



**School of Dance**  
The Home of *Ballet Etudes*

**2016/17 School Year**

**Policies**  
**Class Descriptions**  
**Procedures**



*a non-profit 501(c)3 organization*

2401 E. Baseline Road, Gilbert, AZ 85234  
[info@balletetudes.net](mailto:info@balletetudes.net) | 480.558.2080

## TABLE OF CONTENTS

About BE School of Dance . . . . .	2
About Ballet Etudes . . . . .	2
Non-Profit 501(c)3 . . . . .	3
Studio Director . . . . .	3
Class Level Placement . . . . .	4
Performance Opportunities . . . . .	4
Auditions . . . . .	4
Accompanists . . . . .	4
Registration/Payment . . . . .	4
Class Descriptions . . . . .	5, 6
Dress Code . . . . .	7
General . . . . .	7
2017 Summer Intensive . . . . .	8
Hours of Operation . . . . .	8
2016/17 Calendar . . . . .	8
Frequently Asked Questions . . . . .	9

## ABOUT BE SCHOOL OF DANCE

Opened in the spring of 2010, BE School of Dance is the home of Ballet Etudes, Arizona's leading pre-professional youth company since 1986. Under the guidance of its staff, BE School of Dance is dedicated to providing the highest quality in dance education and optimum performing opportunities for its members in a nurturing environment. With its own studio located in Gilbert, Arizona, Ballet Etudes is aiming even higher to bring the best training and performance opportunities to Phoenix dancers.

Our students have gone on to study year-round or dance professionally with The School of American Ballet, American Ballet Theatre, Ballet Arizona, BalletMet, Ballet Magnificat, Boston Ballet, Dallas Cowboy Cheerleaders, Disney Cruise Lines, Disneyland, Houston Ballet, Joffrey Ballet, Milwaukee Ballet, Nevada Ballet, Oregon Ballet Theater, Pacific Northwest Ballet School, Radio City Rockettes, River North Chicago, San Diego Ballet, and more.

## ABOUT BALLET ETUDES

BE School of Dance is the official home of Ballet Etudes, which was formed by Sharon Seder Meko in 1986 to fulfill the needs of young dancers who desire performing opportunities. The performance schedule of Ballet Etudes includes its productions of *The Nutcracker*, *Coppélia*, *Peter Pan*, *Sleeping Beauty* and *Cinderella*. The company has performed with The Phoenix Symphony, the Phoenix Boys Choir, The Phoenix Girls Chorus, Valley Youth Theatre, the Metropolitan Youth Symphony, and at a Phoenix Suns game, the Arizona Renaissance Festival and an Arizona Opera gala.

## **WE ARE A NON-PROFIT 501(c)3**

BE School of Dance is operated by Ballet Etudes, a non-profit 501(c)3 organization. There is no owner of either group, but instead we are governed by an appointed Board of Directors. While other studios in the Valley have owners who reap profits, our studio has no such owner, but rather a supportive group of parents and friends who ask for nothing in return and believe in the mission of our studio and company. Thank you for your support!

## **ARTISTIC DIRECTOR – SHARON SEDER MEKO**

As its founding Artistic Director, Sharon Seder Meko has been the driving force and inspiration behind Ballet Etudes since 1986. Her foresight and vision are responsible for the company's tremendous growth and development and the artistic accomplishments of its dancers.

Due to her efforts, many of the company's dancers have been accepted at the most prestigious schools and companies throughout North America. Ballet Etudes' stature in the southwestern United States has been achieved because of the dedication to excellence and the exceptional professional abilities of this most talented woman. Sharon began her training in Pottstown, Pennsylvania, with the Schuylkill Valley Regional Dance Company. She then continued her formal ballet training in Philadelphia and later trained as an auditioned student under Edward Canton at the Pennsylvania Ballet. She continued her dancing career as a soloist and principal dancer. Some of her roles include: Sugar Plum Fairy, Waltz and Mirlitons in Nutcracker, Kitri in Don Quixote, Blue Bird, Lilac Fairy and Spanish in Sleeping Beauty, and roles in Coppélia.

