



# **AMERICAN BALLET ACADEMY**

**2023 - 2024 STUDIO GUIDEBOOK**

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Welcome!

Our small classes and individualized instruction accelerate dancers of all levels and backgrounds. We are a community-focused studio dedicated to inclusion, equity, and equal opportunity in dance.

## IN/AROUND THE STUDIO

**Diversity & Inclusion: WELCOME TO OUR VILLAGE!** ABA provides a warm, safe, healthy, EQUAL OPPORTUNITY environment for all dancers. We do not require auditions; we welcome all. We encourage open dialogue. Our BIPOC students are encouraged to choose the tights/shoe color which is closest to their natural tone. **#TeamABA**

**Bullying:** ABA has a STRICT **ZERO TOLERANCE** POLICY on bullying: Bullying of any kind will not be tolerated in the studio, on our social media; physical, written, or spoken; by dancers or family members. Bullying is Conduct for Dismissal. Dismissal is the decision of the Artistic Director/Teacher involved.

**Courtesy:** Students must give the American Ballet Academy staff their undivided attention and respect **at all times**. They must be **always** supportive of their classmates. The ABA staff reserves the right to ask any student to take time out of the Studio if they are not participating properly, showing respect, or displaying the demeanor required of a ballet class. This also applies to ABA events; all students and their families must maintain respectful behavior as they are representing ABA.

**Please call or text to let us know your dancer isn't coming to class no later than one hour before the beginning of class so we can alert our teachers and they can plan accordingly. Dancers who do not notify ABA in advance of missing class will not be eligible for makeup classes.**

Families waiting for their students in the Lobby should also be respectful to classes in progress. **Please take phone calls outside.** Dancers & Families **must** bring headphones if playing sounds/music/videos on phone/tablet/laptop.

If your child is not fully potty-trained, please make sure they are wearing a pull-up for class.

**Class Placement:** Each student will be placed based on the professional opinion of the Artistic Director and qualified staff. Students will be placed in classes not by their age, but by their ability, level, and dedication. Proper placement of a dancer is necessary for their health and safety, and for their continuity of training. Open enrollment is available for all classes, depending on placement.

**Late Arrivals, Attendance & Absences: On time is late.** Students should be **10 - 15 minutes early** for class so they can get changed, make sure their hair is done, and be ready to start class on time.

It is essential to the course of study that students be present for all classes. Students arriving late may be asked to sit and observe class. Missing the first, crucial exercises of a class could result in injury; this decision lies with the teacher. Students arriving late should enter during a pause in music or combination.

- The Studio must be Notified of absences at least one hour before the beginning of class. If we are not notified in advance the dancer will not be eligible for makeup classes.
- A student may miss **no more than three rehearsals per semester or they may be removed from the show.**
- Please notify staff of an upcoming vacation one month before departure so we may make appropriate plans.
- If your student is sick, please keep them home for 24 hours.
- Please contact the Artistic Director for appropriate makeup class times.

**Studio Communication:** We will communicate with parents and/or guardians mostly via email AND our App. Make sure the studio has up-to-date contact information for the parent/guardian you would prefer us to contact. Please also make sure you go to Facebook and like/follow ABA@Home (our private families & teachers-only group) and American Ballet Academy RI (our general-public group). We love when you share our general-public posts with your friends & family!

You can download our **free** App via either the App Store or Google Play. Search for AMERICAN BALLET ACADEMY and look for our logo. You can use the app to register for classes, order uniforms, check your dancer's schedule, pay your bill, link to our Google Calendars, and more! Please enable push notifications to get weather notifications, last-minute information (maybe to bring yoga mats or weights for class); and schedule updates, including the Saturday Rehearsal Schedule.

For Studio Closings/Weather Cancellations we will post on Facebook and send a push notification through the app (if we still have internet!). We will also send an email if we can. Please make sure that you can be safe on your drive in, no matter what our decision might be - Safety First!

