

Dancers' Workshop

Student Handbook





Nurturing a creative community since 1971

Dancers' Workshop is a creation, born of the passion of many people, for the art of dance. Art, in all its forms, is the expression of a love of existence, a concern for ideas, for dreams and aspirations. Art is the core of any community and of this organization. What started in a log cabin in Wilson, WY forty years ago, as a grass roots gathering place for dance, has grown slowly and determinedly into a nationally recognized center of dance, a home of excellence in dance education and performance.

Our Kinder/Youth Curriculum

Between the ages of 18 months and 6 years, dancers develop the fundamentals of communication through time, movement, and space. Ballet and Modern Dance Technique Classes – the core of Dancers' Workshop curriculum – are introduced at the Ballet and Modern Basics Level once the student reaches the age of 8.

Children's Classes

Ages 18 months – 6 years

These classes are designed to develop the young dancer's understanding and love of dance through the exploration of rhythm, imagery, self-expression, and communication through movement. Students will begin to explore creative discovery, which is the heart and soul of Dancers' Workshop's curriculum.

Mommy & Me

Ages 1 ½ - 3 yrs*, plus mother, father, or guardian *maximum class size of 8*

Kinder Steps

(3 yrs*) *maximum class size of 6*

Kinder Dance

(4 yrs*) *maximum class size of 10*

Kinder Tech

(5 yrs*) *maximum class size of 12*

Intro to Technique

(6 yrs*) *maximum class size of 12*

Intro to Technique 2

(7 yrs*) *maximum class size of 12*

**students eligible to be placed in Beg/Int - Advanced classes must audition for level placement and advancement. Eligibility for Beg/Int is based on age.*

Ballet & Pointe

Ballet students advance through a curriculum designed to teach them correct alignment, strength, flexibility, discipline, musicality, and self-expression. Pointe is introduced in the Intermediate/Advanced level when students are determined physically ready by both their instructor and physician. A minimum of two years of previous ballet training is required. Students on pointe are required to take two ballet classes each week.

Ballet & Modern Basics

(8 yrs*) meets twice per week *maximum class size of 15*

Beginning Ballet

(9 yrs*) meets twice per week *maximum class size of 18*

Beginning/Intermediate Ballet

(10yrs*) meets twice per week *maximum class size of 18*

Intermediate Ballet / Int. Pointe

(advanced when ready) meets twice per week Point meets once per week. *maximum class size of 20*

Intermediate/Advanced Ballet

(advanced when ready) meets twice per week *maximum class size of 20*

Pre-Advanced Ballet/Pointe

(advanced when ready) meets twice per week *maximum class size of 20*

Advanced Ballet/Pointe

(advanced when ready) meets twice per week *maximum class size of 20*

Modern

Modern dance explores movement, space, rhythm, and the dancer's own creativity with emphasis on deliberate use of gravity, using the floor to explore movement, and exploring nature, music, art, and human emotions as impetus for movement. Proper alignment and use of breath are emphasized as fundamental steps toward investigating the quality of structural form, oppositional energy, moving through space, directional changes, fall and recovery, speed, and performance quality.

Ballet & Modern Basics

(8 yrs*) meets twice per week
maximum class size of 15

Beginning Modern

(9 yrs*) meets twice per week
maximum class size of 18

Beginning/Intermediate Modern

(10 yrs*) meets twice per week
maximum class size of 18

Intermediate Modern

(advanced when ready) meets twice per week
maximum class size of 20

Intermediate/Advanced Modern

(advanced when ready) meets twice per week
maximum class size of 20

Pre-Advanced Modern

(advanced when ready) meets twice per week
maximum class size of 20

Advanced Modern

(advanced when ready) meets twice per week
maximum class size of 20

**students eligible to be placed in Beg/Int
- Advanced classes must audition for level
placement and advancement. Eligibility for
Beg/Int is based on age.*

The following additional courses are offered when a qualified instructor is available and enrollment needs are met.

Jazz

Jazz is an energetic class that challenges students with many different forms of jazz technique. Class incorporates a stretching and cardiovascular warm up, along with basic body isolations and combinations that use upbeat and popular music.

