

# *L'Academie De Danse*

2594 Railroad Street Winterville, NC 28590

[laacademiededanse@gmail.com](mailto:laacademiededanse@gmail.com)

<http://www.laacademiededanse-noraparker.com>

Cell - (252) 521-3399

The academy was established in 1982. The academy's objectives are to train each student to his/her potential and develop an appreciation for the art of dance.

Nora Parker, artistic director, has a Bachelor Of Fine Arts degree in dance from East Carolina University with additional credit from North Carolina School of The Arts, and Western Kentucky University. She graduated with top honors from Dance Educators of America Training School and has been a member of Dance Educators of America since 1978. L'Academie De Danse is an Acrobatics Arts Certified Studio. Nora has been teaching dance since 1975.

## **2022-2023 GENERAL PROGRAM**

**PRE-DANCE:** A forty-five minute or one-hour class of ballet or tap for students of approximate ages 3.5 through 9 years old. This class develops attention span, participation, self-discipline and good conduct in class. Body-consciousness is developed through movement and exercises that emphasize good body alignment. Students learn to respond to music and rhythmic patterns.

**PRE-JAZZ:** Introduction to jazz for the pre-dance student (See Pre-Dance)  
Ages: 7-9 years.

**HIP HOP** Ages: 7 years and up. Recreation class.

**Progressing Ballet Technique Class-** Conditioning class for ballet.

**TECHNIQUE:** Ballet - Tap – Jazz – Pointe – Musical Theatre – Modern

**Basic :** *For students without any technique training.*

**Advanced Beginner:** *For students who have mastered the basic technique*

**Intermediate:** *For the more serious students who have mastered the advanced beginner technique, usually 3-4 classes per week.*

**Advanced:** *For the serious students, who have mastered the intermediate technique, usually taking 3-5 classes per week.*

- *Pointe students- must take (2 classes) - 1 hour and a half classes of ballet technique in order to take a pointe class. This is to help prevent injuries. See Nora.*

**Musical Theatre Class-** Students may be required to rent a head microphone for the performance. (\$ 125.00)

**ACROBATICS:** For students interested in performing acrobatic skills. Students are supervised on an individual basis. Acrobatics can be incorporated into dance. Dance should be studied if the student desires to perform acrobatic routines. Once again, **L'Academie de Danse is an Acrobatic Arts Certified Studio.** For more information, visit [www.acrobaticarts.com](http://www.acrobaticarts.com).

### DRESS ATTIRE

**PRE-DANCE:** Students are required to wear black leotards, tap tan shoes (brand "Bloch") and pink; ballet shoes (brand "Bloch") ; with Ballet pink European pink tights. If needed, wear long hair in a bun. I will size the student's shoes, attire and order.

**TECHNIQUE:** Attire is listed as follows: Nora will size student's shoes, attire and order.

Ballet: Required to wear black, navy, hunter green (dark colors) leotard, pink tights, dance shorts, and pink ballet shoes. (The last week in each month students may wear ballet skirts)

NOTE: 2 classes of 1-1/2 ballet technique class must be taken along with a pointe class. See Nora Regarding attendance policy for pointe class(es).

Tap: Required to wear leotard, dance shorts and tights, (see Nora for tap shoes)

Jazz: Required to wear leotard, dance shorts, tights, and jazz oxfords. (Students must bring a thick yoga mat to use for floor stretching).

Musical Theatre: Required to wear leotard, dance shorts, tights, and jazz oxfords

Hip Hop: Required to wear leotard, leggings, hip hop shoes

Modern: Required to wear leotard, dance shorts, and tights or unitards (half sole shoes) bare feet.

Acrobatics: Required to wear leotard, dance shorts, tights without feet, ballet or acrobatic shoes.

Adults: Required to wear any attire that is comfortable to move in.

**See Nora for a fitting for all dance shoes and dancewear.**

- \* Masks are optional until further notice.
- \* Hair must be secured for all classes. Hair must be in a bun for all Ballet and Pointe Classes. **(Please come in with hair secured and "ready" when class starts; if not you will be asked to sit on the side!!!)**
- \* No bobby pins or **scrunchies** to Secure Hair! Use Ponytail bands.
- \* Bring your own water bottle for classes.
- \* Hand sanitizer to use between classes and during class as needed.
- \* Yoga thick foam mat.
- \* Intermediate, Advanced, and Acro classes: **mini** exercise ball and brick (acro students and intermediate/advance students only need the brick)

## STUDIO EXPECTATIONS

We at L'Academie De Danse want to teach your child(ren) the wonderful art form of "dance".

Dancers must practice and study outside of the class; just like any other subject you study. Each student will be required to have a recording device and bring it to class charged and ready to video their class work. The student will be asked to demonstrate the recorded work the next class so the teacher knows that student is ready to progress. If the student fails to practice they may be asked to drop down to a lower level.

