

Description- cap sleeve leotard with low back, ruched front with ABT® Logo. #ABT04. Style- ABT® Levels 4/5/6/7 Camisole Leotard. Description- cami leotard with low back, ruched front with ABT® Logo. Color- VIOLET. #ABT05  
**Optional:** Skirt ABT Levels 4/5/6/7 Wrap Skirt. Color- VIOLET. Description- voile wrap #ABT06

The last class of every month students may wear the leotard color of their choice.

**Tights / Shoes / Hair:** Pink ballet tights, pink leather ballet slippers, and hair pulled back in neat ballet bun. Check out our website for how to make a ballet bun.

**Boys:** White t-shirt, black bike shorts or sweatpants, and black ballet slippers.

## REGISTRATION, TUITION, DISCOUNTS & COSTUME FEES

**Registration:** Every dancer must have their own registration form. School year registration for single student is \$25, family is \$30. This pays for registration for a full year, including summer. For new students taking summer dance camps and intensives the registration is \$15.

**Tuition:** Tuition for the school year is broken down into four nine week quarters. Cash, Checks, Visa/Mastercard accepted. Please refer to the calendar as to when tuition payments are due. Payments not made within two weeks of the due date will incur a \$10 late fee. Monthly Visa/Mastercard payment plans are based on a full year's tuition payable in ten equal payments from September through June. Auto-Quarterly credit card payments plans available upon request. Contact [Jenny@TheBalletSchoolOnline.com](mailto:Jenny@TheBalletSchoolOnline.com) to arrange auto payments.

**Family:** 10% off each additional family member. The family members taking the least classes receive the discount.

**Costumes:** Depending on the dancer's age and level, costume prices start at \$40. Costume deposits are broken down into two or three payments: \$35 due with Q2 Tuition, \$25 due with Q3 Tuition (this deposit is only for levels B2 and higher, siblings, or younger students who take more than one class per week). The outstanding balance for costumes will be billed in April or May. All costumes must be paid in full for students to be eligible to participate in the performance. There is no refund for costume deposits. Students participating in NVB Company pieces will incur additional costume costs. BSVT recycles costumes whenever possible. BSVT seeks out the most affordable, yet highest quality, costumes we can find. Costumes that are ordered and need adjusting incur a seamstress fee. For handmade costumes that BSVT keeps there will be a materials and seamstress fee. There will be a rental fee for rented BSVT costumes. If any BSVT costume is returned in need of cleaning or repair, a fee will be billed to the student. If there are any BSVT parents willing to volunteer their talent to help sew costumes, it would be greatly appreciated!

*Please save handbook and brochure for your records.*



HOME OF THE  
  
NORTHERN VERMONT BALLET  
COMPANY



Evolution of a dancer

# 2011-2012 HANDBOOK

**Class Descriptions  
Information & Policies  
Attire  
Registration, Tuition, Discounts & Costume Fees**

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# CLASS DESCRIPTIONS

## Tiny Ballerina and PreBallet

These two classes focus on teaching the love of dance through creative movement, sing song rhymes, fairy tale ballet stories, and imaginary play, while teaching classroom etiquette, body awareness, hand-eye coordination, stretching, and basic ballet positions.

*Tiny Ballerinas: Ages 3.5 - 5. Pre-Ballet: Ages 4.5 - 6.5*

### Primary through the En Pointe Program (Level B4/B5) classes follow the ABT® National Training Curriculum.

Noted ages are guidelines only. First month is placement month when the staff will place the student in their most beneficial class/level. Clean technique comes by muscle memory, which happens with slow and steady repetition. Training too fast creates empty and sloppy movement. Remember, slow and steady wins the race!

## Primary

Students are set up for the classical fundamentals that are standard for ballet training. At beginning levels, repetition is key in order to build muscles necessary for more advanced steps.

*Ages 6 & up. Recommended: One to two classes a week.*

## Ballet 1

Students will develop ballet fundamentals including body placement and positions, French terminology, connecting steps, and counting musical signatures. Ballet barre is introduced at this level.

