



Y Dance

Student Handbook

(Revised July 2010)



Family YMCA at Tarrytown, 62 Main Street, Tarrytown, NY 10591

914-631-4807

www.ymcatarrytown.org

Y Dance Program: Class Descriptions

CHILDREN & TEEN CLASSES

LITTLE FEET: For ages 3-4, a creative movement class designed to engage the imagination of young dancers, to introduce group participation skills, and to explore the pleasure of movement to music.

ELEMENTARY DANCE: For ages 5-6, an introduction to basic dance movement and vocabulary in a creative setting, building on the dancer's growing concentration span and physical dexterity.

BOYS DANCE: For ages 5-7. An Elementary Dance class designed for the specific energetic and creative needs of boys.

BALLET I, II, III, IV, V: In 5 graduated levels of instruction, training in barre and centre work develops students' dance vocabulary, alignment, coordination, core strength and musicality.

- Ballet I – For ages 6-7, this class is the first level of pre-professional training. Students experience a natural transition from creative movement to a focused study of ballet technique. We strongly encourage students at this level to take 1 class a week.
- Ballet II – For ages 7-8. Students are introduced to more complex barre and centre work. We strongly encourage students at this level to take 1-2 classes a week.
- Ballet III – For ages 8-10. This class builds on the barre and center work taught in Ballet II. Longer combinations and more intricate footwork increase students' stamina, agility, and focus. We strongly encourage students at this level to take at least 3 classes a week.
- Ballet IV – For ages 10 and up. This class builds on the barre and center work taught in Ballet III, and Pointe work may be introduced. We strongly encourage students at this level to take at least 3-4 classes a week.
- Ballet V – For ages 13 and up. This class builds on the barre and center work taught in Ballet IV, and emphasis is placed on precision, style, and artistry. Pointe work is increased and students learn complex variations. We strongly encourage students at this level to take at least 4 technique classes a week.
- Ballet Repertory – For students in Ballet V. Through in-depth exploration of classical ballet repertory, students enhance their technique, Pointe work, and performance quality.

JAZZ I, II, III: These are technique-based, concert jazz classes consisting of a centre barre, progressions, and a combination based in any of the various jazz styles. Progressive levels build dancers' awareness of body rhythms, coordination, performance quality, and the ability to master increasingly complex and intricate choreography.

- Jazz I – For ages 8-10.
- Jazz II – For ages 9-12.
- Jazz III – For ages 12 and up. Students at this level must be taking at least one other technique class (ballet or modern).
- Theatre Jazz – For ages 7-12. A musical theatre-based jazz class emphasizing the narrative aspect of dance.

MODERN I, II, III: Progressive instruction through 3 levels introduces dancers to the techniques of Graham, Horton, Limon and contemporary movement forms. Classes consist of a centre barre, progressions, and a combination as dancers explore movement through various shapes of the body, levels, directions through space, and weight transference.

- Modern I – For ages 8-10
- Modern II – For ages 9-12.
- Modern III – For ages 12 and up. Students at this level must be taking at least one other technique class (ballet or jazz).
- Modern Lab – For level III students only. Students explore contemporary modern composition through guided workshops.

HIP HOP: For ages 11 and up. An upbeat warm-up followed by combinations that focus on rhythm, energy, and individual style.

(Continued on next page)

RHYTHM TAP: Dancers master tap vocabulary and techniques in classes which emphasize the development of musicality and exploration of a full range of styles.

- Tap I – For ages 5-8.
- Tap II – For ages 9-12.
- Teen/Adult Tap – For ages 13 and up.

AERIAL SILKS: For ages 5 – adults, this unique class combines dance, fitness, and circus arts. Suspended from fabric and/or rope, students learn intricate and breath-taking moves while defying gravity.

ADULT CLASSES (SEE ALSO: Teen/Adult Tap; Aerial Silks)

ADULT BALLET I, II, III: A 45 minute barre, a 45 minute center; optional Pointe work is offered. Emphasis is placed on developing strength, flexibility, and technique.

ADULT JAZZ I, II, III: These are technique-based, concert jazz classes consisting of a centre barre, progressions, and a combination based in any of the various jazz.

ADULT MODERN I, II: Classes consist of a warm-up, movement combinations and choreography that is geared towards developing awareness of the body, enhancing strength and flexibility, and finding new ways to move.

WORLD RHYTHMS: An introduction to dance for adults with no previous experience, this class explores different body rhythms found in African and Latin dance techniques.

Welcome to the Y Dance Program!

