

# *Credo Dance Academy*

EXCELLENCE IN TRAINING / EXCELLENCE IN CHARACTER / EXCELLENCE IN SPIRIT

## **STUDENT HANDBOOK**

### **BE ON TIME**

Please arrive 5-10 minutes before your class begins, which helps our instructors keep classes on schedule. Students in Levels 3, Intermediate, and Advanced should arrive 10-15 minutes before class to warm up. If a student is more than ten minutes late to class, the instructor may ask the student to observe the class due to safety reasons.

### **COVER UP**

Please, wear pants, a skirt, or dress over their leotard and tights when arriving at or leaving the building. This is for your child's protection. Please, do not wear dance shoes outside the building as this ruins the shoes and causes additional wear and tear on the studio floor.

### **CLASS PLACEMENT**

Placement classes are scheduled at the beginning of the semester. Check the calendar for the placement class dates. The placement class is a closed class in which parents do not enter the studio with students. After the placement class, a level will be assigned and schedules will be discussed. It is a good idea to have your questions ready for the directors. They will have time set aside to discuss with you expectations and the school's policies.

Each child progresses differently. The directors determine when it is in the best interest of the student to move into the next level. Before a child can move to a higher level, the director must observe that the student has achieved the following: mastery of vocabulary in current level; mastery of steps in current level; coordination; physical strength required for next level; consistent demonstration of discipline and self-motivation.

### **ABSENCES**

Absences should be reported before class begins to the directors.

### **LOBBY CONDUCT**

Please respect our training institution. The lobby should remain a quiet area for parents and guardians to wait for their student at all times.

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## **HAIR**

Hair must be secured in a ballet bun, or similar style with no wisps of hair falling into the face. We have a ballet bun tutorial on the website.

## **SCHOOL UNIFORM FOR BALLET**

### **FOR LADIES:**

- Hair should be secured in any neat bun away from the face and eyes
- Black symmetrical leotard (pink leotards are allowed in Creative Movement)
- Matte pink ballet tights
- Pink leather or canvas ballet slippers
- Undergarments should not be visible

### **FOR GENTLEMEN:**

- White fitted t-shirt
- Black fitted athletic shorts or jazz pants
- White or black leather ballet flats
- White or black nylon socks

## **ALL BALLET STUDENTS LEVEL 2 & UP**

The following equipment is needed for participation in Progressing Ballet Technique

- An appropriate sized stability ball according to your student's height

Under 4'8" - 45 cm ball

4'8" to 5'3" - 55 cm ball

5'4" to 5'10"- 65 cm ball

5'10" to 6'4"- 75 cm ball

- An anti-burst core ball 25 cm (diameter)
- An exercise or yoga mat

Please label these items with your student's full name in sharpee. Students will need these items for their ballet classes.

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## **ATTIRE FOR MODERN, JAZZ, TAP, ACRO/TUMBLING**

- A leotard that is symmetrical
- Tights (convertible or footless), leggings, or spandex shorts (must have a 3" inseam or longer)
- Fitted black jazz pants may be worn for jazz class
- Shoes are not needed for Modern, Acro, Tumbling
- Ballet slippers are used in Creative Worship
- Jazz shoes should be tan leather slip on jazz boot with a low cut, split sole, nylon spandex insert under the arch.
- Tap shoes should be tan leather with a 3/4" heel for levels 1, 2, 3.  
Black leather tap shoes with laces are recommended for Intermediate Foundations, Intermediate and Advanced Levels.

## **INCLEMENT WEATHER POLICY**

In the event of inclement weather, the studio usually follows the guidelines for Springfield Public Schools. If they cancel school or release students early, we usually will not hold classes. You will be notified by email if we close due to inclement weather. We will do our best to communicate clearly and effectively.