Beginning Jazz

(8-12 yrs) *maximum class size of 20*

Intermediate Jazz

(advanced when ready)
maximum class size of 20

Intermediate/Advanced Jazz

(advanced when ready)
maximum class size of 20

Advanced Jazz / Hip Hop

(advanced when ready)
maximum class size of 20

Additional Courses (continued)

Hip Hop

Hip Hop is a blend of older and current high energy “street style” movement, typically performed to today’s popular music, exploring locking, popping, and breaking, while sometimes including percussive steps and house or club dancing as well as incorporating positive elements of the culture. Classes start off with a basic warm-up, then continue with a hip-hop combination or focus style.

Youth Hip Hop

(7-10yrs) maximum class size of 20

Teen Hip Hop

(11-18 yrs) maximum class size of 20

Dance Conditioning

Dance Conditioning serves to support the dancer’s technical and artistic growth by focusing on alignment, strength, coordination, flexibility, stamina, recovery, and agility.

Dance Conditioning

(advanced when ready)

maximum class size of 20

Our School Performances

Winter Production

Production Fee: \$100

(helps offset the cost of the theater, staff, and costumes)

All students must audition to participate in the Winter Production. Students must be enrolled in Semester 1 and at least 8 years of age at time of audition. School Students can expect 1 – 2 hours of rehearsal per week for the duration of the rehearsal process, an increased rehearsal schedule the Saturday before performances begin, evening rehearsals the week of performances, as many as four public performances, and one optional school performance.

Progress Performance

Production Fee: included in tuition

(helps offset the cost of the theater, staff, and costumes)

This annual year-end performance showcases all students enrolled in Semester 2 (ages 5/KinderTech and up) in a recital-style production. Complete with choreography, costumes and lighting, most rehearsals are held during regular class time, with one final weekend dress rehearsal and one to two public performances.

Junior Repertory Company (JRC)

Our Junior Repertory Company is comprised of middle and high school dancers who devote their afternoons and weekends to rigorously studying ballet, modern, jazz, composition, and theater, as well as rehearsing for annual performances. Their training is augmented by opportunities to work with Guest Artists from esteemed companies such as New York City Ballet, Cedar Lake Contemporary Ballet, Lines Ballet, and Elisa Monte Dance. In addition, students are required to participate in workshops of varying topics such as injury prevention, nutrition, anatomy, disordered eating, and more.

JRC members' pre-professional training prepares them to enter our nation's leading universities with a major or minor in dance, or related studies in dance education, arts administration, kinesiology, and more. Alumni have gone on to perform in modern dance companies in the United States, join the staff of Dancers' Workshop, and perform with Dancers' Workshop's modern dance company, Contemporary Dance Wyoming. Regardless of where their studies lead them, all company members leave Dancers' Workshop with excellent training in multiple dance disciplines, a well-rounded creative-intelligence, and a profound understanding of the value of arts in our society.

JRC members must audition to enter the company, be at least 12 years of age by the beginning of the school year, and placed in the Intermediate/Advanced level or above. Acceptance into JRC is based upon attitudes, attendance, work ethic, technical ability, and maturity.

Company 1

Students participate in a mandatory 10.5 hours of instruction in the areas of modern, ballet/pointe, jazz, Company Class, choreography (for sophomores, juniors, and seniors), conditioning class, and up to seven hours of rehearsal per week to prepare for the Progress Performance and either the Winter Production or New Dances/New Choreographers.

Company 2

Students participate in a mandatory 8.5 hours of instruction in the areas of modern, ballet/pointe, Company Class, choreography (for sophomores, juniors, and seniors), conditioning class, and up to seven hours of rehearsal per week in order to prepare for the Progress Performance and either the Winter Production or New Dances/New Choreographers.

Apprentice Details to Come



Our Policies, Terms, and Conditions

Article I – Session Structure

The school year is divided into two 16-week Semesters and one 8-week Summer Session. The 16-week sessions take into account Thanksgiving, Winter, and Spring Breaks as well as other National Holidays. Please make a note of the School Calendar posted on our website and available at the DW Front Desk. Dancers' Workshop reserves the right to cancel classes to accommodate the Winter Production and Progress Performances.

Article II – Registration

A. Semester 1 registration begins late July. **Students enrolled in Semester 1 are automatically enrolled in Semester 2, and accounts are charged at the beginning of Semester 2.** Please alert our office if you do not anticipate your dancer participating in Semester 2.

