

Studio Policy Handbook

Welcome To Our Dance Family



2026-
2027

Nora Parker
(252) 521-3399
lacademiededanse@gmail.com

L'Academie De Danse
2594 Railroad Street
Winterville, NC 25890
(252) 412-2022
hello@lacademiededanse.com

Welcome to *L'Academie De Danse*

Welcome to L'Académie De Danse

Founded in 1982, L'Académie De Danse has been committed to providing high-quality dance education to students of all ages. Our mission is to train each dancer to their fullest potential while fostering a lifelong love and appreciation for the art of dance.

Artistic Leadership

Nora Parker, Artistic Director, brings a wealth of experience and passion to the studio. She holds a Bachelor of Fine Arts in Dance from East Carolina University, with additional training from North Carolina School of the Arts and Western Kentucky University. Nora graduated with top honors from the Dance Educators of America Training School in 1978 and is a proud Lifetime Member of Dance Educators of America. She began teaching dance in 1975 and has dedicated her life to sharing the joy of movement with generations of dancers.

Nora's complete resume can be found here:



Certified Programs

L'Académie De Danse proudly holds certifications in:

- Acrobatic Arts
- Progressing Ballet Technique (PBT)

These programs enhance our training by providing safe, structured, and effective methods to support each dancer's technical growth and artistic expression.



Ms. Nora Parker

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Meet Our Dance Teachers



Ms. Erica Janak

Erica began her dance journey at the age of three at The Dance Academy in Newtown, PA, where she trained for fifteen years in ballet, tap, jazz, lyrical, hip hop, and modern. She joined the studio's competitive team at age seven and remained an active competitor through high school, performing jazz and tap solos, a tap duo, and numerous small and large group routines. Erica also discovered a passion for teaching early on — she became a student teacher at age twelve and worked with the younger dancers until her graduation.

After high school, Erica attended Mount St. Mary's University, where she earned her degree in Business Administration and stayed connected to dance by choreographing for the university's musical productions. She went on to complete her MBA at Norwich University in 2014 and currently works as a Senior Manager of Business Management at Thermo Fisher Scientific.

Erica returned to the studio in 2022 as a member of Ms. Nora's adult tap class and quickly rekindled her love of performing and teaching. She now teaches a variety of classes ranging from the 3–4 year old tap/ballet combo class to beginner adult tap. Erica brings a lifelong love of dance, technical experience, and a joyful, supportive teaching style to every class she leads.



Ms. Kristen Carraway

Kristen Carraway's passion for dance ignited at the tender age of 10, and by 12, she enrolled at L'Academie De Danse, where she honed her skills in ballet and jazz under the expert tutelage of Ms. Nora. During her high school years, Kristen's passion for dance led her to assist Ms. Nora in teaching ballet, tap, and tumbling to young students. She continued to pursue her love for dance as a member of the dance team while studying Biology at Campbell University.

Kristen stepped back into the world of dance when she enrolled as an adult dancer at L'Academie De Danse in the summer of 2023, and she's been enthusiastically attending ballet, tap, and jazz classes ever since. This year, Kristen is excited to share her passion for dance with young dancers, inspiring them to work hard and pursue their dreams.

Class Program Overview

At L'Académie De Danse, we provide quality, structured dance training for students of all ages and experience levels. Our goal is to foster strong technique, musicality, discipline, and a true appreciation for the art of dance—whether a student is dancing for personal growth, enrichment, or simply the joy of movement. Every dancer is encouraged to value the learning process and the artistry of dance, regardless of where their dance journey leads them.



Pre-Dance (Ages 3.5 – 9)

A 45 min or 60 minute combination class including ballet, tap, and introduction to acrobatic arts.

Focus:

- Developing attention span and classroom behavior
- Building body awareness and alignment
- Encouraging musicality and rhythmic skills
- This is a fun, well-rounded introduction to dance for our youngest students.