In case of emergencies Ms Meg may text one Parent/Guardian; please text back to confirm you received the information.

**Coming & Going:** Dancers need to wear appropriate clothing coming and going from the Studio. Level 1 students and up must have clothes on over their leotard and tights any time they leave the studio. This is not only for their safety, but also will keep their muscles warm. If they walk outside in the cold without outerwear their muscles will contract causing stiffness and tightened joints.

**No street shoes** are allowed in Studio. Likewise, **do not wear any of your dance shoes** until you are inside the Lobby and can change. Some dancers get street shoes (like Crocs, etc.) that they can wear outside over their ballet shoes. This is the only instance where wearing ballet shoes to arrive/depart is acceptable.

**Do not wear nude leotards for class.** They are undergarments and are only acceptable under a costume. If students arrive in anything other than dress code they will sit out of class and observe.

**Class Observation:** We have a closed-door policy to eliminate outside distractions for all classes.

**Safety/First Aid:** Students should always remain in-studio for their safety. If dancers leave to get lunch on Saturdays/during ABASI they must have a buddy and inform Ms Meg when they leave and who/how many are going.

The First Aid Kit is beneath the stereo on the teachers' station. Ice Packs are in the Studio Office in the mini-fridge freezer. The Studio microwave can be used to heat up our heat packs. Please ask Ms Meg for assistance.

**Lost & Found:** Most lost-and-found items are placed on the top shelves in the lobby above the coloring books & crayons. If we know who an item belongs to we will keep it in the Office. Please check there first. We do not recommend bringing valuables into American Ballet Academy; ABA cannot be held liable for any personal items left in its facilities. At the end of each month items remaining in Lost & Found will be donated.

**Food & Drink:** Excluding water - in an appropriate/approved container with a flip-down straw - NO food, drinks, or gum are allowed in the studios. Students may bring lunch or snacks to eat in the Lobby. Please make sure to **clean up appropriately** after yourself (wrappers, food/crumbs, hairnets, bobby pins, etc) so we don't have ants!

Please do not bring any food/snacks containing nuts into the building.

We have several dancers with severe allergies.

Please ask someone if they are able to have something before sharing.

There is no eating in the changing room; crumbs left behind bring ants to us.

(This includes the Lobby, Hallways, Bathrooms, and both studio spaces).

NO EXCEPTIONS.

**Concerns:** Any/all concerns must be brought to the attention of the Artistic Director in writing, or during a meeting scheduled by the Studio office.

**Withdrawal:** If you choose to withdraw your student from ABA Classes, you **must** notify the studio in Person or via email. If you do not notify ABA, your account will continue to be charged and you will be liable for that amount. There are no refunds on tuition already paid.

**Permanent Dismissal from ABA:** The Artistic Director has the authority and unilateral discretion to permanently dismiss a dancer at any time if the behavior of the student is not in keeping with all ABA philosophies and policies herein.

# DRESS CODE & UNIFORM

## Students should wear:

- **BALLET:** Please see the section at the end of this guidebook for specifics per class level. Do not wear nude leotards for class. They are undergarments and are only acceptable under a costume. **If students arrive in anything other than dress code they will sit out of class and observe.**
  - Pink or skin-tone **convertible ballet** tights. Ballet tights are traditionally pink; The Studio stocks pink convertible ballet tights in all sizes for \$8 in case of rips or forgetfulness. If you wear skin-tone tights, please also wear skin-tone shoes. Tights & shoes are meant to be an extension of your body. We are happy to help you find inexpensive skin-tone tights to go with your shoes. If your dancer requests a pair of tights from the Studio your account will be charged \$8.
  - Pink or skin-tone canvas split-sole ballet shoes. Shoes are meant to be snug. Please do not purchase them with room to grow.
  - A hip alignment belt color-coded by level. We provide the first belt of the season and keep these in stock. If lost, see Ms Meg for a replacement. Your account will be charged \$8 at the beginning of the year and for each replacement belt.
  - Skirts and practice tutus are optional for Pointe, Variations, and rehearsal; only when the class has been given permission.
  - Hair must be off the face, secured tightly in a ballet bun before your dancer arrives for class.
- **MALES:** Black shorts, white or class color shirt, dance belt (starting at age 9/10), white socks, black canvas split-sole ballet shoes. Dancers may switch to male tights once the Artistic Director gives approval.
- **ADULTS:** Do not have a Uniform color and can wear any color they wish. Adults are welcome to wear leotard & tights, leggings/tops, etc. Anything comfortable they can move in. Our preference is for more fitted attire so teachers can be sure of correct body placement.
- **CREATIVE MOVEMENT STUDENTS:** Girls may wear any color leotard and ballet tights or socks. Boys should wear shorts & a shirt with socks. Both should wear canvas split-soled ballet shoes; pink for girls and black for boys.

