



KAREN KRONINGER KNERR, ARTISTIC DIRECTOR

Student Handbook 2023-2024

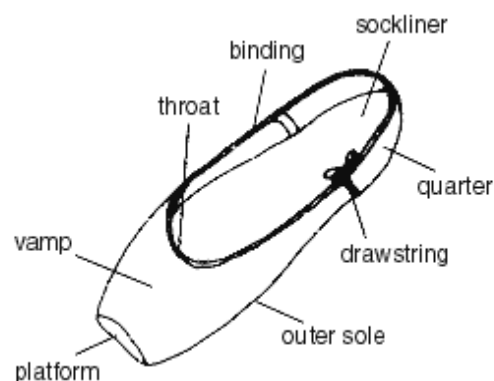


Ballet Guild of the Lehigh Valley is a nonprofit organization dedicated to fostering the art of theatre dance, primarily classical ballet, through education and performances.

pyb@rcn.com
www.bglv.org
610-865-0353
556 Main Street
Bethlehem, PA 18018

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ANATOMY OF A POINTE SHOE

—CONTACT INFORMATION— STUDIO, DIRECTOR, THEATER, UNIFORMS

JACKRABBIT PARENT PORTAL LOG IN: <https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgId=541603>

BGLV/PYB: 610-865-0353; pyb@rcn.com; <https://www.bglv.org/>

ARTISTIC DIRECTOR: Karen.knerr@bglv.org

ZOELLNER ARTS CENTER: Box Office: 610-758-2787; <http://zoellner.cas2.lehigh.edu/>
420 E. Packer Ave., Bethlehem, PA 18015

UNIFORMS (LEOTARDS, TIGHTS, BALLET SLIPPERS)

- **DC DANCEWEAR** — 423 Northampton St., Easton, PA
610-923-6100; <http://www.dcdancewear.com/>
- **EN ARABESQUE DANCEWEAR** — Located in Perkasio, Doylestown, Royersford
215-453-5950 (Perkasie); <https://enarabesque.com/>
- **FREEMOTION** — 2476 Willow Park Rd., Bethlehem, PA
610-758-9397, <http://www.freemotiondance.com/>

PHILOSOPHY/Non-Discrimination/Diversity & Inclusion

PHILOSOPHY

A 501 (c) (3) nonprofit organization, Ballet Guild of the Lehigh Valley, Inc., founded in 1958 by Marjorie Berlin Fink, serves as the umbrella organization for the Pennsylvania Youth Ballet school and performing company.

We believe in a serious approach to ballet study, as ballet is the foundation of all theatre dance. Students of all ages are encouraged to develop artistic awareness, to increase technical proficiency, and to acquire discipline, perseverance, improved powers of concentration and an aesthetic sense—qualities that will serve them well in all future endeavors.

We believe ballet is a healthful exercise that channels energy into a positive form of self-expression. Dance movements can inspire exhilaration in everyone. Come and experience this fulfillment—the undeniable joy of dance!

NON-DISCRIMINATION POLICY

Ballet Guild of the Lehigh Valley, Inc. does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients.

Ballet Guild of the Lehigh Valley, Inc. is an equal opportunity employer. We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the bases of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.

DIVERSITY & INCLUSION STATEMENT

At Ballet Guild of the Lehigh Valley/Pennsylvania Youth Ballet (BGLV/PYB) we're committed to modeling diversity and inclusion for the entire arts industry of the nonprofit sector, and to maintaining an inclusive environment with equitable treatment for all.

We believe a diverse, inclusive, and equitable workplace is one where all employees and volunteers, whatever their gender, race, ethnicity, national origin, age, sexual orientation or identity, education or disability, feel valued and respected. We are committed to a nondiscriminatory approach and provide equal opportunity for employment and advancement in all of our departments, programs, and worksites. We respect and value diverse life experiences and heritages and ensure that all voices are valued and heard.

