



YARRA VALLEY BALLET

**2024**

HANDBOOK

DOCUMENT CONTENT FOR:

Yarra Valley Ballet

[yvballet.com.au](http://yvballet.com.au)

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# Welcome to YVBallet

## OUR PHILOSOPHY

At Yarra Valley Ballet, we believe that students of all ages experience optimal learning when their environment is safe, inclusive, team-oriented, and fun.

In practical terms, this means having:

- studio spaces that are clean, well ventilated, well lit, and suitable for jumping (to avoid injury);
- teachers who nurture the whole person rather than just teach the steps;
- lesson plans that include games, partner-work and/or group discussion depending upon the age group;
- annual events that give students goals to work towards, both individually and as a team.

We work from a 'strengths based approach,' which means emphasizing a students' strengths through positive reinforcement (praise) and working quietly in the background to improve areas of weakness.

We are passionate about dance, but also aim to be realistic in our expectations of students. Not every student will be a company dancer. Not every student wants to be a company dancer! We aim to teach our students to be the best version of themselves they can be - technically, artistically, socially, and personally.

We also aim to foster:

- Discipline,
- Commitment,
- Resilience, and
- Self-motivation.

The willingness of a student to attend, focus, and strive for their best, class after class, can yield quite startling results. Our offering is just that - our offering. It is up to each student to grasp the opportunity with both hands and allow their world to expand. And when they do, it becomes our delight and honour to take that journey right along with them.

## OUR PROGRAM

Classical ballet is the primary focus of our school. We also offer additional classes in Jazz, Contemporary and Tap to create versatile dancers who will have the appropriate training to commence a career in Dance.

We commence tuition from the age of 4 years, however, we occasionally accept students younger than this depending on their social maturity and ability to focus in a class environment.

Students aged 12+ can elect to progressively advance their studies or pursue dance in a more recreational fashion. Recreational dance retains the same quality of tuition but removes the pressure of examinations, multiple classes per week, and/or a high-pressure competitive environment. Students are still welcome to participate in all school performances, to the extent that they choose to commit.

YVB's Adult School fosters joy, creativity, collaboration, friendship and life-long learning. Some of our adults have gone on to enjoy the nerves and excitement of stage performances, whilst others find solace in regular ballet classes as a form of active meditation - a chance to step out of your everyday and experience a mind-body-spirit reset.

Whatever your age, whatever your aspiration, we are here to support you in your dance journey.

## Our Mission

"TO PROVIDE *SUPERIOR* DANCE TUITION TO PARTICIPANTS FROM EVERY WALK OF LIFE, INCLUSIVE OF ALL AGES, GENDERS AND ABILITIES."

## Our Values

BE INCLUSIVE AND RESPECTFUL, CURIOUS AND CREATIVE.

BE PASSIONATE ABOUT YOUR ART FORM & AMBITIOUS IN YOUR HOPES AND DREAMS.

ALWAYS ACT WITH INTEGRITY.

*"The people we surround ourselves with either raise or lower our energetic vibrations. They either help us to become the-best-version-of- ourselves or encourage us to become lesser versions of ourselves.*

*No man becomes great on his own. No woman becomes great on her own.*

*The people around us help make them great.*

*We all need people in our lives who raise our standards, remind us of our essential purpose, and challenge us to become the-best-version-of- ourselves."*

**Matthew Kelly, *The Rhythm of Life***

## Method & Curriculum

### RUSSIAN VAGANOVA METHOD

YVB teaches the majority of classes based on the Russian method of training called Vaganova Technique, which was developed over 100 years ago. Some of the greatest dancers, including Anna Pavlova, Natalia Makarova, Rudolph Nureyev and Mikhail Baryshnikov were trained using Vaganova technique.

The syllabus consists of 8 levels in total, with the intention that Level 1 commences at the age of around 10 years of age, and by Level 8 the dancer is 18 years and prepared for entry to a professional career.

Early training focuses on precision, musicality and port de bras (carriage of the arms). There is a keen focus upon the use of the upper body, building strength and mobility through the back and arms from a young age. As the dancer matures, they learn how to use their arms, head, eyes and hands to enhance the artistic quality of their technique, often with breath-taking results.

Vaganova technique is proven to produce excellent results with both vocational and recreational students, because it teaches each dancer to move his/her body intuitively with grace, style and strength.

