)

2 years dance experience, or previous private lessons with Maya.

An enlightening approach to traditional ballet with more focus on mental, physical and performing strengths. This 2x/week group will focus on accelerating their technique and performance with more time for stretch, barre work, center work, and practice of the Performing group styles. Performing group includes dance styles such as: ballet, contemporary, lyrical, modern, jazz, musical theatre, mime, voice overs, and hip hop. Monday class is technique and Wednesday is combined with The Ballet Bodhi 3 for floor barre and rehearsal. Prior experience with improvisation will be used to set stage pieces, as well as learn set choreography. Students may participate in a June recital, two parent observation classes and possible community performances.

5:30-6:25 pm Mondays (The Ballet Bodhi 2 Technique)

5:30-6:25 pm Wednesdays (PBT/Performance- combined with BB3)

MUST ENROLL IN BOTH CLASSES DURING REGISTRATION

**\$140/month September-May with \$50 Registration Fee per class (max. amount per family is \$100)
\$1260/year**

Dress Code:

- Ballet Pink or skin toned colored footed convertible/transition tights (#1916 Capezio)
- Pink leather split soled ballet shoes
- Light Blue any sleeved leotard
- Black camisole leotard
- Black split soled jazz shoes
- Can accessorize with a separate ballet skirt for ballet centre.

HAIR:

- High on the back of the head ballet bun or any height. Short hair with headband or two side buns.



The Ballet Bodhi 3

Ages 9-12 (4th-6th grades)

3+ years experience with dance or previous private lessons with Maya.

An enlightening approach to traditional ballet with more focus on artistry, mental, physical and performing strengths. This 2x/week group will focus on accelerating their technique and performance skills with more time for stretch, barre work, centre work, and Performing company styles. Classes include The Ballet Bodhi technique, PBT/Performance, and the MOVE AsMI class. Performing group includes dance styles as: ballet, contemporary, modern, jazz, musical theatre, voice overs, and hip hop. Students will become proficient in proper alignment, posture, technique and understanding dance styles. Must learn quickly, be confident in progressing and performing and have interest in committing through the school year. Students may participate in a June recital, two parent observation classes and community performances.

5:30-7 pm Mondays (Technique)

5:30-6:25 pm Wednesdays (PBT/Performance with BB2/BB3)

6:30-8:00 pm Wednesdays (MOVE AsMi for BB3)

MUST ENROLL IN ALL THREE CLASSES DURING REGISTRATION

\$230/month September-Maya with \$50 Registration Fee per class (max. per family/student is \$100)

\$2070/year

Dress Code:

- Ballet Pink or skin toned colored footed convertible/transition tights (#1916 Capezio)
- Pink leather split soled ballet shoes
- Hot Pink any sleeved leotard
- Black camisole leotard
- Black footed convertible/transition tights (#1916 Capezio)
- Black split soled jazz shoes
- Can accessorize with a separate ballet skirt for the ballet centre.

HAIR: High on the back of the head ballet bun or any height. Short hair with headband or two side buns.



MOVE AsMi

Ages 9-13 (4th-8th grade)

Some dance experience is helpful, this is an all levels class.

Asmi means I am self confident, feminine and strong.

Stretch, condition, and dance to Lyrical, Musical Theatre, Jazz and Hip Hop music. Your child will practice how to express herself through body awareness and purposeful movement, gain confidence in rhythm, freestyle, grace, strength and choreography, as well as learn classroom etiquette and gain new respect for self and others. Will work on a dance each class to favorite tunes. Geared towards preteens, growing class for teens and ;more advanced levels. Students may participate in a June recital, two parent observation classes.

6:30-8pm Wednesdays (MOVE AsMi ONLY)

\$110/monthly with \$50 Registration Fee

\$990/year

Dress Code:

- Black footed convertible/transition tights (#1916 Capezio)
- Black split soled jazz shoes
- Jazz sneaker or clean street sneaker
- Black any sleeve leotard

HAIR:

- Hair can be worn in a neat and high ponytail or bun. Short hair with a headband.



Progressing Ballet Technique (PBT)/Performance

Ages 7-13

****This class is reserved for The Ballet Bodhi 2 and 3****

No PBT or Pilates experience necessary though dance training recommended.