*Ages 7 & up. Recommended: One to two classes a week.*

### Program Students and Minimum Classes Information

Levels B2 and up have a minimum number of classes required per week for all students working on or toward pointe shoes. When taking the minimum number of classes, you are considered a **Program Student** and receive a Discounted Program Rate. **Recreational Dancers** have no minimum number of classes, however this may effect placement and tuition is charged at the Per Class Rate. Please see "Recreational Dancers" in this handbook if taking less than the minimum number of classes.

## Ballet 2

Students will broaden their basic ballet technique. Their age allows them to coordinate more steps together, expanding their ballet vocabulary. Fundamentals of turning begin.

*Ages 8 & up. Program Student: Two classes a week minimum.*

**Recreational Dancer:** *One class per week.*

from performance. You will be notified in advance which week each year in Quarter 3 is reserved for costume fitting. Attendance is mandatory in order to meet costume deadlines. Rescheduled fittings may result in an additional handling charge. Performance excerpts are available online. Please contact performance coordinator Vicky@TheBalletSchoolOnline.com for further information.

## ATTIRE

BSVT will be implementing the dress code from the ABT® National Training Curriculum. To start, we will allow students to wear last year's attire. However, starting January 2012 all dancers should have ABT® level colors. ABT® Uniforms can be ordered online at [www.danceandshop.com](http://www.danceandshop.com). BSVT will be selling the leotards on premise at a discounted rate. At the start of the year, BSVT will stock a limited quantity of general sizes. Sales are on a first come, first serve basis. BSVT will place a group order again in mid-October. See BSVT website "Attire" for links to size charts.

**Tiny Ballerinas & PreBallet:** Style-ABT® Primary A/B/C Skirted Leotard. Color- PINK. Description - skirted leotard, cap sleeves with ABT® Logo. #ABT01

**Primary:** Style- ABT® Primary A/B/C Skirted Leotard. Color- WHITE. Description- skirted Leotard, cap sleeves with ABT® Logo. #ABT01

**Ballet 1:** Style- ABT® Levels 1/2/3 Sleeveless Leotard. Color- LILAC. Description- sleeveless leotard, scoop neckline with ABT® Logo. #ABT02  
Optional: ABT Levels 1/2/3 Wrap Skirt. Color- LILAC. Description- voile wrap #ABT03 or Official BSVT Logo Wrap Skirt

**Ballet 2:** Style- ABT® Levels 1/2/3 Sleeveless Leotard. Color- AQUA. Description- sleeveless leotard, scoop neckline with ABT® Logo. #ABT02  
Optional: ABT Levels 1/2/3 Wrap Skirt. Color- AQUA. Description- voile wrap #ABT03 or Official BSVT Logo Wrap Skirt

**Ballet 3:** Style- ABT® Levels 1/2/3 Sleeveless Leotard. Color- MAGENTA. Description- sleeveless leotard, scoop neckline with ABT® Logo. #ABT02  
Optional: Skirt ABT Levels 1/2/3 Wrap Skirt. Color- MAGENTA. Description- voile wrap #ABT03 or Official BSVT Logo Wrap Skirt

**Pointe Prep:** Style- ABT® Levels 1/2/3 Sleeveless Leotard. Color- BLUE-BELL. Description- sleeveless leotard, scoop neckline with ABT® Logo. #ABT02  
Optional: Skirt ABT Levels 1/2/3 Wrap Skirt. Color- BLUEBELL. Description- voile wrap #ABT03

**En Pointe 4:** Style- ABT® Levels 4/5/6/7 Cap Sleeve Leotard. Color- CHINA BLUE. Description- cap sleeve leotard with low back, ruched front with ABT® Logo. #ABT04. Style- ABT® Levels 4/5/6/7 Camisole Leotard. Description- cami leotard with low back, ruched front with ABT® Logo. Color- CHINA BLUE. #ABT05  
Optional: Skirt ABT Levels 4/5/6/7 Wrap Skirt. Color-CHINA BLUE. Description- voile wrap #ABT06

**En Pointe 5:** Style- ABT® Levels 4/5/6/7 Cap Sleeve Leotard. Color- VIOLET.

Curriculum. Therefore all dancers must have the consistency of ABT's guided curriculum. Please notify the school if there is going to be a missed class. There is no refund for missed lessons. Missed classes can be made up during the quarter if space is available. Please reschedule with the teacher.

