

*Allegro School of Dance is committed to giving dancers a quality dance education without sacrificing the dancer's quality of life or self-confidence.
We are committed to giving all dancers in Helena a chance to fulfill their dance goals.*

It is our goal at Allegro to not only give dancers a sound, technical dance training but to also give them life experiences that will enrich their future.

We encourage our dancers to have a strong commitment to their community, outreach, leadership, mentoring, discipline and integrity.

At Allegro we look at our students as whole children not just the dancing child. We strongly encourage dancer's commitments to their families, faith, school and other interests thus inspiring the importance of a healthy balance in their lives.

We encourage a partnership with parents to enhance the dancer's progress, self-esteem and training.

We feel a strong commitment to helping families raise, healthy, confident future leaders.



Student Handbook 2018-2019

(406) 443-1231

636 Barney Street - Helena, Mt 59602

allegrodance.net

Beth Barry-Owner/Director

2018-2019 CLASS SCHEDULE

Creative Movement Classes	Tuesday	11:00-12:00
	Wednesday	9:30-10:30
	Tuesday	5:45-6:30
	Thursday	5:30-6:30
Pre I (Kindergarten)	Wednesday	5:30-6:30
5-6 Year Old (by Jan 1, 2019)	Tuesday	3:45-4:45
Pre II (1 st grade)	Monday	5:30-6:30
Beginning I (2 nd grade)	Thursday	4:30-5:30
Beginning II (3 rd grade)	Tuesday	4:45-5:45
Beginning III (4 th grade)	Wednesday	4:00-5:30
Intermediate I	Monday	4:00-5:30
Intermediate II	Tuesday	6:30-8:30
Intermediate III	Tuesday	6:30-8:30
Pre-pointe class	Wednesday	6:30-8:30
Advanced I	Thursday	6:30-8:30
Advanced II	Monday	6:30-8:30
Visions In Motion	Wednesday	3:30-4:00

(This class is for the developmentally disabled and special needs dancer)

MAKE UP TIMES

Classes missed due to illness or schedule conflicts can be made up using the following guidelines keeping in mind that any class that works in your schedule can be used as a make-up time.

Classes can be made up anytime and no prior notice is required

3-5 year old	Tuesday 11:00-12:00	Pre I	Thursday 5:30-6:30
	Wednesday 9:30-10:30		Tuesday 3:45-4:45
Pre II	Tuesday 5:45-6:30	Beg I	Monday 5:30-6:30
	Thursday 5:30-6:30		Wednesday 5:30-6:30
	Monday 5:30-6:30		Monday 5:30-6:30
	Wednesday 5:30-6:30		Thursday 4:30-5:30
Beg II	Tuesday 3:45-4:45	Beg III	Tuesday 4:45-5:45
	Thursday 4:30-5:30		Tuesday 4:45-5:45
	Wednesday 4:00-5:30		Monday 4:00-5:30
Int I	Thursday 4:30-5:30	Int II	Wednesday 4:00-5:30
	Wednesday 4:00-5:30		Tuesday 6:30-8:30
	Monday 4:00-5:30		Wednesday 6:30-8:30
	Wednesday 6:30-8:30		Monday 4:00-5:30

Int III-Advanced Mon, Tues, Wed, Thurs 6:30-8:30 or Mon 4-5:30

General Rules

- *Parents are allowed to watch classes*
- *Parents and siblings should show quiet respectful behavior while watching class*
- *Students encouraged to bring water bottles to class*
- *No gum, candy or sugared drinks allowed in the studio*
- *Birthday treats are allowed in class*
- *Students and parents encouraged to request a meeting at any time*
- *Students must show respect for each other in class*
- *No jeans or baggy clothes allowed in ballet classes*
- *Families must give a 2 week notice of intent to drop dance or you will be billed for next month's tuition*
- *Tuition is appreciated by the 15th of the month*
 - *Late fee is assessed at the end of the month*
- *Student's tuition must be current in order for dancer to participate in performance*
- *Returned checks will be charged a \$15 Service Fee*

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ALLEGRO DANCE SPIRIT

Allegro Dance Spirit is our scholarship fund dedicated to the growth of Allegro and it's students

Allegro Dance Spirit donates money to award scholarships for MDAA workshops, tuition and teaching equipment.

Allegro Dance Spirit also donates money for studio costumes and

Is a sponsor of the Allegro reading library.

Allegro Dance Spirit's only fundraiser begins in February with the Butter Braid Sale.

M.D.A.A. (Montana Dance and Arts Association)

M.D.A.A. is a state organization dedicated to the education of dancers throughout Montana.

They have workshops in the fall and spring in rotating cities. The fall workshop is during the MEA Convention break in October. Their spring workshop is in April and includes an opportunity for dancers to audition for summer workshop scholarships. MDAA brings teachers from all over the country to teach ballet, tap, jazz and Modern.