Each class is expected to work as a team; so students that are moved up to a higher class level might be challenged to work harder; so they can remain in the higher level class:

"With hard work and effort, you can achieve anything" Antoine Griezmann

You and your child(ren) are expected to act with respect. (NO playing, running, TALKING, dancers sitting during class, leaning on barres, coming in late, leaving early, cell phones out or on); all of the above is disruptive for the class and is not acceptable. All individuals sitting on the sides should show the teacher and students respect. If student's cell phones do not remain in bags, they will be collected in the basket until the end of class.

Parents are asked to step out to take phone calls during regular dance weeks. During Parent's Week, parents are asked to give their full attention to their dancer. NO talking or being on your cell phone during "Parent Week"; (this week is designated for you to watch your dancer's progress).

All Parents and students should read "What Class Expects of You". It is not my desire to make the students professional dancers; but the discipline required for dance is like no other; split second timing, memorisation, musicality, paying attention to detail and team work. Hopefully these are qualities you want for your children!

## ATTENDANCE POLICY

If dancers are not in class, they cannot learn or work as a team with their fellow teammates.

- Be punctual and attend classes regularly
- If you cannot attend class(es), please call, email or text.
- Arriving Late and/or leaving early is disruptive and is discouraging to class/teammates
- 2 Tardies/Lates become 1 absentee
- 2 Leaving Early/become 1 absentee
- Students who do not arrive by class time **with their hair up and dressed for class** will be counted tardy.

Attendance Policy - students may only have 9 absences **per class** (4 days missed max in Sept – Dec) (5 days missed max in Jan – May) in order to participate in the spring show.

## HOLIDAYS

### **Classes will not be held on the following days:**

Labor Day: Monday Sept. 5  
Halloween: Monday Oct. 31 after 5:30.  
Thanksgiving: November 22 - November 27  
Christmas: December 12 – January 2  
Easter: April 7 - April 16  
Memorial Day – May 29 (tentative)

No make-up classes given for holidays or weather. If bad weather occurs, please check your emails and look for a Remind text for canceling classes. If you want to make-up a class, contact Nora to schedule a time to come to another class. If class is missed by the instructor due to sickness or emergency a substitute may be provided.

## TUITION PAYMENT POLICY

Tuition is based on 10 payments with the first payment due in August, and ending in May, and is a set rate. All returning dancers must pay the 10 months, regardless of when you begin. A late fee of \$10.00 each month will be added to any past due accounts, and is cumulative. There are no deductions for vacations, snow days, or short months. There is no extra charge for months with five (5) class weeks. Classes will be discontinued if tuition is behind more than one month. If you are a new dancer and join the studio after August, you will make a payment for what month your dancer joins in, and half of the fee.

**Please note: if you are a returning student from the previous year, and do not begin classes in August, then you will be required to pay for 10 payments, regardless of when you start.**

**1st payment is due at Registration by 8/29**  
**2nd payment is due 9/10**  
**3rd payment is due 10/10**  
**(following payments are due the 10th of the month)**  
***Any payments received after the 10th will incur a late fee***

**IMPORTANT: Please put STUDENT'S NAME AND ITEMIZE WHAT YOU ARE PAYING FOR EITHER ON THE CHECK, OR ON A SEALED ENVELOPE FOR CASH, and place in the clear pocket in the pink curio.**

**Payments can be made by Zelle, Check, or Cash.**

Returned Check fee.....\$40.00. The studio can no longer hold checks.

### **Zelle Payments:**

Please do the following if you are going to pay via Zelle: <https://www.zellepay.com/>:

1. Add memo with Dancer's Name and what you are paying for
2. Follow up with an email to Miss Nora ([laacademiededanse@gmail.com](mailto:laacademiededanse@gmail.com)) to let us know
3. Once we receive payment, we will email you a confirmation within 7 days. If you do not receive a confirmation within 7 days, please come see us!

## **COSTUME/RECITAL INFORMATION**

**Costumes Fees:** Partial payments will be due by October 10th and the balance is due November 10th. Partial payment will be \$30 for each routine your child(ren) will be performing during the recital. **After the November 10th deadline, there will be a late fee of \$20 per costume(s) until December 10th, after which costumes will not be ordered (Only if the company has it in stock).** If a student(s) drops out of dance after costume(s) have been ordered, costume(s) will become property of the studio.

**Recital Fee:** TBA. To help with the cost of the recital fee, a partial payment of \$\_\_\_ per month (per student) is due until May 10th. We will adjust any overpayments and underpayments closer to recital. Tentative: Dress Rehearsal June 10, 2023 ; Recital June 11th, 2023.

