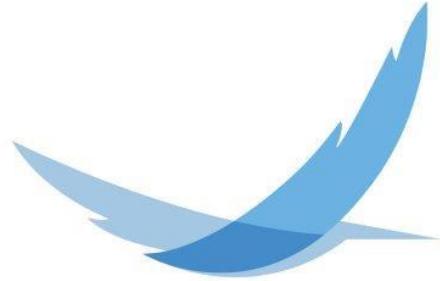


# Parent and Student Handbook

## 2022/2023



**CENTER** for **DANCE**

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**VASHON CENTER FOR THE ARTS**

**Where Dance is for EVERYBODY**

**E**ducate

**C**reate

**I**nspire

## **Welcome to Vashon Center for Dance!**

Vashon Center for Dance (VCD) is honored to have served the Vashon Community for more than 2 decades. Our 2 spacious studios are in the historic Oddfellows Hall, which we refer to as the “Blue Heron Education Center”. Our studios are equipped with sprung Marley floors and regulation-height barres. Our amazing teaching staff are a group of credentialed and experienced professionals that share a love for people, dance and performing. For Fall 2022, we are hosting 36 classes per week and we will produce 3 full-scale productions in the Katherine L. White Hall.

Thank you for choosing Vashon Center for Dance. We look forward to dancing with you.



Ms. Vadne  
Director of Dance  
vadne@vashoncenterfordance.org

Vashon Center for Dance reserves the right to change without notice any statement in this handbook concerning, but not limited to, rules, policies, tuition, admission, scholarships, evaluations and curricula.

## **Diversity and Inclusion**

At Vashon Center for Dance, we celebrate diversity in all aspects of the work we do and support an environment of inclusion, racial equity, and social justice in our programming and operations. We welcome all individuals to our campus and steward them with respect and dignity. We hold our patrons and all affiliates to the same standard: our home is a center for all, regardless of race, place of origin, sex, disability, gender identity, sexual orientation, religion or class.

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## **ADMISSION & ENROLLMENT**

Youth Division classes, which include Creative Movement and Primary Ballet, have an Open Enrollment policy based on age of the student. Students enrolled in Primary Ballet classes are evaluated in the spring by the VCD School Faculty for readiness for Level I in the Student Division. Youth Division students who are able to focus for the entirety of class, demonstrate an understanding of the studio rules, follow instructions, and participate fully in the class activities are ready for advancement to the Student Division.

In the Student Division (Levels I-VI), returning students are evaluated each year for advancement to the next level. It is common for a student to study 2 or more years in each level. Students may be invited to take a portion of the class above their assigned level if they are ready for a challenge, but not yet technically advanced enough for the entire class. VCD strongly recommends, as is customary in classical dance schools, that students also attend classes at the level from which they most recently graduated. This is a zero-cost way to acquire more training and fine-tune technical skills.

### **PROMOTIONS AND CONFERENCES**

Formal conferences are offered each year for students in Ballet Levels III+ to discuss progress and goals. The teacher, student and their grown-ups may discuss effort, attendance, technical development, strengths and areas of growth, conduct, potential, goals, and suggestions for improvement. Conferences are aimed at gaining alignment between the student, grown-up(s) and teacher(s) so the student is able to have the best dance experience possible. Students are expected to take notes in their class journal (see below) during the conference to use as a reference during the school year.

Ms. Vadne is always available to answer any questions or hear concerns throughout the year.

### **CLASS JOURNAL**

All students in Level III and above are strongly encouraged to keep a class journal to record corrections and conference notes. We have Vashon Center for Dance notebooks available for \$5.00 (see Ms Vadne), but any spiral notebook is acceptable.

Students are expected to carry this notebook with them every time they come to the studio. We recommend that at the end of each class, each student record all corrections received personally or to the class in general. Students should review their journal frequently to refresh what to think about and work on while in class or rehearsal. If there is something about which the student needs clarification, they should ask the teacher who made the correction for clarification. Journals are used as a tool for student progress and comprehension.

## **CLASS OBSERVATION**

Parents/guardians are invited to observe class at any time through the viewing window or Zoom (upstairs studio) or by Zoom for classes held in the downstairs studio. It is so much fun to watch your kiddos, but please be sensitive to the idea that your presence may impact the comfort of other students, or even that of your own child. Students deeply want to impress their family and friends, so any visitors may cause your dancer, or someone else's, to be distracted. For little ones, a parent or guardian in view gives them a reason to ask to leave, which is counterproductive to remaining focused in class. If you are going to stay in the waiting area for the duration of class, please make every effort to not interrupt class by entering the classroom, taking photos/video without permission, opening the door and addressing any child or teacher, waving at the kids through the window, or making excessive noise. Of course, teachers understand that occasional exceptions need to be made. But class time belongs to the students, and they should be afforded a productive learning experience.

