Turning Pointe DANCE

FAMILY HANDBOOK
SESSIONAL PROGRAM
PINCHER CREEK
2021-2022

We are starting our 7th season at our Pincher Creek at our NEW location in the United Church! (972 Police Ave, Pincher Creek)

Turning Pointe Dance Studio is located in Hillcrest, Alberta. One of the 5 communities part of the Crowsnest Pass. Our home is a 105 year old historic building. Originally, the Burnett & Cruikshank Store. The store was built in 1913. In 1948 the store became a grocery & dry foods store. The building has been home to Turning Pointe Dance Studios for 13 years now.

Turning Pointe is an established dance studio with over 20 years operating in the Crowsnest Pass & 6 years in Pincher Creek. Our studio was excited to have won the small business of the year award and strives for excellence in teaching & developing dancers our communities & surrounding areas. We expand into our Pincher Creek Program in 2014.

Turning Pointe offers three dance studios with classes in ballet, jazz, lyrical, hip hop, tap, pointe, acro, contemporary, pointe, & acting! We offer experienced instructors who have a commitment to updating their own skills and are able to bring creative and current dance skills and knowledge to our studio.

Classes begin at ages 18 months through to Adult! At TPDS we are proud to offer 3 separate programs to suit the needs of all families; Sessional (8-12 weeks with optional performance), Full-Year (September-May programming with optional performances) & Competitive (mandatory 2 ballet classes a week, 1-2 competitions a year). Our studio is proud to offer programming in Acrobatic Arts, Twinkle Star Dance, Acrodance Preschool, Royal Academy of Dance Ballet Exams, & Progressing Ballet Technique.

In our studio Competitive program we participate in dance competitions and festivals around Southern Alberta each year. We have also participated in extracurricular events which have included Disney Dance the Magic, Triple Threat Workshops in Calgary, Los Angeles Dance Workshops, Tara Jean Workshops (SYTYCD Canada season 2 winner) and New York City. We always have exciting and opportunities coming up each year for all our dance students.

WHAT WE OFFER

Pincher Creek Location

SESSIONAL PROGRAM Here at TPDS we are proud of offer a variety of programs to suit the needs & interests of all dancers & families. Our sessional program is perfect for the dancer who just wants to DANCE! without the commitment of year-end show, Christmas show or competitions. Sessional terms vary in length between 8 to 12 weeks depending on the time of year. Registration takes place online for all sessional programs.

**** Option for Spring Sessional Students to participate in our year-end show!****

PRODUCED BY TPDS- Year-end show will be held towards the end of MAY of each year. We hold our show at the 'UNIVERSITY OF LETHBRIDGE THEATRE' we feel this is a great opportunity for the children to "show off" what they have learned all year to their parents, friends, and families in a professional and welcoming environment.

Year-end Show students costume rental is done through the studio at the time of registration. This is a non-refundable cost.

- Twinkle Star to Grade 3 Students is $42.00 per class (including GST)

Costs Associated with Year-End Show

- Tickets range between $18.00-20.00
- Finale T-Shirt (all students are required to have these t-shirt for our finale of the show) $18.00-$25.00
- Proper tights & shoes- purchased from Classique Dancewear
- Optional order of the Digital Copy of the Year-End Show- $40.00-$45.00
- Optional order of the Keepsake Memory Program- $15.00-$17.00

GENERAL INFO

OFFICE HOURS/CLASSIQUE DANCEWEAR

CNP LOCATION

FRIDAY 12:00-4:30 P.M.

PARENT VIEWING

We ask that parents or care takers do not come into the dance studio during regular classes as it can be a distraction to the dancers. Parent viewing week this year will take place via zoom from the comfort of your home. Classes will be recorded, uploaded to our private youtube channel for you to watch anytime.

SICKNESS OR FAILURE TO PASS DAILY SCREENING QUESTIONNAIRE

If your student shows any of the symptoms in the daily screening questionnaire they are NOT allowed to attend classes. If this occurs for your student, you MUST notify us ASAP and we will record the class for them to take from home. We will email you a link to view your students class within 48 hours.

PARENT PORTAL

1. Use this link to access the parent portal: ***https://app.thestudiodirector.com/tpdsltd/portal.sd*** it can also be easily accessed by heading to our website at www.turningpointedance.ca then clicking Parent Portal.

2. ***LOGIN -*** All parents with students currently enrolled with us are already registered to use the portal.Use the email address we have on file for you and click 'Forgot your password' to get your password.Everyone should use the login under 'Already Registered with TPDS Ltd'. DO NOT make a new account!