A strong recreational dance program coupled with, and based on a pre-professional training program—Y Dance encompasses the best of both worlds. Our curriculum-based program is geared toward educating well-rounded dancers with strong technique, as each class is designed to develop artistry, focus, and skill. From the youngest students in our Family Dance classes and continuing through to the dancers in our extensive adult program, we provide full programming for dancers of all ages. We strive to engage students physically, intellectually, and emotionally while helping to foster appreciation for culture, community, and the arts.

The Y Dance Office

The Y Dance office is located in the lobby of the Family YMCA at Tarrytown, adjacent to the pool. We can be reached at 631-4807, ext. 32, or by e mail at ydance@ymcatarrytown.org.

Annual Calendar

The Y Dance Program is based on a 3-term year: a 5 month Fall Term (September-January), a 5 month Spring Term (January-June), and a 2 month Summer Term (June-August). The Fall and Spring Terms offer a full schedule of 45+ classes/week; the Summer Term offers a limited schedule of ongoing classes combined with Dance Intensives and Dance Camps for children ages 5-teen.

Important Dates/Updates/Weather Emergencies

Please take note of dates, deadlines and upcoming events! **Important dates for each term are noted in the left margin of the Y Dance schedule.** Updates to program information are posted on the YMCA website, and on our outgoing message at 631-4807 ext. 32.

Class Placement

Each student is individually placed in classes appropriate to their age, development, and skill level. New students, and current Y Dance students interested in exploring a new dance discipline, are offered a free placement class which can be scheduled in the Y Dance Office.

Students advance on an individual basis through both the recreational and pre-professional programs, so that a student who is ready to move on to a new level—based on changing skill level, maturity, age and other considerations—may do so during any given term. Continuing students will receive Fall Level Letters at the end of the Spring term with information on applicable classes for the upcoming Fall term. Please feel free to contact us at the Y Dance Office if you have any questions regarding placement, levels, etc.

Registration/Tuition

For continuity in training, we encourage students to register for specific classes each term, although there is a class card* option available. Tuition rates are per-term and tiered for YMCA family members, youth/adult members, and non-members. Tuition is due at the start of each term for continuing students, or following a placement class for new students. Tuition payments may be made by cash, credit card or check payable to the Family YMCA at Tarrytown in the dance office or at the Membership Services Desk. Payment plans and need-based scholarships help are available at each tier. Please visit the Y Dance office for applications. *(Please note that Y Dance class registration and tuition is separate from Y Dance Festival performance registration and fees. See section "Performance" for details on performing.)*

***Class cards are valid for 3 months from the date of purchase.**

Attendance

Regular attendance is a crucial component in dance education. Dance class is both instruction and practice, since unlike in other art forms such as music, practice outside of class is difficult. Regular attendance provides the best opportunity for the muscular and aesthetic training necessary for dance.

Students are encouraged to arrive at least 5 minutes before class, dressed and ready to participate. Students arriving more than 5 minutes after the start of class must have the instructor's permission to join the class, in order to prevent injuries caused by inadequate warm-up. At the discretion of the instructor, latecomers may be asked to observe, rather than participate in, class.

Students are welcome to make up two missed classes per term in any other appropriate classes on the schedule. Make-up classes are not transferrable to subsequent terms. In the event that Y Dance cancels a class due to inclement weather or another emergency, students are entitled to another make up class. Please consult your instructor or the Y Dance office to arrange for make ups.

If injury or illness prevents continued attendance in class, a Medical Credit can be applied when accompanied by a physician's note.

Pro-rating of classes is applicable for medical reasons (with a Physician's letter) or mid-term registration (on and after the 4th week of classes per term).

Substitutes

Please note that the Y Dance faculty is comprised of teaching, performing, and choreographing artists who are very active in the professional dance community. In the event that a faculty member has to miss a regularly scheduled class, s/he will arrange with another faculty member or guest artist to substitute in a way that does not interrupt the flow of training.

Dress Code

The overall Y Dance dress code requires dance clothing which is simple and unembellished, to allow the faculty to make clear observations of students' movement and progress. There are no specific color requirements.

For all levels of ballet: leotard and tights, ballet slippers or Pointe shoes if appropriate. Hair must be secured in a bun, or pulled back securely. Form-fitting leg warmers and sweaters may be worn.

For all levels of jazz: leotard and tights, or form-fitting dance top and pants, soft jazz oxfords. Hair must be pulled back securely. NO STREET CLOTHES allowed.

For all levels of modern: leotard and tights, or form-fitting dance top and pants. Hair must be pulled back securely. NO STREET CLOTHES allowed.

For all levels of hip hop: any clothing allowing comfort and free movement.