## **OUTSIDE DANCE INSTRUCTION**

VCD makes every effort to deliver a complete dance education in each style of dance offered. As educators, we feel it is our duty to prepare our students for their eventual graduation from our program and subsequently train collegiately or with a conservatory school. To this end, the Education Staff feels it is important for students to experience other teachers and styles of dance not offered at VCD. This is unusual in the dance world: many schools forbid their enrolled students from taking classes at other schools. Since our students receive excellent training, it is not unusual for them to receive offers from other studios. Our position: Unless it is a school associated with a professional company (PNB Ballet School, as an example), beware of any teacher or administrator that encourages departure from VCD to train exclusively at their school. Their motives may not be in the best interest of the student. VCD's teachers and staff are approachable, want what is best for every student and family, and are happy to objectively discuss these offers so that the student and grown-up(s) have all the facts necessary to make an informed decision.

## THE PROGRAMS

Vashon Center for Dance is divided into three divisions designed to support the needs of the community and the technical and artistic abilities of each student.

### **YOUTH DIVISION**

Youth Division classes introduce children to music and movement through a progression that stresses creativity and group interaction. Students in Creative Movement and Primary Ballet/Tap are invited to participate in an annual spring performance June 2, 3 and 4, 2023.

#### **Creative Movement**

Creative Movement is for students ages 3 to 5. Classes encourage imagination, self-expression and group interaction while introducing students to basic movement and music concepts and proper class room etiquette. Students enroll for the full term (Fall and Spring) and attend a weekly 45 minute class. Spring quarter classes include preparation for the spring performance June 2, 3, and 4, 2023. Students may take Creative Movement classes for several years, and will be assessed annually for graduation to the Primary Level class.

#### **Primary Ballet/Tap**

Primary Ballet/Tap classes offer a prelude to formal ballet and tap instruction for 5-6 year olds. Students are introduced to vocabulary while building ballet and tap skills, exploring creative dance, developing musicality, and learning class room etiquette. Primary students enroll for a full term (Fall and Spring) and meet once a week for a one-hour class. Spring semester classes include preparation for the annual spring concert June 2, 3, and 4, 2023. Students enrolled in Primary Ballet classes are evaluated in the spring by the VCD Faculty for readiness to the demands of Level I in the Student Division. It is typical for students to be in Primary Ballet/Tap for 2 consecutive years.

### **STUDENT DIVISION**

#### **Levels I-VI**

Children ages 7-18 enter the Student Division by promotion or placement. Students learn progressive levels of technique for the style of dance they are studying. Yearly advancement is based on evaluations of the individual student's technical ability, physical aptitude, strength, classroom effort and attendance. When students achieve Ballet III and up, they attend at least 2 classes per week, with a supplemental rehearsal time following one class. The technical requirements of this level cannot be attained in 1 hour per week, and the extra time spent studying ballet is almost always relished after a period of adjustment. Dancers in Ballet Level IV will prepare for pointe work. Dancers in Ballet Level V will begin partnering. Students in Levels IV+ are strongly encouraged to attend the class from which they previously graduated as this is the best way to stay firmly founded in technique and to reinforce the good habits that contributed to their promotion. Supplemental exercises may be prescribed for any student in this division, especially at the upper levels. This may include stretching, strengthening exercises, video research,

relaxation exercises, or practicing imagery. Please allow time for this “homework” as it will positively contribute to advancement, role assignment and overall satisfaction and success. The Student Division includes dance in the following styles: Ballet, Modern, Jazz Dance, Tap, Lyrical and Contemporary Dance.

*A note about pointe work* – At Vashon Center for Dance, we believe dance is for everybody. However, pointe work is not for every body. Pointe work is achievable only with a persistent progression of training and the necessary foot structure. While it is rare, pointe dancing is not an option for some dancers – and that is OK. There are so many genres of dance to study, and pointe is only one of them.

## **PRE-PROFESSIONAL**

Level VII classes are for those students who wish to pursue dance at the professional and/or collegiate level. Enrollment for Pre-professional classes assumes that the student is not participating in school or select team sports as those pursuits may have contraindications to serious dance training.

## **RECREATIONAL DANCE DIVISION**

Recreational Dance Division classes are offered for adults who enjoy dance, but may not wish to perform. Sessions are approximately 8 weeks and we currently offer Recreation Division classes in Ballet, Tap, and Contemporary Dance.

## **SUMMER COURSES**

VCD offers a special summer curriculum:

**Recurring classes (2023):** Ballet Level III-VII, Adult Ballet, Modern, Jazz and Contemporary classes are typically offered. Students enroll for the summer session and meet 1-2 times per week.

### **Workshops**

VCD offers workshops for Level 5+ in Improvisation, Authentic Jazz, Choreography and more.

### **Summer Intensive Level 5+**

Our ballet-based summer intensive for the advanced level students includes a daily ballet class followed by a class of another dance genre, dance history, choreography, dance notation, variations, partnering and preparation for a Fall performance.

### **Dance Camps: ages 3-13**

VCD offers many summer dance camps for children. Typical offerings include: *My Favorite Ballets*, *Fairy Tales Dance Camp*, and *Dance Sampler*. Some of these dance camps conclude with an on-stage demonstration in The Kay White hall.

