

# CityDance Handbook

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**2023-2024**



## Welcome

I am excited to welcome you to CityDance. CityDance is a great opportunity for Jackson Public School students to learn about ballet. In the first semester, we will build on the foundation of the dancer's knowledge of ballet by learning ballet steps and terminology. In the second semester, we will utilize their strong foundation to create a beautiful recital dance, which will be the culmination of our year.

CityDance students are divided into 3 levels; Level 1, Level 2, and Level 3. Level 1 and 2, attend class once a week, and Level 3 attends class twice a week. A student's level placement is determined by skill, flexibility, and age. Students can move up through the levels with hard work and determination. Solos and special performance opportunities are provided to those who show great improvement and commitment to the CityDance program.

Additional art education opportunities are provided throughout the year. CityDance students will have the opportunity to attend masterclasses, special performances, and learn about other art disciplines. Students are encouraged to participate in as many activities as possible.

We cannot wait for you to experience all the things CityDance has to offer, and we hope that you will put your best foot forward!

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## Calendar of Events

*Events may change or be added throughout the year.*

Saturday, September 9, 2023	CityDance Auditions
Tuesday, November 14, 2023	Parent Observation ( <i>Level 1</i> )
Thursday, November 16, 2023	Parent Observation ( <i>Level 2 &amp; 3</i> )
<b>Winter Break: December 20 – January 6</b>	<b>No Classes</b>
Tuesday, January 9, 2024	Classes Resume
<b>Spring Break: March 11-15</b>	<b>No Classes</b>
Tuesday, April 16, 2024	Art Project
Thursday, April 18, 2024	Art Project
Tuesday, April 23, 2024	Art Project
Thursday, April 25, 2024	Art Project
Tuesday, April 30, 2024	FULL SHOW RUN THROUGH: ALL DANCERS NEEDED
Thursday, May 2, 2024	FULL SHOW RUN THROUGH: ALL DANCERS NEEDED
<b>Wednesday, May 8</b>	<b>Dress Rehearsal</b>
<b>Thursday, May 9</b>	<b>Recital</b>

## Attendance

CityDance students (Level 1 & 2) are required to attend weekly dance lessons. Level 3 students attend 2 classes per week. Attendance is a key part of a dancer's success. Each class builds on dancers' knowledge and strength. It is imperative that dancers attend all classes to see improvement. The schedule will be as follows:

### Tuesday

**4:30-5:30**    Level 1A  
**5:30-6:30**    Level 1B  
**5:15-6:30**    Level 3

### Thursday

**4:30-5:30**    Level 2A  
**5:30-6:30**    Level 2B  
**5:15-6:30**    Level 3

Students are allowed **3 absences**. Absences should be communicated with the student's instructor. Excused absences are up to the discretion of the instructor. Students may be dismissed from the CityDance program if they are unable to meet the attendance requirements.

Roll is taken at the beginning of class. If students are more than 5 minutes late, they may be asked to observe class. Participation due to tardiness is up to the discretion of the instructor.

### Inclement Weather

CityDance will follow all Jackson Public School inclement weather closures. All closures will be announced via Email & Remind. If you have not received notice that a class has been canceled but the weather is severe in your area, we do not expect any parent or student to travel under dangerous circumstances. Please notify your instructor to have the absence excused.

## **Dress Code**

**One** Dance Uniform is provided, at no charge, for all CityDance students. At auditions, students are fitted for their dance attire. Dance attire will be distributed within the first month. Students are required to maintain their uniforms throughout the year. Any damaged pieces (i.e., tights with holes) must be replaced by the student's family.

### ***Girls Attire:***

- Leotard, Black
- Pink tights
- Pink Ballet Shoes

### ***Boys Attire:***

- White T-shirt
- Black Pants
- Black Ballet Shoes

### **Hair**

Hair should be secured neatly in a ballet bun. Short hair can be secured with clips or bobby pins. Hair is **REQUIRED** to be in a bun for all performances.

### **Care Instructions**

Wash dancewear on delicate and hang dry. Do NOT wash ballet shoes. If ballet shoes become dirty, use a magic eraser to spot clean.

### **Replacement Items**

Replacement dancewear can be purchased online at DiscountDance.com. Some items, such as tights, are available at Walmart and Target. If you need assistance with sizing or finding suitable replacements, please contact Sara Berry-Lee at sberrylee@usaibc.com

## **Carpool**

1. **Park:** in the lot located between Thalia Mara Hall & the Art's Center.

*On Pascagoula Street, access the parking lot through the drive-way between Thalia Mara & the Art's Center. Located next to the "Krit was here" mural*

2. **Walk** students to backdoor of the Art's Center.

*Located under the awning, by the Dragon and ballerina mural*

3. **Wait** with students until they are supervised by an instructor or security guard

*Waiting area chairs will be available in the ballet hallway. Please supervise any siblings you may have with you. You may choose to wait in your car*

4. **Sign** in/out on the check-in table located in the hallway.

## **Communication Policy**

CityDance families will receive all communication through email and Remind 101. Frequent updates will be sent, and it is important to check correspondence frequently. If a student has multiple guardians that need to receive communication, they can join Remind 101 and be added to the email list.

To contact a CityDance Instructor, directly message us in the Remind 101 app, or email Sara Berry-Lee, [sberrylee@usaibc.com](mailto:sberrylee@usaibc.com).

### **Remind 101**

Download the Remind 101 App from the App Store or Google Play store, or register by texting the class code to 81010.

Remind 101 codes:

Level 1A -- @h9fakgd

Level 1B -- @hkfbdea

Level 2A -- @9k3f84d

Level 2B -- @a96aca

Level 3 -- @citydance3

## Rules

Ballet not only teaches dance, but also, it teaches children valuable skills such as poise, grace, and manners. Rules are taken very seriously in ballet, as they are a sign of respect to the ballet instructor and other classmates.

1. **Be on time!** To fully maximize class, it is important to not miss a minute. Show up on time, so class time can be maximized. Please be on time to drop off **and** pick up your dancer.
2. **Be prepared!** Being fully dressed in proper attire is just one part of being prepared. Dancers should also be ready to focus and follow instructions.
3. **Secure your hair!** Neatly secure hair away from face so that it does not distract the dancer.
4. **Wear your uniform!** Dancers should wear their dance attire every week. The uniform helps teachers evaluate the students, and helps students move without restriction.
5. **Bring a bag!** Dancers will be given a specific bag just for dance clothes and shoes. This way all the items stay together and nothing gets misplaced. Other great items to keep in your child's dance bag include: extra bobby pins, ponytail holders, band-aids, and water bottle.
6. **Take care of your shoes!** Don't wear your dance shoes outside of the classroom. Be sure to remove dance shoes before walking into the parking lot to help ensure they stay looking new longer.
7. **No food or drink!** To protect our dance floors, only bottled water is allowed in the studios. No snacks, or soda will be permitted.
8. **Stretch!** Keep stretching at home to help improve flexibility and make you a better dancer!

## Ballet at Home



If your dancer would like to practice at home, we recommend the following YouTube videos:

Stretching: <https://youtu.be/v0OzPShRHgM>

Ballet Barre: <https://youtu.be/ziT4ERqtS04>

## **Contact Us**

### **USA International Ballet Competition**

Sara Berry-Lee | *Artistic Administrator*

sberrylee@usaibc.com | 601-355-9853

\*\*Instructors can be directly communicated with via Remind 101