To provide informed, authentic leadership for cultural equity, BGLV/PYB strives to:

- See diversity, inclusion, and equity as connected to our mission and critical to ensure the well-being of our staff and the arts communities we serve.
- Acknowledge and dismantle any inequities within our policies, systems, programs, and services, and continually update and report organization progress.
- Explore potential underlying, unquestioned assumptions that interfere with inclusiveness.
- Advocate for and support board-level thinking about how systemic inequities impact our organization's work, and how best to address that in a way that is consistent with our mission.
- Help to challenge assumptions about what it takes to be a strong leader at our organization, and who is well-positioned to provide leadership.
- Practice and encourage transparent communication in all interactions.
- Commit time and resources to expand more diverse leadership within our board, staff, committee, and advisory bodies.
- Lead with respect and tolerance.
- Develop a system for being more intentional and conscious of bias during the hiring, promoting, or evaluating process. Ensure that our hiring team follows equitable practices.
- Look for and enact additional measures to improve the awareness, policy, actions, and participation in the external community to stand for diversity and against discrimination in any form.

We expect all employees to embrace these ideas and look for ways to improve the awareness and actions of the BGLV/PYB organization through workplace interactions and through everyday practices.

FUNDRAISING/MALES DANCE FREE/VOLUNTEERS

FUNDRAISING

As BGLV is a nonprofit organization, we depend on our students and their parents/guardians to assist us with our fundraising efforts. Please make every effort to participate wholeheartedly and enthusiastically when we hold our various events—from soliciting ads for our Nutcracker program to securing donations for additional events. No amount is too small! We sincerely appreciate your support.

- **MATCHING COMPANY DONATIONS** — Does your company offer matching funds for nonprofits? Ask if we would qualify!

MALES DANCE FREE PROGRAM

- Male students ages three (3) and up are invited to enroll in classes at BGLV for no tuition cost. Uniform and shoes are the responsibility of the student. Audition fees are to be paid at the time of each event.
- Male students, ages six (6) thru 12 enrolled in the Community Division (Boys Ballet, Youth Ballet I, II, & III) are expected to audition for either or both *The Nutcracker* or our annual spring ballet. Students cast in a production will be responsible for paying any associated fees, including costume fee, program fee, advertising fee, etc.
- Male students enrolled in a class are expected to attend and fully participate in the class. Those who do not attend and who do not give notice to the office of their intentions not to attend will forfeit their tuition-free status for any future classes at the Ballet Guild.
- Because the Ballet Guild is a non-profit 501 (c) (3) organization, donations are gladly accepted to help cover the cost of any tuition granted.

VOLUNTEERS—BACKGROUND CHECKS REQUIRED

Pennsylvania Act 153 states that adult volunteers (ages 18 & older) who have direct contact with children must complete the three background checks/certifications as listed below. We are required by law to have copies to keep on file here in the office.

In order to serve as a volunteer for any of our productions (whether helping in the BGLV building, or backstage and dressing rooms at a performance), parents/guardians or other adult family members must complete this task as directed. Parents who have these certificates from another agency or volunteer position, please note that these are transferable if they are not expired. If that is the case, please make copies and bring them to the Ballet Guild office.

TO APPLY FOR THESE THREE CLEARANCES, VISIT THE WEBSITES BELOW – THE CERTIFICATES WILL BE SENT/ EMAILED TO YOU. Please bring a copy of each form to our office when you receive them – you will then be able to serve as a volunteer at the Ballet Guild! If you need technical assistance in obtaining these, please contact us.

1. **Pennsylvania Criminal History Check through the Pennsylvania State Police:** <https://epatch.state.pa.us/> Use the name “Ballet Guild of the Lehigh Valley, Inc.” in the section marked “Volunteer’s Agency/Organization (Mandatory)”
2. **Pennsylvania Child Abuse History Check through the Pennsylvania Department of Human Services:** <https://www.compass.state.pa.us/cwis/public/home> Use the name “Ballet Guild of the Lehigh Valley, Inc.” in the section marked “Agency/Organization Name” on the form.
3. **A signed affidavit swearing to continuous Pennsylvania residency for the past (10) years (see separate page titled “Disclosure Statement”); OR an FBI Criminal History Check, which requires you to submit your fingerprints:** <https://uenroll.identogo.com/>
 - ◇ Enter the Service Code “1KG6ZJ” as indicated on the web page.
 - ◇ Begin the registration process on the next web page. Follow the instructions.
 - ◇ Enrollment Center locations are listed on the web page.
 - ◇ When you receive your copy of the fingerprint documentation, bring a copy to the Ballet Guild office.