#### Sample Pathway (Example Only)

Level	Age Guide	Class Duration
Pre-School Ballet (Kinder Age)	3-4 Years	45 minutes
Pre-Primary (Prep Age)	5-6 Years	45 minutes
Pre-Primary Exam Level (Grade 1)	6-7 Years	60 minutes
Primary Classical Ballet	7-8 Years	2x 60 minutes
Preparatory Level 1 Classical Ballet	8-9 Years	60 minutes x2 classes
Level 1 Classical Ballet	9-11 Years	60 minutes x2 classes
Level 2 Classical Ballet	10-12 Years	60 minutes x2 classes
Level 3-4 Classical Ballet	11-12 Years	60 minutes x3 classes



## CURRICULUM

Classical Ballet is the main focus of our school as classical technique is a fundamental of dance training.

Classical ballet is a beautiful art form providing long term benefits that extend well beyond the studio space, including:

- Physical – increased fitness and coordination, greater strength and flexibility, improved postural alignment;
- Mental – improved focus and concentration, increased memory recall and benefits of left/right brain interchange, gaining a growth mindset;
- Emotional – greater self-confidence and coping skills, developing patience and acceptance of self and others, having pride and a sense of self-achievement;
- Social – connection and acceptance, a sense of belonging to a community, social support from peers;
- Energetic – dance can become a form of meditation and/or mindfulness, it encourages living in the present moment and can reinvigorate the soul;
- Life Skills – organisation, independence and resilience, self-discipline and self-motivation, team work and leadership.

We encourage all our students to take classical ballet to set and/or develop their foundation technique.

## JUNIOR SCHOOL

### Pre-Primary and Primary Levels (Ages 3-8)

Pre-Primary and Primary Classes cover the basics of stage orientation, spatial awareness and body kinesis. We draw on elements of ballet, music, gymnastics and educational resources to inspire and instil a joy of movement in our tiny dancers. Between ages 5-6, children are introduced to a traditional classical ballet environment where they are able to develop fundamental ballet techniques.

Students are placed in classes using age as a guide. Most students between 3-8 years are at similar stages of learning both in their technical capability and their social/emotional development.

There may be occasions when we recommend a student is placed in a different age group and this could be for technical or social reasons. In these instances, we discuss the class options with the students parent/guardian to achieve the optimum outcome for the student.

Students wishing to take examinations at Pre-Primary or Primary Levels must also take Conditioning classes.

### Preparatory and Level 1 (Ages 8-11)

Preparatory and Level 1 Students work towards greater physical strength and flexibility, whilst also developing their concentration span, memory recall and mental focus.

Students wishing to take examinations must attend a minimum of 2x classical classes per week.

Students are placed in classes using technical capability, strength and flexibility as a guide.

## Level 2, Level 3 & 4 (Ages 10-12)

By the time students reach these mid-levels, they have a solid foundation to progress technically and artistically. The use of the heads and shoulders becomes more apparent at this level of training and professional pathways may start to be considered.

Teachers now use a combination of body conditioning, floor-barre, traditional barre and centre exercises to teach and reinforce basic ballet technique, musicality and body awareness.

Students are placed in classes using technical capability, strength and flexibility as a guide.

## SENIOR SCHOOL

Our Senior School Program caters for students who wish to dance without the pressure of examinations, multiple classes per week, and/or a high-pressure competitive environment.

Participation in the Annual Production is optional and families will be asked for their decision regarding performance work at the beginning of Term 3.

## ADULT SCHOOL

We love our Adult Dancers. It is very rewarding for us to be part of an adult's journey into dance, or to see experienced dancers rekindle their passion for something they studied in younger years.

All adult classes are Open Classes. Teachers use a combination of Vaganova, RAD and Cecchetti techniques, merged with their own individual choreography. New exercises are set at the beginning of each term and increase in difficulty as the term, and skill of each student, progresses.

Exam classes are also taught to adults on a 'by request' basis. Please do not hesitate to enquire if you are interested.

Adults are welcome to participate in the Annual Production. Once again, dancers are asked for their decision regarding performance work at the beginning of Term 3.

## POINTE WORK

There are a number of factors that contribute to a student's suitability and eligibility to commence pointe work training. These include but are not limited to:

- Minimum Age 12 years;
- Minimum of 3x classical classes per week;
- Sufficient range of flexion in the ankle joint;
- Correct core alignment and understanding of body placement;
- Able to sustain turn out and straight knees in demi-pointe work;
- Able to perform a minimum of 32 single-leg rises consecutively.

