



# **4S Dance Academy**

## **PARENT HANDBOOK 2025/2026**

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# WELCOME TO 4S DANCE ACADEMY!

We are thrilled to have you for our 11th season!

4S Dance Academy (4SDA) is a place where children of all ages can learn to dance, sing, and perform. Creativity, individuality, and self-expression is encouraged, and the community of teachers, students and families are all passionate about performing arts. Our goal is to create a positive experience for all our students, while challenging and inspiring them to achieve their personal goals no matter the level and path they are on. We strive to nurture and grow a love and appreciation of all styles of dance and the arts, while celebrating the achievements of all students. We are committed to providing a safe and positive environment in which all students can feel empowered, comfortable, and free to express themselves not only in the studio but into our community and outside world. All dance requires discipline and we expect our students and families to work hard, be on time, remain courteous and respectful, while also having fun!

Help us maintain a happy and positive atmosphere for our students! Please always be respectful and kind to other 4SDA families, teachers, staff, and patrons at the shopping center. Help your child succeed as a student and dancer! Arriving early for class and dismissal builds a solid routine, while excellent attendance is key to their success. Please remember to communicate with us along the way as we are here to help!

## **STUDIO COMMUNICATION**

We send out a monthly newsletter and other announcements via email. Reminders and urgent updates are often sent via text. Please be sure that we have your current email and mobile number. Please also add [info@4sdanceacademy.com](mailto:info@4sdanceacademy.com) to your contacts (and any of the email addresses below) to ensure our emails reach your Inbox and not your Spam Folder. The newsletters and emails are important as they will likely contain Studio Updates & News regarding classes, scheduling, rehearsal details and more. The text messages have a higher level importance as they remind you of school closures, registration deadlines and other current items or events that need your attention.

We are happy to answer questions! Please review the following:

QUESTION CATEGORY	CONTACT	EMAIL
Enrollment, Class Changes, Events, General Inquiries	Ms. Tristen	<a href="mailto:tristen@4sdanceacademy.com">tristen@4sdanceacademy.com</a>
Absences & Make-up Requests	4SDA Makeups	<a href="mailto:makeups@4sdanceacademy.com">makeups@4sdanceacademy.com</a>
Tuition, Billing, Policy & Procedures	Mr. Jason	<a href="mailto:jason@4sdanceacademy.com">jason@4sdanceacademy.com</a>
Curriculum, Evaluations	Ms. Shay	<a href="mailto:shay@4sdanceacademy.com">shay@4sdanceacademy.com</a>

For the fastest answer to any general questions you may have, please contact us via email at [info@4sdanceacademy.com](mailto:info@4sdanceacademy.com), or call the studio at 858-385-1999. We will do our best to respond to all emails and calls within 48 hours. We encourage you to use all available resources (i.e. our website, Facebook page, Parent Handbook, Instagram etc.) to find readily available answers to your questions prior to contacting the studio.



# ENROLLMENT INFORMATION & POLICIES

## **REGISTRATION**

Class registration for new and returning students is available online via your [4SDA Account](#) (Parent Portal). A non-refundable fee of \$45 per student or \$70 per family is due annually when registering and is required to secure your dancer's place in class.

## **TUITION**

Tuition is based on the entire school year, not the number of classes received in a month and may be paid in full in August or divided into (10) installments (Monthly Tuition). Installment (1) is due by the 1st day of Classes (9/2/2025) and will be processed on September 1st. The remaining (9) installments are due by the 1st of each month, beginning October 1st. The last installment is due June 1st, 2026. If starting mid-year, tuition is prorated for the start month only and is not adjusted for studio closures due to performance weeks, holidays, winter, or spring breaks. Refunds or class credit are NOT given for paid tuition or missed classes. Paid tuition is non-refundable unless 4SDA cancels the scheduled class. Credit for extenuating circumstances (i.e. extended injury, family emergency) is considered on a case-by-case basis.

## **TARDINESS**

Promptness sets a positive tone for a student's experience in class while also building a habit that leads to success. Students who are routinely late often take longer to warm up and find it more difficult to bond with their teachers and classmates. Arriving late also disrupts the class that has already started. When arriving late, DO NOT go straight into the studio. Wait for the teacher to wave the student in.

1 to 5 Minutes Late	Any class length:	- Do not go straight into the classroom. Wait at the studio door to be waived in by the teacher.
6-14 Minutes Late (Parent must call the Studio Office)	30 Minute Class: 45+ Minute Class:	- Consider scheduling a make-up. - Wait to be waived in by the teacher. May be asked to warm up on their own, off to the side. Teacher will ask them to join the class when they are warm and ready.
15-20 Minutes Late (Parent must call the Studio Office)	30 - 45 Min Class: 1+ Hour Class:	- Schedule a make-up according to the policies. Wait to be waived in. Warm up, off the side. Teacher will ask them to join the class when they are warm and ready.
20+ Minutes Late (Parent must call the Studio Office)	1+ Hour Class:	Consider scheduling a make-up. Wait to be waived in. Warm up, off the side. Teacher may or may not let them actively join. They may be asked to take notes or assist instead.