To learn more about this important Pennsylvania law, visit the website below:

http://www.keepkidssafe.pa.gov/cs/groups/webcontent/documents/document/C_135249.pdf

DIRECTIONS/PARKING/EMERGENCY CLOSINGS/ARRIVAL

DIRECTIONS & PARKING

- From Route 22, take Route 378 South to Exit #3 (Center City). From the stop sign at the exit, turn left onto 3rd Ave. At the stop light, turn left onto Broad St. Follow for 3 blocks to the intersection with Main St. At the stop light, turn right onto Main St. Ballet Guild studios are on the left side of the street, next door to the historic "Sun Inn."
- There are two parking garages — Walnut Street, and North & Main Streets — in the downtown area; follow signs as marked: <http://bethpark.org/> (Bethlehem Parking Authority)
- Parking meters are available at times (enforced from 8 am—9 pm) on a limited basis. ParkMobile is also available: <https://bethpark.org/parkmobile> (pay for hourly parking with your phone with the App)
- Be aware of parking signs wherever you park. Whether traveling to or from class, allow time to park your car and walk to our studio, as the parking authority will ticket those who double park in the vicinity of our building. Parking or driving through the Sun Inn Courtyard to the rear of our building is not permitted.
- Use the parking garages for easiest access. Current garage policy is that the first 30 minutes are free. Visit <http://bethpark.org>

EMERGENCY CLOSINGS

Weather-related cancellation or closing announcements will be made via three media methods:

- [WFMZ-TV 69News Stormcenter Update | wfmz.com](#) (use the words "Ballet Guild" when searching)
- <https://www.bglv.org/> (home page of our website)
- <https://www.facebook.com/Ballet-Guild-of-the-Lehigh-ValleyPennsylvania-Youth-Ballet-119465338065731/> (Ballet Guild Facebook Page)

To receive text messages from WFMZ regarding any closings, sign up for their service on the following webpage: [WFMZ-TV - TextCaster](#)

You will receive a text message on your phone within moments after any cancellations are posted on the WFMZ-TV 69 website!

ARRIVAL/DISMISSAL

- PLEASE BE ON TIME TO PICK UP YOUR CHILD. IF YOU WILL BE LATE, THE OFFICE SHOULD BE NOTIFIED.
- Parents or guardians of young children MUST come into the building to pick up their child. BGLV staff is not responsible for supervising any children left alone without a parent or guardian. Young children are not permitted to leave the building by themselves. Parents are responsible for notifying any substitute drivers of our pick up policy.
- Please do not drop off your child in front of this building, or across the street and allow them to cross Main Street alone. (The parking garage has a 30 minutes free policy.)
- Please be aware that if no classes are scheduled or are cancelled for any reason, this building may not be open. If there is a reason (*other than weather-related — see "Emergency Closings" above*) for a regularly scheduled class to be cancelled, you will receive a phone call.

REGISTRATION/TUITION/FEES/FINANCIAL AID

REGISTRATION

Prior to attending any classes at Ballet Guild, all students (or their parent/guardian if under age 18) must complete and sign the registration form, and other required documents as listed on the system. The registration and payment process are being managed with the Jackrabbit system. Links are below. It is helpful to watch the Youtube Video if you have not used this process before.

REGISTER AND MANAGE YOUR ACCOUNT EASILY WITH JACKRABBIT:

<http://app.jackrabbitclass.com/regv2.asp?id=541603>

New to this process? Click the following link to watch a short Youtube Video:

