

## CURRICULUM

Our students are our prime focus. We have built our reputation on providing dancers a safe environment for training in classical ballet and jazz while nurturing dreams of becoming a professional dancer as well as seeking a creative and recreational outlet. We are committed to providing them with teaching methods based on sound classical technique. Our classes are enriched with anatomical principals for a deeper understanding of body awareness and connectivity, emphasizing the execution of that technique using proper body alignment while developing a deeper understanding of the artistic, musicality connection behind the movement. Our syllabus is structured to show progression over the full ten-month school year, September through the June performance. Summer classes are offered for those students who wish to dance year-round. We train in a positive atmosphere, emphasizing personal growth and boosting self-esteem.

## ENROLLMENT

Classes are filled on a first come, first serve basis. We reserve the right to change the schedule due to full enrollment or lack of enrollment. We also reserve the right to dismiss any student who does not display appropriate behavior or shows disrespect to any faculty or staff member of The Ballet Workshop.

## ATTENDANCE

Please arrive to the studio *early* so you are dressed and ready to enter class "on time". Students coming into class late disrupt student concentration. Any student arriving more than ten (10) minutes late will not be allowed to take class and will be asked to sit, observe and take notes. If you are going to be late (or absent), please call the office!

## STUDIO HANDBOOK

All Parents/Students are required to have a Studio Handbook. Please pick up your copy at the front desk.

## TUITION

Tuition is paid in advance -- on or before your first class of each month. Your monthly tuition fee is based on the ten-month school year, not the 3 or 5 weeks within each month. Therefore, your tuition fee remains the same each month throughout the year -- September thru the June performance. No refunds will be given for missed lessons (see Refunds/Make-Up policy on next page). Accounts are considered delinquent after the 10<sup>th</sup> of each month. We do not mail out monthly statement reminders -- unless your account is delinquent! A handling fee of \$35 will apply to all returned checks and declined debit/credit cards.

A non-refundable registration fee of \$10 per family is payable upon registration for

### **NEW FAMILIES ONLY**

One 30-minute class weekly	\$ 40.00/monthly
One 45-minute class weekly	\$ 42.00/monthly
One 60-minute class weekly	\$ 45.00/monthly
One 75-minute class weekly	\$ 48.00/monthly
One 90-minute class weekly	\$ 53.00/monthly
Open Class Rate	\$ 15.00

Discounts are given for multiple classes per month per family

**PRIVATE INSTRUCTION AVAILABLE AT \$60 / HOUR**

## CLASS SCHEDULE

September 4 through June 20, 2019

### **MONDAY**

Creative Movement	4:30 – 5:00 pm
Ballet 2	5:00 – 6:15 pm
Jazz 2	6:15 – 7:15 pm
Adult Ballet	7:15 – 8:30 pm

### **TUESDAY**

Creative Ballet	4:00 – 4:30 pm
Ballet 1	4:30 – 5:30 pm
Ballet 5	5:30 – 7:00 pm
Jazz 3	7:00 – 8:00 pm

### **WEDNESDAY**

Pre-Ballet	4:00 – 4:45 pm
Jazz 1	4:45 – 5:45 pm
Intermediate Pointe	5:45 – 6:45 pm
Ballet 4	6:45 – 8:15 pm

### **THURSDAY**

Beginning Pointe	4:00 – 4:45 pm
Ballet 3	4:45 – 6:15 pm
Adult Jazz	6:15 – 7:15 pm

## FACULTY

**Syble Bracken – Artistic Director** Miss Syble opened The Ballet Workshop here in Enumclaw in 1988. She founded Enumclaw's youth ballet company, Plateau Ballet Repertory Theatre (PBRT), in 1995 and established their Outreach Program that same year. She has an extensive background in classical ballet and jazz with additional studies in tap, anatomy and health and nutrition. Notable instructors she has studied under include Dance Professor of the University of Florida, Nancy Turner (in her private practice); Oakland Ballet Academy Director, Ronn Guidi; Oakland Raiderettes Choreographer, George Minomie; CEO and Co-Founder of Washington Academy of Performing Arts and former soloist for Ballet West, Marcia Quigley-Neal; former soloist for the Frankfurt Ballet, Marcia Nolte. Miss Syble has staged and choreographed over 40 full-length story ballets for her school and company and has set choreography on actors in numerous musicals for local academic schools and theater organizations. She has danced semi-professionally with the Turner Dance Troupe in Florida and professionally with Range of Motion, a locally based modern ballet company of whom she is one of the founders. Miss Syble continues her studies with master classes at Pacific Northwest Ballet, Spectrum Dance Theater and by attending workshops in anatomy and movement for children.