## Dress Code for additional classes:

- **CONTEMPORARY:** Uniform Leotard with tights/black shorts/black leggings; skin tone or black socks; no shoes.
- **JAZZ:** leotard with tights with optional trash bag shorts. Jazz shoes must be tan; black shoes leave marks all over the floor.

- **CHARACTER:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **VARIATIONS:** Students are allowed to add a ballet skirt.
- **MODERN:** Uniform Leotard with tights; no shoes. Trash bag shorts or fitted shorts may be worn.
- **YOGA:** Comfortable clothes you can move in; Please avoid anything too baggy that may get in the way of movement. Barefoot or socks with grips on the bottom. Please bring your own mat and blocks (2) if you have them.

**Pointe Shoes:** It is up to the discretion of the Artistic Director when a student is ready to begin pointe work. Generally, students should not expect to go on pointe until they are **at least** 10 years old and have had 3+ years of dance training. First time pointe shoe fittings will be made with the Artistic Director, Dancer, and Parent/Guardian to go to Dancer's Image in Newton, MA or LaBrie in Smithfield, RI. The Artistic Director is willing to schedule a trip for pointe shoe fittings and approval one time per month.

New Pointe students should not expect to be on Pointe for The Nutcracker in the year they are put on Pointe.

**Uniform Care:** Be sure to wash leotards and tights every time they're worn so they don't smell. Make sure to wear deodorant (for all those that need it) and have a spare deodorant in your dance bag. Please be sure your leotard is a dance leotard and not a bodysuit (that snaps closed).

# ABA CLASS LEVELS & DRESS CODE



Dancers are not required to purchase ABA leotards, but they must match their class level color. If you would like to purchase an ABA leotard, please see Ms Meg for a fit-test.

## Adult

Adult classes are offered in Beginner or Intermediate (experience needed), and Modern. All classes begin with 30 minutes of PBT.

- Leotards/tights, leggings/tanks, tees - whatever makes you feel comfortable so you can move!
- Pink or Skin-tone Canvas Split Sole Shoes

## Creative Movement

### 2 - 3 Years Old

Learn the love of music and movement in this fun, game-based class!

- **Girls:** Leotard of any style/color, Ballet Socks or Pink or Skin-tone ballet tights, Pink or Skin-tone Canvas Split Sole Shoes
- **Boys:** Shorts / Athletic shirt, Ballet Socks, Black Canvas or Leather Split Sole shoes

## Pre-Ballet

### 3 - 5 Years Old

Fun, game-based movements for beginning dancers.

- **Girls:** Bubblegum Pink cap-sleeve skirted ABA leotard
- Ballet Socks or Pink or Skin-tone ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Boys:** Bubblegum Pink or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)

## Level 1

### 5 - 6 Years Old/Kindergarten; no experience necessary

Aspiring dancers will learn basic positions at the barre and in the center.

- **Girls:** Lipstick Pink ABA leotard
- Pink or Skin-tone convertible ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Boys:** Lipstick Pink or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)

## Level 2

### At least one year of training

Dancers will refine their technique further at the barre and center. They will add Progressive Ballet Technique (PBT) to their training.