Important Note: All dancers must be fully potty trained and able to **independently** manage their own clothing, including leotards and tights. Dancers should be confident using the restroom **without** assistance during class time.

Pre-Jazz (Ages 7 – 9)

A first introduction to jazz technique, geared toward students in or progressing from Pre-Dance.

Helps develop rhythm, energy, and basic jazz foundations.

Musical Theatre (Ages 7 & Up)

Combines singing and dancing simultaneously to prepare students for performance opportunities. Students may be required to rent a head microphone for performances (approx. \$125).

Acrobatic Arts

For students interested in acrobatics within a dance framework.

- Individualized instruction with proper safety progressions
- Dance classes are encouraged for students wishing to perform acrobatic routines
- L'Académie De Danse is an Acrobatic Arts Certified Studio (www.acrobaticarts.com)

Performance Notes:

- Recital participation for Acrobatic Arts is by invitation only
- All Acro students perform in our Acro Showcase each May
- A showcase fee (TBD) applies for the Acro Showcase

Progressing Ballet Technique (PBT)

A specialized conditioning class using PBT methods to improve strength, flexibility, and core stability, supporting classical ballet training.

PBT will be offered once a week in a ballet class (alternating Ballet 2, Intermediate, Advanced, Adult). You can take additional PBT classes for a drop-in rate of \$25 per class

Pre-Pointe

A conditioning and preparation class for dancers who are progressing towards pointe work, with a focus on building the necessary strength and alignment.

Pre-Pointe students must be enrolled in two 90-minute ballet technique classes in addition to pre-pointe

Technique Classes

Technique Classes require a level placement evaluation:

Classes in Ballet, Tap, Jazz, Pointe, Musical Theatre, and Modern are offered at multiple levels:

- Basic: For beginners with little or no technique training.
- Advanced Beginner: For dancers who have mastered basic technique.
- Intermediate: For more serious dancers training 3–4 classes per week, with prior experience.
- Advanced: For dedicated dancers taking 3–5+ classes per week who have progressed beyond intermediate level.
- **Advanced Classes require a minimum of 1 Advanced Ballet Class to be taken in addition to (Jazz/Tap/etc)**

Pointe Dancers: Must take two 90-minute ballet technique classes per week to participate in pointe and be approved by Nora, to support safe and healthy progression. Please see Nora with any questions.

Mommy and Me

30 minute class focusing on music and movement for students ages 2.5–3.5 and their caregiver.

- Offered in 6–12 week sessions.
- (Mommy and Me classes do not perform in the Recital)

Dress Code & Class Attire

Proper dance attire is required for all classes to ensure safety, promote discipline, and allow instructors to observe correct technique. Below is a detailed breakdown by class.

Pre Dance (Ages 3.5-9)

Leotard: Black, Navy, Hunter Green, Burgandy, Dark Purple, Dark Teal, Light Pink, Powder Blue (NO skirts or embellishments)
Hair: Slick Backed Bun (use water/gel if needed)
Tights: Ballet Pink Tights
Ballet Shoes: Bloch Odette - Pink Leather Ballet Shoes
Tap Shoes: Bloch Tap-On Tan Tap Shoes

**** To be purchased at Balance in Greenville**
**** Do NOT write name in shoes until size is approved by teacher**

Technique Classes

**** Shoes should be purchased at Balance in Greenville**
**** Any Shoes not fitted by Nora - MUST BE APPROVED before worn in class**

Ballet (Ballet 1, 2, Intermediate, & Adv)

Leotard: Black, Navy, Hunter Green, Burgandy, Dark Purple, Dark Teal
Hair: Slick Backed Bun for all Ballet & Pointe
Tights: Ballet Pink Tights
Ballet Shoes: Pink Split Sole Ballet Shoes
 Bloch Odette in Pink or Capezio Hamani
****Short Dance Shorts are optional**
**** May require performance shoes**

Tap (Tap 1, 2, Intermediate, & Adv)