### **Classroom Etiquette**

BSVT is dedicated to providing a nurturing environment for high-quality classical instruction. Every student is expected to cooperate with the structure of the classroom. BSVT works with parents to help students develop inner discipline and proper classroom etiquette. In the rare occasion of a disruptive student, they are given ample opportunity to improve unacceptable behavior. If a student must be dismissed from classes for disciplinary reasons, a refund will not be given.

### **Injury and Medical**

Any medical conditions or previous injuries should be explained to the teacher before enrollment. As with any sport or demanding exercise, there is risk of injury. BSVT, premise and affiliates assume no responsibility for injuries. Parent and student assume all risk.

### **Pick Up and Drop Off**

Students may be dropped off fifteen minutes prior to class. Children under the age of 10 must be supervised by an adult. Students must wait in the lobby before and after class. This is for their safety, as the parking lot can be very congested.

### **Withdrawal**

A space in the class has been reserved for registered students. Therefore, there is no refund for early withdrawals.

### **Studio Lobby**

Please be quiet while waiting in the studio lobbies as noise is easily carried and distracting to students receiving instruction. Dressing rooms are reserved for changing only. Children playing in them who are spoken to on more than one occasion will be asked to be supervised by their parent or another responsible adult. Older students and adults may use the back study room to quietly warm-up, do homework, or just hang out before their classes. We ask that younger siblings use the play area in the front lobby only please. No running inside the building.

### **Valuables**

We are not responsible for lost or stolen items.

### **Dance Theater**

The Ballet School produces elaborate dance theater productions complete with lighting, scenery, costumes, and props. This requires commitment from BSVT families and students to consistently attend rehearsals weeks in advance of the performance; during regular class time, any extra rehearsals called, and off-campus theater tech rehearsals. Missed rehearsals may result in exclusion

### **Ballet 3**

For students beginning the intermediate level. This includes body placement, stretch and strengthening, ballet vocabulary, and becoming aware of why ballet gives dancers a strong foundation in all dance technique. To be placed in B3 and above levels, students must understand and execute proper alignment and pelvis placement.

**Year 1 Program Student:** *Two classes a week minimum.*

**Year 1 Recreational Dancer:** *One class per week.*

**Year 2 & 3 Program Student:** *Three classes a week minimum.*

**Year 2 & 3 Recreational Dancer:** *1-2 classes per week.*

### **Pointe Prep**

By auditioned invitation, this class focuses on the importance of pulled up muscles, engaged core, strong feet and ankles. Some students will receive their pointe shoes for this class, while others are still preparing for them. To receive pointe shoes, one must be of adequate age, have strong muscles, proper body placement, have a concentrated work ethic, and take three or more ballet classes a week. The student is evaluated before receiving pointe shoes. Some students may be honored with an invitation to participate in the Northern Vermont Ballet Company classes. Taking NVB classes does not automatically include the student in NVB performances; however they may be invited to audition for certain pieces.

**Program Student:** *Three classes a week minimum. A fourth class may be added which would be included in program rate.*

**Recreational Dancer:** *1-2 classes a week.*

### **En Pointe (Level B4/B5)**

By auditioned invitation, this class is for the progressed dancer. Dancers need full knowledge of body placement, technique and ballet vocabulary. Classes focus on individual weak areas, moving with grace, port de bras, drills, balance, strength training, and pointe work.