<https://www.youtube.com/watch?v=1A1RGTHMk3U&feature=youtu.be>

TUITION/FEES

- Tuition is based on an academic year or session, and is due whether or not the student is present, and whether or not the student completes the session and/or year, and is not transferable nor refundable except as stated below. If in-person classes are required to cease by order of the governor, we will maintain the same schedule for Zoom Online for Levels YBI and up in the Community Division and all levels in the Pre-Professional Division.
- Tuition for Community Division students is due upon enrollment. Payment methods on file in the Jackrabbit student account will be charged on the date of enrollment for the Community Division.
- Pre-Professional Division students may choose to pay tuition in quarterly amounts and should notify the office by separate email when enrolling if that payment method is selected. Quarterly payment are to be made according to the following listed dates; payment methods on file will be processed automatically on the dates as listed: Payment 1 - First day of class; Payment 2 - November 10; Payment 3 - January 10; and Payment 4 - March 10.
- Master Class, Audition, Costume, Production, and any other fees are nonrefundable and nontransferable.
- Adult/Teen ballet students enrolled for Drop-In classes must bring exact change if they wish to pay in cash as large amounts of cash are not kept on hand for such purposes.
- Late Fees: A fee of \$30 will be assessed if payment is more than 5 days overdue. Should payments (quarter or otherwise) be delinquent, Ballet Guild reserves the right to suspend student's participation until all financial obligations are satisfied. With the exception of quarterly payments, an interest charge of 1½% per month on any unpaid balance will be applied.
- Payment methods on file in the parent account will be automatically charged on the due date of the tuition, audition, or other fees assessed during the year.
- A \$30 fee will be charged for returned checks or credit card charge backs for any reason.

REFUNDS

- Tuition refunds are granted for medical reasons only. Any request for such a refund must be made in writing and must be accompanied by a doctor's signed statement on letterhead.
- There is no refund for missed lessons or lessons not made up; students may make up any classes missed due to illness by attending classes at the same or next lower level. Students are responsible for making up missed classes within 2 weeks of the absence. There will be no refund for absences or classes cancelled due to inclement weather.

FINANCIAL AID/SCHOLARSHIPS

- A limited amount of financial aid is available for fulltime students, ages ten (10) and up, enrolled in the Pre-Professional Division. Students who receive such aid are expected to study exclusively at the Ballet Guild and must take the maximum number of classes for their level. Students and their parents/guardians are expected to volunteer a minimum of ten hours per month.
- To be considered for financial assistance for the 2023-2024 season, all forms must be completed and returned with the appropriate documentation to the office by September 1, 2023. Students entering after that time will be considered on an individual basis. New forms must be completed for each season and are available by contacting the office.

ATTENDANCE/ABSENCE/MAKEUPS/PLACEMENT/CONFERENCES

ATTENDANCE/ABSENCES/MAKEUPS

- Regular attendance at class is necessary. Students are required to attend all classes for which they are enrolled. Students with minor injuries should attend and observe (class and/or rehearsal) so that they can learn choreography and apply corrections when they can safely dance again.
- Parents should notify the office (in advance if possible) if a child will be missing class for any reason. You may either send an e-mail notice, or leave a message on our answering machine if there is no answer. For planned vacations/absences, we appreciate an email or note in writing with student's name, class, date, and reason for absence.
- The office should be notified of any injury a student may have incurred either at school or at home. As ballet is a vigorous activity, an injury may be a hindrance to the child's participation in class.
- Students are expected to be in the studio ready to work when class begins. Students who arrive more than ten (10) minutes late for class may be asked to observe the class instead of actively participating. The beginning warmup is a crucial component of the dance class and helps prevent injuries.
- Late-arriving students are to stand at the classroom entrance and wait to be invited into class by the instructor.
- Missed classes should be made up at the student's current level/dance style, or at the next lowest level, and in the student's current enrolled session. The office should be notified in advance of the class selected as a makeup. Be sure to indicate child's name, current class, & the makeup date selected.
- Pre-Professional Division students are required to make up any missed classes at the next lowest level. Also, Pre-Professional Division students may take any of the lower level classes at no extra charge provided his/her required class commitment has been fulfilled.
- BGLV reserves the right to change instructors as needed during the school year.

CLASS PLACEMENT

- Pre-Professional Division Class placement is determined by audition and placement by the Artistic Director. Students wishing to enroll after the season begins may call the office to make an appointment for an audition during a regular class time.
- Community Division students may enroll according to the child's age at the start of the session; however, final placement is determined by the instructor and is based on each student's technical ability and physical strength at that time. It is our goal to provide the best possible training for each child. All children develop at different rates.
- We follow a written ballet syllabus; as such, once students demonstrate that they have fully mastered the technical requirements, and based on the student's proper physical and emotional development, the instructor may approve advancement to the next level. It is not uncommon for students to remain in a level for more than one year; it should not be considered detrimental to the child if that occurs. All students progress at different rates. Class placement decisions are made to protect the student from injury and unnecessary frustration. There are no shortcuts to the art of classical ballet.
- Private class lessons are not offered at BGLV/PYB; students wishing additional ballet training may take any lower level class free of charge.