The student's teacher is the first point of contact to discuss student suitability for pointe work training.

If the teacher agrees the student is ready, the student must then undertake a pre-pointe assessment with a registered physiotherapist.

Once a student receives written approval from a physiotherapist they are then able to make an appointment for a pointe shoe fitting (the fun part!) Please note that Yarra Valley Ballet requires a copy of the written report from the physiotherapist before students may commence classwork.

For further information please speak with a YVB staff member.

## **Class Protocols**

### PUNCTUALITY

Students are encouraged to arrive 10-15 minutes early to classes to allow adequate preparation and warm up prior to class.

Late arrivals disrupt the flow of the class and can break the focus of other students. If a student is late on a regular basis, he or she may be invited to watch the class to avoid disruption to other students.

Punctuality is particularly important for students in the Junior School and we ask that parents make every effort to be on time for classes.

## ABSENCE

### Junior & Senior School

Please advise as soon as possible if you are unable to attend a class or if you are going to be late by email to [bianca@yvballet.com.au](mailto:bianca@yvballet.com.au) or message on 0480 368 341. All missed classes may be made up during the term in which they occur. Missed classes do not roll over into the next term.

### Adult School

We understand the adult world can sometimes be demanding and unpredictable and appreciate you letting us know if you are unable to attend.

## INJURY OR ILLNESS

Please advise your teacher prior class if you are injured or unwell.

If you are injured, teachers may adapt exercises to suit your needs and/or may advise you to sit down for a portion of the class. If dancing will exacerbate an injury, then we recommend observing the class rather than participating.

Students with a minor illness are encouraged to watch class, as so much can still be learned through observation. Students with major or contagious illness are encouraged to remain at home. If you are unsure, please err on the side of caution.

## HAIR REQUIREMENTS

### Junior & Senior School - Classical

Boys' hair must be neatly presented and out of the eyes. Long hair is not suitable for dance classes.

Girls' hair must be in a neat classical bun for all ballet & body conditioning classes. Please use bun pins (also called 'hair pins' or 'French Pins') and a bun net to ensure hair remains secure for the duration of the class. Suitable bun pins can be purchase from Bloch in store or online: <https://www.bloch.com.au/512-hair-bobby-pins>

Please ***do not*** use bobby pins to secure your dancer's bun. Bobby pins are only intended to secure 'wispy bits' and do not hold a bun in place.

Students may be asked to observe class if their hair is continuously messy or incorrectly prepared for classical classes.

### Junior & Senior School - Jazz/Contemporary

Hair may be worn in a neat pony tail or braid for jazz/tap/contemporary classes.

### Adult School

Hair should be tied back neatly off the face in a pony tail, braid, or bun. Fringes may be pinned back with bobby pins.

Hair Supplies can be purchased from Dance Art (207 Mt Dandenong Road, Croydon) or Bloch (in store or online) and include: hair elastics, hair nets, Bun pins, bobby pins, gel and/or hairspray as required.

### MAKE UP, NAIL POLISH AND JEWELLERY

Please refrain from wearing heavy make-up or gaudy nail polish to class. Students may be asked to remove make-up or nail polish if it is deemed to be inappropriate.

With the exception of stud-earrings, no jewellery is to be worn in class.

### SUMMARY

Please make an effort to be appropriately groomed for all classes.

Not only is good grooming part of the discipline of dance, it also encourages life-long self-care that extends well beyond the classroom. Students are reminded to use deodorant where necessary for hygiene and the comfort of others within the group.

# Uniforms and Attire

## JUNIOR SCHOOL

\*\*Please note all girls must wear pink ballet tights with their classical uniform. We recommend Energetiks "Theatrical Pink" or "Salmon Pink" convertible tights.