## **CLASS ASSISTANTS**

Class Assistants are needed! This is a great way to earn your Community Service hours, help your studio, and gain work experience. Students receiving scholarship funds will be considered first. If you would like to be considered, please notify Ms. Vadne.

## FACULTY

The VCD faculty is a group of credentialed educators and dance experts selected for their love of people, dance, and performing. They are dedicated to the success of each student, and to passing-on the legacy of classical and contemporary dance. All VCD faculty members are vetted, back-ground checked, and vaccinated.

## PERFORMANCE OPPORTUNITIES

VCA's Annual Art Auction: Sept 24, 2022 (Ballet V-VII)

The Nutcracker: December 2-4, 2022 (Ballet I-VII)

Original Works: March 17-19 (All dance styles, Level IV+ are invited)

Spring Concert: June 2-4 (All Students)

Hot Night Cool Dance (tentative): Aug 18 (Level V+)

**A note about performing opportunities:** Performing is optional. If you opt to participate, please plan on **participating in all the performances** of a show.

### YOUTH DIVISION

Creative Movement and Primary Ballet/Tap students have the opportunity to participate in an annual spring performance June 2, 3 and 4, 2023. Participation is voluntary. Rehearsals will be held during class time until the week of the show. During Show Week, additional rehearsals and a Dress Rehearsal (June 1) will be held in the Katherine L White performance hall. Students must be currently enrolled and attending all classes in order to perform. For this group, we make exceptions to our rule that everyone must commit to all shows as we understand these littles may not have the stamina for an entire show weekend.

### STUDENT DIVISION

All students in Ballet Levels I-VII are offered roles in *The Nutcracker* (December 2, 3, and 4, 2022) and the Annual Spring Concert (June 2, 3 and 4, 2023) at the Katherine L White Performance Hall. Participation is voluntary. Dress Rehearsals are December 1 for the Nutcracker and June 1 for the Spring Concert. If a student wishes to opt out of performing, please inform the teacher by Oct 1 for *The Nutcracker* and March 1 for the Annual Spring Concert so they can adapt the choreography accordingly. If the student decides to perform, they must attend classes and rehearsals regularly and commit to all the shows.

Ballet Levels I and II, Jazz, Contemporary and Lyrical students will learn their choreography in class and weekly scheduled rehearsal times. Ballet Levels 3+ have additional rehearsal time following their classes, and roles associated with Levels IV-VII (solos, duets, pas de deux) may require supplemental rehearsal time to be scheduled between the choreographer/coach and the specific dancers/parents involved. Classes and rehearsals during show week and the week prior may be held in the Katherine L. White theater. Every attempt is made to maintain the regular schedule, but shifts in times and days may be necessary. Dress rehearsals are held on the Thursday prior to Opening Night, and attendance is mandatory for all performers.

VCD Students at Level IV+ are invited to submit work for our annual *Original Works* show, March 17-19, 2023. VCD teachers and choreographers may invite VCD students and students from other schools to participate in their choreographic works.

## **RECREATIONAL DANCE DIVISION**

All students enrolled in Recreational Dance Classes at VCD may perform in our shows. If interested in performing, please inform Ms Vadne or the class teacher. Additionally, invitations to perform may be extended to students enrolled in the Recreational Dance classes. There is always a need for Party Guests in *The Nutcracker*, as an example.

Rehearsals will be aligned with the Student Division students in the same scene, so rehearsal commitment outside of class time will be required.

Recreational Dance students are invited to participate in Original Works (see below).

### ***The Nutcracker***

Vashon Center for Dance performs *The Nutcracker* every year. This ballet, aside from being a holiday tradition for people all over the world, is greatly anticipated by the students of VCD. As they progress through the levels, they are awarded more difficult roles, or have the opportunity to perfect a role they have had previously. In this way, they are able to measure their progress. The roles in VCD's *The Nutcracker* may morph year to year depending on the abilities of the performers. Please be careful not to assume that particular levels or individuals will always dance a particular role. Casting is at the discretion of the Director, and decisions are made based on what is best for ALL the dancers, staff, volunteers, costumes, number of performers, etc.

The 2022 Nutcracker dates: December 2-4, 2022

Monday November 21-Tuesday November 22, Theater Rehearsals

Monday November 28-Wednesday November 30, Tech Rehearsals

Thursday December 1, Evening Dress Rehearsal

Friday December 2, Evening Performance

Saturday December 3, Matinee and Evening Performance

Sunday December 4, Matinee Performance

*\*Dates subject to change*

## ***Original Works***

Original Works is an opportunity for professional and budding choreographers to get their works on the stage. VCD Students at Level IV and up, members of the Vashon community of artists, and choreographers from all over are invited to submit choreographic works for consideration to a panel of adjudicators beginning in mid-October. There are several rounds of showings before the pieces are finalized. The shows are scheduled for March 17-19 in the Katherine L. White Hall. Choreographers will work with VCA's Lighting, Sound, and Production Directors in order to gain valuable production experience.

## **ANNUAL SPRING CONCERT**

The annual Spring Concert provides an opportunity for all VCD students to participate in a professional production. Rehearsals begin in February.