**Melissa Snoen – Associate Director, PBRT** Miss Melissa began her training at The Ballet Workshop at the age of eight and spent nine seasons with Plateau Ballet Repertory Theatre. Following high school, she completed her BFA in Ballet at the University of Utah with special emphasis in performance, character dance and teaching, receiving a full scholarship from the ballet department her senior year. She has additional studies in anatomy and kinesiology for dancers, health and nutrition, Essentials of teaching ballet and History of Ballet. Her professors provided a wide variety of methodology exposure including Cecchetti, Vagonava, RAD and the ABT teaching methods. The training she received at The Ballet Workshop from Miss Syble and other instructors helped to place her at the top of her classes at the University. She returned to Enumclaw post college and has taught jazz, tap, ballet and contemporary at The Ballet Workshop. She then decided to pursue a professional career and was offered a contract with Odyssey Dance Theatre in Utah, where she performed in their production of *Thriller* and *Redux-Nutcracker*. Miss Melissa has accepted the position of Associate Director with PBRT for the new season and is thrilled to continue her creative path at The Ballet Workshop.

**Emma Gass – Student Instructor/TA** Emma is a senior at Enumclaw High School and a Running Start student at Green River College. She has eight years of dance training, six of those years with The Ballet Workshop. She plans to further her dance training while attending a four-year university. She focuses on the technique of ballet, pointe and jazz and has also studied contemporary, modern, character and swing. She has been invited to perform with Plateau Ballet Repertory Theatre in their "Nutcracker" productions, dancing the roles of the Ballerina Doll and Arabian, to name a few, as well as roles in their Spring production of "Mixed Bill" in 2017. Emma has attended summer intensives to focus solely on her ballet training; in 2016 a three-week intensive with Evergreen City Ballet and 2018 a five-week intensive at the Summer Dance Lab in Walla Walla. She is very excited to begin teaching and assisting in classes this year and is grateful for the wonderful opportunity!

**Erin Roske – Student Instructor/TA** Erin has been a student with The Ballet Workshop since 2003, advancing her way to the highest-level classes in ballet, jazz, contemporary, tap and pointe. She became a company member with PBRT in 2014. Erin has performed numerous roles in *The Nutcracker Ballet*, including the role of Clara and multiple dances in PBRT's spring shows and the studio's end-of-year performances, many of those solos and duets. She has also helped choreograph in those shows as well. Erin taught a tap class in 2016 and has been a student helper in several classes throughout the years. She is currently in college working towards a business degree.

## UPCOMING EVENTS

Upcoming events will be posted on our website ([www.theballetworkshop.com](http://www.theballetworkshop.com)) as dates/times become available.

## SCHOOL CLOSURES / SNOW DAYS

Please check our website for scheduled studio closures and our inclement weather policy. We also post this information on the board in the waiting room. Our closures are different than the School District closures!

## CLASS OBSERVATION

Family and friends are welcome to observe the last class of the following two months: **November** and **February**. Observers must remain quiet while in the studio. Please refrain from using your cell phone while observing class!

## REFUNDS / MAKE-UP CLASSES

No refunds or adjustments will be made for missed lessons, holidays, vacations, illness, etc. Students are expected to make up missed lessons. **Please call the office and let us know you will be absent.** Please ask your Instructor for an appropriate make-up class and time. Refunds for extended periods of absence due to illness or injury may be arranged at the discretion of the Director.

## DRESS CODE

### PLEASE READ CAREFULLY AND ADHERE TO THE FOLLOWING:

**Ballet Students:** *Girls*, leotard (check listing below for color), pink tights, pink technique shoes. **\*NO TUTUS, SKIRTS, T-SHIRTS, SWEATERS, SHORTS, PANTS, LEGWARMERS, JEWELRY, ETC. ARE TO BE WORN WITH YOUR DANCE ATTIRE.** (Adult ballet students may wear skirts, black tights and shoes.) Hair must be pulled back and secured to the head; in a bun with a hair net to secure bobby pins from flying across the room or french braid, unless hair is very short, then it must be pulled back out of face. **WADDED UP HAIR / Ponytails are not acceptable.** *Boys*, white leotard or t-shirt, black tights or leggings, dance belt, black technique shoes.