3. USES FOR THE PARENT PORTAL
   - ***Pay Now:*** Enables parents to make payments on account using Visa or Mastercard
   - ***Online Shop:*** Enables parents to order and pay for items from our online shop
   - ***Enroll in a Class:*** Enables parents to enroll their students in Sessional Classes
   - ***Financial History:*** Enables parents to see previous charges and payments on their account
   - ***View All My Classes:*** Enables parents to have a live schedule of what classes your child is enrolled in
   - ***Contact Info:*** Enables parents to update phone numbers and addresses
   - ***Student Info:*** Enables you to add a student or edit the details we have for the students

GENERAL RULES & REGULATIONS

1. Parents are required to notify the studio when their child will be absent from class. Please email the studio at tpdscnp5@gmail.com
2. The Parent Portal can be accessed at anytime using the email address we have on file and the password you created. In your portal you can: view classes, view payments, order from our online shop, update your student/family contact info, and more!
3. Students & Parents will show respect to all the staff, students and volunteers. Students should address all staff as Mrs, Miss or Mr
4. Long hair must be worn up and proper dance attire must be worn for all classes (NO sweatshirts, sweatpants or street clothes along with Jewelry).
5. All students must follow the dress code. If a teacher finds grooming and dress inappropriate for class they will be asked to leave until properly groomed.
6. All students should be aware of good grooming and hygiene
7. Deodorant is essential for all older students, and some of the younger students as well. Children perspire when active
8. *NAMES must be on all dance attire (especially shoes) - as well all outdoor shoes, boots and coats *
9. Valuables should not be brought to the studio as TPDS is not responsible for any lost or stolen items
10. Students will be responsible for any damage they may cause to the studio's property. Everyone must respect the property of TPDS, its instructors and students.
11. NO SMOKING or VAPING anywhere in the studio or on the studio premises.
12. There will be NO GUM CHEWING allowed in the studio.
13. **PARKING- Please park at the back of the building. Students will enter through the double doors labelled 'Dancers Enter Here'**
14. All students should keep their bodies HEALTHY! Get proper rest, drink lots of water per day and eat healthy foods for health & injury prevention.
15. It is the responsibility of the parent to make sure they are receiving all newsletters and information given out at the studio and VIA email. All information is emailed & posted In your parent portal.
16. **ABSOLUTELY no phones in the dance studio unless it is being used for videoing choreography purposes.** As well there are to be NO PICTURES taken in the dressing room of any nature. This is to protect the safety and privacy of students
17. INJURIES - if your child has an injury we require that the parent contact the studio ASAP

DANCE LEVELS

Here you will find information on how your dancer can progress through the levels at TPDS. This is just a generalization of the progression. All dancers progress at their own pace, level & at the guidance from both the family & teacher. Please note the levels in dance do not correlate with grades in school.

TWINKLE STAR

Ages 3-4 years- 2 years in this level

TWINKLE KINDER

Ages 5-6 years- 1 year in this level

PRE-PRIMARY

Ages 6-7 years- 1 year in this level
eligible for ballet, acro, jazz & tap

PRIMARY

Ages 7-8 years- 1 year in this level
eligible for ballet, jazz, tap, acro, hip hop

GRADES 1 & 2

1 year in this level
eligible for 2 ballet classes, jazz, tap, acro, hip hop

GRADE 3

2 years in this level
eligible for 2 ballet classes, jazz, tap, acro, hip hop, lyrical

GRADE 4

1 year in this level
eligible for 3 ballet classes, jazz, tap, acro, hip hop, lyrical, pre-pointe, jumps & turns

GRADE 5 / INTERMEDIATE FOUNDATION

1-2 years in this level
eligible for 3-4 ballet classes, jazz, tap, acro, hip hop, lyrical, pointe, contemporary, jumps & turns,ball class

INTERMEDIATE+ -

2-4 years in this level
eligible for 4 ballet classes, jazz, tap, acro, hip hop, lyrical, pointe, contemporary, jumps & turns, ball class

CLASS DESCRIPTIONS

TWINKLE STAR / TWINKLE KINDER

Our TWINKLE STAR class is a preschool based programs for children aged 3-4 years old. The class length is 30 minutes once a week with instruction in ballet. Twinkle Stars will develop strength and coordination in the body and imagination, musical awareness and joy of dance. Classes can be chosen for the full year program with or without year-end show or 10-12 week session.

Our TWINKLE KINDER program is for children aged 5-6 yrs. We have split up our twinkle kinder program into 2 separate classes. Families can choose between ballet, acro or both classes a week.