Leotard: Black, Navy, Hunter Green, Burgandy, Dark Purple, Dark Teal
Hair: Pulled back away from face in ponytail or braid (bun if ballet same day)
Tights: Ballet Pink or Tan Tights (wear pink if have ballet on same day)
Tap Shoes: ****See Nora before purchasing to confirm style for class**
Beginner/Intermediate: Bloch Tan Tap-On
Advanced: Black Tap Lace Up (Capezio Downtown Tap or Bloch Audeo Tap)
****Short Dance Shorts are optional**

Jazz & Musical Theatre

Leotard: Black, Navy, Hunter Green, Burgandy, Dark Purple, Dark Teal
Hair: Pulled back away from face in ponytail or braid
Tights: Ballet Pink or Tan Tights (wear pink if have ballet on same day)
Jazz Shoes: **Suede Sole Slip on Jazz Shoes**
****See Nora for color**
****Short Dance Shorts are optional**
****Thick Yoga Mat Required for Stretching labeled with Name**

Acrobatics

Leotard: Leotard with shorts or Unitard
Hair: Pulled back away from face in ponytail or braid
Tights: Convertible Tights

Progressing Ballet Technique (PBT)

Leotard: Leotard with shorts or leggings
Hair: low ponytail or braid, No Bun
Tights: Convertible Tights
Shoes: ballet or bare feet
Thick Yoga Mat & Yoga Ball (blown up) Required (must be able to sit with legs at 90 degree angle)

Male Dancers

Attire: Black Pants or Shorts, solid color or LADD tee
Hair: Long Hair pulled back
Ballet Shoes: black
Tap Shoes: black lace up tap Bloch Respect style preferred
Jazz Shoes: suede soles preferred

Adult Classes

Attire: Comfortable Athletic Wear (tights/leo optional)
Hair: Bun for Ballet, pulled back away from face for Tap/Jazz
Ballet Shoes: canvas or leather ballet shoes
Tap Shoes: black lace up tap Bloch Tap Flex, Capezio Downtown Tap, or Bloch Audeo Tap preferred
Jazz Shoes: suede soles preferred

Studio-Wide Dress Code Reminders:

- Hair **must** be secured off the face for all classes
- Students without appropriate hair will be asked to sit out
- No bobby pins or scrunchies – use ponytail bands (snap clips permitted if needed)
- No beads or hard hair bands, barrettes, or headbands in hair during class. (can cause injury)
- For students who wear glasses - see instructor for guidance as glasses can affect ability to progress and be a safety issue.
- **Yoga Mat Requirement:** Musical Theatre, Jazz, and all Technique students must bring their own thick yoga mat (clearly labeled with name); **studio mats will not be provided**
- **Water bottles:** Only spill-proof, closable bottles with water or clear drinks are allowed; label bottles with student's name (no takeout cups with straws)

Attendance Policy

Regular attendance is essential for student progress and for building a cohesive, supportive class environment. Excessive absences impact both the individual dancer and their class as a whole.

General Expectations:

- Dancers are expected to attend class regularly and arrive on time.
- If a dancer will be absent, please notify the studio by call, text, or email before class
- office phone: (252) 412-2022
- office email: hello@lacademiededanse.com
- Late arrivals or leaving early are disruptive and discourage team spirit
- Students must arrive dressed appropriately with their hair properly secured, or they will be marked tardy

Tardy and Early Departure Policy:

2 Tardies = 1 Absence

2 Early Departures = 1 Absence

Students arriving after class starts or not fully ready (hair not up, not dressed) will be considered tardy



Spring Show Attendance Requirement:

To be eligible to perform in the Spring Show:

- Dancers may not exceed 9 absences per class for the entire season
- September - December - maximum 4 absences
- January - May - maximum 5 absences

Attendance will be reviewed leading up to the performance, and students exceeding the limit may be ineligible to perform