This unique class will teach the progression of PBT work and Pilates principles and Basic 10 Mat. We will use props as support for proper posture, alignment, strength and stretch, which enhances the conditioning experience and brings body awareness, empowerment and fun.

Students will use class time to learn set dance pieces, workshop creations and invent ideas for performance.

5:30-6:25 pm PBT/Performance (BB2 and BB3 only)

Fees included in Program tuition.

Dress Code:

- **Ballet Pink convertible tights rolled up for bare feet**
- **Bring ballet and jazz shoes**
- **Uniform leotard and Black leotard**

HAIR:

- **Hair styles on Wednesday classes should be worn in a high bun or side buns for laying down exercises.**



REFUNDS and EXPECTATIONS

REFUND POLICY

- *Registration fees are non-refundable after 7 days following registration. Registration/supply fee payment is due at the time of registration.*
- *Performance Fee will be released at a later date for students committing January-June 10th. This will include costume, rehearsal and choreography costs. There are no refunds.*
- *The monthly tuition is subject to a refund within 8 days of the student's **first class**. After that time, no refunds will be given for a prior payment.*
- *Withdrawals will be accepted for the cancellation of monthly tuition **starting January 1**, if you notify Maya Pingle via **email by December 1**. At that time, there is a 30 day notification for withdrawal of student and tuition fee.*
- *Withdrawals or suspension from the payment plan due to injury/sickness will only be allowed at the discretion of Maya Pingle and with an accompanying doctor's note.*

ATTENDANCE

- *Students are expected to attend every class in which they are registered. Class attendance, punctuality, conduct and dress codes are mandatory. Dance is a disciplined art form that requires a student to be completely committed. Students who do not attend class on a regular basis will quickly fall behind and not build the necessary skills, strength, choreography and confidence to function with a positive, balanced experience.*
- *When your child is absent or planning to be absent, I will expect you to notify me with as much advanced time as possible, via the parent portal or email at thepilatesbodhi@gmail.com or call me at 303-681-7030.*
- *If a student has more than 4 absences a semester, please expect that it may affect their performing opportunities, as well as their progression in class.*
- ****End of the year performance- STUDENTS MUST ATTEND CLASSES SCHEDULED AND ALL REHEARSALS FROM JUNE 1-10th. IF MISSED, THIS MAY RESULT IN NOT PERFORMING FOR THE PERFORMANCE.***
- *The calendar is listed on the website www.mayadevipingle.com and in your parent portal.*
- *Make up classes are not offered this year due to COVID protocols that may occur. Tuition has been prorated based on how many classes given and then split into 9 months.*

DRESS CODE

- **Specific dancewear can be purchased at this [link](#) for Discount Dance Supply online or can be tried on in person and purchased at Dance Xtreme in Greenwood Village. Mention MDP and your child's level for assistance with dancewear .**
- *The colored uniform leotard will be a costume for the spring concert, so choose one that your child loves.*
- *The Black leotard for BB2 and BB3 is camisole style for costume changes during potential shows.*
- *"Theme" outfit days occur throughout the school year. You will receive notification, though your child will be responsible for remembering this information from class.*
- *If your child does not have her leotard for a particular class, please wear a black leotard or best option.*
- **Jewelry:** No necklaces, rings, bracelets and hanging earrings for class/performances. You may be asked to remove any jewelry for the safety of yourself and other dancers.
- **Nails:** Short and natural color, no nail jewelry or colored polish for performances.
- **Tattoos:** No visible tattoos including temporary ink for performances.

HAIR

- *Please have your child's hair pulled back away from her face and neatly in a bun of any height.*
- **PBT class: since most of the class is laying on their backs, a high bun, very low or side bun(s) work.*
- *If your child's hair is short, use a headband that keeps all hair off of face, hair clips, side buns, or hair gel. Prepare for the end of April concert by growing hair to make an easier time for yourself.*