The annual spring concert dates: June 2, 3 and 4, 2022

Monday May 22-Friday May 26, Theater Rehearsals

Tuesday May 30-Wednesday May 31, Tech Rehearsals

Thursday June 1, Evening Dress Rehearsal

Friday June 2 Evening Performance

Saturday June 3, Matinee and Evening Performance

Sunday June 4, Matinee Performance

## REGISTRATION AND TUITION

### REGISTRATION

New students may try a class free of charge. Registration is available online at [vashoncenterforthearts.org](http://vashoncenterforthearts.org), or in our office at the VCA Blue Heron Education Center. Online registration closes on the first day of classes.

### TUITION POLICIES

Tuition is due on the first day of class unless a payment plan is set-up. Payments are due on the 15th of the month.

Students admitted after the term has begun are eligible to pay a pro-rated amount. Please see the Registrar to make pro-rated arrangements. Additionally, students are eligible for pro-rated tuition if they must withdraw from classes due to prolonged illness, severe injury or other unforeseen circumstances; and upon approval of the Director of Dance. Otherwise, no refunds are given after the first day of classes. Students with outstanding accounts will not be registered for following term. Drop Policy: 100% refund if student withdraws 10 days or more before first class, 80% refund if less than 10 days before first class. No refunds after first class. We understand that life happens, so PLEASE contact Ms. Vadne or our registrar, Joy, if your circumstances require an exception to the policies.

## SCHOLARSHIPS

The scholarship program that Vashon Center for Dance enjoys is unprecedented, and is gifted directly from the Vashon community. We must demonstrate our appreciation by adhering to the policies regarding application deadlines, attendance and make-up classes, and volunteering.

Financial Aid scholarship support is granted on a semester-by-semester basis and is determined at the beginning of the new term after the application deadline. Previously awarded financial aid does not transfer from term to term; families must reapply. Previous awards do not guarantee assistance each term.

Applications are available online at [vashoncenterforthearts.org](http://vashoncenterforthearts.org), or in the Blue Heron office and must be completed and returned by the posted deadline for consideration. Please do not miss the deadline as the scholarship fund could be completely depleted before your application has been considered.

Financial assistance is determined by a panel of Artistic, Board and Administrative staff, and is based on financial need, and class attendance and participation are considered. Those who receive scholarship awards are obligated to attend their enrolled classes. If a class is missed, the student is encouraged to make it up in another class, to be approved by the teacher.

For our Summer program, only one\* scholarship per child will be awarded for intensives, camps or classes. (\*Subject to change)

Classes and workshops taught by guest artists may not be open for scholarships (to be determined before registration for these offerings opens).

If VCD rules or policies are violated, the student and parents must meet with Ms. Vadne to discuss the matter. Repeated/serious violations may affect scholarship eligibility.

## **SCHOOL POLICIES AND PROCEDURES**

### **CODE OF CONDUCT**

It is the policy of Vashon Center for Dance to maintain a positive, healthy and productive learning and working environment for all students, staff and volunteers. VCD takes pride in offering students numerous performance opportunities and exceptional training.

VCD students are expected to behave in a responsible and disciplined manner and to adhere to the school rules and regulations. Students are expected to treat VCD staff and facilities with respect and maintain a positive attitude. We strive to ensure that all rules are clear and reasonable, and students are expected to observe the established Code of Conduct.

VCD reserves the right to suspend or dismiss any student whose conduct is found to be unsatisfactory. Please respect the expertise and decisions of the VCD School faculty and staff.

### **The following are absolutely forbidden at Vashon Center for Dance:**

- Firearms/Weapons: Any student/teacher/staff member possessing a firearm, explosive, knife, incendiary device, or any other weapon without a government issued permit will be expelled or terminated.
- Physical intimidation or injury

- Any student/teacher/staff member possessing, buying/selling, using, or under the influence of alcohol or regulated drugs (including marijuana), or any person providing alcohol or drugs (including prescription drugs) to another person will be expelled or terminated. If Ms. Vadne has reason to suspect a student is “using”, it will result in a conference with the student and parents – because we love you.
- Self-destructive behavior
- Sexual harassment
- Smoking and vaping: It is bad for you AND it is against the law to use tobacco if you are under the age of 18. Please do not smoke or vape anywhere on VCD grounds. If Ms. Vadne sees you smoking off grounds, it will lead to a conference that includes the parents.
- Theft
- Verbal abuse, bullying, intimidation, or harassment of any kind
- Improper use of the internet
- Willful destruction or misuse of VCD or another person’s property
- Photography and/or video recording in VCD studios without permission from VCD staff.

Any of the above actions will be reported immediately to the Director, who will, in consult with Vashon Center for the Arts faculty and attorneys, decide appropriate disciplinary action. Penalties may include but are not limited to probation, loss of scholarship, suspension, or expulsion.