PARENT/TEACHER CONFERENCES

All questions about your child's progress are appropriately addressed by appointment, which may be made by sending an email to the office. You may contact the Artistic Director via email: Karen.knerr@bglv.org. If you need to speak with a teacher, you may call the office or send an e-mail to request an appointment.

STUDENT/GENERAL INFORMATION

- **STUDENTS SHOULD CARRY A WATER BOTTLE WITH THEM DAILY. There is a Bottle Filling Station on the third floor. Water bottle sales are not available.**
- Wi Fi connection is available throughout the building for your convenience — the current password may be found on the bulletin boards on both the 2nd & 3rd floor.
- Students who are ill should not attend class.
- Those who may arrive late should notify the office.
- Pre-Ballet students must be at least three (3) years old before the session date, and must be potty-trained before starting classes at BGLV. Also, because the studios are on the third floor, students must be able to separate from the parent/guardian.
- Students are to arrive and leave with appropriate clothing covering the dance attire. Ballet slippers are never to be worn on the street or elsewhere.
- Students are to arrive on time for class, wearing the designated uniform and presenting a neat appearance as specified on pages 11 and 12.
- Late-arriving students are to stand at the classroom entrance on the third floor and should wait to be invited into class by the instructor.
- Students are expected to behave in a disciplined, responsible, and courteous manner when on BGLV premises, in theatres, and other performing venues.
- Students are expected to be cheerful and polite to each other as well as to the Artistic Directors, faculty, administration, and parents.
- Any disruptive behavior problems will not be tolerated, including, but not limited to, use of offensive language; bullying; theft of any school or another student's property; use of drugs, alcohol, or tobacco products. These behaviors will result in dismissal without refund.
- Bullying is strictly prohibited. Students who verbally or physically cause harm or threaten to cause harm, who physically or psychologically intimidate another student, name call or harass any other student for any reason may face immediate dismissal without refund.
- Cell phones are to be silenced and placed in the student's bag once they enter the premises. Phones may be used before or after class if there is an emergency or important announcement to convey. Unless they have permission from a staff member, a student may not use his/her phone to video or photograph other students in any part of the dressing room or studio.
- Students and/or parents/guardians should notify the office immediately with any concerns regarding student conduct.
- The Artistic Director reserves the right to suspend, expel, or withdraw scholarship from any student whose attitude, class attendance, work habits, chronic lateness, overall conduct, or physical fitness for classical dance training is judged unsatisfactory.
- Valuables of any sort should not be brought to class. We cannot be responsible for lost or stolen articles left in any part of the building.
- Students should not wear jewelry (small stud earrings are o.k.) during class.
- Students should demonstrate a respect for the property by not leaving any trash on the benches, chairs, or floors. Use proper receptacles for trash and recycling items; empty beverage bottles of liquid before disposal.
- Students may not be in any of the studios unless an instructor is present.
- Students who wish to use any of the dances choreographed by BGLV instructors must first ask permission of that instructor. Any requests for a copy of music must be in writing in advance, and a blank CD and sleeve/case must be given to the office.
- Students needing letters of reference or recommendation must submit his/her request in writing (email is acceptable) to the office no later than seven (7) days before the due date of said item.
- Students in the Pre-Professional Division who plan to take any dance auditions should notify the office or the instructor in advance.

PERFORMANCES/FEES

- There are no recitals at Ballet Guild/Pennsylvania Youth Ballet. The full-length ballet, *The Nutcracker*, is performed by our students and top professional guest artists annually at Zoellner Arts Center, Lehigh University. A spring ballet is also performed annually. In addition, our students are often invited to perform for special community groups.
- Students and parents should be aware that performing is a privilege and results from attending class on a regular basis, working hard in class to attain an appropriate technical level according to age, committing to rehearsals as assigned, and participating fully in the performance experience. All casting of parts is the decision of the Artistic Director and is not open to discussion.
- No matter the "size" of the role a student is given, he or she is integral to the whole performance. The Artistic Director/Choreographer cannot work with "missing" cast members. When a commitment is made to perform, the student is expected to participate. Those who do not fulfill their commitment may be subject to loss of performing privileges and/or disciplinary action.
- All rehearsals are "closed" which means observers are not permitted unless specifically invited by the directors.
- Production Fees are assessed for each performance and help our nonprofit organization purchase needed costumes and help with dry-cleaning and other production expenses. Any and all fees associated with any productions (Audition, Costume, Production, etc.) are nonrefundable and nontransferable.