There are exceptions of course and we understand that unexpected events can cause the promptest student to be tardy. Please do your best and remember to communicate with us if you will be late. We ask that parents call the Front Desk (858-385-1999) if their student will be more than (5) minutes late.

## **ATTENDANCE AND MAKE-UPS**

Attendance is key to your student's success in the classroom! Regular attendance is required for a student to maintain flexibility and strength, while also allowing them to grow and excel as a dancer! Learning the proper technique to avoid injury and to develop strong fundamentals and habits takes time and repetition.

As parents, we understand unforeseeable events may occur. Planned absences should always be submitted in advance, online, through your 4SDA Account. For same day emergency absences, please contact the studio or report the absence online as soon as you can.

**Make-ups are not guaranteed and are limited to (2) per dance genre, per semester.** Admin and teacher approval is required and based on available space in the requested make-up class. **Make-up requests should be emailed at least 48 hours before the desired make-up class time** to allow for verification and approval. **Tuition will not be credited, discounted, or refunded due to missed classes.** Email make-up requests and questions to [makeups@4sdanceacademy.com](mailto:makeups@4sdanceacademy.com)

## **WITHDRAWING**

**Withdrawal requires (2)-week written notice on the 4SDA withdrawal form** to ensure proper account closure and cancellation of auto-pay for Monthly Tuition accounts. The form is available online in the Shared Files of your 4SDA Account (Parent Portal). The folder can be accessed by navigating to More > Documents & Files > Studio Forms from the top menu of the webpage. Additionally, the form is available at the Studio Office or contact [jason@4sdanceacademy.com](mailto:jason@4sdanceacademy.com) to have the form emailed to you. For your protection and to be certain that your account is properly closed, **verbal withdrawals cannot be accepted over the phone, via a teacher or other 4SDA staff.**

**Paid registration & tuition is Non-Refundable.** 4SDA Account credit for paid tuition is considered on a case-by-case basis for a long-term absence due to injury, illness or family emergency and requires studio owner approval. **If approved, the credit will be applied toward tuition on a later date in the same session only (e.g. Fall, Spring, Summer).**

## **SHORTENED CLASS & CLASS CANCELLATIONS**

If only 1-2 student(s) show up for a scheduled class, the class will be shortened. Parents will be contacted if they are not present when the class begins. Students can safely stay with 4SDA Staff if their parents can not pick them up until the regular class dismissal time. We always have activities should a student not have a book or homework when waiting.

If a single class needs to be canceled by 4SDA, we will send out an email, text, and or call to notify parents with as much advance notice as possible. We will then help schedule a make-up class within one month and it will not count toward the (2) allowed make-ups per semester. If the make-up is not possible, an account credit equal to the canceled class will be given. The credit can be used toward future tuition.

If a class is fully canceled and removed from the schedule, an account credit will be given or a refund if the student is not taking any other classes and officially withdraws.

# EXPECTATIONS & RESPONSIBILITIES WHILE AT 4SDA

Providing proper dance instruction is of utmost importance to us and our faculty. Our teachers have vast experience and training as professional teachers (and dancers) which includes training in dance etiquette and discipline. We appreciate your trust in us handling the various issues that may arise and we ask that all students, families and friends follow the following guidelines while on the premises.

## VIDEO / PHOTOGRAPHY POLICY

**Photography and video recording of classes is strictly prohibited** to ensure the safety and privacy of all students and staff while respecting the professionalism of our class time. Photos should be taken outside of the studio in front of the Step-n-Repeat for the first couple of weeks. Parents will be given the opportunity to view and take photos/videos during our Parent Observation Week only.

## WATCHING CLASS

We understand you want to watch your dancer. Our kids dance as well and it is fun to see them train in class. As fun as it may be for parents to watch, while in class **our first priority is to the student** and we want to make sure the student's experience is the best that it can be.

Limiting distractions and interruptions is vital to the flow of the class and to a student's focus as they are learning. Even when our littlest dancers play freeze dance, it is important that parents, siblings and other families and friends do not disrupt the class.

We do have big viewing windows and CCTVs, and ask that all family and friends watch quietly and respectfully. Everyone outside the class should do their part to make the experience for *ALL* of the dancers in the class a positive and distraction free experience. In some cases, parents may be able to observe classes in Studio 1 and 3 from the building's walkways outside when we open the blinds. That said, the blinds are normally closed and teachers are trained to close the blinds as needed should students become distracted during class.

## LOBBY POLICIES

Space is limited in our lobbies so we ask that only parents with students in Studios 2 and 4 use the front or back lobbies as those studios do not have windows to the outside. Please only have (1)-parent wait in the lobby allowing room for other parents with babies and young siblings.

Please do not wave or try to communicate with your dancer during class and be mindful of siblings who love to bang on the windows and shout at their siblings in the studio. It is a parent's responsibility to monitor their dancers and siblings before and after class as they tend to run through the lobbies and hallways.

**Only 4SDA Staff are permitted to enter the studio rooms or open the studio doors at any time during class hours. Unless invited by the instructor (e.g. to help your little dancer open the door to go to the restroom) please do not open the studio doors.**

If there is an emergency, please inform the front desk. They will help you retrieve your student from class.