## **CLASS AND BUILDING CONDUCT**

Vashon Center for Dance teachers and staff are here to provide every student with a positive dance experience. Allowing our teachers to focus on this effort, instead of delivering frequent reminders about appropriate behavior, will keep the environment positive. These “rules” are practical in that they allow the teachers to better train the dancers, keep the dancers safe, extend the life of our equipment, and promote respect. A note on RESPECT: All students, parents, guests, teachers and staff must treat all students, parents, guests, teachers and staff with respect. Ballet is a 500 year-old art form born in the royal courts, and as such, requires respectful behavior. Most problems will not occur if RESPECT is consistently practiced.

- All teachers should be addressed by their preferred name and pronouns. Your teacher will tell you how to address them. As an example, our old-fashioned Director is called “Ms Vadne”.
- All students will be addressed by their preferred name and pronouns. If names and pronouns change, teachers and fellow students will change how we address the student.
- BE ON TIME, READY TO DANCE. When a student is late, they miss a critical part of the warmup, discussion about the plan for that class, cause disruption, and experience a delay in the mental preparation required to switch from school/home/friend life to dance class. Many schools will not allow a student to physically participate in class if they are more than 10 minutes late, and are instead made to sit and watch class or are sent home.

If you are late, enter the studio and wait by the door for the teacher to signal you to join class. Please check dance bags before leaving home for all necessary equipment (hair accessories, shoes, clean bodywear). We understand that *life happens* and we are all occasionally late and unprepared for class, but chronic issues are considered disrespectful to the teacher and other students.

- **Class Interruptions:** A focused learning environment is a productive one. Interruptions should be avoided. Repetitive requests for water, to talk to mommy, to find a different pair of shoes, to fix their hair, are some common examples of unnecessary interruptions by students. Parents opening the door to talk to the teacher or their child, or distracting the students through the glass should be avoided except when necessary. Remember, interruptions distract the WHOLE CLASS.
- **Water Breaks:** Water breaks will be given during class at the teacher's discretion. Water bottles are allowed at the barre when the temperature is warm. Otherwise, they should be left in the waiting room. If brought to barre, inevitably they get kicked, spill, hit another dancer, etc. Please do not ask for water breaks (See Class Interruptions) except in the case of headaches or extremely dry throat.
- **Food:** Please do not bring food into the dance spaces. Food is allowed downstairs only. Food left behind attracts insects and vermin, and spills can ruin expensive dance shoes. To help keep our studio clean and sanitary, please clean up after yourself.
- **Street Shoes:** There are no street shoes on the dance floors. Dance training often requires floor work, and we want our floors to remain clean because our skin may be in direct contact with them.
- **Talking:** this is generally considered disrespectful behavior in any classroom environment, and it is especially true in a dance class. With the exception of Musical Theater, dancing is a non-verbal art, and so we must train appropriately. Avoid talking during and between exercises at the barre or at center, and while the teacher is demonstrating and/or instructing.
- **Studio Equipment:** Studio Equipment should not be used, touched, or moved without permission. This includes the mirrors, pianos, sound equipment, percussion instruments, fans, de-humidifier, blinds/shades, white boards, etc. If you would like to borrow something, simply ask. The answer will almost always be "yes".
- **Running:** It is generally considered inappropriate to run around in a dance studio. We understand that children like to run in open spaces, so they will be instructed to travel via chassés, skips, bourrés, or some other travelling dance step.
- **Dress Code:** Students that follow the dress code will receive better training, and will progress faster than those who do not. Examples of dress code violations and their effects: Baggy clothes inhibit the teacher and the student from seeing postural placement and shape of the arms, knees, ankles. Bright colors and patterns distract the eye, and musculature and alignment are difficult to identify. Lack of proper shoes will cause injury as the floors are designed to work specifically with dance shoes. See Dress Code section for specifics.
- **Hair:** Hair must be out of the face for all classes. For Ballet Classes, hair must be in a bun. Hair that is hanging in the face or flopping around inhibits the dancer from learning

how to turn properly and creates bad habits (wiping hair out of the face) that show up on stage. Spare supplies for hair can be found in (and donated to) the dressing room. Please do not put your hair up in the studio as it leaves hair on the floor. See Hair in the Dress Code section.

- Personal devices: At times, we use cell phones as rehearsal and learning tools to make notes, watch videos, record choreography, etc. However, there is no reason, except in the case of family emergencies, where a student should be talking, texting, swiping, posting, or scrolling on a cell phone during a class. All unauthorized cell phone usage during class, rehearsal or performances will result in confiscation of the device, to be returned to the parent only.
- Restrooms: Please clean-up after yourself. Used paper towels are to be deposited in the waste basket.
- The Barres: Barres are intended as a training tool to develop balance and turn-out. Avoid hanging, swinging, leaning, yourself or your belongings on the barres.
- *Au revoir*: At the conclusion of every class, a *Reverance* is danced, and the students will take a moment to reflect, thank each other and their teacher.

These are standard rules for any respectable studio in the business of providing classical dance instruction. Since we strive to be a nurturing environment, gentle and constructive reminders will be provided when needed. Chronic problems will be considered a respect issue and will result in a conference with the student and parent.