Holiday & Studio Closures:

Classes will not be held on the following dates:

- Labor Day: No classes on September 7th
- Fall Break: October 19 - October 24
- Halloween: No classes after 6pm on 10/31
- Thanksgiving Break: November 24-28
- Christmas Break: December 7 - January 3
- February Parent Conferences: Feb 15-20
- Easter Break: March 26 - April 1

Weather & Make-Up Classes:

No make-up classes are provided for holidays or weather-related closures

- In case of inclement weather, updates will be sent via email
- Optional make-up classes may be scheduled—please contact Nora to arrange
- If a class is canceled due to instructor illness or emergency, a substitute will be provided when possible



L'Academie De Danse Communication



Email

We communicate with parents primarily through email; PLEASE make sure you check your email for updates weekly.

You will receive emails from:

- laacademiededanse@gmail.com
- no-reply@app.classmanager.com
- hello@laacademiededanse.com

Please verify all emails marked as safe or added to your contacts so they do not go to spam.



Phone

To reach the office staff or your teachers, please call or text: **(252) 412-2022**

Call or text Ms. Nora at 252-521-3399

- If you text her, please follow up with a phone call or email



Social Media

- Facebook: <https://www.facebook.com/LAcademieDeDanseNoraParker/>
- Instagram: <https://www.instagram.com/laacademiededanse/>
- Some announcements and reminders will be posted on social media occasionally



Portal

Class Manager has updated their portal requiring a new account to be created this year.

From the ClassManager Portal you can access your:

- Account Balance
- Class Schedule
- Announcements
- Pay Your Balance

Portal can be accessed: <https://app.classmanager.com/portal/l-academie-de-danse/login>

A portal app is available as well: Search Class Manager in your app store (NOT Class Manager Classic)

- Parents should check the portal for their account balance BEFORE asking
- New system does not send invoices - balance is charged monthly
- The system will automatically add a late fee after the 10th of each month
- Credit card will be charged **automatically** on the 10th of each month.
- You must pay before the 5th via cash, check, or zelle to not be charged to your card.
- You can save your payment method with "Link" in Class Manager
- Shop items must be paid online



Office Hours

Monday: 6:15-7:15 (Soni)
Tuesday: 6:00-8:30 (Kelly)
Wednesday: 5:15-7:15 (Kristen)
Thursday: 5:00-6:00 (Soni), 6:00-7:00 (Erica)
Thursday: 7:00-9:00 (Kelly)
Friday: 4:15-5:15 (Erica)

Tuition Payment Policy



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General Tuition Info

- Tuition is calculated based on 10 equal monthly payments, beginning in August and ending in May.
- Tuition is not prorated for holidays, absences, vacations, or months with fewer classes. Months with five weeks of classes come at no extra charge.
- Returning students are responsible for all 10 payments, regardless of start date.
- New students enrolling mid-year will pay for the month they begin and half of the monthly fee for August tuition.

Payment Schedule

- | | |
|---------------------------------|---|
| • 1 st Payment | Due: at Registration (by August 17th) |
| • 2 nd Payment | Due: by September 5th |
| • 3rd-10 th Payments | Due: on the 1st of each month (October - May)
Past due after the 10 th of the month |

Late Fee: \$10 per month for late payments.

Late fees are cumulative and will continue to accrue monthly.

Policy: Classes will be discontinued if tuition falls more than **one month behind**.

After the second late payment, payment will be required to be via card on file with automatic withdrawal - cash/check/Zelle will not be accepted.