BALLET: This class is 45 minutes long and builds on the skills in our twinkle star program but working to develop a greater sense of body awareness, rhythm and music.

ACRO: This 45 minute class follows the Acrodance Preschool syllabus where students will learn locomotive skills, like jumping or galloping, along with balance and basic acro positions.

BALLET

Ballet is the foundation of all dance forms. Body placement, flexibility, alignment, strength and technique are achieved through barre and centre floor work. TPDS offers ballet classes from twinkle star lto advanced. All ballet classes are taught under the Royal Academy of Dance syllabus.

JAZZ

The emphasis in jazz is on the strength and flexibility developed through technically challenging movements such as kicks, leaps and turns. With its roots in ballet, today's jazz has evolved from Broadway to MTV. Jazz classes from beginner to senior are offered in both recreational and competitive programs.

TAP

Tap focuses on the musical phrasing and complexity of rhythms with the challenge of making melodies with the feet. TPDS offers Tap for Primary students up to competitive senior levels.

HIP HOP

Hip Hop is evolved out of street and break dance moves and is characterized by vigorous athletics and a bouncy style. We offer classes to students 6 years and up in both recreational and competition.

LYRICAL

Lyrical is offered to those students enrolled in Jazz and Ballet and those students in the Grade 3/4 level of ballet. While maintaining the rhythmic characteristics of jazz, it incorporates elements of Ballet and Modern Dance to give it a smooth lengthened look with lyrical quality. Lyrical is only offered in our competitive program.

ACRO

Our Acro programs are taught under the Acrobatic Arts Syllabus. The syllabus is built for dancers and builds on their ballet technique by helping develop strength and flexibility It incorporates elements of gymnastics, balancing, limbering, tumbling and basic contortions. Dancers who train in acrobatic arts will find they will be more balanced, stronger, flexible and fearless. This is open to students 5 yrs & up.

POINTE

For those dancers who have achieved the necessary classical technique and strength in ballet class. Pointe class concentrates on ballet steps from demi-pointe to pointe. Admittance to pointe class is with permission of the instructor only.

BALL CLASS & JUMPS / TURNS

Ball Class and Jump & Turns classes provide foundational skills used in all dance programs. Students will work on flexibility and strength. Our conditioning ball class is based on the 'Progressive Ballet Technique' where students work on their body strength using exercise balls in relation to their basic ballet technique. Both of these classes are only open to students in our higher levels.

MUSICAL THEATRE

The Musical Theatre program involves combining drama, dance, and lip syncing & singing. The emphasis is on teaching the student how to use their facial expression to add to their dance repertoire, creating a more diverse and complete performer. Classes will be focusing on show tunes, character development, improvisation, mime and song & dance.

DANCE ATTIRE

Students are expected to wear proper dance attire to all classes this includes hair properly pulled back and up in a bun. Students should not wear any jewelry for safety reasons. It is important to dress properly in order for the teacher to properly assess posture & technique. The following is the basic attire for each discipline.

TWINKLE STAR/TWINKLE KINDER

- Pink, blue or black solid color bodysuit
- Pink microfiber tights
- Matching color skirt
- Pink Leather ballet slippers
- Grippy socks (ONLY FOR ACRO Combo Classes)
- Hair pulled back off face preferably in bun

JAZZ

- Solid color bodysuit
- Black jazz pants, capris or booty shorts
- Beige, pink or black shimmer tights
- JAZZ - beige or black split sole oxfords
- TAP - black tap shoes (must have elastics not ribbons)
- Hair pulled back neatly into a ponytail or bun

HIP HOP

- Clean indoor running shoes (NOT skater shoes)
- Comfortable pants or sweat pants
- Bodysuit

ACRO

- Grippy Socks
- Solid color bodysuit
- Tight carpis or booty shorts
- NO socks or loose fitting clothing or jewelry
- Hair must be in a flat bun or pinned up ponytail

PRE-PRIMARY & PRIMARY BALLET

- Pink sleeveless bodysuit
- Pink ballet skirt
- Pink microfiber tights
- Pink leather ballet slippers (full sole)
- Hair pulled up into a bun

COMBO CLASSES (DANCE JAM GROOVE)

- Bodysuit
- Comfortable pants (leggings, shorts, capris)
- INDOOR runners
- Grippy socks for Acro
- Hair pulled back in a ponytail

COVID GUIDELINES

We are so excited to be back in the studio for the 2021-2022 Dance Season. It is of utmost importance that we keep our dance families, students & staff safe. This section outlines our daily studio protocols & procedures that we will abide by this season.