- **Ballet Girls:** Lilac ABA leotard
- White Alignment Belt
- Pink or Skin-tone convertible ballet tights



- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Lilac or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.

### Level 3

### At least two years of training

Dancers will continue to add new movement to their vocabulary. In addition to Progressive Ballet Technique (PBT), they will also add Yoga, Jazz, Contemporary and Character classes to begin a well-rounded repertoire.

- **Ballet Girls:** Baby Blue ABA leotard
- White Alignment Belt
- Pink or Skin-tone convertible ballet tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Baby Blue or White shirt
- Black Ballet Shorts
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 3, 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required; Capezio & Russian Pointe have a couple options).
- IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

### Level 4

### At least three years of training

Dancers will continue to gain strength and confidence. They will continue in Progressive Ballet Technique (PBT), as well as Yoga, Jazz, Contemporary and Character. They will work on building their stamina.

- **Ballet Girls:** Royal Blue leotard
- White Alignment Belt
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Royal Blue or White shirt
- Black tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 3, 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required; Capezio & Russian Pointe have a couple options).
- **All:** 1 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## Level 5

## Pre-Pointe; At least four years of training

Dancers will continue to gain strength and confidence. They will continue in Progressive Ballet Technique (PBT), as well as Yoga, Character, Contemporary, and Jazz. Pre-pointe classes will also be added this year. (Students are invited to get their pointe shoes depending on their age and strength.)

- **Ballet Girls:** Black leotard
- Hunter Alignment Belt
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- **Ballet Boys:** Hunter or White shirt
- Black tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Shoes for Levels 3, 4 & 5 (\$40) and skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes (See Order Form for shirt)
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required; Capezio & Russian Pointe have a couple options).
- **All:** 1 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## PreProfessional A | Recreational A

## At least five years of training

Dancers will continue their progress in Progressive Ballet Technique (PBT), Yoga, Character, Contemporary, and Jazz. Pointe work and Modern will begin at this level.

- **Ballet Girls:** Black leotard
- Lavender Alignment Belt
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- Mesh/Translucent Ballet skirt for pointe class (Optional)
- **Ballet Boys:** Lavender, Black, or White shirt
- Black tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun
- **Pointe:** Pointe shoes (must have a first fitting with Ms Carolyn present), toe pads, shoe bag. Optional toe tape, toe caps, and spacers are the dancer's responsibility.
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them. 1.5" heeled Character shoes are available locally.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes (See Order Form for shirt)
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required; Capezio & Russian Pointe have a couple options).
- **Modern:** Uniform leotard, tights, optional trash bag shorts. No Shoes, Hair in a bun
- **All:** 2 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

## PreProfessional B | Recreational B

## At the Director's Discretion

Dancers will continue their progress in Progressive Ballet Technique (PBT), Pointe work, Yoga, Character, Contemporary, Modern, and Jazz. Variations classes will begin at this level.

- **Ballet Girls:** Black leotard
- Royal Alignment Belt
- Pink or Skin-tone convertible ballet Tights
- Pink or Skin-tone Canvas Split Sole Shoes
- Mesh/Translucent Ballet skirt for pointe class (Optional)
- **Ballet Boys:** Royal Blue, Black, or White shirt
- Black Ballet tights or shorts (tights at Director's discretion)
- White Ballet Socks
- Black Canvas Split Sole Shoes (available locally)
- **PBT:** Convertible tights folded up for bare feet. Optional tight black shorts.
- **Jazz:** Uniform leotard, tights, and optional trash bag shorts. Tan Jazz Shoes required, Hair in a bun.
- **Pointe:** Pointe shoes (may have a fitting with Ms Carolyn present), toe pads, shoe bag. Optional toe tape, toe caps, and spacers are the dancer's responsibility.
- **Character Girls:** Uniform leotard, character skirt, Pink or Skin-tone convertible tights, and age-appropriate black character shoes. Skirts (\$40) should be purchased through ABA. Ms Carolyn will take measurements and order them. 1.5" heeled Character shoes are available locally.
- **Character Boys:** White shirt, Black Jazz/Yoga Pants, Black jazz shoes (See Order Form for shirt)
- **Contemporary:** Uniform leotard, rights, and optional black shorts or leggings. Black or skin tone socks (Ms Katie prefers Bombas or Apolla Shocks, but they're not required; Capezio & Russian Pointe have a couple options).
- **Modern:** Uniform leotard, tights, optional trash bag shorts. No Shoes, Hair in a bun
- **All:** 3 pound ankle weights; IF DESIRED: yoga mat, yoga strap, and 2 blocks (these are also provided by the Studio)

