

# The Classical Ballet Conservatory at Lisa's Dance Connection

## Policies and Information

We are proud of our reputation for preserving a strong classical tradition. Please review the following information and policies carefully and completely with your child to be sure that this is the right ballet program for you. To offer all of our students and their families an organized and positive experience, we will strictly enforce our policies.

### **Program Description**

The *Classical Ballet Conservatory at Lisa's Dance Connection* is a rigorous, syllabus-based program designed for dancers age five (5) to adult interested in pursuing a more serious study of classical ballet and participate in multiple performance opportunities. Interested dancers should contact the director to arrange a placement class before registering. The Conservatory program is a performance-level program running from September through May, and dancers are expected to **consistently** attend a minimum number of classes each week for the entire season.

*\* Any LDC dancer may participate in Conservatory classes if space is available.*

Conservatory classes progress through a graded syllabus from Preparatory to Advanced levels. Instruction includes pointe, repertoire, historical dance, character, variations, and partnering. Students will be placed in and progress through the levels of the program based on individual improvement and mastery of skills rather than age. Dancers should anticipate staying in each level at least 2 years or more.

### **Performances**

Performance opportunities are a vital part of the program.

- Conservatory students are invited to participate in all performances.
- **Only Conservatory dancers may participate in Nutcracker.**
- Returning Conservatory dancers must have completed any previous Conservatory seasons fully and in good standing to register for Nutcracker. If a dancer was previously in Conservatory but left the program mid-season, they will need director approval to participate in Nutcracker.
- All dancers taking a Conservatory class, even if not in the Conservatory program, may participate in spring ballet.
- Only Conservatory dancers are eligible to participate in auditions for major roles in any production.

### **Attendance**

- The Conservatory season is September through May and Conservatory dancers are required to attend all required classes consistently for that period.
- The Conservatory program is a commitment for dancers who are interested in a serious study of ballet. Dancers who plan to participate in other activities—sports, cheer, band, etc.—that also require significant time commitment should make sure they have time in their schedules for all activities, school work, and personal time BEFORE committing to the Conservatory program.
- Dancers who have excessive or unexcused absences may be moved to a lower level or dismissed from the program and/or performances.
- Any LDC dancer may attend a Conservatory class without joining the program as long as space allows.
- Dancers in the program are required to attend the minimum number of classes listed below for their level weekly. Please see the class schedule at [www.lisasdance.com](http://www.lisasdance.com) for details on days and times.

### **Pre-Syllabus levels:**

Preparatory	1 class weekly
Elementary	1 class weekly required; 2 classes recommended

### **Syllabus levels:**

CBC 1	2 classes weekly
CBC 2	2 classes weekly
CBC 3	3 classes weekly
CBC Advanced	3 classes weekly

### **Technique Classes**

Dancers will be placed in and promoted based on instructor's evaluation of a dancer's individual mastery and readiness for the skills taught in each level. ***Dancers are not automatically moved up to a higher level each year and should anticipate spending at least two (2) or more years in each level.***

#### **Preparatory, ages 5-7 (must be 5 by Sep. 1 of the current year to enroll)**

Introduction to classical ballet and a bridge between primary recreational ballet and the Conservatory Program. Introduces basic ballet terms and skills appropriate to this age with a focus on posture, coordination, and musicality.

#### **Elementary, ages 8-10 (must be 8 by Sep. 1 of the current year)**

Continued introduction to classical ballet skills, terms and technique. Offers a slow introduction to Year 1 syllabus skills appropriate to this age with a focus on posture, coordination, and musicality.

#### **CBC 1, age 10+ (by approval only)**

Year 1 and an introduction to Year 2 of the Russian classical syllabus with a focus on strength, posture, and stability required for more advanced work. Designed for the older beginner or the 10 year old who has several years classical ballet training.

#### **CBC 2 (by approval only)**

Year 2 of the Russian classical syllabus and an introduction to Year 3 of the syllabus with an increased emphasis on stability, strength and musicality. Some dancers will begin pointe work at this level.

#### **CBC 3 (by approval only)**

Year 3 and an introduction to Year 4 of the Russian classical syllabus with continued emphasis on stability, strength, and musicality. This class is required once dancers begin pointe work.