For all levels of tap: any clothing allowing comfort and free movement.

World Rhythms and Family Dance: any clothing allowing comfort and free movement.

Please note: the Y Dance Program maintains a clothing and shoe bank which is available for those in need. We welcome donations of lightly-worn dance clothing and shoes to maintain the bank.

Class/Studio Etiquette

The Y Dance Program stresses and nurtures the development of proper dancers' etiquette in each of its students: respect for the art form, the faculty, and for fellow students; a welcoming attitude towards every other student, especially those new to the program; willingness to help others learn, and to accept others' help; and a commitment to diligence and discipline in class.

Visitors

We welcome visiting participants to all of our dance classes. Y Dance students are encouraged to bring interested dancers to try class. Please consult your instructor or the Y Dance office in advance so that we may arrange a visit to a class at the appropriate level.

Family and friends are welcome to observe class during any of the regularly scheduled Visitors' Weeks during the Fall and Spring Terms. Students will be informed of Visitors' Weeks via flyers and the Y Dance web site.

Performance Opportunities

Y Dance students in levels Elementary Dance and up have the opportunity to perform in the annual Y Dance Festival, held each spring at the Tarrytown Music Hall. Full performance and rehearsal information will be distributed in November; rehearsals begin in January. Please note that regular classes continue during the rehearsal period, and that rehearsals are NOT held during class time in order that dancers' training not be interrupted.

Intermediate/advanced dancers are also invited to audition for the apprentice companies of the professional dance company-in-residence, Evolve Dance Inc. Full information on the company is available at www.evolvedance.org ; and interested dancers are encouraged to contact Evolve Dance's Executive Director, Karenne Koo at 9147-522-2419, or info@evolvedance.org. Auditions are held in September.

See the Section on "Performance" for more details on the Y Dance and Evolve Dance Festivals.

Performance Trips

The professional faculty of the Y Dance Program includes 14 teaching artists with extensive performing and choreography credits. Trips to attend professional performances of our own faculty, associated guest artists and other professional dance companies will be organized as opportunities arise, so that our own students become aware of the possibilities offered by dance.

Volunteers

The Y Dance Program welcomes volunteers in support of our performances and community events. Please contact the Y Dance office if you have skills, strengths, and interests you'd like to contribute to our program!

Notification, News, Announcements

The **Y Dance/Evolve Dance Bulletin Board** is located in the lobby of the Family YMCA at Tarrytown, outside Studio A (the Gym). Please check the board regularly for news, updates and announcements.

In an effort to reduce the amount of paper used, the Y Dance Office will often send e-mail notifications about classes, updates and news. Please make sure these messages are not going into your "Spam" folder.

Special Annual Events

Winter Open House, December, at the Family YMCA at Tarrytown. Co-produced by Evolve Dance and Y Dance, with performances featuring previews of works-in-progress from selected classes/students of the Y Dance program and Evolve Apprentice Companies. Free to the community.

Spring Festival at the Tarrytown Music Hall. * (See Section on “Performances” for details):

- **Evolve Dance Festival:** A diverse program of contemporary works presented by the professional artists of Evolve Dance and associated guests. The evening represents an opportunity for Y Dance students to see the full range of professional work in which their instructors are engaged—and to experience the world of possibilities dance offers.
- **Y Dance Festival:** two (2) days of dance that showcases the accomplishments of the students of the Y Dance Program in a professionally produced program that is fun and appropriate for the entire family.
- **Dance: A Cultural Connection:** A one-hour show designed for students grades K -5, that weaves stories and connections among various dance forms and genres in a performance that illustrates how – and why – we dance.

Important Contact Information:

Y Dance Office:

Tel: 914- 631-4807, ext. 32
E-mail: ydance@ymcatarrytown.org
Website: www.ymcatarrytown.org

Evolve Dance Inc.

914-522-2419
info@evolvedance.org
www.evolvedance.org



Evolve Dance Inc., founded in 2006, is the dance company-in-residence at the Family YMCA at Tarrytown, New York. The two Artistic Directors of Evolve Dance are also the founding Directors of the Y Dance Program, a conservatory-model dance program begun in January 2007 to provide comprehensive training for both pre-professional and recreational dancers of all ages. The Y Dance Program is supported by its association with Evolve Dance in that the professional company provides apprentice companies, performing opportunities, master classes, workshops and other activities for Y Dance students and community residents.

Apprentice Companies

The Evolve Apprentice companies develop dancers' performing skills by providing them with professional experiences in a nurturing working environment. Dancers work with guest artists and participate in master classes, workshops, and performances.