She has studied and taken master classes with teachers Margaret Craske, Hector Zaraspe, Pearl Lang and Martha Graham. In Denver she continued her professional career with the Colorado Concert Ballet Company and Ballet Now. Since 1979, Sharon has pursued her love of Ballet in Arizona. She danced with the Mesa Civic Ballet (presently Ballet Arizona) and has choreographed for the Arizona Metropolitan Ballet Junior Company and served as a guest teacher. She was on the faculty of the Dance Department at Arizona State University. A teacher of ballet for 30 years, Sharon is presently Director of BE School of Dance. Sharon Meko was honored by the Mesa Chamber for Commerce and by Arts in Mesa when she was named "Artist of the Year."



*Stefani Bullard Photography*

## CLASS PLACEMENT

All level placements are at the discretion of the teaching staff at BE School of Dance and subject to the approval of the School Director. All returning students receive class placement with their registration information. Please note that it is not uncommon for students to remain in a level for more than one year.

**New Students:** BE School of Dance will schedule a placement class for the new student to attend with others of similar age and dance training. Faculty will observe new students and make a recommendation to the School Director for level placement.

**Placement Changes:** The school reserves the right to evaluate students as needed.

## PERFORMANCE OPPORTUNITIES

Students of BE School of Dance (those registered by February 15, 2016) are invited to perform in our annual *Showcase* each Spring. In addition, students (ages 7-18) are invited to attend the open audition for Ballet Etudes' annual production of *The Nutcracker*.

## AUDITIONS

Auditions are held annually each fall for Ballet Etudes company membership as well as for casting in the company's production of *The Nutcracker*. Dancers ages 9-18 are invited to audition for company membership, and open *Nutcracker* auditions are held for dancers ages 7-18. All auditions and subsequent rehearsals are held at BE School of Dance. Visit us at [balletetudes.net](http://balletetudes.net) for updated audition schedules.

## ACCOMPANISTS

Live piano accompanists are present for most upper level ballet classes guiding students to developing their musicality.

## REGISTRATION/PAYMENT

All new and returning students must complete a registration form. An annual \$15 Registration Fee per student is due upon registration. The Registration Fee covers the period of August through July.

### PAYMENT

Tuition is due on the 1st of each month. A late fee of \$10.00 will be charged after the 15th. Tuition may be paid with check or credit card. NO REFUNDS OR DEDUCTIONS for missed classes. You may schedule a make-up class at the front desk.

All returned checks and declined credit card charges are assessed a \$25 charge. BE School of Dance reserves the right to refuse payment by means other than cash or certified check if previous payments have been returned with insufficient funds or credit.

Registration and Tuition Fees are non-refundable. Parents enrolling more than one child will receive a 10% tuition discount for each additional child registered (discount is applied to the lower tuition amount).

For tuition for fall, spring, and summer classes, please refer to [www.balletetudes.net](http://www.balletetudes.net).

## CLASS DESCRIPTIONS

### **Creative Movement (ages 3-5)**

A beginner's introduction to dance and movement while using their imagination. Dancers will move across the floor with basic steps, basic ballet in the center and occasional barre work.

### **Pre-Ballet (ages 5-6)**

A beginner's introduction to dance and movement while using their imagination. Dancers will move across the floor with basic steps, basic ballet in the center and occasional barre work.

### **Beginning Ballet (ages 6-7)**

Students will learn the basic ballet vocabulary and movements while being introduced to a ballet class setting.

### **Ballet 1 and 2 (ages 7-10)**

Ballet for this age group reinforces the basic concepts learned in Beginning Ballet and then gradually moves the students into the traditional ballet class format of barre followed by center exercises. Moving in time with the music becomes more important, as well as memorization of ballet terminology. More complex combinations are given as students progress.

### **Ballet 3A and 3B (ages 10-13)**

This level of training is designed for children who want to advance their studies and, for girls, prepares them for pointe. The traditional ballet class format of barre followed by center exercises is used. Correct placement and turnout continue to be emphasized. Students who want to go on pointe must attend at least three classes a week in order to build the necessary strength. Pointe work traditionally begins at level 4. The difference between 3A and 3B is their ability to execute technique properly.

### **Ballet 4/5 (age not applicable)**

This level of training is designed for children who have gained a solid technical foundation and knowledge of ballet. The traditional ballet class format of barre followed by center exercises is used. Correct placement and turnout continue to be emphasized.

### **Teen Ballet**

This class is designed for beginner ballet students in their teens to begin learning ballet vocabulary and proper placement.

### **Boys Ballet**

This class is designed for male beginning to intermediate students.

### **Advanced Ballet (age not applicable)**

Students will have mastered the vocabulary of ballet and will have a solid technical foundation. Emphasis lies in artistry, stamina, pointe work and strength.

