

2022-23 SCHEDULE



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BALLET
NORTHWEST

ABT

AMERICAN BALLET THEATRE
National Training Curriculum



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2022-2023 Class Schedule

Parent/Child, Pre-Ballet, Creative Dance, Ballet, Pointe, Downs' at Dance, Jazz, Hip-Hop, Tap, Contemporary, Barre Time, Heels, Flamenco, and Musical Theatre (for specific instructors, please see online registration.)

Classes begin Wednesday, September 14 and thereafter. If schedules don't work for you, please see Directors for alternatives.

PARENT/TODDLER, PRE-BALLET, CHILDREN'S BALLET, INTERMEDIATE BALLET, ADVANCED BALLET, POINTE

Parent/Child Creative Dance (This class does not participate in the recital.)	A creative dance class for caregivers and children age 1 to 3 years old (older siblings can participate for free if enrolled in another class.)	Wed. 10:10-10:50 Sat. 11:10-11:50
Pre-Ballet 3 (Class has a year-end in studio showing & does not participate in the recital.)	Creative Dance for kids 3 years old by 8-31-22.	Wed. 4:30-5:00 Sat. 9:40-10:10
Pre-Ballet 4	Creative Dance for kids 4 years old by 8-31-22.	Tue. 5:00-5:30 Wed. 4:30-5:00 Sat. 11:10-11:40
Pre-Ballet K	Creative Dance for Kindergarteners. For extra fun, add hip-hop and/or tap.	Tue. 4:15-4:55 (try tap after!) Wed. 5:10-5:50 (try hip-hop after!) Sat. 10:20-11:00 (try hip-hop before!)
Pre-Ballet 1st	Creative Dance-Intro to Ballet for 1 st graders. For extra fun, add hip-hop and/or tap.	Tue. 4:15-4:55 (try tap after!) Wed. 5:10-5:50 (try hip-hop after!) Thu. 5:05-5:45-NEW Sat. 10:20-11:00 (try hip-hop before!)
Children's Beginner 1 Ballet	Beginning Ballet for 2 nd -4 th graders. For extra fun, add hip-hop, tap, contemporary, creative dance and/or jazz.	Mon. 4:30-5:20 (try tap after!) Tue. 5:55-6:45 (try hip-hop before!)
Children's Beginner 2/3 Ballet	For dancers who have taken Beg. 1, Beg. 2 or equivalent. (Most students take this class two years.) We encourage dancers to add hip-hop, tap, contemporary, creative dance and/or jazz.	Mon. 4:10-5:10 (try tap after!) Tue. 5:55-6:55 (try hip-hop before!)
Children's Beginner 4 Ballet (Pre-Pointe)	For dancers who have taken Beg. 3 or equivalent. Minimum twice per week required. We encourage dancers to add a third ballet class and/or jazz, tap, hip-hop, contemporary.	Mon. 4:40-5:45 (try tap after!) Thu. 5:45-6:50 (try jazz after!) Sat. 11:45-12:50
Intermediate 1 Ballet (Beginning Pointe) <i>Adults require Directors approval and don't participate in the recital with this class.</i>	Minimum twice per week required. Do not buy pointe shoes until Josie says ok; some go on pointe later. Pointe shoe fittings to be scheduled. We encourage dancers to add a third ballet class and/or jazz, tap, hip-hop, contemporary, dance conditioning.	Mon. 5:20-6:50 Thu. 5:20-6:50 (try jazz after!) Sat. 11:45-1:15
Intermediate 2/3 Ballet <i>Adults require Directors approval and don't participate in the recital with this class.</i>	Minimum twice per week required. We encourage dancers to take more than two ballet and pointe classes per week, and/or add jazz, tap, hip-hop, contemporary, dance conditioning. All take this class at least 2 years, some 3+ years.	Mon. 5:45-7:00 (try improv after!) Tue. 6:55-8:10 (try hip-hop before!) Wed. 5:55-7:15-NEW TIME Thu. 6:55-8:10 (try jazz before!)
Lower Level Pointe <i>Adults require Directors approval and don't participate in the recital with this class.</i>	Minimum twice per week required. Requires at least 2 ballet classes per week and 1 year of previous pointe work.	Mon. 7:00-7:45 Tue. 8:10-8:55 Wed. 7:15-8:00-NEW TIME Thu. 8:10-8:55
Advanced Ballet <i>Adults require Directors approval and don't participate in the recital with this class.</i>	Minimum twice per week required (and minimum two pointe classes if taking pointe.) We encourage dancers to take three or four ballet and three or four pointe classes per week, and add jazz, tap, hip-hop, contemporary, dance conditioning.	Mon. 6:55-8:15 Tue. 6:55-8:15 (try hip-hop before!) Wed. 5:55-7:15-NEW TIME Thu. 6:55-8:15 (try jazz before!) Fri. 5:35-6:50-NEW
Upper Level Pointe <i>Adults require Directors approval and don't participate in the recital with this class.</i>	Minimum twice per week required. Requires at least 2 ballet classes per week.	Mon. 8:15-9:00 Tue. 8:15-9:00 Wed. 7:15-8:00-NEW TIME Thu. 8:15-9:00 Fri. 6:50-7:30-NEW