B. Classes will be filled on a first come/first serve basis. Once classes reach maximum enrollment, a wait list will be formed (again on a first come/first serve basis). When the wait list reaches 5 or more students, every effort will be made to form a new class. Conversely, classes with less than 5 students are subject to be cancelled.

C. Progress Performance fees are included in tuition fees. A production fee will be charged to those students who choose to participate in the Winter Production to help offset costume, theater and staffing costs.

D. Upon registration, parents agree to accept all responsibility for class payments and fees and for monitoring and paying their accounts online, by phone at (307) 733-6398, or in person at Dancers' Workshop, 240 South Glenwood, 2nd Floor, Jackson, WY 83001 between the hours of 9:00am and 5:00pm. Once a student has registered, the student may not drop the class unless there is a medical emergency (**please see Article VII below**).

Our Policies, Terms, and Conditions (continued)

Article III – Payment Due Dates

Semester 1 and registration fees are due at time of registration. Semester 2 payment is due on or before the first day of Semester 2. If there is an issue with making payment, please contact the Front Desk.

Article IV – Overdue Accounts

Overdue accounts will result in a one-time \$20 fee. Students with accounts more than 1 month overdue will be dropped from the class, unless prior arrangements have been made. Account balances must have a \$0 balance in order to enroll in the following school year.

Article V – Financial Assistance

Dancers' Workshop offers financial assistance on a "need" basis. Applications are due during the Fall Semester and are available online or through the Front Desk. Your financial responsibility upon enrollment is to pay 20% of the semesters tuition whether or not you have been approved for Financial Aid. Dancers' Workshop's partial to full financial assistance will be applied to the remaining balance upon approval.

Article VI – Placement

Assignments are determined by a placement audition and the School Director with the recommendation of the previous year's teacher(s). All students are evaluated the first week of class to assure proper placement. A student may only change to a higher or lower level during the year if the School Director agrees the change is in the student's best interest.

Article VII – Refunds

Class tuition is non-refundable for students who drop a class, except in the event of a medical emergency, in which case documentation is required and a \$35.00 administration fee will be applied.

Article VIII – Drop-Ins

As long as the class is not full, we allow drop-ins for all classes with the permission of the School Director. The drop-in fee is \$20. Students must meet the age/ability requirements to participate.

Article IX – Missed Classes

For students who miss a class due to personal reasons, every effort will be made for them to make up the class in a class of the same or appropriate level that is currently running on a different day of the week. Students enrolled in Intermediate/Advanced, Pre-Advanced and Advanced classes are allotted seven absences per semester. Please contact the School Director to arrange the make-up class. No refunds will be given if a spot in another class is unavailable and the student was absent due to personal reasons. Refunds will only be given if a student's class is cancelled due to Dancers' Workshop's scheduling needs (and not posted on annual school calendar).

Article X – Substitute Teachers

Dancers' Workshop reserves the right to provide a qualified substitute teacher for all classes.

Article XI – Parent Observation

Classes have a closed-door policy to foster growth in class. One Parent Observation Class is offered during each semester, where parents are welcomed into the studios to watch.

Our Cost

The Dancers' Workshop school is comprised of 2 semesters of 16 weeks each. The prices below are for one 16-week semester.

Children's Classes

Mommy & Me - \$285

Kinder Steps – \$285

Kinder Dance – \$320

Kinder Tech – \$320

Introtech – \$320

Introtech 2 - \$355

Ballet

Ballet & Modern Basics

meets twice per week – \$635

Beginning Ballet

meets twice per week – \$635

Beginning/Intermediate Ballet

meets twice per week – \$635

Intermediate Ballet

meets twice per week – \$710

Intermediate Pointe (invite only)

meets once per week – \$355

Intermediate/Advanced Ballet

meets twice per week – \$785

Pre-Advanced Ballet

meets twice per week – \$785

Advanced Ballet

meets twice per week – \$785

Company Class

\$565

Modern

Ballet & Modern Basics

meets twice per week – \$635

Beginning Modern

meets twice per week – \$635

Beginning/Intermediate Modern

meets twice per week – \$635

Intermediate Modern

meets twice per week – \$635

Intermediate/Advanced Modern

meets twice per week – \$785

Pre-Advanced Modern

meets twice per week – \$785

Advanced Modern

meets twice per week – \$785

Jazz

Beginning Jazz – \$355

Intermediate Jazz – \$355

Advanced Jazz/Hip Hop – \$355

Hip Hop

Youth Hip Hop – \$320

Teen Hip Hop – \$355

Dance Conditioning

Dance Conditioning – \$355

Teen Dance

Teen Dance – \$355

Choreography

Choreography (Grades 9-12) – \$355

Junior Repertory Company (JRC)

Company 1

\$2225

(this includes all classes, rehearsals, production fees and registration fee.)