ENTERING AND EXITING THE BUILDING

- **CURRENTLY, Parents are not admitted into the building. Please meet at the main entrance for your child to be escorted in. Restrooms are on the way once in the building. Prepare your child with an organized way to remove their own cover up and easy access to their shoes. Restroom and snack before you arrive is always a great idea.**
- *Currently, late attendance is feasible. Please text 303-681-7030 if you are running late for options.*
- *If a dancer is late and parents are invited in the building at that point, it is the responsibility of the dancer, not parent, to get ready quickly and acknowledge the teacher with words and eye contact that does not disrupt the other students.*
- *Dancers will **always** wear street clothing or a cover up OVER their dance wear when entering and exiting the building. This is mandatory. Dancers will not wear their dance shoes outside of the studio. Wear street shoes that could be worn outside if we take our dance outdoors or be ok with bare feet since they wear convertible tights.*
- *Students **currently** are required to wear masks in the building if there is not a medical reason. Some days we may dance outside and masks are not required. Please contact Maya if your child should wear a mask outdoors.*

Drop off procedures currently are as follows:

- Monday 3:30 Aspen Boogie Bugs- Your child will be escorted to dance from their homeroom. Please wait at the main doors for pick up at 4:10-15 and Maya will escort your child to you. 4:10 parents may see a sidewalk showcase at the entrance on some days. Please park and wait for us at the main doors facing Curtis Park.
- Wednesday 3:45 Boogie Bugs- The Aspen Academy school day is out at 3:35. Please be aware that the end of middle school pick up ends as you will be parking and walking up to the main door facing Curtis Park. Please wait by the main door and Maya (or an assistant if you are late) will escort your child to the restroom and get their shoes on. We will return at 4:25 promptly and you may see a sidewalk showcase at the entrance on some days. A 4:30 class will be entering at that time.
- Monday and Wednesday 4:30 The Ballet Bodhi Minis and 1- The students will be picked up at the main door at 4:25. Parents who are waiting at 5:25 may see a sidewalk showcase on some days. Please park and wait for us at the main doors facing Curtis Park.
- Monday and Wednesday 5:30 The Ballet Bodhi 2 and 3- Students will be picked up at the door 5:25. BB2 will be returned at 6:25. BB3 will change and snack before their 6:30 class with AsMi. As this is the potential performing group, you will be notified of showcase opportunities from time to time.
- Wednesday 6:30 MOVE AsMi- class will be picked up at the main doors at 6:25. BB3 and Asmi will be at the front door at 8 pm. Sidewalk showcases MAY be offered or a video of classwork.

ILLNESS/INJURY

- To the best of their ability, an injured student is expected to attend, participate in or observe class and rehearsals. This is an important part of learning and life skills.
- Please discuss any injuries/sickness with your instructor prior to each class or rehearsal.
- Please check in with your child on the way to dance and monitor health on your own. Students are wearing masks during indoor class, and spacing of students occur often.

INCLEMENT WEATHER POLICY

- Ms. Pingle will cancel classes due to inclement weather when conditions are deemed unsafe to travel and Aspen Academy is closed. Please note that while every attempt will be made to follow Littleton Public Schools, afternoon/evening classes may still run as scheduled if travel is deemed safe.
- Notices will be emailed to all families through the Parent Portal.

- *Please attend at your own comfort level but sometimes this is a great way for the students to work out some extra energy.*

CLASS OBSERVATION POLICY

- *Observation class weeks are listed on the calendar as October 25th week and February 28th. Parent observation is encouraged and not allowed outside of those times except for the last 5 minutes of class if the studio door is open. If you have family in town, please email me to request an observation and I would be happy to accommodate if possible. This may be an outside observation or zoom.*
- *You are more than welcome to videotape and take pictures of your child throughout Observation Week. Students are able to present their best work that they have prepared for and are proud of.*
- *For the benefit of your child and their instruction, please do not watch or film class from the windows near the studios if parents are invited into the building. This is disruptive to the students as well as the instructor. Please respect your student's time in class.*

END OF THE YEAR PERFORMANCE

The end of the year dance concert is scheduled for June 10th at the Aspen Academy Theater. All tech, costume and dress rehearsals are MANDATORY in order to perform and will be on June 1, 6, and 8th.

Please pencil in between 4-8 pm those days, though your younger child will not be in attendance the entire time.

[REGISTRATION LINK](#)

If you have any other questions or concerns after reading this handbook, please reach out to thepilatesbodhi@gmail.com or call 303-681-7030.