TEEN/ADULT BALLET

Teen/Adult Ballet I <i>This class does not participate in the recital.</i>	For new and continuing students.	Mon. 7:45-9:00
Teen/Adult Ballet II <i>This class does not participate in the recital.</i>	For students with previous experience. We encourage dancers to take an additional class such as Teen/Adult Ballet I, Intermediate I Ballet, or Intermediate 2/3 Ballet (see Directors for recommendation.)	Tue. 7:55-9:10 (try hip-hop or Flamenco before!) Sun. 1:15-2:30

HIP-HOP (all dancers must have cleaned off shoes that are not worn outside and devoted to the dance studio.)

Hip-Hop K-1st Graders	For new and continuing dancers.	Wed. 5:55-6:35 (try pre-ballet before!)
Hip-Hop K-2nd Graders	For new and continuing dancers.	Sat. 9:30-10:10 (try pre-ballet after!)
Elementary Hip-Hop (2nd-4th grade)	For new and continuing dancers in 2 nd -4 th grade.	Tue. 5:00-5:50 (try ballet before!) Wed. 5:00-5:50-NEW (try jazz after!)
Middle Hip-Hop (5th-7th grade)	For new and continuing dancers in 5 th -7 th grade.	Wed. 6:40-7:35
Teen/Adult Hip-Hop	For new and continuing dancers.	Tue. 5:50-6:50 Wed. 7:35-8:35

CONTEMPORARY

Elementary Contemporary	For new and continuing dancers in 2 nd -4 th grade.	Fri. 5:35-6:25
Middle Contemporary	For new and continuing dancers in 5 th -7 th grade.	Fri. 6:30-7:25
Teen/Adult Intermediate/Advanced Contemporary	Email directors for instructor approval. Students take this class for more than one year.	Fri. 7:30-8:30
Advanced Contemporary	Email directors for instructor approval.	Fri. 4:30-5:30
Teen/Adult Composition/Improv	For continuing dancers. Explore improvisation and creating choreography. Adding contemporary class is heavily encouraged.	Mon. 7:50-8:50

TAP

Elementary Tap	For new and continuing dancers in 1 st grade and up.	Tue. 5:05-5:50 (try pre-ballet before or ballet after!)
Middle Tap	Email directors for instructor approval. (Oxford-style shoes required, not patent leather shoes.)	Tue. 4:10-5:00
Teen/Adult Tap	For continuing dancers – middle school through adult.	Mon. 6:45-7:45
Advanced Tap	Email directors for instructor approval.	Wed. 6:55-7:55

JAZZ

Elementary Jazz	For new & continuing dancers in 3 rd grade and up.	Wed. 6:00-6:50 (try hip-hop before!)
Middle Jazz	For new and continuing dancers, 6 th grade and up.	Thu. 6:55-7:50
Teen/Adult Beg/Int Jazz	For new and continuing dancers.	Thu. 7:55-8:55
Advanced Jazz	Email directors for instructor approval.	Thu. 5:50-6:50

NEW: FLAMENCO

Flamenco	For new and continuing dancers – middle school through adult.	Tue. 6:50-7:50
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BARRE TIME

Barre Time	For new and continuing students – middle school through adult. A full-body workout that uses a fusion of ballet, pilates, yoga and strength training with a medium emphasis on core and lower body. Please bring a yoga mat. Optional: two 3lbs or lighter hand weights. All other props will be provided.	Wed. 11:10-12:00 Fri. 11:00-11:50
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NEW: HEELS

Heels The nature of heels class is for dancers entering their freshman year of high school (no exceptions) and older. The choreography is kept within appropriate bounds for the age demographic and does not reflect material your dancer might see on social media.	Heels encompasses the wide range of dance you're likely to see in music videos, backup dancing for pop stars, and musical theatre shows etc. This genre of dance is often compared to "street jazz" but with the addition of the heeled shoe. No previous dance experience necessary.	Wed. 8:00-9:00
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NEW: MONTHLY MUSICAL THEATRE DANCE MASTER CLASSES!