How to Pay

- You may pay the entire amount of tuition or make 10 monthly payments. Rates below are based on 10 monthly payments.
- If you wish to pay via Cash, Check, or Zelle - payment must be received by the 5th of the month to avoid being charged to your credit/debit card on file.
- **Cash** - in an envelope with your dancer's name on it and what you are paying for
- **Check** - include dancers name and breakdown of payment on memo line or on envelope
****Cash or Check payments require a payment slip to be included (found in pink armoire)**
- **Zelle** - send Zelle through your bank to Nora Parker (252)521-3399 or using QR code - include dancers name and payment breakdown in memo
- **Credit or Debit Card** - via online portal, add your card to online profile

RETURNED CHECK FEE:

- Returned check fee is \$40 and re-payment will be due immediately
- The studio will not hold post-dated checks

CREDIT CARD ON FILE

- You are **required** to have a credit card on file in Class Manager
- Charges will automatically be taken out for tuition on the 10th of the Month
- Failed card payments will automatically be **recharged in 48 hours** unless payment is brought into the studio.

Tuition Breakdown

- Tuition is based on the longest length class that the student takes
- Longest Class = 1.5 hours, tuition is \$85/mo
- Longest Class = 45 min-1 hour, tuition is \$75/mo
- Mommy and Me = \$75 for 6 week session
- The second class receive a discount of \$30 off the class price
- The third and following classes receive a discount of \$40 off the class price

SIBLING/PARENT DISCOUNT

- First sibling is at regular price, additional sibling tuition is discounted by 10%, see Office Staff



Fees Policy

Performance, Recital, & Other Fees

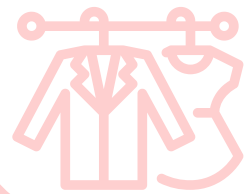


Registration Fee

- \$50 per Family
- Early Registration: \$40 (By August 10th)
- Late Registration: \$50 plus ½ tuition rate (after September 10th)
- Due at time of Registration

Costume Fees

- \$40 per routine due by October 10th
- Balance due November 10th
- Late fee of \$20 per costume after November 10th
- After December 10th, Costumes will not be ordered unless still in stock by vendor
- If a student drops out of a class after costumes are ordered, the costumes become property of the studio



Recital Fee

- Estimated \$130
- Due May 10th
- You may choose to pay in full at registration or in 10 monthly payments.
- Overpayments & Underpayments will be calculated in the Spring once we have recital costs
- In order to keep the extra rehearsal date on the Friday before recital and keep fees low, we need sponsorships so we do not have to raise the fees. Please help us reach our goal of approximately \$6000 in sponsorships. See studio for sponsor form.



Mic Fee

- Musical Theatre Students will pay a Head Mic rental fee
- Fee is \$125 and due on May 10th
- Fee will be adjusted or credited once final quote from rental company has been received



Acrobatic Showcase Fee

- Acrobatic Arts students will participate in a showcase in the Spring
- Fee is TBD (budget \$30-\$50) and due on April 10th

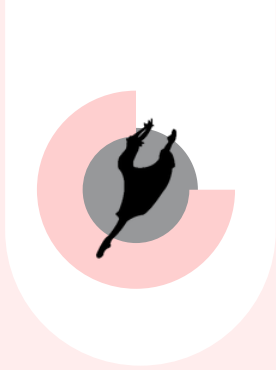
Private Lesson Fee

- Private Lessons are \$75 per hour for students enrolled in L'Academie De Danse for the 2026-2027 season (August 17-June 6)
- Non-enrolled students pay \$85 per hour for private lessons



Drop Procedure

- Parents are required to give written notice via the Drop Form when dropping a class
- Tuition must be paid for **one month** following withdrawal
- Card on file will continue to be charged until form is received and processed.
- Costumes are the studio's property until after the recital, at which time you can have the option to pick up two weeks after the recital.



General Studio Expectations

Studio Attendance & Conduct:

- Classes begin Monday, August 17, 2026. Tuition starts in August for all returning students, and also covers the final month of June.
- Punctuality is expected. If you cannot attend class, please notify us by call, text, or email in advance.
- Respectful behavior is required at all times—toward instructors, classmates, and staff.