## **FOOD & DRINK**

While visiting 4SDA, we ask that families, guardians, and friends do not bring full meals into the building. Snacks (No Nuts), water, and coffee are permitted on a provisional basis in all lobbies. Only water in a sealed water container is allowed in the studio rooms. Light snacks are great for students, their families and our staff members alike. We encourage snacks to be eaten in the car, on the way to the studio. **Please be sure to only bring DRY snacks as they are easier to clean up.** Students who have multiple classes will also likely need a snack, but not a full meal. There are exceptions during long rehearsal days, and those policies are addressed separately in Nutcracker, Spring Production and Recital packets.

Please remember: **Spill Something - Say Something!**

All too often, spills occur, no one says anything and our wonderful staff discovers the mess under a chair, in a corner, or even in the middle of the floor. PLEASE remember to let the front desk know if a spill occurs! Spills happen and that is okay! We need to know promptly so we can clean everything up before other students and families use the same lobbies.

Nut free health bars, fruit slices, dried fruit, and vegetable slices are examples of dancer power snacks. We understand there are dietary restrictions, allergies and special snack needs for infants, toddlers and more. Please do your best to avoid wet and messy snacks if possible.

## **DRESS CODE**

It is incredibly important that your dancer follows our guidelines for dance attire and footwear within the walls of our studios. The dress code at 4SDA was created to keep your dancer safe, prevent injuries and ensure that he or she receives the best dance instruction possible. A copy of our dress code is included in [this packet](#). Continued failure to adhere to the dress code will result in students being denied entry into class.

## **PRIVATE LESSONS**

All private lessons should be made through your 4SDA Account (Parent's Portal). Appointments must be made and paid for a minimum of 48 hours in advance. Cancellations of less than 24 hours will not be refunded. In depth policy details are provided online during the process of requesting a private lesson.

## **STUDENT EVALUATIONS & LEVEL INFORMATION**

Administrative Staff and Faculty at 4S Dance Academy reserve the right to place students in the appropriate level. Students aged 6 and up will be placed in levels based on technical ability and maturity, not their age. Students are evaluated every spring and an email will be sent with class recommendations for the following year, prior to early-enrollment (Priority Registration) in May.

## **PRODUCTIONS & PERFORMANCES**

4S Dance Academy typically produces annual Nutcracker performances in November, Spring Production performances in March, and June Recital performances in June. Dates, times, and locations are officially announced prior to registration. Participation in a 4SDA Production / Performance is not mandatory but is highly encouraged for all students as the experience is wonderful and rewarding, providing fantastic memories for all. Participation costs and tickets are in addition to tuition. Rehearsals are scheduled in advance and require a signed commitment as a part of the registration. All of the details are provided prior to registration and made available to parents in their 4SDA Account (Parent's Portal). We also hold fun mini in-class and in-studio performances at various times throughout the school year!

# 2025/2026 TUITION TABLE

Tuition is calculated annually based on the total number of hours your child attends classes per week, not the number of individual classes. This method allows for a more consistent and fair assessment of tuition fees for all students, regardless of the variety of classes they may be taking.

The total annual tuition is then divided into monthly installments for your convenience. This means that each month, you will pay a consistent amount, making it easier to manage your budget while your child enjoys their dance education.

Hours / Week*	Full School Year	10 Monthly Payments
0.75	\$900.00	\$90.00
1	\$950.00	\$95.00
1.5	\$1,500.00	\$150.00
2	\$1,600.00	\$160.00
3	\$2,200.00	\$220.00
4	\$2,500.00	\$250.00
5	\$2,700.00	\$270.00
6	\$2,900.00	\$290.00
7	\$3,100.00	\$310.00
8	\$3,300.00	\$330.00
9	\$3,400.00	\$340.00
10	\$3,500.00	\$350.00
11	\$3,600.00	\$360.00
12	\$3,700.00	\$370.00
	+ \$50 each hour over 12	+ \$5 each hour over 12

\* # of classes/mo varies, cost/mo stays the same.  
 Example: October has (5) Tuesdays,  
 November has (4) Tuesdays

Registration Fees
Single Student \$45/school year
Family \$70/school year

Private Lessons
Private: 1 person = \$90 - \$120 / hour *
Semi Private: 2 - 4 = \$40 - \$50 / hour per student
Group (5+) = \$25 / hour per student *
* Pricing may vary as teachers have different rates.

PRIVATE PILATES REFORMER CLASSES
Private: 1 person = \$80 - \$100 / hour *
Semi Private: 2-4 = \$35 - \$40 / hour / student *
* Pricing may vary as teachers have different rates.