\* Colorful leotards can be worn on Saturdays and during ABASI \*

\* It is best to purchase shoes locally to make sure you have the right fit \*

We want all students to be comfortable in their uniform.

Please contact us if you have any questions.

### Locally, We Recommend:

#### **LaBrie**

<https://www.capezio.com/labrie-by-capezio>  
In Smithfield, RI

#### **Competitor's Closet**

<http://competitorscloset.net/>  
In Warwick, RI

#### **The Dancer's Drawer**

FB: The Dancers Drawer  
In N. Attleboro, MA

### Online, We Recommend:

#### **Discount Dance**

<https://www.discountdance.com>  
ABA's Teacher Code: TP 119972

#### **Carolina Dancewear**

<https://carolinadancewear.com/>  
See their FB page for Live Sales

# 2023-2024 Academic Year Calendar

August 31	Thursday	First day of Cranston Public School classes, Grades 1, 5, & 9
September 1	Friday	First day of Cranston Public Schools, all grades
September 4	Monday	Closed for Labor Day
September 5	Tuesday	First day of ABA classes
September 9	Saturday	First Nutcracker Rehearsal
Nov 23 - 26	Thu - Sun	Closed for Thanksgiving Break
<i>Dec 2</i>	<i>Saturday</i>	<i>NUTCRACKER In-Studio/Volunteer Dress Rehearsal</i>
<i>Dec 7 &amp; 8</i>	<i>Thu &amp; Fri</i>	<i>NUTCRACKER Tech &amp; Onstage Dress Rehearsal</i>
<i>Dec 9 &amp; 10</i>	<i>Sat &amp; Sun</i>	<i>NUTCRACKER, 4:30p both days</i>
Dec 11 & 12	Mon & Tue	ABA Closed
Dec 23	Saturday	Last Class for 2023
Dec 23 - Jan 1	Fri - Mon	Closed for Christmas/New Years
Jan 3	Tuesday	ABA Classes resume
Jan 19	Friday	Competition Fundraising Gala
Feb 3 & 4	Sat & Sun	UBC: United Ballet Competition*
Feb 10	Saturday	First Spring Showcase Rehearsal
Feb 18 - 25	Sun - Sun	Public School break; ABA closed
Mar 8 - 10	Fri - Sun	ICON Dance Awards*
Apr 14 - 21	Sun - Sun	Public School break; ABA closed
June 8	Saturday	SHOWCASE In-Studio/Volunteer Dress Rehearsal
June 13	Thursday	Last Day of Cranston Public School (approx)
June 14	Friday	SHOWCASE Tech & Onstage Dress Rehearsal
June 15	Saturday	SPRING SHOWCASE, 4:30p
June 17	Monday	ABA Closed
June 20	Thursday	Last ABA Class

**Stay tuned for our 2024 ABASI schedule!**

\* Some classes may be canceled or there may be a substitute teacher for these weekends.