### **Pointe**

Pointe class may be taken by students who are not yet on pointe to further develop and strengthen the muscles necessary to go on pointe. Readiness for pointe work is determined by each student's strength and physical development, not by their age. The instructor will advise parents when a student has the necessary strength and maturity to go on pointe. Pointe class may be taken only with the permission of the instructor.

### **Adult Ballet**

This class is open to all experience and levels and provides an excellent workout in a fun, relaxed, and nurturing environment.

### **Strength/Stretch (ages 7+)**

This class is designed with two primary intentions: the health and well-being of the dancer, by developing full body strength and flexibility in congruence with proper biomechanics in relation to our anatomy and physics, and specific strength and conditioning exercises to improve and enhance dance training.

## **CLASS DESCRIPTIONS (continued)**

### **Lyrical/Contemporary 1 (ages 6-9)**

This class incorporates Ballet, Lyrical, Jazz, and Contemporary technique and curriculum. This level is recommended for students trying out dance for the first time, dancers enrolled in Ballet 1, or dancers enrolled in Ballet 2 trying Lyrical/Contemporary for the first time.

### **Lyrical/Contemporary 2/3 (ages 8+)**

This class incorporates Ballet, Lyrical, Jazz, and Contemporary technique and curriculum. This level is recommended for students who have successfully completed all training requirements for the lyrical 1 class or who are currently taking Ballet 2 or Ballet 3B.

### **Lyrical/Contemporary 3/4 (ages 9+)**

This class incorporates Ballet, Lyrical, Jazz, and Contemporary techniques curriculum. This class is recommended for Ballet 3A students, Ballet 4 students who are taking Lyrical/Contemporary for the first time, or students who have completed all of the training requirements for Lyrical/Contemporary 2. At least one hour of ballet per week is required as part of the training for this class.

### **Lyrical/Contemporary 4/5 (ages 11+)**

This class incorporates Ballet, Lyrical, Jazz, and Contemporary technique and curriculum and furthers a dancer's physical and artistic proficiency. This class is recommended for serious students with extensive dance training in Lyrical, Jazz or Contemporary, or who are currently enrolled in Ballet 4/5. At least 2 ½ hours of ballet training per week is required to enroll in this class.

### **Teen Lyrical**

This class is designed for beginner lyrical students in their teens to begin learning lyrical vocabulary and proper placement.

### **Advanced Lyrical/Contemporary 4/5 (age not applicable)**

This class incorporates Ballet, Lyrical, Jazz, and Contemporary techniques and curriculum and requires a high level of proficiency in both Ballet and Lyrical/Contemporary dance forms, artistic expression and performance. This class is appropriate for dancers in Advanced Ballet, or serious students with extensive training in Lyrical/Contemporary dance.

### **Jazz 4/5 (ages 11+)**

This class focuses on Jazz technique and furthers a dancer's physical and artistic proficiency. This class is recommended for serious students with extensive dance training in Lyrical, Jazz or Contemporary, or who are currently enrolled in Ballet 4/5. At least 2 ½ hours of ballet training per week is required to enroll in this class.

### **Advanced Jazz (age not applicable)**

This class focuses on Jazz techniques and requires a high level of proficiency in both Ballet and Lyrical/Contemporary dance forms, artistic expression and performance. This class is appropriate for dancers in Advanced Ballet, or serious students with extensive training in Lyrical/Contemporary dance.

### **Broadway Jazz (ages 9+)**

This class will teach intermediate level Broadway style jazz dance. You must be enrolled in Lyrical/Contemporary 3/4 or higher to register for this class. If you are not enrolled in Lyrical/Contemporary 3/4 or higher and you desire to take this class, an audition will be required. \*(No warm up will be given for the class; dancers should warm themselves up before arriving.)

## DRESS CODE













A dress code creates a sense of cohesion and unity in each classroom amongst the students which is why we have adopted the following dress code, typical in a professional learning studio:

### Ballet

Males: Black tights/dance pants/basketball shorts, white T-shirt and black ballet shoes.

Females: Hair must be secured in a bun. Colored leotard based on level:

Creative Movement: Pink		Pre-Ballet: White	
Beg. Ballet: Light Blue		Ballet 1: Buttercup	
Ballet 2: Lavender		Ballet 3B: Seafoam	
Ballet 3A: Mulberry		Teen Ballet: Eggplant	
Ballet 4/5: Royal Blue		Advanced Ballet: Black	

**Exceptions:** On Fridays, Ballet 3A, Ballet 4/5, and Advanced Ballet students are free to wear any leotard of their choosing.