Additional Charges & Discounts
A convenience fee of 3% added to all credit card transactions
Sibling Discount 5%, Military Discount 5%
Withdrawal Fee Applies to Annual & Semi-Annual Accounts

# 2025 / 2026 SCHOOL YEAR

## DATES TO REMEMBER

(SUBJECT TO CHANGE)

August 23 (Saturday): 4SDA Meet n' Greet  
September 2 (Tuesday) : First Day of Classes  
September 14: Company Photo Shoot with Holly Ireland (Company Students Only)  
October 24 - 30 (Friday - Thursday) : Free Dress Week  
October 31 (Friday): NO CLASSES for Halloween  
November 8: Nutcracker Photo Day with Holly Ireland @ Studio (Optional) Modified Schedule  
November 8: Nutcracker In Studio Dress Rehearsal  
November 11 (Tuesday): No Classes Veterans Day  
November 17 - 22 (Monday - Saturday): Nutcracker Week (Possible Modified Schedule)  
November 20 - 22 (Thursday - Saturday): Nutcracker Dress/Performances @ PCPA  
November 24 - 29 (Monday - Saturday): No Classes for Thanksgiving Break  
December 7: Nutcracker Fundraiser Event at 4SDA  
December 15 - 20 (Monday-Saturday): Parent Observation Week  
December 22 - Jan 4: No classes for Winter Break  
January 5 (Monday): Return to Classes  
February 16 - 21 (Monday-Saturday): Possible Modified Schedule for Ski Week  
March 9 (Monday): In-studio Photo Day with Holly Ireland (Modified Schedule)  
March 12 - 14: Spring Production @ CCAE  
March 30 - April 4 (Monday-Saturday): Free Dress Week  
April 6 - 11 (Monday - Saturday): No Classes for Spring Break  
April 7 - 10: The Ballet Alliance Festival  
May 11 - 16: Family Appreciation Week  
May 16: Variations Showcase  
June 13 (Saturday): Recital Photo Day with Holly Ireland (Modified Schedule)  
June 13: Last Day of the 2025/26 School Year  
June 15 - 17: Dress Rehearsal + Recital @ PCPA

### **SCHOOL CLOSURES (NO CLASSES)**

September 1 (Monday): Labor Day  
October 31 (Friday): Halloween  
November 11 (Tuesday): Veterans Day  
November 24 - 29 (Monday - Saturday): Thanksgiving Break  
December 22 - Jan 4 (Monday - Sunday): Winter Break  
January 19 (Monday): MLK Jr Day  
February 16 (Monday): Presidents Day  
April 6 - 11 (Monday - Saturday): Spring Break  
May 25 (Monday): Memorial Day

\* dates subject to change

# STUDIO SAFETY POLICIES AND PROCEDURES

The health and safety of our staff, dancers, and their families, is extremely important to us. To provide a safe space for everyone to dance, we will continue to follow the guidelines required by the County of San Diego for indoor youth activities. These guidelines have and will continue to change. We will update you accordingly and appreciate your continued patience and understanding!

- DO NOT COME TO CLASS IF YOU ARE SICK or are “feeling” sick. If you feel sick or are experiencing cold or flu-like symptoms (fever, cough etc.) DO NOT come to the studio for 5-10 days, test negative for COVID19 and are symptom free for (24) hours.
- If you have been in contact with anyone who is positive for COVID19, believe you may have been in contact with anyone who is positive for COVID19, or have cared for anyone who has COVID19, DO NOT come to the studio for 5-10 days, test negative for COVID19 and you are symptom free for (24) hours.

## ARRIVAL / DEPARTURE FROM THE STUDIO

- Please make sure that all students arrive and are picked up ON TIME.
- Please limit personal items carried inside. Nothing valuable as the studio is not responsible for lost items. All items should fit in a dance bag (shoes, water bottle, etc.)
- Dancers should arrive as “dance ready” as possible: in dance attire, hair up.
- If there is a class in session prior to your student’s class, please allow room for the students to exit the room, gather their dance bags and exit the lobby area.
- Please check your 4SDA Account to see what studio your student has class in.
- In the event that your child changes studios during the day, please review their schedule with them.

**Parking, waiting, and/or leaving your car unattended in front of the studio is prohibited and is a major safety hazard. *DO NOT STOP/PARK IN FRONT OF THE STUDIO.*** Proceed to the parking area, park your car, and walk to the studio. Your dancer can call or text you when they are ready, but do not stop at the curb for a pick-up at any time. *Please see the [Parking Policy](#) section for more detailed information.*

## WAITING IN THE LOBBY

- Please, only (1) parent per dancer waiting in the lobby areas. Siblings are allowed, but must be monitored by the parent at all times.
- Please remain quiet and limit any distractions as classes are going on. You can hear the teachers and students and they can also hear you!
- Be courteous to other families and 4SDA staff.
- Please, limit changing in the restrooms. We do have a changing room. Save time, arrive “dance ready”!
- Dancers must store dance bags in a cubby, under a chair, tucked out of the way.
- Dancers (ages 8+) may use lobby space to warm up.
- If there is a class in session prior to your student’s class, please allow room for the students to exit the room, gather their dance bags and exit the lobby area.
- Please bring only positive attitudes and comments to the studio! Leave political discussions and opinions at home to keep the studio a safe and positive environment for all, especially for our students. Please be patient with staff and each other as we navigate through these ever-constant changes!