<b>Class</b>	<b>Colour</b>	<b>Details of Uniform</b>
Pre-Primary Prep Ballet	Ballet Pink	Energetiks "Charlotte" Leotard Energetiks "Emily" Full Circle Skirt. Ballet shoes with elastics.
Primary Ballet	Baby Blue	Energetiks "Charlotte" Leotard Energetiks "Emily" Full Circle Skirt. Ballet shoes with ribbons.
Preparatory Level 1 Ballet	Lilac	Energetiks "Charlotte" Leotard Energetiks "Emily" Full Circle Skirt. Ballet shoes with ribbons
Level 1	Dusty Pink	Energetiks "Charlotte" Leotard Energetiks "Melody" Wrap Skirt Ballet shoes with ribbons.
Level 2	Mint	Energetiks "Ashley" Leotard Energetiks "Melody" Wrap Skirt Ballet shoes with ribbons. Demi pointe shoes also permitted.
Level 3	Navy Blue	Energetiks "Annabelle" Leotard Energetiks "Audrey" or "Melody" Wrap Skirt Ballet shoes with ribbons. Demi pointe shoes also permitted. Pointe shoes.
Level 4	Aubergine Purple	Energetiks "Annabelle" Leotard Energetiks "Melody" Wrap Skirt Ballet shoes with ribbons. Demi pointe shoes also permitted. Pointe shoes.
Level 5	Black	Energetiks "Ophelia Camisole" Leotard Energetiks "Melody" Wrap Skirt Ballet shoes with ribbons. Demi pointe shoes also permitted. Pointe shoes.
Boys	Black & White	Energetiks "Conrad" Leotard or Fitted White Short Sleeve T-shirt Energetiks "Oakey" Legging or "Vance" Short or similar. Black or White Socks Black Ballet shoes with elastics

## SENIOR SCHOOL & OTHER DANCE STYLES

<b>Class</b>	<b>Colour</b>	<b>Details of uniform</b>
Senior Classical	Any Colour	Own Choice Leotard Ballet Skirt with Tights or Leggings Ballet shoes with elastics or ribbons Please note ribbons are required for all performances
Jazz/Tap	Classical Class Colour	Please wear your usual ballet attire. Black Jazz shorts or long black jazz tights/leggings are optional. Tan Pull On Jazz Shoes are optional and tap shoes TBA
Contemporary	Classical Class Colour	Please wear your usual ballet leotard, leggings or long pants suitable for floor work Optional – Foot Undies

## ADULT SCHOOL

We encourage our adult students to wear comfortable attire to classes. You are welcome to wear ballet leotard & skirt, gym attire or similar.

## WINTER WEAR

During cooler months we recommend that students wear crossovers, dance woollens, or YVB uniform jackets during class.

Please note that baggy jumpers are not part of the dance uniform and students may be asked to remove these after warm up.



## Fee Policy

This Policy is in place to ensure YVB can meet its financial obligations. Please help us by paying fees on time.

1. All students must be financially viable in order to participate in classes, examinations, community performances, or the annual production. Students may be asked to observe classes if their fees remain outstanding.
2. Term Fees are invoiced at the beginning of each term and due within the first 14 days of the term.
3. Payment methods are cash, credit card, or direct bank transfer.
4. If you are experiencing financial hardship, we are more than happy to provide extensions or payment plans – we just ask that you let us know. If you do not let us know, late fees may apply.
5. Late payments may incur a \$15.00 administration fee.
6. Fees are subject to change if/as required to ensure YVB can meet its financial obligations.
7. Term Fees do not include Examination Fees, Costume Levies, or Annual Production Fees.

## REFUNDS

We offer a 100% money back guarantee for:

- any student who does not wish to continue their tuition for any reason during Term 1, Term 2 or Term 3,
- for all future scheduled classes only.

We do not offer refunds for:

- Term 4 classes,
- Annual Production Fees,
- 4-Week class blocks (adult classes),
- classes that have already been taken,
- classes missed due to illness/injury/choice/circumstance.

Missed classes can be made up during the term in which the absence occurs, but they do not roll over to the next term.

## Fee Schedule (as at January 2024)

Class fees are calculated according to the length of the class. Packages are available for students taking 3 or more classes per week (180 mins).

The following fees are exclusive of GST.

1x – 2x CLASS PER WEEK

<b>Class Duration</b>	<b>Fee Per Class</b>	<b>Term Fee GST Inclusive (Based on a 10 week term)</b>
30 mins	\$15.00	\$165.00
45 mins	\$20.00	\$220.00
60 mins	\$24.00	\$288.00
75 mins	\$27.00	\$297.00
90 mins	\$30.00	\$330.00

## MULTI CLASS PACKAGES

These packages apply to classes with a duration of 60 mins or more. The maximum charge is for 5x classes per week.

Eg, 2x 60 min classes plus 2x 30 min classes = 3x classes per week.