We at TPDS recognize our critical role and responsibility in preventing the risks of COVID-19 in our place of business. The health and safety of our staff and clients are of utmost importance, and we are committed to supporting their ability to work and learn in an environment that excels at protecting them.

COMMUNICATION PLAN FOR COVID - 19

We will follow a green / yellow / red approach as follows below that will be communicated to you via email, our website and through our social media platforms.

Operating premises are open at service capacity permitted by Province/ regional authority.

- The Green Zone (Phase 2-3) Policy is defined as classes taking place in-studio with all government & Alberta Health Services regulations being followed.

Changes to operating protocols enacted by Studio Owner or designate, in accordance with Province/ regional authority: patrons and employees are notified and responsible for adhering to revised protocols

- The Yellow Zone (Phase 1) Policy is defined as a combination of online virtual platform and in-studio classes as per government regulations.
- If this occurs, we will await confirmation from the United Church if classes can resume in-studio.
- If classes are unable to resume in-studio, we will switch to the online virtual platform zoom.

Operating premises are under mandated closure by Province / Regional Authority

- Immediate studio closure / shut down will take place
- Classes will immediately switch to the online virtual platform ZOOM & finish the remaining weeks of the session.

DANCERS SUPPLY LIST & REQUIREMENTS

We believe that props are teaching tools for our dancers! Families will need to supply the following items for their dancer. All these items will need to be brought to & from the studio in a small bag or drawstring backpack (A dance bag).

Twinkle Star/Twinkle Kinder/Pre-Primary Ballet/Primary Ballet Dancers:

- Proper attire & shoes (please see our website for a detailed list)
- Water Bottle
- Small teddy bear - Purchase in the online shop in the parent portal
- Small scarf - Purchase in the online shop in the parent portal
- A Small bag or drawstring back pack to carry their belongings
- Mask

All Acro Dancers (including combination classes):

- Proper attire & shoes (please see our website for a detailed list)
- Yoga Mat
- Dancers must have a non-slip, grippy sock as bare feet is prohibited
- Mask
- Water Bottle
- A Small bag or drawstring back pack to carry their belongings

ENTERING THE STUDIO

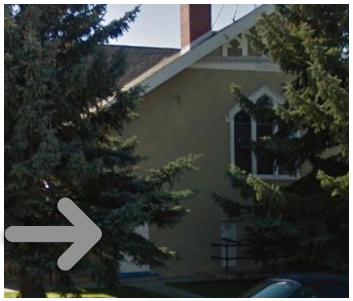
Drop-Off will take place at the BACK DOUBLE DOOR ENTRANCE. (Labeled Dancers Enter Here). Please help your dancer get their shoes on and prepared for class.

Miss Madison will greet dancers in the entryway. They will go down to the dance space together as a group. Parents are highly encouraged not to enter the dance space.

EXITING THE STUDIO

When class has finished dancers will place all their belongings back into their dance bag. They will put their outdoor shoes & mask on & be escorted out of the studio by their teacher. Teachers will be responsible for the opening & closing of all doors.

Pick up will take place at the **side door labelled Dancers Exit Here.** Students will be escorted out the front door, given hand sanitizer & they must immediately proceed to their vehicle. **Dancers MUST be picked up within 5 minutes of their class ending.**



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COVID-19 PROTOCOL UPDATE

The following change will go into effect as of March 1, 2022 at the studio.

- Masking will no longer be required in public areas
- Capacity limits will still be in place in classes
- Youth screening removed
- The office remains closed and it is only open on Tuesdays 4:00-6:30 & Fridays 11:00-5:00.
- We will keep the waiting areas closed to the parents and public. (Dancers only)
- Parents and Caregivers must stay diligent about keeping students home if they are showing any symptoms. Dancers can attend via Zoom.

We encourage our TPDS Dance Family and visitors to avoid coming to the studio if they have symptoms of illness or are a close contact to a person with COVID-19. Masks will continue to be available to those who wish to wear them. TPDS staff and volunteers are encouraged to wear masks, particularly when working closely with the students.

Our goal continues to be to create a safe and positive experience for our dancers, families , and staff. We will continue to work with Alberta Health Services, practice enhanced cleaning procedures, and maintain social distancing where applicable to ensure everyone's safety.

Please be respectful of your fellow TPDS families as well as TPDS staff who may have different comfort levels with these changes. We're in this together, and as a community we share the goal of improving the health and wellness of ourselves and each other.

THANK YOU! IF YOU HAVE ANY QUESTIONS OR CONCERS, PLEASE DIRECT THESE TO MISS FENTON