Dancers must be 10 years old to participate.

Dancers can participate for one class, one day or the whole workshop. All workshop applications must be signed by Beth (per MDAA) and are usually due approximately 10 days prior to the workshop.

Applications for the workshop are available by late September at the Montana Dance and Arts Association web site.

Beth can also download them for you if needed

MONTHLY FEE SCHEDULE

Tuition per month	\$50 Cash/Check - \$52 Credit/Debit
2 nd class or student per month add	\$40 Cash/Check - \$42 Credit/Debit
3 rd class or student per month add	\$30 Cash/Check - \$32 Credit/Debit
Ballet Tuition Limit per Student	\$90 Cash/Check - \$94 Credit/Debit
Ballet Tuition Limit per Family	\$140 Cash/Check - \$145 Credit/Debit

Returned Checks will have a \$15 service charge.

Work Study is available

See Beth if you are interested in this opportunity.

Scholarships are also available – see Beth for an application

RECOMMENDED DRESS CODE

CREATIVE MOVEMENT – Students may be creative with their attire as long as their movement is not restricted.

VISIONS IN MOTION - Students should wear comfortable loose fitting Clothes, ballet shoes recommended, hair pulled back

PRE-BALLET – Any dance outfit that allows them to move comfortably.

Ballet shoes are strongly recommended, hair pulled back

BEGINNING BALLET – Leotard, tights, ballet shoes, skirts / shorts (optional) and hair pulled back, NO JEANS OR “STREET” CLOTHES

INTERMEDIATE & ADVANCED DANCERS – Solid colored leotard,

Tights, ballet shoes, hair pulled back in a bun

(Skirts and fitted dance shorts are o.k.)

NO BAGGY SHORTS, SHIRTS, BOXERS, SWEATS OR PANTS

ALLEGRO SCHOOL OF DANCE

Has a nice supply of reasonably priced

Ballet Shoes, Leotards, Tights, Skirts, leggings

Dance Shorts, Leg Warmers and Pointe Shoe Supplies

IMPORTANT ALLEGRO DATES

Sept. 5	First day of classes
Sept 9	HEA Carnival Classic (Memorial Park Band shell)
Sept. 21	Fall performance commitment sheets due
Sept. 29	Rehearsals start for the November Performance
Oct. 18-19	MEA Convention Break – <u>NO CLASSES</u>
Oct. 19-20	Fall MDAA (Montana Dance & Arts Association) Workshop
Nov. 9	Rehearsal for Fall Performance @ 5:00 @ HMS
Nov. 10	Fall Performance @ 2:00 & 7:00 p.m. @ HMS
Nov. 19-23	Thanksgiving Week – <u>NO CLASS</u>
Dec. 1	Festival of Trees performance @ Civic Center
Dec 24-Jan 2	Christmas Break – <u>NO CLASS</u>
Jan. 7 - 11	Spring Performance contracts will be distributed
Jan. 21	MLK Day – The 4:00 & 5:30 Classes will be held
Jan. 22	Spring Performance contracts are Due
Feb. 4	Butter Braid Sale Begins
Feb. 18	President's Day – <u>NO CLASS</u>
Feb. 11	Performance T-Shirt Orders Distributed
Feb. 25	Butter Braid Orders Due
Mar. 11	T-Shirt Order Due
March 11	Butter Braids Arrive
Mar. 25-29	Spring Break – <u>NO CLASS</u>
Apr29-May2	Parents Performance Meeting –During class
May 3	Studio Rehearsal @ 3:00 @ Allegro (optional)
May 10	Dress Rehearsal @ 5:00 @ HMS
May 11	Spring Performance @ 2:00 & 7:00 @ HMS
May 13-16	Class Pictures during class
May 20-23	Last Week of Classes
May 24	Deadline for Early registration for 2019-2020 (Before May 24 Registration fee is \$10) (After May 24 Registration fee is \$15)
June 1	Last Day for class guarantee for the 2019-2020 Season

Allegro School of Dance Pointe Contract

(These are the guidelines that all pointe dancers must commit to)