<b>Class Duration</b>	<b>Fee Per Class</b>	<b>Term Fee GST Inclusive (Based on a 10 week term)</b>
3x Classes per week (60 mins = 1 class)	\$20.00	\$660.00
4x Classes per week (60 mins = 1 class)	\$17.50	\$770.00
5x Classes per week (60 mins = 1 class)	\$16	\$880.00

## PRIVATE LESSONS

Private lessons are suitable for students of all levels.

In order to get the most out of your private lesson, we recommend that you have a particular goal in mind beforehand. Please let us know your goal when making your booking so that your teacher can prepare the best possible lesson for you.

<b>Class Duration</b>	<b>Junior Teacher</b>	<b>Senior Teacher</b>
30 mins	\$45.00	\$65.00
45 mins	\$60.00	\$90.00
60 mins	\$80.00	\$120.00

## ANNUAL FEES & LEVIES

The following are annual fees payable for each enrolled student. These fees help to partially cover Theatre Hire and Costume purchases. Senior students theatre levy includes a video copy of the end of year show.

No discounts are available for annual levies.

<b>Type of Levy</b>	<b>Junior Students</b>	<b>Senior Students</b>
Theatre Levy (Due Term 1)	\$50.00	\$85.00
Theatre Levy (Due Term 3)	\$40.00	\$75.00
Flat Costume Levy (Due Term 1)	\$40.00	\$50.00
Costume Levy Charged Per Costume (Due Term 3)	\$40.00	\$50.00
<b>Total Annual Levies*</b>	\$170-200	\$260-300

\*The total cost varies depending on the number of costumes hired in the end of year concert. If your dancer takes one class per week, they will most likely have 1x costume to hire. If your dancer takes three classes per week, they may have 3x costumes to hire.

## EXAMINATION FEES

Exam Fees are set by the Ballet Conservatoire and are non-refundable.

Exam Rehearsal Fees cover the cost of teachers to observe and provide individual feedback for each student.

No discounts are available for examination fees.

<b>Type of Fee</b>	<b>Cost (ex gst)</b>
Exam Rehearsal 45-60 mins	\$40.00
Exam Rehearsal 75-90 mins	\$60.00
Pre-Primary Exam	\$80.00
Primary Exam	\$90.00
Preparatory Exam	\$100.00
Level 1 Exam	\$110.00
Level 2 Exam	\$120.00
Level 3 Exam	\$130.00
Level 4 Exam	\$140.00

## DISCOUNTS

The following percentage discounts are applied to term invoices:

<b>Type of Discount</b>	<b>Percentage</b>
Sibling Discount	5%
Family Discount (3 or more family members)	10%
Loyalty Discount	5%

*Please Note: The maximum discount we apply to an account is 15%.*

## Examinations

Yarra Valley Ballet participates in External Examinations through the Australian Conservatoire of Ballet.

Exams are not compulsory, however students benefit in numerous ways by having a personal & achievable goal to work towards. Exams are an objective and measurable achievement of a student's progress and learning. They also provide an opportunity for teachers to receive constructive criticism from an external party.

Examinations begin at Pre-Primary Level and can be taken as young as 5 years. Due to the intense nature of exams, we generally recommend students wait until they have completed their first year of schooling before sitting their first exam.

When undertaking an exam, students will be asked to:

- attend all scheduled classes wherever possible,
- practice specific steps or exercises at home, and
- attend 3x exam rehearsals in the lead up to the examination.

**Important:** Students who fail to attend classes and/or rehearsals and who may therefore be under-prepared may not be permitted to participate in examinations and will forfeit any fees paid.

### EXAM REHEARSALS

Exam rehearsals are an important part of exam preparation. They imitate the exam setting and help students prepare and anticipate the formality and structure of the actual event.

Exam Rehearsals cost between \$40-60.00 per rehearsal. This fee covers the cost of hall hire and multi-teacher fee to observe and provide written feedback for each student. Written feedback provides students with specific corrections for each exercise, which they can use to improve their technique or presentation.

On average, students need three (3) rehearsals prior to their exam.

## Performances

Dance is a Performing Art and we strive to give our students opportunities to shine during the year.

### Theatre Events

Each year we hold two theatre events. Our first theatre event is an informal theatre presentation. Students are introduced and guided onto the stage, the curtain remains open throughout and lighting is simple and unrefined (ie, no blackouts). The purpose of this event is to ease students into the feel of the theatre, build confidence and encourage positive anticipation for future performances.