# 2023-2024 Holidays

September 4	Monday	Labor Day
October 9	Monday	Indigenous People's Day
November 13	Monday	Veterans' Day (obs)
November 23 - 25	Thu - Sat	Thanksgiving Break
Dec 24 - Jan 2	Sat - Mon	Winter Break
January 15	Monday	Martin Luther King, Jr Day (obs)
Feb 18 - 25	Sun - Sun	February Vacation - CLOSED (Competition Privates Only)
March 29	Friday	Good Friday
April 14 - 21	Sun - Sun	April Vacation - CLOSED

# FEES

**Registration:** \$25 annual one-time registration fee; Siblings will be charged a \$20/\$15 fee. This fee is charged in September for returning students; for students that begin part way through the year, it is applied at time of registration. Students who begin during summer will be charged the registration fee when they begin and NOT again in September until the following year.

Make sure to update your Information via the Parent Portal or return the student registration form by the first class. Please make sure to sign and date both the Studio Waiver and the Photo Release Permission. ABA uses both Facebook and Instagram to promote the school and events. We may also include your photos on our website: [www.americanballetacademyri.com](http://www.americanballetacademyri.com) Please grant permission (or not) on the Student Registration Form. We will adhere to your signature.

**AutoPay:** Please remember that when you have AutoPay there will sometimes be additional fees on your bill, such as uniforms, tights, costumes, or performance fees. If you enroll in AutoPay these items will be charged to your card or your bank account during the month after they're charged. Please be sure you're ok with that before enrolling.

**Overdraft Check Fee:** \$35/first check; \$50/thereafter.

**Withdrawals:** there is no refund on monthly tuition if a student withdraws mid-month.

**Tuition** is due on the first of the month. Tuition must be paid each month; If our teachers are here, our students are expected to be present. There is no pro-rating for personal commitments of current students. Holidays and Vacations are considered when setting rates. Rates are hourly; full-time students are given a discount.

Students can attend different class days in consultation with the Artistic Director to make up classes if they are sick or have family commitments, but only if ABA is notified in advance.

There will be a \$20 late fee automatically applied to the same month for any payment not made by the 10th of the month.

- **Creative Movement** \$75/month 45min/class
- **Pre-Ballet** \$80/month 60Min/class
- **Level 1** \$90/month 75Min/class includes PBT™
- **Level 2** \$105/month 90Min/class includes PBT™
- **Level 3** \$224/month 5.75hrs/wk includes Technique x2, PBT™, Contemporary, Jazz, Character & Yoga I
- **Level 4** \$280/month 7.75hrs/wk includes Technique x2, PBT™, Contemporary, Jazz, Character & Yoga I
- **Level 5** \$312/month 8.5hrs/wk includes Technique x2, PBT™, Contemporary, Jazz, (Pre)Pointe, Character & Yoga II
- **PreProfessional A or Recreational A** \$393/month 10.75hrs/wk includes Technique x2, PBT™, Contemporary, Jazz, Pointe x2, Character, Yoga II
- **PreProfessional B or Recreational B** \$445/month 12hrs/wk includes technique x4, PBT™, Contemporary, Jazz, Pointe x3, Character, & Yoga II

- **Adult: Beginner**                      \$80/Month    90min/Class    Includes PBT & Technique
- **Adult: Intermediate**                \$80/Month    90min/Class    Includes PBT & Technique
- **Adult: Modern**                        \$80/month    90min/class    Includes PBT

Please see/email Ms Meg for a more specific class breakdown and prorated costs per class.

PreBallet – Level 3 will be called to Angels/Mice/Soldiers Rehearsal every week from 11:00a – 12:30p.

ALL classes Level 4 & Up also include up to 4.5 hours of (free) rehearsal time on Saturdays each week. Students will be called only when needed.

All **Private Lesson** Fees are due to the teacher on the day of the private; Parents can check with teachers about how they accept their fees (some have Venmo, PayPal, or prefer Check/Cash).

Ms Carolyn's private lessons may be paid through the Parent Portal. Privates must be given a 24-hour cancellation notice (with the exception of illness, emergency, etc.) or the fee is still due.

Please let us know if there is something specific you'd like your dancer to work on with our teachers, or if you'd like the teacher to work based on what they're seeing in class. Please also let us know whether you'd prefer visual/vocal corrections, or if it's ok that our teacher adjust your dancer manually.