#### **CBC Advanced (by approval only)**

Years 4-6 of the syllabus with a continued emphasis on stability, strength, and artistry. Includes instruction in partnering and classical repertoire/variations from the classic ballets.

### **Pointe Classes (all by approval only)**

As with technique classes, dancers are placed in and promoted based on instructor's evaluation of a dancer's individual readiness for the skills in each level. Dancers will not automatically move up to a higher level each year unless evaluated and considered ready.

- Pointe 1**                    Must be approved and attend 3 technique classes weekly at dancer's current level.
- Pointe 2**                    Must attend 3 technique classes at dancer's current level and Pointe 1.
- Pointe 3**                    Must attend 3 technique classes at dancer's current level and Pointe 2. *Some dancers may be required to attend Pointe 1 as well.*

In addition to these minimum requirements, Conservatory students are encouraged to attend Conservatory ballet classes at lower levels, any available master classes and workshops, as well as classes and/or workshops in other styles of dance (jazz, modern, conditioning, etc.).

Attendance is taken at each class. Please notify *Lisa's Dance Connection* by phone or email if your student must be absent for any reason. ***Dancers who are consistently late or absent may be moved down to a lower level or dismissed from the program.***

### **Dress Code**

- Cover-ups should be worn to and from the building. DO NOT wear ballet shoes outside.
- Dancers should be dressed, including hair and shoes BEFORE class begins. Dancers who arrive to class unprepared or who are not properly attired may be asked to observe class.
- Dancers coming directly from other LDC classes should change before entering class and come in quietly between exercises.
- Hair is to be pulled back neatly and securely in a bun out of the eyes and off the neck. Students with short hair (too short for a pony tail) should wear a headband or pin hair back with barrettes. See one of our instructors if you are bun challenged. **Loose, messy buns, hair pulled half back, loose braids, and pony tails are not acceptable.** If you can get your hair in a pony tail it MUST be in a bun.
- No jewelry (except stud earrings), watches, or cover-ups. This includes shorts and tank tops. Leg-warmers and sweaters are only allowed in the winter months with the instructor's permission. Class-level skirts may be worn if desired but are not required.
- All female students wear a black leotard, pink ballet tights, and ballet shoes. In addition, each level has the following requirements:

**Preparatory**—Full-soled, pink, leather ballet slippers; optional solid **pink** skirt

**Elementary**—Full-soled pink, leather, ballet slippers; optional solid **lilac** skirt

**CBC 1**—Full-soled, pink leather, ballet slippers, **ribbons attached**; optional solid **lilac** skirt

**CBC 2**—Full-soled, leather, pink ballet slippers, **ribbons attached**; optional solid **white** skirt

**CBC 3**—Pink ballet slippers (leather or canvas, may be split-sole), pointe shoes; optional solid **white** skirt

**CBC Advanced**—Pink ballet slippers (leather or canvas, may be split-sole), pointe shoes if approved; optional solid **black** skirt

**Adult students (age 18+)**—Comfortable clothing and pink ballet slippers. Please remember we can only correct what can be seen.

**Male students**—White t-shirt, black tights or dance pants, dance belt (CBC 1 and up), optional white socks, and white or black ballet slippers (black slippers should be canvas to avoid discoloring the floor).

### **Helpful Hints**

- ❖ Ballet shoes do not have a right or left foot and may be alternated to reduce wear and tear.
- ❖ Beware of shoes that feature elastic drawstrings!! If they are tied too tightly they can dig into heels and tender tendons. It takes about 15 min. for this to occur. What started out as perfectly comfortable will become extremely painful! Tie the shoes and let students dance in them a couple of times to ensure that the shoes are comfortable, then tie drawstrings in a knot, cut the excess strings, and tuck them into the shoes.
- ❖ Bun covers are an excellent way to quickly and neatly secure hair in a bun for class. If you are bun challenged, please see any of our instructors or experienced Mothers of Ballerinas (MOB) for bun making 101. They will be glad to help you!