Explore various styles of musical theatre with Carolyn Fry. Carolyn received her BFA in Musical Theatre from the University of Oklahoma and has performed with the 5th Avenue Theater, Harlequin Productions and Olympia Family Theatre.

Teen/Adult Musical Theatre Dance	For students with previous dance or theatre experience – middle schoolers, high schoolers, and adults.	Sat. 11:55-1:25 (fall dates: September 17, October 15, November 5 - winter and spring dates TBA.) Tuition is \$50 for all three classes or \$20 per class.
Kids Musical Theatre Dance	For students 2 nd grade and up – no previous experience needed.	Sat. 10:45-11:45 (fall dates: September 17, October 15, November 5 - winter and spring dates TBA.) Tuition is \$48 for all three classes or \$18 per class.

DOWN'S' AT DANCE

NOTE: these classes have a different quarter schedule and tuition rates than other classes. Tuition is \$100 every 8 weeks. Students can start any time (tuition prorated.)

DAD (Downs' at Dance) - an "adaptive dance class" specifically for teens and adults with Down Syndrome	This class brings ballet, jazz and creative movement together with a focus on dancing for enjoyment and creative expression. Challenging movement and rhythmic music will delight and enrich the experience of these uniquely abled students, and a great sense of accomplishment and job well done will build self-confidence.	Fri. 2:00-2:45 NOTE: we are now contracted through the Developmental Disabilities Administration. Please see your case manager to add to your service plan before session starts if applicable.
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Important Dates

Saturday, August 27: Ballet Northwest's Young Choreographers Showcase at the Minnaert Center, SPSCC

Saturday, September 10: Studio 50th Anniversary Celebration, Student Union Building, SPSCC

Wednesday, September 14: Classes begin

Saturday, September 24: Ballet Northwest's *Nutcracker* auditions (8 years and older before September 1)

Sunday, September 25: Ballet Northwest's *Nutcracker* call-backs

Thursday, November 11: YES there are classes, Veterans' Day

Wednesday, November 23-Saturday, November 26: NO classes, Thanksgiving

Friday, December 9-Sunday, December 18: Ballet Northwest's *Nutcracker* at the Washington Center

Sunday, December 18-Sunday, January 1: NO classes, Winter Break (classes resume Monday, January 2)

Monday, January 16: YES there are classes, Martin Luther King Jr. Day

Friday, February 17-Tuesday, February 21: YES there are classes, President's Day Weekend/Mid-Winter Break

Saturday, March 4: Olympia Dance Festival at the Washington Center

Monday, April 3-Friday, April 7: NO classes Mon.-Fri., Spring Break (YES there are classes Saturdays, April 1 & 8)

Friday, May 12-Sunday May 14: Ballet Northwest's *Don Quixote* at the Washington Center

Friday, May 26-Monday, May 29: YES there are classes, Memorial Day weekend

Saturday, June 3: Recital photos at Johansen Olympia Dance Center

Saturday, June 10-Sunday June 11: Recital dress rehearsals (Saturday) and performances (Sunday) at the Washington Center

Tuition Rates

NOTE: all accounts will require a credit or debit card (Visa, Master Card, Discover or American Express) securely encrypted on file which will be charged automatically on the first day of each 4-week pay period or quarter (whichever you choose when you register.)

For Parent/Child, Creative Dance, Pre-Ballet, Ballet, Pointe, Jazz, Tap, Hip-Hop, Contemporary, Heels, Flamenco, Barre Time (any mix): all 4-week periods contain 4 full weeks of classes and each Quarter contains 12 full weeks of classes - you DO NOT PAY for our Thanksgiving, Winter and Spring breaks. NO additional insurance and registration fees! (Unless noted, all classes are school-year long; once registered, that space in the class is yours all school year; if you decide **not to continue** beyond any paid-for period of time, please write a note, call, email, or tell Mary at the front desk two weeks in advance.