Food, Drink & Cleanliness:

- No gum, candy, or food is allowed in the studios.
- Water only is permitted in dance rooms, in a spill-proof bottle with a screw-on lid (no fast food cups or straws).
- Dispose of all trash properly. Empty bottles and large trash items should be thrown away outside the studio.
- Outdoor eating only (weather permitting). Please clean up after yourself.

Personal Care & Hygiene:

- No lotions, oils, or powders before class—these make floors slippery and dangerous.
- Jewelry is not permitted during class (small stud earrings are acceptable).
- No beads or hard hair bands, barrettes, or headbands in hair during class. (can cause injury)
- Maintain personal cleanliness. Dancers must arrive in proper attire, clean shoes, and hair secured as required for their class.

Safety & Facility Use:

- No smoking or vaping inside or around the building.
- Personal belongings are your responsibility. L'Académie De Danse is not responsible for lost, stolen, or damaged items.
- Non-enrolled family and friends may not be on the dance floor.
- Non-enrolled students taking a trial class or attending bring a friend week must have a parent fill out a liability waiver.
- The studio is not responsible for illness or injury, though we take every precaution to ensure a healthy environment.
- Video and audio recording are used throughout L'Academie De Danse for the safety and security of our students, families, and staff.

Lost & Found:

- Label all items that you bring with you & check the lost and found cubby regularly.
- All unclaimed items will be donated twice a month on the 1st and 3rd Thursday.
- Yoga mats left at the studio will be donated, or become studio property.

Important Reminders:

- **Class Withdrawals:** If you choose to drop a class or leave the studio, drop form is required. Tuition charges will continue to be charged to card on file until formal notice is received.
- **Update Your Information:** Please notify the office of any changes to your address, phone number, or email.
- **Medical Notes:** Inform instructors of any relevant medical conditions (e.g., asthma, allergies, ADHD, etc.).
- **Stay Informed:** Always read posted notices in and around the studio and check your email

Studio Expectations



At L'Académie De Danse, our goal is to share the joy of dance while instilling discipline, respect, and teamwork in all dancers.

Students are expected to:

- Show respect to teachers, classmates, and themselves at all times.
- Be on time, prepared, and ready to work hard.
- Students must bring a charged recording device to class (for applicable classes) to record combos or corrections.
- Practice outside of class using class recordings.
- Teachers will review recorded work; dancers who do not practice may be asked to move to a lower-level class.
- Work as a team—success comes from group effort, not just individual progress.
- Embrace feedback as a tool for improvement.

Parents are expected to:

- Support their dancers' progress by promoting good attendance, punctuality, and respectful behavior.
- Refrain from disruptive behavior during Parents' Week—this is your opportunity to observe quietly.
- Step outside for phone calls during class.
- Keep talking and distractions to a minimum, as it is a distraction to class.
- We expect parents to help reinforce proper behavior and studio expectations. This includes helping students arrive on time, dressed properly, and with a positive attitude.
- Students who do not attend class regularly miss valuable instruction and impact their classmates. Frequent absences are not acceptable.
- If you have a concern, we are happy to discuss it privately at an appropriate time. We are not able to address concerns while teaching or during class transitions.

Classroom Etiquette

- No sitting, leaning on barres, or using cell phones during class—phones stay in bags unless recording is permitted.
- Phones out at inappropriate times will be collected until the end of class.
- Students must arrive dressed and ready with hair up—lateness and unpreparedness may result in being asked to sit out.
- Adult students: have fun, work hard, and enjoy your class experience!