- Dancers must attend ballet technique class two times a week while a pointe dancer.
- Dancers must call if they will be missing a class and plan a make up time.
- If a dancer's class commitment is interrupted by two consecutive days they have to take two consecutive days off from pointe.
- During sports seasons and other busy times dancers may substitute any class for their 2x a week.
- Dancers need to attend at least 4 camps or 15 classes during the summer either at Allegro or other approved dance program. This will keep dancers conditioned and healthy and prevent tendonitis, bursitis, and ligament and tendon damage.
- Dancers should make a strong commitment to attend at least 1 Montana Dance and Arts Association workshop a year.
- Dancers and their families should actively help Allegro Dance Spirit with their Butter Braid fundraiser.
- Dancers need to let me know about all their dance activities outside Allegro. I need to be aware of classes they take, performances they are participating in or workshops they attend.
- All dancers should have a dance kit, dyna band and dance notebook in their dance bag.
- Dancers cannot perform on pointe for approximately 1 ½ - 2 years after receiving their pointe shoes. I need to feel confident that they will be safe on stage. A dancer must get my approval before dancing on pointe for someone else.
- Dancers cannot take a pointe class from another instructor without my prior approval. I move my dancers slowly to avoid overuse injuries that can become chronic. Therefore a dancer may not be at a level that will be expected in some classes.
- Students must have the ability to communicate with me. I expect dancers to share their needs and concerns with me. Parents need to encourage their dancer to address problems immediately before it builds tension.
- Parents and students must trust my decisions for a dancer's progress and come to me with any concerns or problems.
- Students should be discouraged from comparing their progress with another dancer and work on their own goals for success.
- Gossiping about Allegro or other dancers hurts morale and can destroy a good organization. It will not be tolerated. I expect my dancer to show the utmost respect for me and for each other. If there is a problem between two dancers or a dancer and myself we need to sit down and address the problem quickly and respectfully.
- Students need to be aware that pointe work is hard and often times frustrating – but it has enormous rewards. Dancing on pointe is a unique and elite experience. It takes years of commitments and hard work and is a huge accomplishment. I hope that my dancers feel a great amount of pride. This is why a pair of pointe shoes should be treated with utmost respect. They should be cared for and stored as you would a prize possession. It is also why you should take your pointe education seriously. I will not risk any dancer's safety just to make the parent or child happy so that they stay at Allegro School of Dance.
- I want my dancers to know that I am proud of them no matter how their pointe experience turns out. I have dancers who have started pointe training and found it

wasn't for them. They continued their dance training without the pointe work. It will never hurt a dancer's chances of getting solos roles or dancing with other pointe dancers. Dance is an incredible gift to the body and soul and I will help in any way to make sure it stays in your life.

POINTE SHOE INFORMATION

This information gives parents and students an idea of the commitments and requirements that need to be met in order to dance on pointe. Hopefully it will help with you and your dancers decision to go on pointe.

POINTE GUIDELINES

- Dancers must be 11 years old to get their pointe shoes.
- Students need to commit to 2 classes a week to start pre- pointe
- Students need to maintain at least 2 classes a week to stay on pointe.
- Students need to have taken a pre-pointe workshop 1 year prior to getting their pointe shoes. They will receive their pre-pointe notebook at this time.
- Dyna-band exercises learned at the pre-pointe workshop need to be done regularly.
- Dancers need to attend summer classes to keep their progress on track and body strong. (Pointe need 15 classes a summer/ Pre-pointe need 12 classes)
- Dancers need to have good body placement awareness.
- Dancers need to work independently in class without watching or depending on other dancers.
- Dancers need to be willing to be first in line and show leadership during class.
- Dancers need to know the positions of the body. (They are included in your pre-pointe workbook)
- Dancers need to be able to pick up combinations quickly and recover easily when mistakes are made. This will maintain their safety on pointe.
- Dancers will need to exhibit certain physical readiness:
These are listed in the pre-pointe notebook.
- Students must have the ability to communicate with me. Pointe work is hard and at times frustrating. Dancers must be able to share their needs and concerns with me.
- Parents and students must trust me, and my decisions, and feel comfortable approaching me on any matter.
- Dancers must write me a short essay. This essay must be written one year before getting their pointe shoes.
Guidelines for the essay are in the pre-pointe notebook

The enclosed lists are guidelines. Please keep in mind that I will treat each dancer as an individual. I promise that I will be fair and honest and I will be more than willing to discuss any problems you have with my decisions or goals. I want my dancers to succeed and will give them tools to make this happen.

PERFORMANCE OPPORTUNITIES

September 9th – HEA Carnival Classic

When: 12:30

Where: Memorial Park Band shell

Who: Select dances learned in summer classes.

November 10th - Fall Performance

When: 2:00 & 7:00 p.m.

Where: Helena Middle School

Who: All dancers 2nd grade and older

Dress Rehearsal: November 10th @ 5:00 @ HMS

Dancers are required to commit to Saturday rehearsals.

Sign ups for the Nov. performance are due September 22nd

Rehearsals begin September 16th (For Summer Dances)

October 7th (Carnival of Animals Begins)

December 1st - Festival of Trees

When: To Be Announced

Where: Civic Center

Who: Select groups of November Performance dancers

May 11th - Spring Performance

When: 2:00 & 7:00 p.m.

Where: Helena Middle School

Who: All Allegro Dancers – dances learned in class

Must commit by January 22nd to get costumes ordered.

