



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

James Family Prescott YMCA

Dance Department

Parent Handbook

August 2019 - May 2020

Welcome to YMCA Dance!! Our programs are designed to build confidence and self-esteem in a non-competitive environment. Our mission at the YMCA is to put Christian principles into practice, through programs that build a healthy spirit, mind, and body for all.

The Prescott Young Men's Christian Association of Yavapai County, Inc. is a 501(c)(3) non-profit community focused organization dedicated to putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

A community volunteer Board of Directors sets policy, gives ideas and oversees financial decisions that govern the YMCA. Founded in 1914, the Prescott YMCA has followed Prescott's growth. It is supported by memberships, program fees, and public and private contributions. As a membership organization, the YMCA is open to everyone regardless of their ability to pay.

As a non-profit organization, we rely on contributions from donors to make the YMCA Dance department a better program. We are always happily accepting slightly used dance clothing, dance shoes, and monetary donations to help lower the costs of the program.

ABOUT THE DEPARTMENT

Dance/Ballet

We know you have a choice when selecting a dance studio and we thank you for selecting the Y. We strive to maintain an atmosphere conducive to instilling the joy of dance in our students. Whether you are enrolled in Jazz, Tap, Contemporary, Hip-Hop, Lyrical, Rhythmic Gymnastics, or Ballet, our goal is to provide a disciplined dance experience, with strong fundamentals, in an inclusive, nurturing, and fun environment.

Instructors will guide participant's creative thinking, as they learn technique, choreography, and music. Teamwork, respect for others, and dance room etiquette will be the cornerstone of each class while rehearsing and performing as a group.

Department Contact Information

Myrta George, Ballet Master Teacher

Myrtageorge0@gmail.com

REGISTRATION / FEES

Dance / Ballet

An annual non-refundable \$30 registration fee per participant is required for enrollment. The registration fee is valid August 1, 2019 to May 31, 2020. Parents will receive a Parent Handbook upon registration. Please review this important handbook with your dancer, before their first day of attendance.

YMCA Dance is a **monthly, pre-paid** program. Fees are due the **first** of each month. A \$10 **late fee** will be attached for payments received after the 5th of the month. There are no refunds, transfers or credits. Credit is not given for absences, holidays or snow days. Tuition is based on four weeks. Fifth week classes are complimentary and in lieu of credit. Membership and program payments must be current with no balance due owed before gaining facility access or signing up for another program.

Registration Packet

A signed and completed registration form, acknowledgement of risk, dance agreement, behavior policy, parent handbook acknowledgement, and parent statement of understanding, must be signed and turned in on or before your first day of class. Also, don't forget to sign up for text alerts so that we can keep you up to date.

Monthly Fees

1 hour/week classes	YMCA Members: \$ 40.00	Community Members: \$ 55.00
2 hours/week classes	YMCA Members: \$ 75.00	Community Members: \$ 90.00
3 hours/week classes	YMCA Members: \$105.00	Community Members: \$120.00
6 Hours/week class	YMCA Members: \$160.00	Community Members: \$175.00

*New prices effective 8/1/2019

Multi-Class Discount: \$5.00 off second, third, fourth class

PERFORMANCES / RECITAL

Ballet / Dance

The Dance Department will hold two performances a year. Fees and details regarding each performance will be provided by your dance instructor closer to the event.

Christmas Performance: December 20th and 21st, 2019

Prescott High School Ruth Street Theater

Spring Recital: May, 2020

Prescott High School Ruth Street Theater



Placement for Classes

New students may be placed in an entry level class until instructors have an opportunity to assess their progress for the first two months. Appropriate placement can determine the student's success. Being moved up a level is always better than being moved down. Contact an instructor for more information. Our young Ballet students will progress through their studies of classical ballet from Pre-Ballet 1, Pre-Ballet 2, Beginner, Intermediate and Advanced Ballet Levels. Their training incorporates a syllabus with French and Russian influence. Students will learn the names, meanings and precise technique of each movement they learn. To further expand our students' classical ballet education; they participate in annual presentations of a suite of dances from some of the best known classical ballets including the annual Nutcracker Ballet.

DRESS CODE

Class Attire

Support your YMCA Dance department. 10% of all first-time purchases (then 5% on each additional order) at www.discountdance.com will go towards the program (with the use of the program code). Proceeds will be used for costumes for performances. This means lower costumes fees!!