## **ENTERING THE CLASSROOM**

- Before students enter the classroom, we ask that they wash their hands or use hand sanitizer.
- All students need to wait, lined up at the door to the room they are entering.
- Only the teacher should open the door.
- Students should walk, not run, to their dot, to the barre or designated area.
- 4SDA staff and faculty will do a visual check. Students exhibiting symptoms (e.g. cough, runny nose) will have their temperature checked.
- Students with a temperature over 100 degrees will be isolated, parents will be contacted for pick-up.

## **EXITING THE CLASSROOM**

- The last (5) minutes of class may be used to line up, receive stickers (younger students), gather belongings and clear the room.
- Students should walk, not run, to their parents in the lobby or to the front hallway to meet their parents.
- Please depart the studio after class to avoid crowds forming in the lobby. Chatting outside is perfectly okay and encouraged!

## **SNACK & WATER**

- All students should bring their own water bottle. We have a refilling station.
- Students who are at the studio for multiple classes with a gap between should bring a book or homework to occupy them as well as a dry snack (no peanuts please!)
- No food or beverage (other than a sealed water container) is allowed in the classrooms.

## **SANITIZING SUPPLIES**

- Sanitizing supplies will be available in each of our studios, at the front desk, and in the bathroom areas for students, staff and faculty.
- We also encourage students to bring their own sanitizer and wipes if they feel more comfortable.
- Students will be encouraged to sanitize their hands prior to entering the studio and before exiting the studio.
- All common and high touch surfaces, ballet barres, equipment, and door handles will be thoroughly cleaned on a daily basis.
- We will be following the county guidelines and protocols for spacing and sanitizing for the health and safety of our clients and staff.

# PARKING POLICY

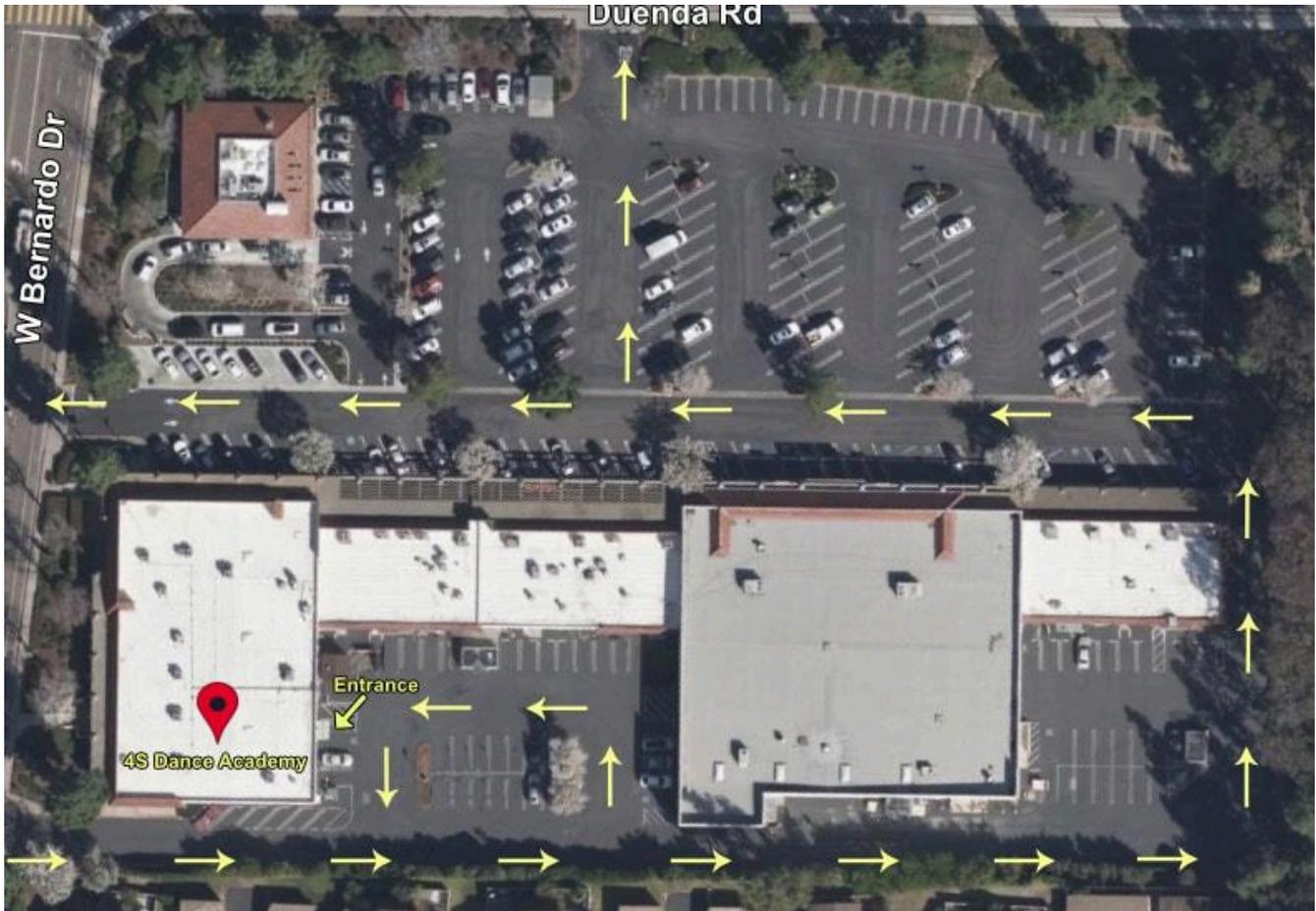
There are (4) parking areas that provide ample parking at the Westwood Shopping Center. Most families only utilize the West Back Parking area, which can be busy and full during peak times from 3 - 5 PM on weekdays and 9 - Noon on Saturdays. We understand that you will likely be on the go, shuttling your kids to and from various activities, but the safety of all dancers, their families, our staff and other patrons and employees of the shopping center is a top priority. **WE DO NOT ALLOW DROP-OFFS & PICK-UPS.** Please park in the other parking areas if the West Back Parking Lot is full. We would much rather see students safely arrive late than dangerously rush to class to be on time.