**Jazz Students:** Any solid color leotard (**boys**, any solid color T-shirt), tights or leggings, jazz pants, shorts, skirts, jazz shoes, contemporary shoes or bare feet. **Hair MUST be pulled back out of face!**

### LEOTARD COLORS:

*Creative Movement	White
*Creative Ballet	Lavender
*Pre-Ballet	Pink
*Ballet 1	Light Blue
*Ballet 2	Navy
*Ballet 3	Maroon
*Ballet 4	Hunter Green
Ballet 5	Black
Adults	Any Solid Color

**\*NO SKIRTS/TUTUS ARE TO BE WORN IN CLASS**

## CLASS PLACEMENT

Class advancement is by PERMISSION only. Permission must be acquired from the Director. Each class level works on a specific syllabus. Students must execute the syllabus presented with confidence and understanding before they are advanced to the next level. New students must audition for class placement to determine which class will best suit their abilities. The ages listed in the descriptions below are 'guidelines' ONLY.

## CLASS SYLLABUS

Each class syllabus has been developed to challenge each student and encourages them to achieve their personal best using positive teaching techniques with emphasis placed on correct body alignment, terminology and proper execution of positions, exercises and steps. We pride ourselves in our high standards of teaching for every level offered, allowing each student the opportunity to learn and grow at their own pace while developing poise, grace and confidence.

## CHILDREN'S PROGRAM – Ages 3 through 12

**Creative Movement** – Structured for students age 3 to 5. This class offers ballet-based movement to help develop body awareness using basic dance exercises while working on developing motor skills and coordination. The use of props and musical instruments will aid in learning rhythm and music appreciation. We dance, skip and turn to a variety of music. *Must be 3 years old and potty trained before first class.*

**Creative Ballet** – Structured for students age 6 to 8. This is a preparatory class geared more toward classical ballet movement and terminology, developing finer motor skills and coordination. Introduces turnout and expands on learning more foot and arm positions with additional ballet steps. *Must be 6 years old before first class.*

**Pre-Ballet** – Focuses on body awareness, developing motor skills and coordination through structured classical ballet movement for ages 9 to 12. Expands on ballet steps, terminology and anatomical terms. *Must be 9 years old before first class.*

**Ballet 1** – Requires at least two years of recent training from the age of 8. Class is structured for age 12 and up. *Must audition for class placement.*

**Jazz I/Contemporary – Beginner/Low Intermediate Level** – Focuses on elements of jazz movement including a low center of gravity, isolations, coordination, quick rhythms, leaps and turns, body and music awareness and encouraging improvisation while expressing the dancer's unique style. This class is structured for students age 9 to 12. *Must be in the Pre-Ballet class to register.*

## YOUTH PROGRAM – Ages 13 and up

**Ballet 2** – Requires at least three years of recent training from the age of 8, more years preferred. *Must audition for class placement.*

**Ballet 3** – Requires at least four years of recent training from the age of 8, more years preferred. *Must audition for class placement.*

**Ballet 4** – Requires five or more years of recent training from the age of 8. *Must audition for class placement.*

**Ballet 5** – Structured for the advanced dancer. Pointe shoes required. *Must audition for class placement.*

**Jazz 2/Contemporary – High Intermediate Level** – Designed for ages age 13 and up. Emphasis placed on low center of gravity, fall and recovery, isolations, motor steps and footwork using proper alignment and retaining choreography. Expands into learning longer and more complex combinations, jumps and multiple turns while emphasizing more control of movement. Various styles introduced; contemporary, jazz, modern, Broadway, lyrical. *Must audition for class placement.*

**Jazz 3/Contemporary – Advanced Level** – This class reinforces syllabus in the previous level at a much faster pace for the more-advanced dancer. We work on longer and more complex combinations/choreography including a variety of jumps and leaps with multiple turns and quick footwork while exploring various styles; contemporary, jazz, modern, Broadway and lyrical. Retaining choreography is a must! *Must audition for class placement.*

## ADULT PROGRAM

**The level of these classes varies, depending on attendance -- advanced beginner to high-intermediate.**

**Ballet** – Emphasis is placed on expanding body awareness through correct alignment for improved posture, strength and flexibility for ease of movement using classical ballet technique.

**Jazz** – Designed to tone the muscles and develop overall strength and flexibility using jazz technique, both fast-paced and lyrical. Exercises work on concentration, coordination and developing control of technique. Class structure includes warm up, progressions and dance routine.