IF the studio can receive enough Sponsorships by January 1, 2023, we will do our best to reserve the auditorium for an additional day of rehearsals, so our rehearsal days will be more spread out. Please help us reach our goal. See Kelly for the Sponsorship Form.

**All fees are NON-REFUNDABLE.**

## **GENERAL NOTES**

Office Hours:

Tuesday 6:30-8:30

Wednesday 4:00-5:00

Thursday 6:00-7:30

**\*\*Office hours subject to change\*\***

\*Classes will begin on Monday, August 29, 2022! All returning students will be charged tuition starting in August.

\*Be punctual and attend classes regularly. If you cannot attend class(es), please call, email or text.

\*No gum, candy, or drinks allowed in the studio. Please bring your own water bottle.

\*Empty water bottles and other large trash items should be disposed of outside of the studio.

\*No body powder, oils or lotions are allowed!

\*Students should not wear jewelry during class. (Stud earrings are okay)

\*NO SMOKING is allowed in the building.

\*IF you decide to drop a class during the month, or if you desire to quit, please put it in writing & send a note to the office for a signature from Nora. You will continue to be charged until a signature is obtained.

\*If your address, phone numbers, email, etc. change at any time, please inform the office staff or Nora in writing.

\*L'Academie de Danse is not responsible for injuries or lost/stolen items.

\*L'Academie de Danse is not responsible for illnesses contracted (cold, flu, COVID, etc.).

\*Inform instructor of any medical notes; Asthma, Allergies, Bladder, Kidney, ADD, ADHD, etc.

\*READ!!!! All posted notices on doors inside and outside of the studio.

### **COMMUNICATION**

**We communicate with parents through email; please make sure you check your email for updates.** The studio's email address is [laacademiededanse@gmail.com](mailto:laacademiededanse@gmail.com), if you want to make sure that you have it so that your email does not go into spam.

We also use Remind (it is a text messaging service). You text the following message @dance20141 to the following number 81010. It will ask you for your name, and then you will be signed up. Please try not to reply to the texts, as we only use it to send you quick information.

The studio also has a Facebook page and an Instagram account. Please search for L'Academie de Danse to join these social media services. Of course you can call and text Miss Nora at 252-521-3399.

### **Cliff Notes/Quick Reference:**

- Classes begin on Monday, August 29th
- Fees are due by the 10th of each month.
  - **See Ms. Nora, or Ms. Kelly for your total.**
- Late fee is \$10 per month and is cumulative.
- Costume deposits begin in October with balance due in November.
  - \$30/routine/dancer due in October
- Recital fee deposits begin in August and paid in full by May 10th
  - recommend \$\_\_\_\_/mo payment
  - Tentative Recital Date: June 11th, 2023

- Owe for each payment until officially withdrawn from the studio.
- Check emails often for communication from the studio.
  - Remind service will be for quick texts - do not reply to Remind.
- Bring a recording device to all classes.
- Come to class on time, be prepared to dance
- Students and Parents are expected to read and follow “What Class Expects of You”

## **“What Class Expects of You**

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. If you must be late, ask permission to enter (you can do this with eye contact and a hopeful and contrite look). 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. It's especially important that you try not to sneak in unobserved after roll call. If the teacher does not note your presence, your attendance record looks bad and that can make all the difference in when you are allowed to go on pointe or how you are cast in a production.

*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 in some studios, but never dangling earrings, bracelets, large necklaces, or a wristwatch. Dark or bright red nail polish looks creepy on stage and for that reason it is often prohibited in class as well.

*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. What smells fine to you may be overpowering to someone else.

*Dress the part.* Follow the dress code. The intention is not to quash individuality but to enable the teacher to see clearly. Even if there is no uniform, don't wear wild outfits or 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.

*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.

It is a privilege to have live piano or other instrumental accompaniment rather than recorded music. Treat the accompanist with the utmost respect and never lean on the piano, use it as a barre, or place things on it.

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.

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

*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.

*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.* If you're new in class, notice whether the other dancers have set places at the barre. Dancers are as territorial as lions, so try not to displace anyone. The teacher may suggest a spot for you. Otherwise, find an empty place, ask your neighbors if there's room, and settle in. 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. If you're new, offer to help, but let someone who knows where the barre goes place it. Men, be cavaliers: Take the barres away for the women.

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. In many classes no one is allowed to hide in the back and be a habitual floor; all must take a turn at being in front and on their own. 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. If you're not going to go, make it clear by getting out of the way.

*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. Email us now and let us know when you will be bringing an elephant to class. 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."

Minden, E. (2005). *The ballet companion: A dancer's guide to the technique, traditions, and joys of ballet* (pp. 11-15). New York: Fireside Book/Simon & Schuster.