Studio Rehearsal: May 3rd @ 3:00 @ Allegro (optional)

Dress Rehearsal: Friday, May 10th at 5:00 p.m. @ HMS

CLASS DESCRIPTIONS

Creative Movement – The creative movement program at Allegro School of Dance is designed with the whole child in mind. We focus on the growth and development of the child using creative skills, dance skills, and fine and gross motor skills. Instrumental music is used throughout the class and the basic dance skills taught are ballet based. Children 3-5 years of age will gain large and fine motor skills, body awareness and spatial awareness which will enhance math and reading readiness while having fun in a positive nurturing environment. Stories are used to enhance a child's creative awareness as well as time for creative "free" dance at the end of each class. Each month we work on large and fine motor skills using a variety of fun "toys" such as hula hoops, trampoline, scatter scotch, parachute and balls. Children learn a variety of dance steps that are age appropriate and prepare them for pre-ballet classes. They learn simple dances to nursery rhymes which help with rhythm, patterns and combinations. Children in the creative movement program do not have a dress code. They are encouraged to be creative with their attire and express their individuality with their outfits. Creative movement students are invited to perform in the spring performance in May.

Pre-ballet – The pre-ballet program at Allegro School of Dance expands on many of the skills already learned during the creative movement program. All activities are based on the developmental readiness of the kindergartener and first grader and previous dance experience is not necessary. In the pre-ballet program more emphasis is placed on the ballet skills needed to continue onto classical ballet training. Children begin learning dance etiquette, class structure and technique. Although students in the pre-ballet program are still encouraged to be creative in their dance wear, it becomes more important that they wear snug clothing with their hair pulled back so that their movements are not inhibited by their attire. Pre-ballet students are invited to participate in the spring performance in May.

Beginning Ballet – Students start beginning ballet at Allegro School of Dance in 2nd grade. Students learn all the basic ballet movements throughout their 3 years in the beginning ballet program. By beginning III dancers have a very strong dance vocabulary and the ability to put together complex dance patterns and combinations. Beginning ballet students are asked to wear solid colored leotards, tights, ballet shoes and their hair must be pulled back. Skirts & snug dance shorts are allowed. Once a dancer has reached the beginning ballet program they are invited to participate in our November performance as well as our spring performance. Although the spring performance preparations happen during class – the November performance requires Saturday rehearsals beginning in September. Students must sign up for the

November performance in September and be prepared for 6-8 weeks of Saturday rehearsals.

Intermediate Ballet – Once a dancer has reached the Intermediate 1 program at Allegro School of Dance they have a solid dance vocabulary, the ability to put together dance combinations and performances and have a strong understanding of dance etiquette. They will have learned all of their ballet barre exercises and spend more time in their center work and across the floor work. They will be invited to attend Montana Dance and Arts Association workshops once they turn 10 and will have the opportunity to begin their pre-pointe training. Most dancers will have received their pointe shoes by the time they are in Intermediate II or III depending on the schedule they set for themselves. As dancers enter the Intermediate level they begin learning how ballet relates to life and the importance of setting goals and making healthy commitments. At Allegro we encourage dancers to be involved in a variety of other activities in their lives and we strive to help our dancers strike a healthy balance between family, dance, school and life. Dancers must come to class prepared with appropriate dance attire. They are expected to wear a dance leotard, tights and ballet shoes with their hair pulled back. Skirts are optional and tight knit dance shorts are permissible. Boxer shorts, baggy shirts and sweats are not appropriate for dance class. Students in the intermediate level are encouraged to participate in the Montana Dance and Arts Association workshops, our Spring and November performance, and Allegro Dance Spirit.

Advanced Ballet – Once a dancer has reached the advanced level at Allegro School of Dance they are strongly encouraged to take a leadership role within the school. They are taught the importance of being a positive role model, setting a good example in their work ethic, commitment, healthy body image and teamwork. At this level it is very important that they learn the effects their attitude and actions have on their classmates, teachers and progress. They are encouraged to explore their strengths in dance by having opportunities to teach, choreograph and perform more extensively. They are encouraged to take a more committed role in their progress and setting goals to accomplish their dreams. Dancers do not need to be naturally gifted, or be blessed with the perfect dance body to play a major role at Allegro, they simply have to be a strong leader, a team player and have a positive attitude. Advanced dancers are expected to set a good role model by wearing appropriate dance attire, participate in performances, attend MDAA workshops, participate in Allegro Dance Spirit activities and communicate with the teachers and students at Allegro in a positive and respectful manner.

Visions in Motion – Visions in Motion is a class designed for the developmentally disabled dancer. Dancers of all ages are taught creative skills, ballet skills and motor development. They learn ballet barre exercises, jumps, turns and a

large ballet vocabulary. Visions dancers are invited to participate in the November and spring performances and do not have a dress code.