THE NUTCRACKER/SPRING BALLET

- Cast members for both productions are chosen by an audition process in the form of a full ballet class, and are announced both on the website and via email. See the Calendar on page 12 for this year's dates. Students must be at least 6 years old in order to audition for productions.
- Rehearsals vary based on casting and may be necessary from one to five days weekly, and will be announced each month. All cast members should plan on weekend rehearsals as necessary. Pre-Professional Division students should plan on Saturday and Sunday rehearsals during the entire season—September through May. Dates of performances are listed in the "Calendar" section of this handbook. Cast members are required to attend all rehearsals for which they are cast. Absences are not permitted for any of the scheduled dress rehearsals in any production.

COMMUNITY OUTREACH

Community organizations contact us with requests for BGLV students to perform; charitable performances are very important as part of our community outreach, and as a means of reinforcing community awareness of our nonprofit organization. When dates are selected, information is given to each student & his/her parent/guardian to ascertain availability for rehearsals and these performances, which may occur on evenings, weekends, or weekdays during school-time. We make every effort to schedule them at convenient times.

BALLET . . . LIKE A SPORT, ONLY HARDER!

According to a 1975 study by Dr. James A. Nicholas in "The Journal of Sports Medicine," ballet is more mentally and physically demanding than football! Sixty-one (61) activities were examined—ballet was number one on the list, followed by bullfighting and then football.

(*NY Times*, 9/27/2005. 2005 *Factiva*)

UNIFORMS/APPEARANCE/CLASS SUPPLIES

UNIFORMS/APPEARANCE

The customary attire of a classical ballet student is intended to promote freedom of movement and to reveal the form of the body so that the teacher may evaluate the dancer's alignment and technique. Females wear their hair in a bun which permits the student to concentrate without the distractions of loose hair. There are many bun-making how-to videos on the internet. If you need assistance or have questions, please ask.

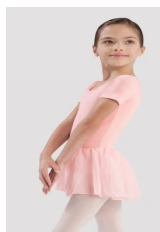
- **ALL STUDENTS (*except adults*) ARE REQUIRED TO WEAR A UNIFORM IN THE SPECIFIED COLOR FOR ALL CLASSES AS LISTED ON THE NEXT PAGE.**
- **Uniform Exceptions:** Adult students may wear any solid color leotard, tights, and ballet slippers; skirts are also permitted. Students taking a placement class may wear any solid color leotard, tights, & ballet slippers for this first class, but will be expected to wear the specific uniform once placed.
- **Ballet slippers may be purchased from any reputable dance supply store—see page 2 for a list of local sources.** Have your child's shoes fitted by the sales staff and be sure to have the teacher check the fit at the first class. For safety reasons, ballet slippers must fit very closely to the foot. We specify leather split-sole simply because, as a rule, leather shoes last longer and present a better appearance than canvas; the split-sole allows greater flexibility of the foot. Elastics must be sewn properly in the shoes and not merely tied.
- **Dance shoes should never be worn outside of the dance studio, either on the street or elsewhere.** The studio floors are covered with professional quality dance floors; dirt from the street is harmful to the surface. Also, as the shoes are designed for dance inside, there is no protection of the foot whatsoever.
- **Dance attire must always be covered by street clothes when not in the classroom.**
- **All female students with long hair are to wear their hair in a neat, tidy bun without bangs** (see photos below). Those with short hair should wear their hair pinned neatly off the face. Male students' hair should be neatly combed.
- **All students should present a neat appearance at all times.** You may wish to purchase more than one leotard and pair of tights depending on the number of classes per week your child attends. Students are expected to wear clean uniforms for each class and to keep their shoes in good condition. **PUT CHILD'S FIRST AND LAST NAME IN ALL CLASS ATTIRE, INCLUDING SHOES.**
- Dancers in Youth Ballet I and above are expected to be responsible for and to carry their own dance bag and equipment, which should include: ballet slippers, class leotard, extra pink tights, hair accessories.
- If your child is taking pointe classes, in addition to the items in the list above, they should also carry: Pointe shoes (stored outside of the dance bag—see the instructor for details) and necessary supplies.