	For each 4-week Period (to be charged on first day of each Period):	For each Quarter (three 4-week-Periods) minus 3% Discount (to be charged on first day of each Quarter):
Once per week (same class each week):		
30/40-minute class	\$56*	\$168-3%=\$162.96
45/50/55/60-minute class	\$62*	\$186-3%=\$180.42
More-than-1-hour class	\$64*	\$192-3%=\$186.24
2 classes per week (same each week, any length, same student)	\$102*	\$306-3%=\$296.82
3 classes per week (ditto)	\$140	\$420-3%=\$407.40
4 classes per week (ditto)	\$176	\$528-3%=\$512.16
5 classes per week (ditto)	\$208	\$624-3%=\$605.28
6 classes per week (ditto)	\$228**	\$684-3%=\$663.48

* Just \$102 per 4 weeks (\$12.75/class) if taking 2 classes per week. (Any mix of Pre-Ballet, Ballet, Pointe, Jazz, Tap, Hip-Hop, Contemporary, Heels, Flamenco, Barre Time – same classes each week – SAME STUDENT.)

** For 6 or more classes per week, add \$20 per class, per 4 weeks = ONLY \$5.00 each class!! (Any mix of Ballet, Pointe, Jazz, Tap, Hip-Hop, Contemporary, Heels, Flamenco, Barre Time – same classes each week – SAME STUDENT.)

PAYMENT-DUE DATES by 4-week Periods (and CLASSROOM OBSERVATIONS DAYS!)

1. Week of Sept. 14-20	4. Week of Dec. 11-17	7. Week of Mar. 20-26
2. Week of Oct. 12-18	(NO CLASSES Dec. 18-Jan. 1)	(NO CLASSES Apr. 3-7)
3. Week of Nov. 9-15	5. Week of Jan. 23-29	8. Week of Apr. 22-28
(NO CLASSES Nov. 23-26)	6. Week of Feb. 20-26	9. Week of May 20-26

PAYMENT-DUE DATES by 12-week Quarters:

1. Week of Sept. 14-20	2. Week of Dec. 11-17	3. Week of Mar. 20-26
(NO CLASSES Nov. 23-26)	(NO CLASSES Dec. 18-Jan. 1)	(NO CLASSES Apr. 3-7)

DISCOUNTS on classes that meet weekly:

1. QUARTERLY - 3% (NO Refunds)
2. FAMILY - 3% from combined tuition (FULL Periods, Quarters, year). (NO refunds)
3. MULTIPLE CLASS - Tuition reduced as one takes more classes per week - see above. (Any mix of classes/FULL 4-week Period, 12-week Quarter, or year/SAME each week/SAME student)
4. WORK or TRADE - Speak to the Directors if you have a need or an idea.

TRIAL CLASSES and DROP-INS: Allowed only in open classes, at certain times of year, and at teacher's discretion.

1. Students currently registered here may try any other appropriate class for just \$5 each - once per class only.
2. Other interested parties, single trial class = 1/4 of the regular once per week, 4-week tuition for that class. Once per class only.
3. Continuing drop-ins after 1st trial class = \$20. (We recommend paying by 4-weeks at this point.)
4. Out-of-town visitors pay 1/4 of the regular once per week, 4-week tuition for each class visited (limited amount of time).
5. Extra Ballet or Pointe classes - If you have paid for one or more Ballet classes per week and are unexpectedly able to take more Ballet or Pointe classes in that 4 weeks, the tuition for the additional classes equals the appropriate fraction of tuition already paid, to be paid at each extra class attended.

MAKE-UP CLASSES: If you miss any class for any reason (illness, vacation, injury, snow, etc.), you may make up that class by attending a class of the same type and level within the 4-week Period (or within the next week if you're a continuing student and you've missed in the last week of the 4-week Period), or within the Quarter if you've paid by the Quarter. You may make up classes ahead of absences within 4 weeks; sign in "make-up for (date)." If you don't make up missed classes, they are lost. (Exceptions will be made with a doctor's excuse.) Ballet Northwest dancers are encouraged to make up classes early in the 4 weeks preceding a "tech week." Ballet classes may be made up in other appropriate Ballet classes – NOT Pointe, Jazz, Tap, Hip-Hop, Contemporary, Barre Time, Heels, Flamenco. Creative Dance/Pre-

Ballet classes may be made up in same or lower level. Make-up Pointe classes in Pointe OR Ballet. Make-up Jazz, Tap, Hip-Hop, and Contemporary in same style of class - one level up or down, ask teacher which. For other dance classes, see the Directors or Mary for make-up class options. No refunds; no credit carried over or transferred.

RENTING STUDIO SPACE: Studio space is sometimes available for rent: \$25 per hour for tuition-charging classes, \$15 per hour for individual use or rehearsals. Minimum 24 hour notice, pre-payment and possibly your own liability insurance required. Arrange with Directors. You must pick up and drop off key, clean up, and put things back where they were. Reduced rates may be negotiated for regular use over an extended period of time.

