

# STARS Foundation

## Student Handbook – Dance

Thank you for choosing the STARS Foundation, your educational institution for the fine arts.

### **Philosophy and Mission**

Our students benefit from dance training through:

- Physical discipline and general body awareness and control.
- A sense of physical and mental confidence.
- Development of social interaction through friendships.
- An understanding of the relationship between music, rhythm, and controlled movement.
- An insight into art forms associated with dance.

### **Attendance**

Students are expected to attend all classes. Please call before class if your child will be absent from class. The beginning of class is spent warming up, and is very important so that you don't injure yourself. If more than three classes are missed (other than excused illness) students will not be permitted to perform. Snow days or cancelled classes are not included.

The student is required to participate in the end of semester recital and concert that occurs in December and in May. Please mark your calendars!

### **Classroom Etiquette**

Students are expected to respect their instructors and fellow students at all times. Students who repeatedly disrupt class will be asked to sit out. Students must be properly dressed with hair in a bun, ponytail or other pulled up style for classes or they will sit out. No gum chewing is allowed. No food or drinks other than water are permitted in the building.

Please help us to keep the studio clean by reminding children to clean up after themselves.

### **Parental Responsibilities**

- Please inform instructor of any medical, physical, or emotional problems your child may be experiencing.
- Check the STARS student facebook/ remind system. This is the primary means of communication between STARS and parents/students..
- Make sure your child is dressed with hairstyle according to the dress code.
- Please pick up your child on time. We are unable to be responsible for keeping track of your child after his or her lessons.
- Parents are to wait in the parents' waiting area, upstairs, or outside.

## **Missed Lessons**

NO refunds or credits will be given for missed lessons. Please do not bring your child if he or she is running a fever or showing symptoms of contagious illness.

Please do not request to alter the schedule to accommodate extracurricular activities. In the unusual event a lesson is cancelled, the instructor will gladly reschedule a make-up lesson at the earliest possible time.

## **Parking**

At the STARS building, be sure you park on the east and west sides of the building because you are there for a long time and we do not want to congest the parking on Main Street for other businesses and store owners. Thank you.

## **Dress code**

### Pre-ballet and student levels

- Black, short-sleeve or cap sleeve leotard.
- Light pink tights.
- Pink ballet slippers (split sole preferred).
- Ballet alignment belt (1/2" elastic or stretch headbands will work), provided.
- Hair must be in a tight bun.
- Ballet skirts may be worn only on the first lesson of the month.

### Company level

- Black leotard, style of choice. A black short-sleeve or cap sleeve leotard will be needed for performances and when classes are combined.
- Pink convertible tights.
- Pink split sole ballet slippers.
- Ballet alignment belt (1/2" elastic or stretch headbands will work), provided.
- Hair must be in a tight bun.
- Ballet skirts and/or leotard color of choice may be worn only on the first week of the month.

### Boys

- White t-shirt
- Black shorts
- Black ballet shoes
- White socks

### Jazz and Tap – Girls

- Black short-sleeve or cap sleeve leotard.
- Convertible tan tights. Pink tights may be worn to class.
- Black spanky shorts.
- 6 – 10 years, black jazz shoes
- 10 years and up, tan undeez-type lyrical jazz shoe
- Black tap shoes for tap classes.

## Jazz and Tap – Boys

- White t-shirt
- Black shorts or exercise pants
- Black jazz shoes for jazz
- Black tap shoes for tap

## **Ballet Curriculum**

### Children's Division

- Pre-ballet 3-4 years: Designed to give young children an enjoyable first exposure to dance, focusing on developing movement skills through structure and creativity.
- Pre-ballet 5-6 years: Introduces children to ballet, emphasizing basic positions, ballet steps, and terminology, while leaving time in each class for creativity and expression.

### Student Division

- Ballet 7-10 years, Ballet 10 and up: Emphasis on basics, while developing coordination, grace, and discipline. Builds strength in fundamentals and vocabulary. Emphasizes correct body placement and alignment. Provides a solid foundation in the traditional classical training for serious students as well as developing an appreciation of the art.

### Company

- Continuation of studies with an emphasis on a solid basis of classical training for serious students. Company also performs at extra events.

All student and company ballet levels (7 and up), will be adding progressing Ballet Technique in their ballet classes this year. Progressing Ballet Technique is an innovative program for students to understand the depth of training muscle memory to achieve their personal best in classical ballet.

Each student will be required to purchase an exercise ball in the size needed for his or her height:

- Under 4'8" – 45 cm ball
- 4'8" – 5'3" – 55 cm ball
- 5'4" – 5'10" – 65 cm ball
- 5'10" up – 75 cm ball