Private Lessons Range, depends on teacher:

- 30 Minutes: \$30 – 50
- 45 minutes: \$40 – 75
- 60 minutes: \$50 – 100

See Ms Meg to ask the rate for the teacher you'd like a private with and to begin a conversation about scheduling studio/Teacher time. Please also discuss Semi-Privates or small groups with Ms Meg.

**Sewing/Restranging pointe shoes: \$5**

# DECIDING TO PERFORM

American Ballet Academy does two performances every year: our annual Nutcracker and our Spring Showcase. It is not required, but it is expected that students will take part in these performances so they work to apply what they learn in class. Please be sure to fill out the Permission to Perform Google Doc. Rehearsal and performances are an additional time commitment; please make sure your dancer is ready to make that commitment.

Please make sure to put the Academic Year Calendar in your family calendar at the beginning of each year. We provide the dates for Holidays (ABA Closed), Performances, Technical Rehearsal at the theater, in-Studio Dress Rehearsals, and Days Off after each performance.

## Rehearsals

Arrive 15 minutes early to all rehearsals to get ready and to stretch.

We start rehearsals for Nutcracker as early as we can in September - the first weekend of classes if possible. Spring Rehearsals begin in January. This is to allow time for the students to learn their choreography and give them as much time as they need to be prepared. It's very important not to miss rehearsals because choreography, timing, and placements happen during rehearsals. Students can miss no more than three rehearsals. If a dancer is going to miss a rehearsal, just like for class, please inform ABA Staff so appropriate plans can be made.

The cast list will go up in the week before rehearsals begin. Changes may need to be made as we move through the process, but we keep them to a minimum.

All rehearsals on Saturday afternoons after morning classes. We try to avoid rehearsing in classes as much as possible as that time is meant to work on & improve technique.

When we get close to our performance dates we have a **Dress Rehearsal in the Studio**. This serves several purposes:

- Our Volunteers are welcome to watch for the first time so they learn the order of the dances and what kind of help will be needed backstage.
- This rehearsal is mandatory; they learn to put everything (including their costumes) together in order of the show so they feel comfortable performing.
- Staff learns what needs more work or rehearsal time before we move to the theater.

The **Technical Rehearsals** at the stage (you'll hear us say we're going into Tech) are a chance for the Staff to add Costumes, Music, and Lighting to the performance. The dancers learn where they will change and how to get there & back in time. Please make sure to send your dancer with stage-appropriate snacks - they always need more than you think they will need. Additional details will come in our Packing for the Stage list which will be sent out in the weeks before performance. Please also send your dancer with books or coloring (NO markers or paints!) to keep them occupied backstage. Label anything you want to return home and consider leaving electronics or other expensive items behind. Parents may come backstage to drop their dancers off, but backstage is otherwise off-limits. Your dancer will be signed in to us at the beginning of the day and out to you at the end of the day for their safety.



## Costume Rentals

Costume Rental totals will be shared with families as soon as casting is decided. Costumes that have already been ordered cannot be refunded as they are non-returnable. We do our best to keep our costume prices down. All costumes are owned (cleaned & stored) by ABA & rented to our families at a significant discount.

It is important that you fill out the Nutcracker Permission Form as quickly as possible a) so we have the answers to all our questions and know what you need; and b) so ABA Staff has an accurate count to start ordering costumes. Delaying or not filling this out may result in order & delivery delays.

We have a wonderful group of volunteers who help in every way they can during performances and there is quite a lot of work that the staff needs to do before performances to make things as easy and smooth as possible.

## Performance Fees

Performance Fees go toward renting the theater, printing specifically for the event, and all rentals and consumables (tape, bobby pins, hair nets, etc.) we use for each show. The Nutcracker and the Spring Showcase will both be held at Ponaganset High School in 22-23.

