

## GENERAL INFORMATION

- **Please allow the instructors to make all decisions regarding level and class placement.** Each dancer is carefully placed in a class that the instructor feels is the best for that dancer's age and abilities. We cannot accommodate dancers for reasons such as friends, carpools, etc. Remember that each dancer progresses at his or her own pace and some groups that start ballet together will often not be in the same class after a year or two.
- Dancers will be tested on vocabulary and flexibility at least twice a year.
- Dancers should feel free to speak to the instructor regarding any injuries or other problems that may interfere with their abilities before class begins. Remember, though, that general muscle strain and soreness are normal and not considered to be an injury. Any dancer or parent seeking personal counsel should make an appointment with the instructor.

## REQUIRED READING

- All students in Intermediate 1 and higher should have a copy of *The Technical Manual and Dictionary of Classical Ballet* by Gail Grant. This book is available at most online and retail bookstores for about \$5. Dancers will be asked to use the book when reviewing vocabulary, and should use it to study before vocabulary exams. Please see instructor regarding other recommended books, DVDs, and periodicals.



**LAKE ERIE**  

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**BALLET**  
**ACADEMY OF DANCE**

**Lake Erie Academy of Dance**  
**POLICIES AND PROCEDURES**

# Lake Erie Academy of Dance

## POLICIES AND PROCEDURES

Our mission at the Lake Erie Ballet School is to provide the most comprehensive professional ballet training possible. We ask that you and your dancer please read this document carefully, to ensure that you both understand what is expected and required before they attend their next ballet class.

### DRESS CODE

**Mommy & Me/Creative Movement** – Tank or short sleeve leotard (any color),  
Dance dresses (any color), Pink tights, Pink ballet slippers

**Boys:** Athletic wear, socks or black ballet slippers

**Children's Division** – Black tank, short sleeve, or camisole leotard

Pink tights, Pink ballet slippers

**Boys:** Solid colored athletic wear, White or black ballet slippers

**Student's Division** –

**Beg. I - Int. I:** Black tank or camisole leotard, Pink tights, Pink ballet slippers

**Boys:** Black and/or white dance wear, Black or white ballet slippers

**Pre-Professional Division** – Solid, or bi-color leotard

**Int. I - Adv.:** Black tank or camisole leotard, Pink tights, Pink ballet slippers

**Boys:** Solid colored dance wear, White or black ballet slippers

- All Student Division dancers are required to wear clean pink seamed tights and clean pink split-sole ballet slippers.
- All dancers are required to wear hair in a bun. No ponytails please. Any dancers whose haircuts are chin length or shorter are required to wear pigtails or a headband to keep hair away from the face.
- Please remove all jewelry and watches before class. Stud earrings may be left in.
- No attached skirts please. Skirts may only be worn after barre exercises and only at the discretion of the instructor. Younger dancers are encouraged not to wear skirts since they can be more of a distraction than an accessory. No tutus.
- Dance sweaters and leg warmers may be worn during the colder months but must fit the body snugly. No sweatshirts, sweatpants, shorts or T-shirts. All bulky clothing items must be removed before class begins. Those dancers requiring a second layer over their leotard may wear a plain black camisole tank top.

**\*\* Please remember that this dress code is a REQUIREMENT. Dancers arriving to class without the proper hair or attire may not be allowed to participate in that class.**

**Don't forget to cover up after class!** Keeping freshly worked muscles warm is one of the best forms of injury prevention. **Change into street shoes!** Ballet slippers are not designed to withstand the wear from brick or pavement.

### GENERAL APPEARANCE

- Buns must be neat and held up with hairnets and bobby pins. Hair should be sprayed and bangs or layers should be pulled back with pins, barrettes, or gel.
- Pinned braids or bun clamps are allowed but must be neat and secured.
- Please replace torn or stained tights before your next class.
- Ballet slippers must have elastic straps sewn on (NO KNOTS) as a criss-cross from the heel of one side to the center seam of the other; have a drawstring and be free from excessive holes. Drawstrings should be tightened around the foot, tied into a knot and cut down to one inch with the excess tucked into the shoe. Check this knot frequently to avoid losing the drawstring in the shoe.

### CLASS CONDUCT

- Dancers should arrive on time and prepared to begin class. Any dancers arriving more than 15 minutes late may be asked to sit out during that class. This is because those exercises that are typically done during the first 15 minutes of class are the most important for beginning to warm up and stretch the muscles. Dancers that skip these exercises are more prone to injury and should not attempt to "leap" into class without the proper warm up.
- Please be polite and show respect to the instructor and other dancers by refraining from talking during class. Questions are welcome, however, and an important part of the learning process. Also, please do not make comments or ask questions that do not directly pertain to class. The instructor will gladly listen to comments and answer general questions after class.

Please - no chewing gum, food, or drink in the classroom. **Water bottles only!**

### ATTENDANCE

- Regular attendance is required in order to progress.
- Those dancers that have missed several classes in a row or those that have inconsistent attendance may not be considered for advancement if they are not progressing at the same rate as their class peers.
- Dancers that have missed classes and do not want to fall behind should attend a make-up class of the same or lower level within one month of the absence.