CLASS SUPPLIES — PROGRESSING BALLET TECHNIQUE (PBT)

In this class, students will be working with various sizes of exercise balls (provided by BGLV) and resistance bands on a yoga mat. Each student should provide his/her own Resistance Band measuring 6" wide and 9 feet long; and may purchase one for \$10.00 at the Ballet Guild. Students should bring his/her own yoga mat.

UNIFORM PURCHASING INFORMATION

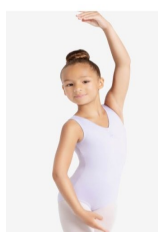
Any dance supply store should carry the required uniform items listed on Page 11. Recommended local sources are DC Dancewear, En Arabesque Dancewear, and Freemotion — see contact information on Page 2 of this handbook. Ballet Slippers should be purchased from a reputable dancewear supplier to ensure the proper fit for class.



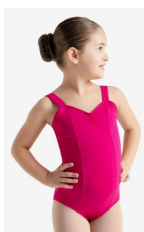
Pre-Ballet



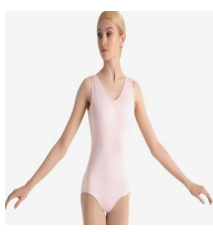
Youth Ballet I



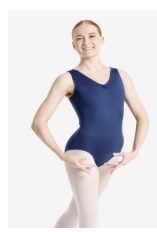
Youth Ballet II



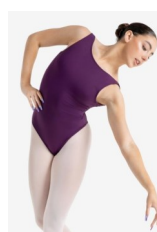
Youth Ballet III



Level A



Level B



Advanced



Boys

UNIFORM LIST - LEOTARDS/TIGHTS/BALLET SLIPPERS

PRE-PROFESSIONAL DIVISION • LEOTARDS & TIGHTS (FEMALES)

PINK TIGHTS: Capezio, Mesh Transition Seamed. Adult sizes. #9, Classical Pink / Child sizes—#9C, Classical Pink

LEOTARDS (LISTED BY LEVEL):

- **LEVEL A — Capezio, Studio Collection Pinch Front V Neck Leotard — Pink**
Adult Sizes: SE1008W — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard>
Child Sizes: SE1008C — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child>
- **LEVEL B — Capezio, Studio Collection Pinch Front V Neck Leotard, — Navy**
Adult Sizes: SE1008W — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard>
Child Sizes: SE1008C — <https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child>
- **ADVANCED — Capezio, Studio Collection V Back Pinch Tank Leotard — Aubergine**
Adult Sizes: SE1009W — <https://www.capezio.com/studio-collection-v-back-pinch-tank-leotard>
Child Sizes: SE1009C — <https://www.capezio.com/studio-collection-low-v-back-w-pinch-tank-leotard-girls>

COMMUNITY DIVISION • LEOTARDS & TIGHTS (FEMALES)

PINK TIGHTS: Capezio. Child Sizes — #1915C, Footed, Ballet Pink —OR— #1916, Transition Tight, Ballet Pink

-OR- MATCHING SKIN TONE TIGHTS: So Danca Footed Tights—TS74, Adult Sizes / TS73, Child sizes

- Child Sizes: <https://www.sodanca.com/collections/children-tights/products/ts73?variant=41828486185122>
- Adult Sizes: <https://www.sodanca.com/collections/women-tights/products/ts74>

LEOTARDS (LISTED BY LEVEL):