## ATTENDANCE

Students are expected to attend all scheduled classes and rehearsals. Students or their families should report all absences prior to class time. For the safety of our students, we will contact the parents immediately if a student is missing from class without prior communication. Students who are injured are expected to take notes while observing class if it does not aggravate the injury. Attendance is critical to consistent progress and advancement. Missing rehearsals impacts the choreographer and all the other dancers in the piece. Poor attendance will jeopardize a student's placement, participation in productions, or scholarship awards. Missed classes may be made-up by attending a lower level class (at the teacher's discretion).

## DRESS CODE

Dress code by class is listed below. The styles provided are recommendations. Class color is the most important element when purchasing apparel; alternative styles are acceptable. Prices are subject to change. Dance clothes should be clean, holes should be mended, proper shoes must be worn, and hair must be appropriate for the style of dance. Jewelry should be limited to wedding rings and earrings that are less than 1 inch in length. Long earrings, necklaces, bracelets, etc. are dangerous because they fall off, get caught on things, and scrape others, as a few examples.

Vashon Center for Dance welcomes darker shades of tights and shoes that appropriately match the dancer's individual skin tone.



If purchasing from [www.discountdance.com](http://www.discountdance.com), please use # TP 120973 when ordering so our school can get credit to be used for our costume requirements. This helps us keep the costume costs, and the resulting performance fees, low.

When in public, arriving and departing the studio, please wear street shoes and clothes over dance apparel. Please do not wear your dance shoes outside. Any shoes worn outside are not permitted on the dance floors. Most dance styles require floor work where our skin may be in direct contact with the floor.

## **Creative Movement, Primary Ballet, Ballet/Tap Level I**

### ***Girls:***

Pink Leotard, Pink or Skin-toned Tights, Pink or Skin-toned Shoes, Pink Dance Shorts or Short Pink Ballet Skirt.

Hair out of the eyes and off the neck. Classical Ballet Bun is best, ponytail is acceptable.

Examples:

Leotard – Pink Kids Camisole Cotton Dance Leotard by Theatricals # N5500C (\$12.25)

Shoes – Girls "Performa" Stretch Canvas Ballet Shoes by Bloch # S0284G (\$17.77)

Tights – Girls Footed Tights by Theatricals #T5415C (\$5.35)

Hair out of the eyes and off the neck. Classical Ballet Bun is best, ponytail is acceptable.

### ***Boys:***

White or Black non-baggy Shirt, Black Pants or Tights, Black Dance Shoes

Hair should be combed and secured away from face if long.

Examples:

Shirt – White or Black Boys Short Sleeve T-Shirt #PC55Y (\$6.50)

Shoes – Child Black Canvas Split-Sole Ballet Shoes by Theatricals # T2900C (\$13.00)

Black Socks

Bottoms – Children's Black Ankle Leggings #TH5118C (\$17.80)

### ***Neutral:***

Any combination of Pink Leotard, Pink or Skin-toned Tights, Pink or Skin-toned Shoes, Pink Dance Shorts or Short Pink Ballet Skirt AND/OR White or Black non-baggy Shirt, Black Pants or Tights, Black Dance Shoes. See above for examples.

Hair out of the eyes and off the neck. Classical Ballet Bun is best for long hair, ponytail is acceptable.

## **Ballet Level II**

### ***Girls:***

Lavender Leotard, Pink or Skin-toned Tights, Pink or Skin-toned Split-soled Shoes, Lavender Dance Shorts OK.

Hair out of the eyes and off the neck. Classical Ballet Bun is best, ponytail is acceptable.

Examples:

Leotard – Lavender Girls Essential Camisole Leotard # CL5607 (\$15.29)

Shoes – Girls "Performa" Stretch Canvas Ballet Shoes by Bloch # S0284G (\$17.77)

Tights – Girls Footed Tights by Theatricals #T5415C (\$5.35)

### ***Boys:***

White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes

Hair should be combed and secured away from face if long.

Examples:

Shirt – White or Black Boys Short Sleeve T-Shirt #PC55Y (\$6.50)

Shoes – Child Black Canvas Split-Sole Ballet Shoes by Theatricals # T2900C (\$13.00)

Black Socks

Bottoms – Children’s Black Ankle Leggings #TH5118C (\$17.80)

**Neutral:**

Any combination of Lavender Leotard, Pink or Skin-toned Tights, Pink or Skin-toned Split-soled Shoes, Lavender Dance Shorts AND/OR White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes. See above for examples.

Hair out of the eyes and off the neck. Classical Ballet Bun is best for long hair, ponytail is acceptable.

**Ballet Level III**

**Girls:**

Royal Blue Leotard, Pink or Skin-toned Tights, Pink or Skin-toned Split-soled Shoes, Royal Blue Dance Shorts OK, Supportive Undergarments.

Classical Ballet Bun is required. Bangs must be secured away from the face.

Examples:

Leotard – Royal Blue Girls Tank Cotton Dance Leotard by Theatricals # TH5512C (\$13.45)

Shoes – Girls "Performa" Stretch Canvas Ballet Shoes by Bloch # S0284G (\$17.77)

Tights – Girls Footed Tights by Theatricals #T5415C (\$5.35)

**Boys:**

White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments

Hair should be combed and secured away from face if long.