To see the list of approved leotards:

- 1) Visit [discountdance.com](http://discountdance.com)
- 2) At the top left, click on FIND YOUR CLASS LIST
- 3) In the box which will appear, type TP47510 and click SEARCH
- 4) Next to "Currently Showing", you will see a drop-down list of each class. Select the name of the class you are searching for. **IMPORTANT:** Under "Currently Showing", you will see a note specifying which color leotard you will need to purchase from the approved items on that page.

**Adult Ballet, Lyrical/Contemporary, Strength/Stretch, Broadway Jazz**  
Dance clothing that enables free movement. Hair should be pulled back and out of the face.

## GENERAL

- No gum or food permitted in the dance room. Water is allowed.
- All classes are subject to change and are subject to a minimum size requirement.
- No parents or visitors are allowed in the classroom during instruction without invitation.
- Dancers are expected to treat the staff, fellow dancers, and facility with respect.
- Please help keep our studio clean.
- Please pick up your child promptly when their class ends. If you are going to be late, please notify our staff by calling 480.558.2080.

## 2017 SUMMER INTENSIVE – JUNE 2017

Ballet Etudes and BE School of Dance are proud to offer one of the best dance summer intensives in Arizona. Study ballet/pointe, variations, lyrical/contemporary, strength/stretch, jazz, and character in a fun and invigorating setting! No audition is necessary. For details, please visit our website in the Spring of 2017.

## DATES AND HOURS OF OPERATION

BE School of Dance is open for classes Monday-Saturday. Hours of operation typically occur between 4:00 pm – 9:00 pm Monday-Friday and 9:30 am – 11:30 am Saturdays.

## 2016/2017 STUDIO CALENDAR

### August

8: Fall classes begin

27: Auditions for Ballet Etudes company membership

### September

5: Labor Day: Studio is closed

10: Auditions held for *The Nutcracker*

17: Annual golf fundraiser at The Golf Club at Johnson Ranch

Sept-Nov: *Nutcracker* rehearsals held Fridays and Saturdays

### October

10-15: Fall Break - Studio is closed

### November

24-26: Thanksgiving Break - Studio is closed

### December

Dec 18-Jan 1: Winter Break - Studio is closed

### January

2: Spring classes begin

16: Martin Luther King Day - Studio is closed

### February

20: President's Day - Studio is closed

### March

13-18: Spring Break - Studio is closed

### May

27: Last Day of Spring Classes

### June

TBD: *Showcase*

5-30: Summer Intensive

### July

TBD: July Schedule



## FAQs

**Q: Is there a fee to take the placement class?**

A: Yes, there is a \$10 fee.

**Q: Do you offer private lessons?**

A: Yes, many of our faculty members provide on-site private lessons. Contact us at [info@balletetudes.net](mailto:info@balletetudes.net) for details.

**Q: Will my child automatically move up to the next level each year?**

A: This is generally true for the younger levels. The student's instructor will determine whether or not a student is ready to move to the next level based upon the student's ability to fully execute the required skills in their level. Students in lower levels tend to move up each year, while those in upper levels tend to spend additional time in each level.

**Q: Is there a registration fee?**

A: Yes, there is a \$15 registration fee per student and it is valid for the period of August through July.

**Q: May I watch my child's class?**

A: Our classes are accessible for viewing through glass windows or doors. However, as many of our younger students easily become distracted by movement and people watching them through the windows or doors, it is at the teacher's discretion whether or not to close the blinds to ensure the child maintains their focus during class time. Parents and visitors are not allowed in the classroom during instruction without invitation.



## STAY CONNECTED

We strive to maintain open lines of communication between our students, their parents, and our staff and faculty by being accessible through several avenues:

- Email: [info@balletetudes.net](mailto:info@balletetudes.net)
- Phone: 480.558.2080
- Email Lists: We distribute bi-weekly newsletters with calendar updates, upcoming events, student spotlights, and more! Sign up today by visiting [balletetudes.net/contact-us.html](http://balletetudes.net/contact-us.html) and click on the Performance Information link.
- Social Media:



/balletetudes



/balletetudesaz



@balletetudes