- **PRE-BALLET — Bloch, Girls Short Sleeve Skirted Leotard - Light Pink (CL5342)**
[Girls Short Sleeve Skirted Leotard, Light Pink – BLOCH Dance US \(blochworld.com\)](https://www.blochworld.com/girls-short-sleeve-skirted-leotard-light-pink)
- **YOUTH BALLET I — Capezio, Studio Collection Pinch Front V Neck Leotard - Girls — Pink (SE1008C)**
[Capezio Studio Collection Pinch Front V Neck Leotard - Child | Capezio®](https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child)
- **YOUTH BALLET II — Capezio, Studio Collection Pinch Front V Neck Leotard – Girls — Lavender (SE1008C)**
[Capezio Studio Collection Pinch Front V Neck Leotard - Child | Capezio®](https://www.capezio.com/studio-collection-pinch-front-v-neck-leotard-child)
- **YOUTH BALLET III — Capezio, Studio Collection Wide Strap Camisole Leotard – Girls — Bright Mulberry (SE1012C)**
[Capezio Studio Collection Wide Strap Camisole Leotard - Child | Capezio®](https://www.capezio.com/studio-collection-wide-strap-camisole-leotard-child) (also available in adult sizes)

BALLET SLIPPERS • PINK FOR FEMALES / BLACK FOR MALES

Split-sole leather ballet slippers are preferred if available in your child's size.

- **Style #S0208L - Adult Sizes: Prolite II Leather, Ladies, Pink, Split Sole**
https://us.blochworld.com/products/ladies-prolite-2-leather-ballet-shoes-white-leather?_pos=4&_sid=2cf6f9279&_ss=r
- **Style #S0203M - Adult Sizes: Precision Leather, Men's, Black, Split Sole**
https://us.blochworld.com/products/mens-precision-leather-ballet-shoes-black-leather?_pos=3&_sid=ba6ed8ad4&_ss=r
- **Style #2027 - Childrens Sizes: Capezio Juliette 2027, Girls, Leather, Split Sole, Pink**
<https://www.capezio.com/leather-juliet>
- **Style #S0205G - Children's, Leather, Full Sole (Girls-Pink/Boys-Black)**
<https://us.blochworld.com/collections/children-dance-shoes-ballet/products/childrens-dansoft-leather-ballet-shoes-pink-leather>

MALE STUDENTS

- Black unitard or tights, or Black leggings (as long as pants are close fitting to the body)
- Solid color or white T-shirt; dance belt (older boys); White socks
- Black leather split-sole leather ballet slippers (*if available*)

CALENDAR OF EVENTS — 2023-2024

Sat., Sept. 9	Ballet Boot Camp / Open House—1:00-3:00 pm
Mon., Sept. 11	Classes Begin
Sun., Sept. 17	Nutcracker Auditions—Open to all dance students, ages 6 & up
	<i>Pre-registration via the Jackrabbit Parent Portal is required. Schedule listed below for each age group. Enroll for the age the child is by the audition date.</i>
	12:30-1:30 pm, Ages 6-9
	1:30-2:30 pm, Ages 10-13
	2:30-3:30 pm, Ages 14 & up
Sun., Nov. 19	Nutcracker In-Studio Dress Rehearsal (Approx. 12:00-5:00 pm)
Tues., Nov. 21 — Mon., Nov. 27	Thanksgiving Holiday
Mon., Dec. 11, 2023 — Mon., Jan. 1, 2024	Winter Break — No Classes
Tues., Dec. 12	Nutcracker Dress Rehearsal at Zoellner
Wed., Dec. 13 — Fri., Dec. 15	Nutcracker Performances for Schools at Zoellner 10:00 am each day
Sat., Dec. 16 & Sun., Dec. 17	Nutcracker Performances for the Public at Zoellner 1:00 & 4:30 pm each day
Tues., Jan. 2, 2024	All Classes Resume
Mon., Jan. 8 — Sat., Jan. 13	Parent Observation Week — Pre-Professional Division
Mon., Jan. 15 — Sat., Jan. 20	Parent Observation Week — Community Division Final week of classes — Community Division
Mon., Jan. 29	Session II Begins — Community Division
Mon., Feb. 19	President's Day — No Classes
Wed., March 27 — Tues., April 2	Spring Holiday — No Classes
Mon., May 13 — Sat., May 18	Last week of all classes
Sat., June 1 & Sun., June 2	Spring Ballet - "Coppélia" - Baker Hall, Zoellner Arts Center
June 24 — August 2	Summer Dance Program at BGLV/PYB Studios (Monday through Friday — No weekend classes) July 1—5 — No Day Intensive classes