**The following rules are paramount to safety, and they will be enforced:**

1. Do not park in front of the studio entrance at any time. Park in designated / marked parking spots.
2. Drop-offs / Pick-ups are NOT allowed. Please find a spot, park, and walk your dancer to the studio.
3. Never drop off your dancer facing north, having them cross traffic to enter the studio.
4. Never pick up your dancer facing north, having them cross traffic to enter your vehicle.
5. Please wait patiently in any line of vehicles that forms.
6. Do not drive around / pass a vehicle in front of you as this creates the most dangerous scenario as students and their families walk around vehicles and you may not see them walking around to the car in front of you!

# TRAFFIC FLOW IN THE PARKING AREA NEAR THE ENTRANCE



Please review the image above and follow the yellow arrows when arriving and departing 4SDA. We recommend exiting the West Back Parking area to the west and NOT back out to east (toward W Bernardo Dr) as this keeps the entrance and exit traffic separated and provides a better, quicker traffic flow. Departing to the west, will take you around the shopping center where you can safely exit onto Duenda Rd or W Bernardo Dr.

## **ENTERING FROM W. BERNARDO DRIVE**

Vehicles should always remain on the right side of the road when entering the shopping center. Do not cross traffic to drop-off or pick-up your dancer in front of the studio. Please use your blinkers and start slowing down well before turning into the shopping center. Signaling is extremely important. We have seen vehicles get rear ended as they quickly make the turn, without signaling, into the back parking lot while the driver in the car behind them is not paying attention.

## **EXITING ONTO W. BERNARDO DRIVE**

WE HIGHLY RECOMMEND VEHICLES DEPART AROUND THE FRONT SIDE OF THE CENTER. We are working to receive approval from the authorities to create a safer traffic experience when arriving to and departing from 4SDA. One possibility is to make a One Way entrance into the back parking lots off Bernardo Drive. Until then, vehicles should remain on the right side of the road when exiting the shopping center in front of the studio. Do not drive around any vehicles in front of the studio. The road is narrow and doing so puts you directly head-on with oncoming traffic.

# 4S DANCE ACADEMY DRESS CODE

## PRE- BALLET CLASSES (ROSEBUDS – PRIMARY)

**BOYS:** White 4SDA Shirt (**must be purchased at Dressed 2 Dance**), Black dance pants/shorts, black leather ballet shoes.

**GIRLS:** 4SDA Uniform for appropriate level (**must be purchased at Dressed 2 Dance; See colors below**), pink tights, pink leather ballet slippers, black velcro tap shoes, hair in a ballet bun. NO JEWELRY.

Rosebuds (pink)

Bluebells (blue)

Lilacs (lavender)

Primary (white)

## PRE-PROFESSIONAL BALLET CLASSES (ELEMENTARY – DIVISION 5)

**BOYS:** White 4SDA Shirt (**must be purchased at Dressed 2 Dance**), Black dance pants/shorts, black canvas split-sole ballet shoes.

**GIRLS:** 4SDA Uniform for appropriate level (**must be purchased at Dressed 2 Dance; See colors below**), pink tights, pink canvas split-sole ballet slippers, pointe shoes (for approved students), hair in a ballet bun. NO UNDERGARMENTS, WARM-UPS, OR JEWELRY.

Elementary (Sunshine)

Division 1 (Turquoise)

Division 2 (Berry)

Division 3 (Navy)

Division 4 (Aubergine)

Division 5 (Black)

Division 6 (Olive)

Senior Company (Grey)

## DIVISION 6, COMPANY

**BOYS:** White 4SDA Shirt (may be purchased at Dressed 2 Dance), Black dance pants/shorts, black canvas split-sole ballet shoes.

**GIRLS:** 4SDA Uniform OR Solid Colored Leotard (**must be purchased at Dressed 2 Dance; See colors below**). Pink Convertible tights, pink canvas split sole ballet slippers, pointe shoes (for approved students), hair in a ballet bun. NO UNDERGARMENTS, WARM-UPS, OR JEWELRY.