Auditions are held in September, with rehearsals beginning shortly after. All apprentices must sign the Statement of Understanding, a contract with information regarding the performing season and apprentice commitments, i.e., apprentice fees, technical class requirements, rehearsal dates & times, etc.

Rehearsal attendance is mandatory.

Financial assistance based upon need is available.

For more information, please visit our website at www.evolvedance.org.

You can also find us on Facebook at www.facebook.com/evolvedance.

Please check the Bulletin Board for announcements, news and updates.

PERFORMANCE / Y DANCE FESTIVAL

WHY PERFORM?

Dance is a performing art. The Y Dance Festival is the student performances that give our dancers a chance to bring all they've learned into a professional concert dance setting. In rehearsals, each class learns a complete dance piece, concentrating on all the skills necessary for working in a performing ensemble. At the theatre, dancers learn about all the elements involved in creating a professional production: lighting, sound, spacing, cues, costumes, stage makeup, and how to work as part of a company. For the audience, student performances reveal the progression of training in the Y Dance program from the beginning through the advanced levels—including the growth of our individual dancers!

Y DANCE STUDENT PERFORMANCE REGISTRATION

- Performance registration generally begins on or about November 1 and is due on or about Dec. 1.
- Late registration cannot be accepted due to costume order deadlines.
- Rehearsal dates are generally set to begin after the Winter Break. The additional rehearsal times will be reflected on the Rehearsal Schedule.
- Dancers are expected to participate and perform in both dates of the Y Dance Festival (usually Saturday evening and Sunday matinee).
- Performance fees are due at the time of registration and can be made by cash, check and money order payable to *Evolve Dance Inc.* Fees are collected to defray production costs, i.e., costumes, theatre rental, production team, etc.

Financial assistance based on need is available for performance fees.

The Spring Festival performances are also supported by individual donations and grant funding. *If you have suggestions for additional funding sources, please let us know. We welcome your ideas!*

REHEARSALS

Class times change after the Winter Break to accommodate Y Dance Festival rehearsals. Dancers who are performing must continue to attend their regular classes while rehearsing for the spring performance.

Theatre Week Rehearsals (also known as “**Tech Rehearsals**”) are held at the Tarrytown Music Hall during the week prior to the performances. Regular classes for participating dancers are generally cancelled during Theatre Week. Each piece will rehearse every day! Detailed rehearsal and warm-up schedules will be distributed to all participating dancers. These short, daily rehearsals are designed to help the dancers become accustomed to the theatre: the stage, backstage/dressing room etiquette, the use of stage lighting and sound, and the professional stage manager and crew. Dancers should arrive each day **½ hour before** their scheduled rehearsal, in their dance clothes. Please be aware that rehearsal times can be different for each day.

Since these Tech Rehearsals are short, parents may wait in the audience until your dancers are finished. Children age 11 and under must be escorted in and out of the building by a parent or guardian. This is for your child(ren)'s safety since there is no supervision outside of the theatre. When dropping off or picking up your child(ren), please be aware of the following:

- All dancers must arrive early and sign in upon arrival.
- All dancers ages 11 and under must be escorted by a parent or guardian.
- All dancers must sign out upon leaving.

DRESS REHEARSAL AND PERFORMANCE PROTOCOL

Dancers must arrive at their call time and stay backstage until their turn to perform. All drop offs will be at the side entrance, on Kaldenberg Place (the side street off of Main Street between the Music Hall and Taste of China.) At the side door, they will be signed in. A runner will take them from the side entrance to their assigned dressing room. Parents are not allowed back stage or in the dressing rooms.

During the dress rehearsal and performances, dancers and family members may not enter or exit the audience while dancing is in progress as this is distracting to the dancers, stage crew, and other audience members. Please wait for the dance piece to completely finish before entering or exiting. Please also respect the dancers and stage crew by not eating or talking in the audience.

Dressing room space is limited. Dancers are assigned to dressing rooms according to their dance class and ages. Dancers may not switch rooms or enter anyone else's dressing room and must respect each others' space. Dancers are also expected to clean up after themselves by not leaving garbage or empty water bottles in the dressing rooms. All costumes are held in the dressing rooms until the completion of the performances.

For Parents/Guardians with dancers in ACT I: Dancers in Act I have the choice of leaving or being seated in a reserved area to watch the remainder of the performance. If you are waiting for your dancer in the audience and plan to leave when they are done, then use the Pause or the Intermission to exit the theatre and go around to the side entrance to pick them up. You must inform us ahead of time of how you are picking up your dancer.