Ballet and Rhythmic Gymnastics Dress Code

Dancewear is available at: www.discountdance.com

Receive a 10% discount on your first purchase = Code: TP70479

Girls

Creative Dance

Capezio Tank Style Leotard, Light Blue #CC201C

Capezio Convertible pink tights #1816C

Pre-Ballet 1 and Pre-Ballet 2

Capezio Tank Style Leotard, Pink - # TB142C

Capezio Convertible pink tights #1816C

Ballet Levels Beginner-Advanced, Rhythmic, Fit Ball

Capezio Black Camisole leotards with adjustable straps - #TB1420C (Child sizes)

Adult sizes: same Black Camisole style—#TB1420

Capezio Convertible pink tights #1816C; Adult sizes - #1816

Ballet Slippers-Capezio Teknik, Style #200C color: New Pink

Note: Check fitting with instructor before wearing at home or for class.

If soiled they cannot be returned.

Levels Pre-Ballet 1 and up-

Hair must be away from face and neck with tightly secured bun with hairpins (#BH 440) and hairnet (#BH420).

Boys:

Black fitted, short sleeve shirt—#B190

Black Jazz Pants - #B191

American Ballet Theater black ballet shoes at Payless Shoes,

black socks, Capezio Full Seat dance Brief - #1840

Capezio Teknik ballet shoes—Style #200C—color: black

Dance Dress Code (Tap, Contemporary, Jazz, Hip Hop, Lyrical)

Dancewear available at: www.discountdance.com. Receive a 10% discount on your first purchase, then 5% on each additional order. Code: TP70479. Dancers should wear form fitted clothing to help with body lines. Jazz Pants and Capris are ideal. Jazz shoes are required for all classes that do across the floor technique (Jazz , Lyrical, Contemporary, etc).

Suggested shoes that can also be used for performances

Discount Dance Supply: Jazz Shoes E-Series Lace-up Adult #EJ1 Kids #EJ1C

Discount Dance Supply: Natalie Jazz Pants- Adult #N5504 Kids #N5504c

Discount Dance Supply: Men Tapster Shoes-Black #442, Girls#N625C /Boys#DN3710G
Women Tap-On Shoes-Black#SO302L

GUIDELINES

Attendance

Regular attendance is important to a student's dance education. When a student is absent, they can get behind, lose confidence and become discouraged. However, if a student is not well, do not send them to class. If your child has any health problems, please inform the YMCA upon registration. **Credit is not given for absences, short months, holidays or snow days.

Class / Practice Rules

- For safety reasons, no jewelry is to be worn
- Tiny stud earrings are acceptable
- Names must be on all dancewear, shoes and dance bags
- Street shoes are not allowed on the dance floor
- Only water in plastic bottles allowed in the dance studio
- No toys or games
- Food is to be eaten downstairs
- Chewing gum is prohibited
- Cell phones should be silent and not used during class

Our goal for each athlete is:

- To gain self confidence
- To learn to be a team player
- To learn to be competitive and have fun at the same time
- To learn from successes and failures
- To learn to budget free time wisely
- To learn to have fun in a safe, educational program

Teacher Expectations

- Be present at the appropriate number of practices per week
- Get your school work done on time
- Eat healthy and get enough sleep
- Stay hydrated throughout the day
- Arrive early to practice and recitals
- Be honest
- Be responsible for yourself
- Do not talk when the teachers are talking
- Try your best at everything that is asked of you
- Encourage each other every day

Be respectful of everyone around you (peers, teachers, parents)

Athlete Pledge

I pledge, win or lose, to practice/compete to the best of my ability. To be a good sport, to listen to my coach, to help when asked, to be honest, to be caring, to take responsibility, and to be respectful always.