Examples:

Shirt – White or Black Boys Short Sleeve T-Shirt #PC55Y (\$6.50)

Shoes – Child Black Canvas Split-Sole Ballet Shoes by Theatricals # T2900C (\$13.00)

Bottoms – Children’s Black Ankle Leggings #TH5118C (\$17.80)

Black Socks

**Neutral:**

Any combination of Royal Blue Leotard, Pink or Skin-toned Tights, Pink or Skin-toned Split-soled Shoes, Royal Blue Dance Shorts, White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments, See above for examples.

Hair out of the eyes and off the neck (bangs secured). Classical Ballet Bun is best for long hair, ponytail is acceptable.

**Ballet Level IV**

**Girls:**

Hunter Leotard, Pink or Skin-toned Convertible Tights, Pink or Skin-toned Split-soled Shoes, Hunter Dance Shorts OK, Supportive Undergarments.

Classical Ballet Bun is required. Bangs must be secured away from the face.

Examples:

Leotard – Forest Girls Tank Cotton Dance Leotard by Theatricals #TH5512C (\$13.45)

Shoes – Girls "Performa" Stretch Canvas Ballet Shoes by Bloch # S0284G (\$17.77), or Adult True Bare Multi-Stretch Canvas Ballet Slipper by Mariia MX #MX25 (\$24.99)  
Tights – Adult Convertible Tights #T5515 (\$6.63)

**Boys:**

White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments.

Hair should be combed and fastened away from face if long.

Examples:

Shirt – White or Black Men's Short Sleeve T-Shirt by Double Platinum (\$24.47)

Shoes – Men's Black "Pump" Canvas Split Sole Ballet Shoes by Bloch #S0277M (\$25.49)

Bottoms – Men's Black Matte Convertible Tights by Theatricals # TH5135 (\$22.50)

**Neutral:**

Any combination of Hunter Leotard, Pink or Skin-toned Convertible Tights, Pink or Skin-toned Split-soled Shoes, Hunter Dance Shorts, White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments. Hair out of the eyes and off the neck (bangs secured). Classical Ballet Bun is best for long hair.

**Ballet Level 4.5**

**Girls:**

Navy Leotard, Pink or Skin-toned Convertible Tights, Pink or Skin-toned Split-soled Shoes, Navy Dance Shorts OK, Supportive Undergarments, Pointe Shoes may become a requirement during the year.

Classical Ballet Bun is required. Bangs must be secured away from the face.

Examples:

Leotard – High Neck Tank Leotard by Capezio #CC201 (\$24.00)

Shoes – Girls "Performa" Stretch Canvas Ballet Shoes by Bloch # S0284G (\$17.77), or Adult True Bare Multi-Stretch Canvas Ballet Slipper by Mariia MX #MX25 (\$24.99)

Tights – Adult Convertible Tights #T5515 (\$6.63)

**Boys:**

White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments.

Hair should be combed and fastened away from face if long.

Examples:

Shirt – White or Black Men's Short Sleeve T-Shirt by Double Platinum (\$24.47)

Shoes – Men's Black "Pump" Canvas Split Sole Ballet Shoes by Bloch #S0277M (\$25.49)

Bottoms – Men's Black Matte Convertible Tights by Theatricals # TH5135 (\$22.50)

**Neutral:**

Any combination of Navy Leotard, Pink or Skin-toned Convertible Tights, Pink or Skin-toned Split-soled Shoes, Navy Dance Shorts, White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments. Hair out of the eyes and off the neck (bangs secured). Classical Ballet Bun is best for long hair.

## **Ballet Level V, VI and VII (Pre-professional) \***

### ***Girls:***

Black Leotard, Pink or Skin-toned Convertible Tights, Pink or Skin-toned Split-soled Shoes, Black Dance Shorts or Short Black Ballet Skirt OK, Pointe Shoes, Supportive Undergarments.

*\*Preprofessional class: dancers may wear any color they wish.*

Classical Ballet Bun is required. Bangs must be secured away from the face.

Examples:

Leotard – Black Adult Scoop Front Camisole by Mirella # M201L (\$20.38)

Shoes – Adult True Bare Multi-Stretch Canvas Ballet Slipper by Mariia MX #MX25 (\$24.99)

Tights – Adult Convertible Tights #T5515 (\$6.63)

### ***Boys:***

White or Black non-baggy Shirt, Black Pants or Tights, Black Split-Sole Shoes, Supportive Undergarments

Hair should be combed and fastened away from face if long.

Examples:

Shirt – White or Black Men's Short Sleeve T-Shirt by Double Platinum #N7085 (\$24.47)

Shoes – Men's Black "Pump" Canvas Split Sole Ballet Shoes by Bloch #S0277M (\$25.49)

Bottoms – Men's Black Matte Convertible Tights by Theatricals # TH5135 (\$22.50)

### ***Neutral:***

Black Leotard, Pink or Skin-toned Convertible Tights, Pink, Black or Skin-toned Split-soled Shoes, Black Dance Shorts or Short Black Ballet Skirt OK, Pointe Shoes AND/OR White or Black non-baggy Shirt, Black Pants or Tights, supportive undergarments.