### **Class Etiquette and Behavior Expectations**

The goal of our dance program is to develop the whole child, including self-discipline and interpersonal/social skills. In our classical ballet classes, we expect dancers to observe the following as a way to learn and practice respect for other dancers, instructors, staff and themselves:

- Be respectful of others in word and action at all times.
- Be on time, fully and properly dressed including hair and shoes, and enter the studio quietly. Use the restroom BEFORE class.
- Upon entering or leaving your instructor's presence, curtsy/bow to show proper respect.
- Remain in the classroom at all times. If you absolutely must leave for some reason, ask permission between exercises. When returning, wait to enter until between exercises.
- Do not talk in class during instruction.
- No gum or candy, food or drinks (except water—**no glass containers**).

Professionalism from each dancer is expected at all times, in all circumstances, including the lobby, classes, rehearsal, and outside of class (*this includes online*). The director, teachers, or guest teachers/choreographers will accept nothing less and have the authority to dismiss any dancer from class, rehearsal, or the program. Dismissal from a class or rehearsal will be counted as an absence.

Dancers *and their parents* will be considerate of one another, extending due courtesy and respect for each other, dancers, and LDC staff at all times, both in and out of the studio. ***This includes***

**behavior on social media.** Any concerns between students and/or parents should be addressed in person--first with the instructor, then the Conservatory director, and finally with Mrs. Lisa.

Because Conservatory students are dedicated individuals and take their study of ballet so seriously, we do not expect to encounter severe behavior issues. However, should the need arise to address disruptive or unprofessional student behavior the following steps will be taken:

- Student/instructor conversation
- Parent/student/instructor conference
- Conference with parent and director and/or Mrs. Lisa

While extremely unlikely, should behavior or incidents continue after the above steps, the student may be dismissed from a class or from the program if behavior does not improve. Instructors reserve the right to address severe disruptions or behavior issues directly with the parents and director/Mrs. Lisa.

### **General Class Information**

- Students must take a placement class (CBC 1 and up) and commit to the required minimum classes per week before being admitted into the Conservatory Program.
- Students progress at an individual rate through the levels of the program based on mastery of syllabus skills and personal improvement rather than age or years of experience.
- Please be aware that the teaching of classical ballet requires hands-on corrections. By using hands-on instruction, our teachers ensure that your dancer is able to find and maintain correct placement of the body.
- Students should arrive a few minutes before their scheduled class and be dressed with hair done PRIOR to class time. Dancers who arrive late or unprepared maybe asked to observe class for their safety. Consistent tardiness may result in dismissal from the program.
- Come into the building to pick up young students. For the safety of all our students, we will not release younger dancers until a parent or responsible party is there to pick them up.
- No food or drinks (except water) are allowed in the studio. Students are reminded to keep their dressing areas and the lobbies clean.
- Parents please make sure that your dancer uses the restroom **BEFORE** they enter the studio.
- Students should enter the studio dressed ACCORDING TO THE DRESS CODE with any extra hair accessories, shoes, tights and leotards in a small dance bag. Dancer's names should be on every item, especially dance shoes, dance bags, water bottles and book bags. Students who are unprepared when class begins will be asked to observe class.
- Dance bags may be left in the lobby or brought into the studio. Neither *Lisa's Dance Connection* nor the *Classical Ballet Conservatory* are responsible for lost, stolen, or damaged items.

## **Staying Informed**

We want and need parents to stay up-to-date as much as possible so provide multiple resources for you to receive studio and Conservatory information. **Please check these regularly to be sure you have all relevant information.**

**Handouts:** Dancers will receive handouts in class for information from both LDC and the Conservatory on policies, recitals, closings, special opportunities, etc. Check your dancer's bag every class to see if they received anything.

**Email:** Please update your email with the front desk to be sure it is correct and/or updated. If you do not receive a welcome email within a week of registration, please check your parent portal to be sure we have your email correct.

## **Facebook pages:**

Information is also posted on the studio and Conservatory Facebook pages/groups to keep you updated.

\*Lisa's Dance Connection (main public page)

\*The Classical Ballet Conservatory at Lisa's Dance Connection (public page)

\*LDC Conservatory (private group)

General studio information will be posted on the main page and general Conservatory information on the main Conservatory page. These are both available to the public. Conservatory class, program, and performance-specific information will be posted in the *LDC Conservatory* group. This group page is only available to families who are involved in the Conservatory and/or a performance and you must request to join. Performance information, such as costumes, rehearsals, etc. will be posted only in this private group. Please "Like" the *Classical Ballet Conservatory at Lisa's Dance Connection* page and join the *LDC Conservatory* group to receive all important information and updates.