Recital Information



Dates to Remember

5/10 - Final Payments due

5/17-5/22 - Recital Parents Week

5/23 - Picture Day

TBA - Tech & Staging Rehearsal (TO BE CONFIRMED)

TBA - Dress Rehearsal (TO BE CONFIRMED)

TBA - Dance Recital (TO BE CONFIRMED)



Things to Remember

- ALL Dancers are expected to have a dedicated Female supervisor, guardian, or babysitter in the dressing room/backstage at the recital.
- NO Dads/Men backstage or in dressing rooms
- Dancers must have natural colored hair for recital, so plan accordingly with your hair stylist in the Spring

Backstage Responsibilities



- Every dancer must have a female adult present backstage or in the dressing room. This is non-negotiable for the safety and smooth operation of the recital.
- Little ones need help with costumes and guidance; older dancers need organized supervision and support.
- Once your dancer is able to get ready independently, you are required to assist with backstage responsibilities, such as props, lining up, running, or crowd control.
- Adults backstage are expected to keep order, use appropriate language, be encouraging and kind, helpful, and set a good example
- If you choose not to work backstage, you must provide a female adult to fulfill those duties in your place.
- Also, please note: If you are handing out programs, you will be assigned a backstage task as well once that is complete.
- Sitting in the audience during the recital is a special privilege reserved for our Senior moms and everyone must contribute backstage to make the show run smoothly.

2026-2027 Calendar



AUGUST

8/10 – Tuition Payment #1 Due
8/17 – First Day of Class
8/31-9/4 - Bring a Friend Week

SEPTEMBER

8/31-9/4 - Bring a Friend Week
9/7 – Labor Day – No Classes
9/10– Tuition Payment #2 Due

OCTOBER

10/1 – Tuition Payment #3 Due
10/10 - Costume Deposits Due
10/19-10/24 – Fall Break – No Classes
10/25 – Winterville Fright Fest
10/26-10/30 - Bring a Friend Week
10/31 – No Classes After 6 PM

NOVEMBER

11/1 – Tuition Payment #4 Due
11/2-7 – Parents Week
11/10 - Costume Balance Due
11/23 – Studio Movie Night (Attendance Taken)
11/24-28 – Thanksgiving Break – No Classes

DECEMBER

12/7-1/3 – Christmas Break – No Classes
12/1 – Tuition Payment #5 Due
12/10 – Christmas Party
12/12 - Lighting of the Christmas Tree

JANUARY

1/1-1/3 – No Classes
1/1 – Tuition Payment #6 Due
1/4 – Classes Resume

FEBRUARY

2/1 – Tuition Payment #7 Due
2/6 - Carolina Ballet Trip - “Giselle”
2/15-20 – Parent Conferences – No Classes
2/22-27 - Move UP Week (visit next level)

MARCH

3/1 – Tuition Payment #8 Due
3/19-3/25 - Bring a Friend Week
3/22-3/25 - Regular Classes (PCS Out)
3/26-4/1 - LADD Easter Break - No Classes

APRIL

4/1 – Tuition Payment #9 Due
4/10 - Acro Showcase Fee Due

MAY

5/1 – Tuition Payment #10 Due,
5/10 - Recital Fee Due
5/10 - Mic Fee for Musical Theatre Due
5/17-5/22 – Parents Week
5/21 - Acro Showcase
5/23 - Picture Day
5/31 – Memorial Day - classes will be held

JUNE

TBA – Last Day of Regular Classes in Studio
TBA – Rehearsal
TBA – Dress Rehearsal
TBA – Recital



What Class Expects of You

From: *"The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet"*

In today's world of instant informality and less than perfect manners, ballet class provides an oasis of true courtesy and dignity, a remnant of the royal decorum of the Baroque age. Studio etiquette may seem mysterious at first, but its importance soon becomes apparent. You are creating an environment conducive to learning, and you are physically demonstrating the esteem in which you hold your art, your teacher, and your fellow students.

Considerate, respectful behavior is expected. Courtesy is especially important for performing artists; putting a show on stage requires cooperation among directors, managers, performers, technical crew, and front-of-house staff. A performance is a complicated machine with a lot of moving parts, and politeness is the essential lubricant.

Be on Time

Arriving late disturbs other students. Your teacher has carefully planned the class so that it builds on the exercises done at the beginning. Locate a spot at the barre before walking into the room, and take your place quickly and quietly. Do a few plies on your own to warm up.