Hair out of the eyes and off the neck (bangs secured). Classical Ballet Bun is best for long hair.

## **Contemporary & Lyrical All Levels**

T-Shirt, Tank, or Leo (no bare mid-drifts), Tights or Leggings.

Bring long sleeved, non baggy shirt and pants to protect skin during floor work.

Feet – Dance Socks #NSOCK (\$7.65)

No baggy apparel.

Hair must be secured out of the eyes and off the neck.

## **Modern All Levels**

T-Shirt, Tank, or Leo (no bare mid-drifts), Tights or Leggings

No baggy apparel.

Hair must be secured out of the eyes and off the neck.

### **Jazz: All Levels**

T-Shirt, Tank, or Leo (no bare mid-drifts), Black Jazz Pants or Leggings, Jazz Shoes

Hair must be out of the eyes and off the neck.

Examples:

T-Shirt/Tank – T-Shirt #PC55Y (\$6.50), Girls Tank #AUG1203 (\$15.29)

Leotard – Tank Leotard #TH5512C (\$13.45)

Bottoms - Legging #TH5118C (\$17.80), Dance Trousers #TH5134C (\$30.59)

Shoes – Adult Jazz Shoe # S0401L (\$34.57)

### **Hip Hop**

T-Shirt or Tank (no bare mid-drifts), long pants, shoes with clean non-marking soles. Long hair secured in ponytail.

Examples:

Shoes – Cassatta Low Sneaker #PA172020 (\$40.00)

### **Modern: All Levels**

T-Shirt, Tank, or Leo (no bare mid-drifts), Tights or Leggings

No baggy apparel.

Hair must be secured out of the eyes and off the neck.

### **Tap: All Levels**

T-Shirt, Tank, or Leo (no bare mid-drifts), Black Pants or Black Leggings, Black Tap Shoes

Hair must be out of the eyes and off the neck.

Examples:

T-Shirt/Tank – T-Shirt #PC55Y (\$6.50), Girls Tank #AUG1203 (\$15.29)

Leotard – Tank Leotard #TH5512C (\$13.45)

Bottoms - Legging #TH5118C (\$17.80), Dance Trousers #TH5134C (\$30.59)

Shoes – Child Black Velcro Shoe #T9050C (\$22.75), Adult Black Tap Shoe #S0321L (\$59.15)

## **HYGIENE**

As a courtesy to staff, faculty and fellow students, please use deodorant. It works on your feet too. Personal hygiene will be confidentially addressed if needed, but as it will be uncomfortable, please do what you can to avoid the need.

Dance apparel should be laundered on a regular basis. It is suggested that multiples of each dress code item be purchased so that clean items can be worn to each class. Tights with holes and stains are generally frowned-upon as we are studying a classical art form, though we do understand that *life happens*.

Ballet shoes can become smelly. Canvas ballet shoes can be machine-washed on a cold, delicate cycle with liquid detergent. Allow them to air dry in a warm place. Pointe shoes should be hung to air-out on a regular basis.

## **SUPPORTING VASHON CENTER FOR DANCE**

### **ANNUAL AUCTION**

Vashon Center for Dance's Scholarship Fund is funded by Vashon Center for the Arts' Annual Auction, September 24, 2022. Attending the dinner and auction, bidding on and buying auction items, buying a table, donating art or a dessert, or volunteering to work the event are all ways to help. Specifically, the "Raise the Paddle" portion of the auction typically goes right to our scholarship fund. Please support and promote the event!

### **VOLUNTEER OPPORTUNITIES**

We need your time. We need your expertise. We need your brawn. We need your talents. Our volunteers, organized by our staff and team of Parent Advisors, are one of our biggest assets. We reward volunteerism with free tickets to our shows, performance-day goodies, comradery, and big thank yous. There is not a more fabulous group of people on the island, and we are always looking for more help. Some volunteer opportunities related to performances include:

- Green Room Attendants: helping with the little ones before and during the performances
- Team Leads: organize a team of volunteers for one aspect of the production – Sets, Front of House, Floor Team, as examples
- Floor Team: roll-out and tape-down our dance floor on the stage at the theater
- Set Construction: build, paint, repair, re-purpose set pieces
- Stage Runners: lead groups of dancers to and from the stage
- Costume Helper: assist Ms. Kate with ironing, mending, and help dancers with costumes
- Prop Helper: assist Ms Trish to make sure props are in place and in good condition for the show
- Stage hand: help with the curtain, set pieces, and show equipment
- Strike: after the show, taking EVERYTHING out of the theater and back to storage
- Front of House: decorate the lobby, sell goodies and merchandise
- Flowers: procure and arrange flowers to sell in the lobby

On-going volunteer opportunities include:

- Photography for marketing materials
- Fundraising campaigns
- Outreach projects
- Studio clean-up and build projects
- Special events for students