## **Band App:**

Information is posted in the Band App for Conservatory dancers. Please download and use this app to keep up-to-date with CBC information. Scan the QR code or follow the link below to access our group. You will receive alerts and can communicate directly and immediately with Mrs. Marci through the app. This is especially important for last-minute updates, absences, and performances.



Band Link: <https://band.us/n/aeaa764bqbde1>

## **Contact Information**

If you have questions during the year, or need to let us know about absences, etc., you may email us at [cbc@lisdance.com](mailto:cbc@lisdance.com).

# IMPORTANT CONSERVATORY DATES 2022-2023

*\*All dates/events subject to change.\**

\*Please note this is NOT a comprehensive list of dates/events for all LDC dancers but are some of the more important dates to be aware of for CONSERVATORY dancers.\*

## ***Fall Semester***

- September 5      Classes begin  
September 10     Nutcracker Contracts Due  
September 30     Nutcracker Rehearsal Schedule begins (final schedule TBA)

***\*\*Not all dancers will begin this date.\*\****

***Dancers MUST attend their first two rehearsals so check YOUR dancer's rehearsal schedule for their specific dates.***

***Final rehearsal schedules will be available after contracts are in and final casting is done.***

- November 19-26   Thanksgiving Break—no classes or rehearsals  
December 7        Nutcracker Dress Rehearsal @ CAC  
December 8-10    Nutcracker Performances @ CAC  
                          12/8 @ 7 pm  
                          12/9 @ 12:30 pm and 7 pm  
                          12/10 @ 2 pm  
December 17-  
January 3         Christmas/Winter Break—no classes

## ***Spring Semester***

- January 4         Winter/Spring semester begins  
January 13        Spring Ballet Contracts Due  
March 10-17      Spring Break—no classes  
May 2             Spring Ballet Dress Rehearsal  
May 3-4          Spring Ballet Performances @ CAC  
                          5/3 @ 7 pm  
                          5/4 @ 2:30 pm and 7 pm  
May 17            Last day of classes

# THE CLASSICAL BALLET CONSERVATORY

at Lisa's Dance Connection

## Dancer Contract

Please read the policies above (also available online at [www.lisasdance.com](http://www.lisasdance.com)) and fill out the bottom of the form. Return THIS PAGE ONLY.

### ALL DANCERS

The dancer and/or parent/legal guardian has read, understood and agrees to all policies listed above (also available online). Failure to follow these policies and/or Lisa's Dance Connection policies may result in disciplinary action, suspension or dismissal from classes or from the Conservatory. Dismissal from the Conservatory will leave the dancer ineligible for Conservatory performances or other activities. Any fees paid for costumes, extra rehearsals, performances, or other fees are not refundable if a dancer is dismissed or leaves the program voluntarily.

### \*Conservatory Applicants ONLY\*

1. Admission into the Classical Ballet Conservatory Program at Lisa's Dance Connection (hereby known as "the Conservatory") is by director approval only and placement is subject to director/teacher evaluation based on a student's individual needs and technical abilities rather than just age. The admission period is for the 2023-2024 dance season beginning September 5, 2023 and ending after the August summer session of 2024. A new admission contract must be submitted each new season.

2. The dancer and/or parent/legal guardian understands and agrees to fulfill the weekly class commitment requirement and to all other Lisa's Dance Connection and Conservatory policies as stated above (also available online). Failure to follow these policies and/or Lisa's Dance Connection policies may result in disciplinary action, suspension, or dismissal from classes or from the Conservatory. Dismissal from the Conservatory will leave the dancer ineligible for Conservatory performances or other activities. Any fees paid for costumes, extra rehearsals, performances, or other fees are not refundable if a dancer is dismissed or leaves the program voluntarily.

**Fill out and sign below, and return this back page only to LDC upon registration.**

Printed Dancer's Name \_\_\_\_\_ Age/DOB \_\_\_\_\_

Printed Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_ Parent Cell: \_\_\_\_\_

Emergency Contact/Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_ Date \_\_\_\_\_