## YOUTH/TEEN RECREATIONAL BALLET

**BOYS:** Solid Colored Shirt, Black dance pants/shorts, black ballet shoes.

**GIRLS:** Solid Colored Leotard, pink tights, pink canvas split-sole ballet slippers, hair in a ballet bun.



## **ACRO**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Black/Tan split sole jazz shoes.

**GIRLS:** Any color leotard. Pink/black/tan tights OR black dance leggings OR black dancer shorts. Barefoot.

## **CONTEMPORARY**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Black Socks

**GIRLS:** Any color leotard. Pink/black/tan tights OR black dance leggings OR black dancer shorts. Half soles.

## **HIP-HOP**

**BOYS & GIRLS:** Non-marking sneakers, worn for DANCE CLASS ONLY and not worn outside or for your normal everyday use. This keeps our dance floors clean and in good condition. Any color leotard under t-shirt, black sweatpants, joggers or leggings.

## **JAZZ**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Black/Tan split sole jazz shoes.

**GIRLS:** Any color leotard. Pink/black/tan tights OR black dance leggings OR black dancer shorts. Black or Tan jazz shoes.

## **LYRICAL**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Black/Tan jazz shoes.

**GIRLS:** Any color leotard. Pink/black/tan tights OR black dance leggings OR black dancer shorts. Half soles.

## **MODERN**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Barefoot.

**GIRLS:** Any color leotard. Pink/black/tan convertible tights OR black dance leggings OR black dancer shorts. Convertible tights are key for students coming from a ballet class as they can simply slip their bare feet through the holes in the bottom of each leg for Modern. Barefoot.

## **TAP**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Black lace up tap shoes.

**GIRLS:** Any color leotard, athletic top, pink/black/tan tights OR black dance leggings OR black dancer shorts. Black lace up tap shoes for Youth and Teen Tap.

## **MUSICAL THEATRE CLASSES**

**BOYS:** Black shorts, jazz pants, or leggings. Solid colored T-shirt. Black/Tan jazz shoes.

**GIRLS:** Any color leotard. Pink/black/tan tights OR black dance leggings OR black dancer shorts. Black or Tan jazz shoes.



# PERFORMANCE MAKEUP AND HAIR GUIDELINES

Please note, this guideline is designed to assist you in this process.

Do not be concerned if your dancer's hair and makeup are not perfect, just do your best!

## HAIR

Buns: Ballet students must wear hair in a clean, high bun with NO center or side part (unless they are under 6 years old or don't have long enough hair). Buns should be high enough that you can see the bun from the front, but not so high that it is right on top of the head. Use a hair net that matches hair color to collect any stray hairs as needed. Be sure to use spray and/or hair gel as needed. See the next pages for instructions on how to make a ballet bun. *Students with short hair may wear a lower bun.*

## MAKEUP

### **Rosebuds/Bluebells/Lilacs/Primary**

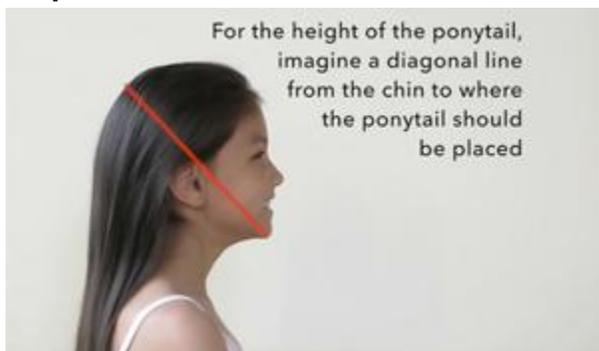
- If necessary, use a bit of concealer to even skin tone.
- Apply a light amount of powder to avoid shine on stage.
- Use a pinky blush to contour cheekbones.
- Use a dark powder to define eyebrows.
- Apply Black Mascara.
- Use a Red Lip Stain (think more pinky/red rather than orange/red). A lip stain or *Colorstay* lipstick is a preferred option for long coverage and to avoid messes. Your student should bring their own lip stain in a labeled plastic baggie to the theater. Lip stain will be applied after they are in costume and are ready to go on stage.