COSTUMES, UNDERGARMENTS, SHOES

Costumes will be kept at the theatre until after the last performance. Costumes will not be released to the dancers until their performance fee has been paid in full. Please check with your dancers' teachers to find out what undergarments, tights, and shoes are required for their costume. Please let us know if you need assistance in acquiring these items.

HAIR, MAKEUP, JEWELRY

Please check with your dancers' teacher to find out what hairstyle and what kind of makeup is required. It is recommended that younger students arrive with their hair and makeup already done. If you need assistance, please let us know and we will arrange for a "helper" for your dancer. Jewelry is not to be worn onstage unless it is part of the costume (exception: starter stud earrings). Please do not bring jewelry to the theatre. Neither we nor the theatre are responsible for lost or stolen items.

PHOTOGRAPHY/VIDEO

Photographs and DVDs of the entire performance will be available for purchase. If you wish to video, you may do so only during the Dress Rehearsal. You must purchase a Video Pass from the Y Dance Office. All choreography is the property of Evolve Dance Inc. and the choreographer.

TICKETING

Tickets may be purchased directly from the Music Hall website at www.tarrytownmusichall.org. Parents must have a ticket to be in the audience during performances, even if you plan to leave when your dancer is done. Dancers from Act I who stay to watch the rest of the show may sit in a designated area and do not need a ticket.

Special group rates are available for all performances. If there is a group or organization which you think would be interested to attend, please let us know!

Please check the Bulletin Board for announcements, news and updates.

CHECKLIST

Hair supplies:	hair nets, hair spray, bobby pins, ponytail holders, clips
Undergarments:	leotards, tights (bring extra pair of tights in case the first pair gets a run), trunks, or whatever is required for each dance piece
Shoes:	ballet shoes, Pointe shoes, jazz shoes, tap shoes, jazz sneakers, or whatever is required for each dance piece.
Light snack:	Nothing that may stain the costume. Don't eat in costume!
Water bottle:	Please no sugary drinks. If spilled they will cause sticky surfaces that can damage costumes.
Quiet activities:	book, pad and pencils/crayons, coloring books, cards, etc.
Sewing kit, safety pins:	for the older students
Makeup remover and makeup pads	
Clear nail polish:	in case there is a run in the tights

IMPORTANT TERMS

Please familiarize yourself with these terms as they are used frequently during rehearsals and performances.

Act: *A section of the performance containing a certain amount of dance pieces. The Y Dance Festival has 2 Acts, with about 11 pieces each. The younger dancers are in the first Act.*

Backstage: *This includes any area behind the stage and the dressing rooms. Backstage is a whisper-only zone so as not to distract the stage crew working backstage, also the sound carries into the audience. Please note that parents are not permitted backstage. There will be helpers backstage to assist the dancers.*

Dancers' Call: *The time that dancers are required to arrive at the theatre. Dancers' call is anywhere from 45 min to 90 minutes before the start of the show. It is crucial that dancers adhere to their "call" to ensure efficiency and safety.*

Dress Rehearsal: *Students rehearse on stage in full costume, with hair and makeup done.*

Helper: *Experienced adult and teen volunteers who will be backstage assisting dancers before, during and after the performance with costumes and other needs.*

Pause: *A pause is a 5 min break that occurs in the middle of the first Act of the performance (and dress rehearsal). This pause allows the younger dancers who have finished their dance to either exit the backstage area and go into the audience to watch the rest of the show, or to be picked up from the side entrance and go home (please see pick-up, drop-off procedures.)*

Runner: *Experienced adult or teen volunteer who will bring the dancers from the side entrance to their dressing rooms and vice-versa during the dress rehearsal and performance drop-off and pick-up times (please see pick-up, drop-off procedures.)*

Tech Rehearsal: *or technical rehearsal, is a short rehearsal on stage that is geared towards getting the dancers acclimated to the performance space (stage), and for the stage crew to set the lighting and sound design for each dance piece. Tech rehearsals are usually 10 – 30 min. only. Please check the Theatre Week schedule for your child(ren)'s tech rehearsal times (they may be different on each day). It is important that every dancer attend all tech rehearsals. Dancers must arrive 30 minutes prior to their rehearsal, already dressed in dance attire.*

Theatre Week: *A week-long period of tech rehearsals. Dancers will have tech rehearsals along with a full Dress Rehearsal during Theatre Week. Please check your Theatre Week schedule for your dancer's rehearsal times.*

Stage Crew: *A team of highly qualified technicians, designers, and volunteers who help to transform our performance into a professional production and ensure the show runs smoothly.*