Bill of Rights for Young Athletes

- Right to participate in sports
- Right to participate at a level commensurate with maturity and ability
- Right to have qualified adult leadership
- Right to play as a child and not as an adult
- Right of children to share in the leadership and decision-making of their sports participation
- Right to participate in a safe and healthy environment
- Right to proper preparation for participation in sports
- Right to an equal opportunity to strive for success
- Right to be treated with dignity
- Right to have fun in sports

Character Counts – Values to Live by for YMCA Youth Sports

- CARING – Putting others before yourself
 - Be thoughtful, considerate and helpful to others on your team
 - Thank your coaches and officials
 - Tell your family you appreciate their support
- HONESTY – To tell the truth
 - Follow the rules
 - Always set a good example by what you say and do
 - Be fair to players on the other team
- RESPECT – To treat others as you would have them treat you
 - Appreciate your coach
 - Be considerate and polite to the officials
 - Be a good listener & always be thoughtful of others
- RESPONSIBILITY – To do what you should
 - Be on time to practices & games
 - Always give your best effort
 - Keep your practice and game site clean and free of litter

Class Viewing

Parents and family members are welcome to view their child's dance class the first week of each month. Out of courtesy to teachers and dancers, please do not make comments or attempt to teach your child. This is an opportunity for parents to see what is happening in their child's class.

Parent Involvement

Here at the YMCA, we recognize that parents are the first and most important teachers/nurturers. Our job is to work in partnership with families to ensure the welfare of each student. Our staff will respond professionally to your concerns and questions. We ask that you speak to our staff when they can be responsive, without the responsibility of supervising children. Phone calls and emails are always welcome and will be returned from the staff as soon as possible.

In preparation for our two performances, the dance department is looking for parent volunteers to assist with our events. Please email the dance coordinator, Myrta George (myrtageorge0@gmail.com), directly if you are interested in assisting with the dance department.

Teacher Assistants and Leadership

Leadership is the key to a successful dance experience. All students are under the direction of a professional dance instructor. Leaders are chosen based on their previous experience, education, training and emotional maturity. Our staff blends together to bring about a diverse experience, with creativity to programs, while making them safe, fun and exciting.

The YMCA dance department will be offering an opportunity for students to expand their experience through a teacher's assistant (TA) program. TAs will be asked to arrive one hour prior to their scheduled class to assist with the training of the younger class. This opportunity can offer experience for anyone interested in becoming a dance instructor in the future. Please contact the instructors directly for more information.

Liability Insurance

The YMCA provides liability insurance as required by law. The Prescott YMCA does not provide medical insurance relative to accidents or injuries sustained because of a program related activity.

Illness / Medication

If a child is not well enough to participate in all the days' scheduled activities, then he / she is not well enough to attend. Please contact the instructor or coordinator to let them know if he/she will not be attending. If a child has a sore throat, fever, or displays obvious signs of a potentially contagious illness, a parent will be contacted to pick up their child. The YMCA does not distribute medication of any kind. No medication should be sent to the Y with a child.

Emergencies

While at the program, if a child receives a superficial wound or injury (minor bumps, bruises, cuts, scratches, splinters, nose bleeds) the staff will administer first aid. The parent will be informed of the injury at the time of pick-up. If an injury appears more serious, the staff will contact the parent. The staff will remain with the child until the parent arrives.

For an injury or illness that requires emergency medical attention: 911 will be called and the child will be taken to the nearest hospital for treatment. A staff member will accompany the child. The parent will be contacted immediately after the ambulance has been called. If the parent cannot be reached, the emergency contacts will be called. If the emergency names cannot be reached, the YMCA staff will secure emergency medical care agreed upon in writing prior to enrollment. A written report of accidents requiring a doctor or ambulance will be completed.

Lost and Found

A lost and found box is in the corner of the dance studio. Contact YMCA Staff regarding a lost item. Items left over 30 days will be donated to local charities. Please write your child's name on all personal items.

Snow Days

In the event area schools are closed due to snow, the YMCA dance department will follow the same guidelines as the school schedule. If there is a delayed school schedule due to the snow, all dance classes beginning after 10:00 will occur. All dance classes will be cancelled on full snow days per the school system.

Scholarships

The YMCA provides financial assistance for those in need through the Y Scholarship Program. If you would like your child to participate in a Y program and cannot afford to pay the entire fee, apply for a Y Scholarship today. No one is turned away for inability to pay. Qualifying is based on the needs of the family and scholarship funds available.

YMCA Memberships

YMCA members get so much more than special rates on dance classes. Check out some of the benefits of becoming a part of the YMCA family. Memberships include:

- Special membership rates on all programs
- Full facility use including the pool
- Access to the child watch program (we watch your kids while you work out) – with an annual fee



****Revised 08/01/2019**