General Information

1. STUDIO LOCATION: We are at 412 Jefferson St SE, in downtown Olympia, between 4th and 5th Avenues, one block from City Hall, Well 80, and Fish Tale Pub, two blocks from Olympia Family Theater and Olympia Coffee Roasting, and three blocks from the Washington Center and Hands on Children's Museum.

2. PARKING: Directly in front of the studios is passenger load-unload ONLY. PLEASE DON'T PARK OR WAIT IN THIS ZONE. It is very dangerous for departing and arriving students. Please park in a legitimate parking space and come in to pick up young children. (Older children may watch for you and come out when you pull up in front.) The middle row in the Capital Plumbing parking lot across 5th Avenue (same side of Jefferson as the studio) is reserved (free) for our customers during class times, with all spots available (free) after 5pm. City of Olympia lot across Jefferson Street is free after 5pm. Within a block in all directions metered parking is available, 16 minutes free, all free after 5pm and weekends.

3. SUGGESTED ATTIRE: Do not wear dance shoes outside and do put names in dance shoes. If you have gently used dance shoes that your dancer has outgrown, please donate them back to our dance exchange bin – proceeds go to scholarship fund or trade up to the next size. Our recommendation for quality dancewear locally is Fuzi, 4704 Pacific Ave. S.E.#A, Lacey (360-786-0226). Another option is Discount Dance Supply (www.discountdance.com – enter studio code TP28785). Please don't buy toy or satin ballet shoes. Please note: do not use fabric softeners when laundering dance attire; it damages studio floors.

Pre-Ballet Boys/Ballet Boys:

Black tights or dance pants, dance belt (for Beginner 4 and up), black or white soft ballet slippers OR (for young boys or beginners) shorts with elastic waist, T-shirt, socks, ballet slippers.

Ballet/Pre-Ballet Girls:

SHOES/TIGHTS FOR ALL LEVELS: Pink tights and pink soft ballet slippers; darker skinned dancers may wear flesh-colored tights and flesh colored soft ballet slippers that match the color of their tights (tights should be matte not shiny or Lycra.)

Pre-Ballet 3, 4, and K girls: leotard (any color or style), hair pulled back.

Pre-Ballet 1st girls: pink leotard (any style), pink skirt (any style), hair in bun.

Beginner 1 Ballet girls: lavender leotard (any style), hair in bun, no skirts.

Beginner 2/3 Ballet girls: royal leotard (any style), hair in bun, no skirts.

Beginner 4 and Middle Ballet girls: burgundy leotard (any style), hair in bun, no skirts.

Intermediate 1 Ballet girls: navy leotard (any style), hair in bun - skirt optional for pointe.

Intermediate 2/3 Ballet girls: black leotard (any style), hair in bun - skirt optional for pointe.

Advanced Ballet and Teen/Adult Ballet ladies: leotard (any color or style), hair in bun - skirts ok.

Jazz and Musical Theatre: Hair pulled back. Any color or style of leotard, tights, bike-a-tard, unitard, bike shorts, leggings, jazz pants; must be flexible and show body lines. NO jeans, jeans shorts, school clothes, sweat pants. No big t-shirt cover-ups. Jazz shoes, black, inexpensive ones OK for beginner kids; 2nd year and up and teens/adults should have split-soled, better oxfords.

Hip-Hop: Clothing you can dance in and clean shoes dedicated to the dance studio that are never worn outside.

Tap: Just like Jazz except black Tap shoes. Inexpensive patent leather OK for Tap K/1st Graders. NO Velcro closures. 2nd grade and up and teens/adults should have better-brand (Fuzi, Bloch, Capezio, etc.) oxford-style shoes.

Elementary Creative Dance: Hair pulled back, dancewear and barefeet.

Contemporary: Hair pulled back, dancewear and socks – DO NOT use fabric softener when laundering as it can make floors slippery.

Flamenco: non-marking sturdy heeled shoes devoted to the dance studio.

Heels: Flat bottom shoes are required. Stay away from "pump" styled shoes, excessively high heels, wobbly/unsteady shoes. Dancers are encouraged to start with sneakers (what you would wear to hip hop) and gradually incorporate the heeled shoes. Ms. Rachael will look at your shoes if you're unsure. Clothing: Keep attire appropriate and safe for dancing. Shorts that provide full coverage at a minimum but leggings encouraged. No sports bras, shirts required.

Parent/Child, Barre Time, and Downs at Dance: barefeet, socks or dance shoes, and clothing that you can move in.