Tights: All students will be given one pair of new Ballet Pink tights per performance. If you would like extras or more to use during the class, this is a great time to order them. Ms Meg will send an email and post on Facebook asking if anyone would like tights - please respond to this email/post or let her know in advance. Ms Meg can also order skin-color tights for those who prefer.

Nude Leotards: Nude leotards are required for all female students. These are worn backstage as they're getting ready, and under their costumes so they are covered during costume changes. Families are welcome to purchase their own or Ms Meg can order them in an appropriate color for each dancer. They are \$15/each.

## Performances

It is of absolute importance that you are early to your call at the theater so we have everyone ready when it is time to begin. Late dancers waste the time of everyone involved.

- We will show you your space for your things. Please label all personal items and leave expensive items at home.
- Please make sure you arrive at the theater according to your call each day - not just in terms of time, but also readiness, with your hair/makeup/required items for the show.
- Please make sure you remove all personal items at the end of each day - from the stage, the backstage, and the dressing rooms. It is essential that we show respect to the space, not only because it does not belong to us, but also because we hope to be invited back! We do our best to leave each space better than we found it.
- Older students take a warmup class onstage before rehearsal begins each day.
- Please pay attention and be respectful to all teachers, staff, and volunteers when you are at the stage. They are trying to make sure that you're where you need to be at each moment to make the most of the time we have.

## Volunteering

We appreciate our volunteers so much!!

The Performance Permission Form asks if one/both parents/guardians would like to volunteer. There are opportunities to volunteer in Front of House (The Lobby), or Backstage.

If you help in the Lobby you may be asked to prep & hand out programs, work at the sales table, take tickets or check people in, sell raffle tickets, etc.

Backstage Volunteers mainly help with costumes & costume changes. Others help move scenery onstage during pauses and others help by watching younger dancers as they're backstage. Parents will work with a group that their child is NOT a part of so they can focus on their work and their dancer can focus on their performance.

# COMPETITION

Dancers must be invited to compete in United Ballet Competition (UBC) in Worcester, MA or ICON Dance in CT. If your dancer is invited, they will receive an additional information packet concerning competitions; please read through it, discuss it with your family, sign the confirmation page, and return it to staff.

Students invited to take part in competitions are required to take one Private of at least 45min each week for their Classical variation. A 45 minute private is required for each Contemporary piece.

ABA Jackets & Backpacks are required for competition wear. Competitors are strongly encouraged to have booties (we recommend Bloch, but that is by no means a requirement) for cleanliness and keeping feet & ankles warm backstage.

## ABA Gala, January 19

All dancers: \$100

## UBC Worcester, February 3 & 4

Registration Fee: \$140

Classical Solo: \$105

Contemporary Solo: \$105

## ICON DANCE, March 8 - 10

Registration Fee: \$270

Classical Solo: \$125

Contemporary Solo: \$125

## Classical Variations/Choreography

Private Lessons are required: \$50/45min

Costume rental fee \$100.00 per Classical and/or Contemporary costume

Custom or Private costume purchases must be approved by Artistic Director prior to placing your order. If you should desire a costume or headpiece to be custom-made in-house, there will be an additional cost for time and materials required.

Contemporary Choreography: Ms Katie

Senior Contemporary Solo: \$425 (ages 15 – 20)

Junior Contemporary Solo: \$400 (ages 12-14)

Pre-Competitive Contemporary Solo: \$375 (ages 9-11)

Group Choreography Fee: \$175/Dancer

There will be at least two 2-hour initial choreography sessions, plus 30 minutes per week required maintenance rehearsals. This may be dependent on the teacher. Any additional time needed will need to be scheduled and paid as Privates.

All Costumes & Hair are decided by Choreographer.

50% of the Choreography fee payment will be required at the time of the first choreography session. After the first half is paid, you can contact the Choreographer, Artistic Director, or Office Manager to make continued arrangements for payment. Weekly or monthly payment plans are available.

Parents agree to reimburse Artistic Director or Studio for any last-minute, unforeseen fees or requests (such as make-up or food purchases at competition).

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