**Program Student:** *Three classes a week minimum to receive Discount Program Rate and 4 classes a week minimum for eligibility to audition for NVB roles/pieces. An extra class can be added which would be included in program rate.*

**Recreational Dancer:** *1-2 classes a week.*





## NORTHERN VERMONT BALLET COMPANY

### Northern Vermont Ballet Company

Northern Vermont Ballet Company (NVB), established in 2010, is dedicated to bringing classical dance training and artistic performing opportunities to student dancers. The student company will strive for technical advancement to enhance the company's performances.

#### Our Mission:

- To provide and sustain high-quality classical ballet training to upper level students in a rural setting where availability and affordability are often barriers.
- To promote the classic performing art of ballet by providing original and classic choreography, performance opportunities and the resources necessary to support a repertory and a student company of upper level ballet dancers in Northern Vermont.
- To stage Dance and Ballet Theater Productions complete with lighting, scenery, costumes, and props; creating performing arts opportunities for ballet students which are uncommon in rural areas.

NVB Company Classes will be used for auditions, instruction and rehearsing choreography for principal and ensemble roles in The Ballet School's June Production, as well as other performance venues throughout the season. Choreography and coaching fees are included in the program rate tuition. Additional fees for performance attire apply.

En Pointe students must be enrolled in Mon, Tues, Th, Sat EP/NVB Co. Classes for eligibility to audition for NVB roles/pieces. Pointe Prep and B3 level students may be invited to participate in Co. classes and performances. NVB dancers must sign a commitment contract for each role/piece. Missed or unexcused class/rehearsals will result in dismissal from role/piece.

### Recreational Dancers

Dancers not able to participate in the minimum number of classes in levels B2 and up may register for individual classes. Tuitions will be single per class rate (PCR), not the discounted program rate (DPR). Families understand that not taking the minimum number of classes may impede upon the growth of the student's technique at the rate the rest of the class level is progressing; which in turn may affect their placement level. From the very beginning levels in ballet training the female dancer is being trained to dance in pointe shoes. The recreational dance student is training for enrichment or other related body conditioning purposes, not necessarily for their pointe shoes.

### Private Lessons

Private ballet lessons or coaching can be scheduled through the director. Please email [Jenny@TheBalletSchoolOnline.com](mailto:Jenny@TheBalletSchoolOnline.com) for pricing information.

### Private Photo Shoot / Evaluation

Student's technique will be evaluated using stop action shots with an SLR camera and/or video camera. This is an excellent way for the dancer and teacher to evaluate the student's technique. Students will be prompted to display their technically best dance shots. Photos will be chosen based on technique and image quality by the director. Families will receive those photos by disc. All photos in the brochure and some in this handbook are examples of shots from private photo shoots. A private photo shoot can be scheduled with the director. Please email [Jenny@TheBalletSchoolOnline.com](mailto:Jenny@TheBalletSchoolOnline.com) for pricing information.

## INFORMATION & POLICIES

### Class Placement

In the first six weeks students are evaluated to make sure they are in the level that is best for them. The normal progression is two to three years, per level. Suggested placement is based on student's level from previous spring quarter. Due to children maturing or continuing their dance education during summer, placement will be reassessed during first quarter of each new season. This placement will depend on age, ability, number of classes taken per week, and class size. Students moving into the Ballet 3 and above levels must have a clear understanding and execution of proper alignment, core strength, and pelvis placement. For the safety of the child's body, students will not be able to dance in pointe shoes without proper placement. Returning students receive a suggested class placement in their new season mailing. This is the recommended level for registration. Evaluations are normally completed by mid-October.

### Schedule Changes

Studio Schedule is subject to change based on size and availability. BSVT will try to accommodate the student if there is a change in the schedule, or a refund of the tuition will be given.

### Class Cancellations

Due to inclement weather, The Ballet School will close when St. Albans city or town schools close. In the case of a storm later in the day, please check your email prior to coming to class for any cancellations. Cancelled classes can be made up during the quarter.

### Attendance

By the time a dancer reaches the Ballet One level it is imperative for him/her to make a clear choice as to what school the dancer will be attending. BSVT will be teaching from American Ballet Theatre's National Training