### **Elementary, Divisions 1 – 6, Company, Contemporary, Hip Hop, Lyrical, Modern, & Musical Theatre**

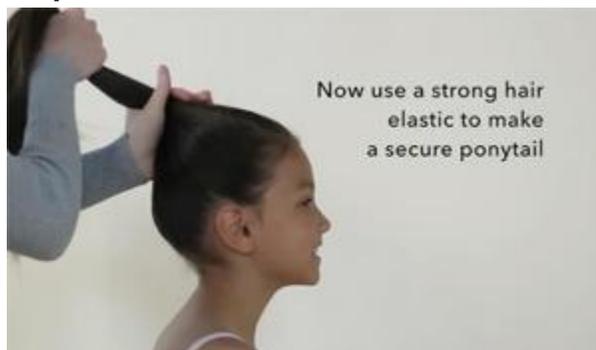
- Use a matte foundation and powder. Nothing shiny as that looks like sweat onstage! Use matte, neutral browns for eyeshadow and brow contouring. Again, nothing shimmery and no glitter!! Use a light shade as a base all over the lid and just under the eyebrow, a medium color just above lashes, and a dark color for eyebrows and lid crease. Check out this blog if you need a tutorial:  
<http://kathrynmorganonline.com/the-basic-stage-eye/>
- Use a black eyeliner for both the top lid and bottom. On the top lid, draw a thick line along the lashes that extends slightly upward at the end as a "wing". Make sure the "wing" is not too long, it should not be a flat line or one that droops as that will make eyes appear sad onstage. Bottom eyeliner does not need to be as dramatic, just enough to shape the eye.
- Apply a generous amount of black mascara (ALL FEMALE DIVISION 3, 4, 5 & 6 STUDENTS should wear FALSE EYELASHES. Be sure to apply mascara AFTER lashes are on and have dried)
- Use a pinky blush to define cheekbones.
- Use a Red Lipstick (think pinky/red rather than orange/red) or a lip stain if possible for long coverage. Students should bring their makeup in a labeled plastic baggie to the theater. They will apply lipstick and retouch as needed after they are in costume and ready to go on stage.

# HOW TO MAKE A BALLET BUN

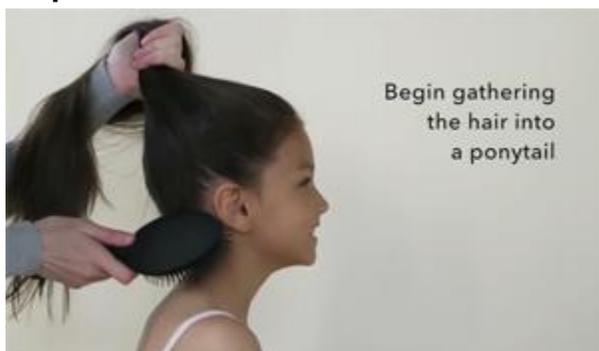
## Step 1



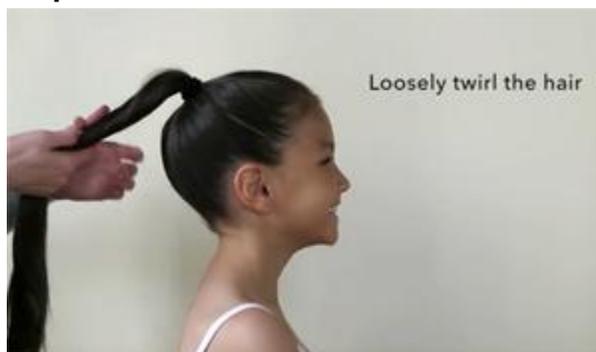
## Step 5



## Step 2



## Step 6



## Step 3



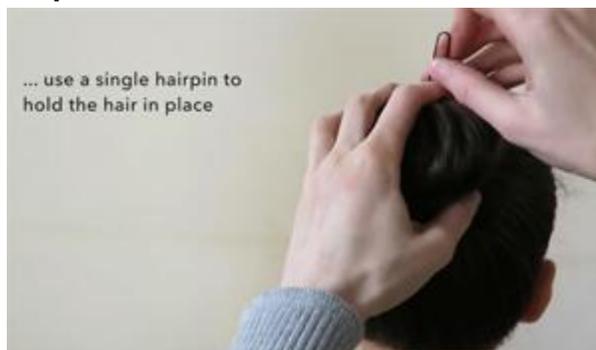
## Step 7



## Step 4



## Step 8



### Step 9



### Step 13



### Step 10



### Step 14



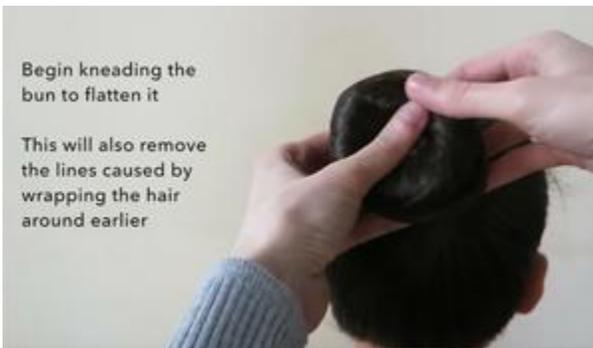
### Step 11



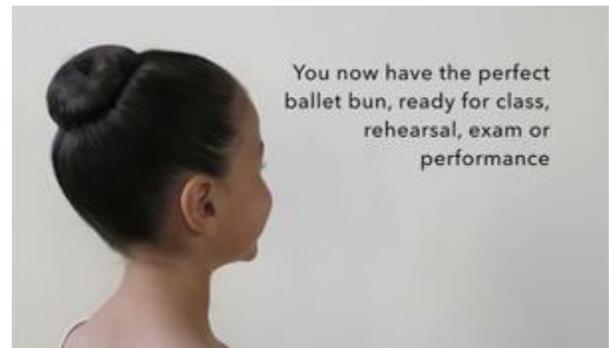
### Step 15



### Step 12



### Step 16



# Dancer's Daily SCHEDULE

Class	Time	Teacher	Studio
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## Monday


## Tuesday


## Wednesday


## Thursday


## Friday


## Saturday