Be Neat

Keep your hair off your face and neck. Hair that moves is a distraction. It should be tight against your head so that you can spot freely. If it's long, fasten it securely in a bun or French twist. Ponytails and long braids are hazardous; they could smack you or someone else.

A general rule: Don't wear jewelry in the studio. It could fly off or stick someone, especially in a partnering class. Small stud earrings are allowed, but never dangling earrings, bracelets, or large necklaces.

Be Clean

Respecting others means wearing clean clothes and sweet smelling shoes, and attending to your personal hygiene. Air out your shoes between classes. Shower before class and use antiperspirant or deodorant; keep some tucked in your bag as well. Avoid strong perfumes or cologne.

Dress the Part

Follow the dress code. The intention is not to quash individuality but to enable the teacher to see clearly. Don't hide under layers of clothing. Wear clothes that show you are ready to take class. This not only sends a message to the teacher about your seriousness, it also sends a message to yourself. You will dance better if you are properly dressed for class.



Pay Attention

You're there to work, so watch and listen, especially when the combination is given. Some teachers may not show it twice.

Mind Your Manners

Dancers are ladies and gentlemen. They are polite. They don't lean against the wall or at the barre, and they don't sit down unless directed to do so. They wouldn't dream of chewing gum in class.

Rudeness to teachers or the accompanist is unthinkable in ballet; you could be dismissed from class or even expelled from the school.

Yawning, talking, whispering, or having private giggles with your friends counts as rudeness.



What Class Expects of You

(continued)

Stash Your Stuff

Your school may well be so honest that you can blithely leave your dance bag unattended in the dressing room. Sadly, that's not the case everywhere. Especially in big cities, your dance bag goes with you into the studio. Look for the pile of dance bags and place yours with it, making sure it is safely out of the path of dancers. In crowded, unfamiliar studios put it where you can keep an eye on it. (Bags should be zipped up).



Do the combination as given, and do it in its entirety

If everyone is doing one thing and you've decided to "improve" it, it's not only a distraction, it's downright disrespectful to your teacher. There are exceptions: a teacher might ask more advanced students to do a combination on demi-pointe or to add beats. If there are steps you must modify because of a physical condition, speak to the teacher beforehand so it isn't a surprise to her.

Always finish every combination.

Even if you flub it completely, the discipline of ballet requires that you finish it, and finish it with as much poise as you can. Sighing, making faces, or otherwise showing your frustration or other emotions is inappropriate.



Know Where to Stand

The teacher may suggest a spot for you. Otherwise, find an empty place. You need to be able to extend your leg in grand battement as far as it can go, both front and back, without whacking the person next to you. If there isn't enough room, angle out when doing extensions.

If there are portable barres in class, **help set them up and remove them.**

When class moves on to center floor, the teacher may find a place for you in line. In some schools, the lines rotate when the combination repeats so that everyone gets a chance to check placement in the mirror. If the lines don't rotate, then the honor of standing in front usually goes to the best students; it means the teacher trusts you to be an example to others. Work hard for that honor.

When everyone lines up to dance across the floor, take your place in line and be ready to go. Know the right number of phrases or counts between groups so that you can start on cue.

Drink Politely

Do drink before class starts and carry a water bottle - but the norms of the gym don't apply to ballet class. If the teacher allows it, you may drink from your water bottle between barre and center, but not between barre exercises and never while a teacher is giving a combination.

Ask Permission to Leave

Even if you are suddenly taken ill, you should ask permission to leave the studio. Wandering in and out of the room is not allowed. If you absolutely must leave early, get the teacher's okay before class starts. Don't leave in the middle of a combination. Acknowledge the teacher by catching her eye and communicating your thanks with a silent wave, then leave unobtrusively."



Important Links

Studio Checkpoint



scan and complete after orientation

(252) 412-2022

hello@lacademiededanse.com



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