Company 2

\$1700

(this includes all classes, rehearsals, production fees and registration fee.)

Our Values

Dancers' Workshop values a community of dancers dedicated to enhancing the creative experience of each and every student, parent, teacher, and administrator. We ask that you join us in nurturing a positive experience each and every time you enter Dancers' Workshop. Dancers' Workshop is our house of dance. Dancers' Workshop is your house of dance.

Rules, Regulations, and Etiquette

Dancers' Workshop provides supervision inside the classroom for enrolled students and is not expected to monitor students in the hallways and throughout the building. The following rules must be adhered to:

In the Classroom

- Be respectful.
- Be in Dress Code.
- No gum, food, or beverages (other than water).
- No cell phones.
- No chatting. Raise your hand and ask the teacher your questions.
- Dancers should be prepared (hair, shoes, barres in place for class, etc.) when the teacher enters the studio.

In the Hallways

- Be respectful.
- No running or yelling.
- Keep hallway and restrooms clean.
- Use the storage cubbies for personal items.
- Items left will be put in Lost and Found (see below).
- Keep cell phone use to a minimum.
- No loitering in dressing rooms.

Warning and Expulsion System

A student may be given up to three warnings for failure of adhering to Rules, Regulations, and Etiquette before the student is asked to leave Dancers' Workshop for the remainder of the Semester or longer (all warnings will be documented). The parent will be informed of all warnings.

Lost and Found

All items left in the facility are placed in Lost and Found (located in the Women's Dressing Room). Items in the Lost and Found are donated to Browse n' Buy on the last day of every month. Dancers' Workshop assumes no responsibility for lost or stolen items. Leave your valuables at home.

Our Dress Code

A student's dress is a reflection of their discipline and respect for the art form. Placement and line are also paramount in dance. Our dress code allows our teachers to observe and correct the posture and alignment of our students. We ask that students come dressed prepared to dance in the appropriate dress code. Hair needs to be secured and out of the face. No jewelry. No watches. No cell phones. Please keep all valuables at home.

- **Children's Classes (Mommy & Me through Intro to Technique 2)**

Pink footless tights; black or pink leotard, no skirts, no shoes.

- **Ballet Basics through Intermediate Ballet**

Pink tights, black leotard, pink canvas ballet shoes (split sole preferred), pink pointe shoes for Intermediate girls. No cover-ups allowed until Intermediate Ballet, then all cover-ups must be dance appropriate, fitted to the body, and removed after first 20 minutes of class.

- **Modern Basics thru Intermediate Modern**

Black tights or black dance pants, black leotard, no shoes. No cover-ups allowed until Intermediate Modern, then all cover-ups must be dance appropriate, fitted to the body, and removed after first 20 minutes of class.

- **Int/Adv - Advanced Ballet/Modern**

Any color leotard, pink or black tights for ballet and pointe, and black tights or dance pants for modern and jazz.

- **Jazz**

Black tights or black dance pants, black leotard, black jazz shoes. No cover-ups allowed until Advanced Jazz, then all cover-ups must be dance appropriate, fitted to the body, and removed after first 20 minutes of class.

- **Hip Hop & Teen Dance**

Form-fitting gym or athletic clothes and clean dance or gym sneakers. Street shoes are not allowed in the studio at any time.

- **Boys Dress Code**

White or black fitted t-shirt and black pants or tights; black ballet shoes when appropriate.

Something Old, Something New

Families are encouraged to donate dance clothes and shoes that students no longer wear. These items are placed in a cabinet located outside Dancers' Workshop's office door. All students are allowed to borrow these items temporarily if they forget their dance clothes, or permanently if they will use them often.



Let Us Move You

DANCERS' WORKSHOP

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