Our second theatre event is a fully costumed, stage-lit, curtained and formal performance. This event takes place towards the end of Term 4, in late November/early December. This performance represents the culmination of the year's work and is usually a highlight of the year for teachers and students alike.

The lead-up to the EOY Performance is a time of extra pressure with additional classes, rehearsals, and emphasis on memory recall. Please take the time to familiarise yourself with our Term 4 expectations (next page) so that you are well prepared when we ask you to bring your dancer for additional rehearsals, costume try-ons, hair and make-up tutorials, or send home videos for your dancer to review and practice at home.

If you become aware of a scheduling conflict, please speak with your class teacher as soon as possible so that we can work together to find a solution for your family.

### Community Events

Students of Yarra Valley Ballet perform annually at the Yarra Glen Christmas Carols. This event takes place in mid-late December and is a casual, relaxed atmosphere - a bit of a last hurrah before we head into holidays.

YVB also looks for community performance opportunities and welcomes your input or invitation to perform at a public venue or event.



## EOY EXPECTATIONS

Students commence work on their EOY Performance in Term 3. Weekend schedules will be set and published on a weekly basis if/as required.

We recommend that you reserve Saturdays 9am-5pm in your Calendar from Term 3 onwards to avoid scheduling conflicts.

During Term 4, students are expected to attend:

- All usual scheduled classes;
- All scheduled Saturday classes;
- 2x General Rehearsals (held on a Saturday or Sunday) - these are compulsory for all students, no exceptions\*
- Dress Rehearsal - Compulsory for all students, no exceptions\*
- Concert Day, all day as required.

\*Long rehearsal days will be shortened for students in Pre-Primary up to Preparatory levels. A timetable of the day is published in closer to the event.

Please note that ill or injured students are asked to attend to observe and/or mark their place wherever possible.

## **DANCERS COMMITMENT & ATTENDANCE POLICY**

### **PLEASE READ CAREFULLY**

These requirements apply to all students.

Preparing for the production is a team effort and we do require 100% commitment from all dancers, and the support of each dancers' parents to ensure their child's attendance and punctuality.

Late or absent dancers slow down the progress of the whole production and make it difficult for their classmates to learn and practice patterns, partner work and spatial formations. We thank you in advance for your understanding and ask that you ensure you/your child are able to meet the attendance requirements before continuing with enrolment.

**Please Note:** Any student who misses the General Rehearsal or the Dress Rehearsal for any reason may be immediately dismissed from the concert and will forfeit the fee paid. It is unsafe and unprofessional for dancers to go on stage without attending these two very important rehearsals.

### DISMISSAL FROM PERFORMANCE

Whilst it is not our preference to remove any dancer from the EOY Performance, there is an inherent requirement for teachers to show consistency in their approach towards attendance and commitment from our students and families.

YVB reserves the right to remove a dancer from parts of a routine or an entire routine under any of following circumstances:

- A students' absence rate reaching or exceeding 20% of all scheduled classes;
- Recurring absences during Term 4 deemed to limit a student's ability to perform and/or absence that causes detriment to other students in the class;
- Absence from General Rehearsal;
- Absence from Dress Rehearsal.

### REMEDIES

In some instances, it may be possible for a student to catch up on performance work by one of the following means:

- Private Lesson(s) to make up for missed time and/or catch up on missed;
- Attendance at a suitable alternative class;
- In the case of very young students, arriving early or remaining late after class at additional cost.

Please communicate with your class teacher as early as possible regarding any concerns you have regarding commitment or attendance in the second half of the year.

## COSTUMES

YVB loves to provide beautiful, quality costumes for our dancers to wear for performances. In return, we ask that you take excellent care of costumes when they are sent home for safe-keeping.

**PLEASE DO NOT WEAR THE COSTUMES AROUND THE HOUSE OR EAT OR DRINK IN COSTUME.**

We understand that it is exciting to have costumes at home and by all means, put them on and take some photographs, but please do not wear them otherwise. Please note that damaged or dirty costumes will incur repair or cleaning charges.

### COSTUME FAQ's

Q: Do I have to do any sewing?

A: No. Our costumes are professionally made, purchased, or hired. You just have to pay the costume levy!

Q: Do you want any sewing help?

A: Yes! We love a hand wherever possible, sometimes it's cutting tulle, sometimes gluing sparkly stones, sometimes it's hand-sewing that just takes time. We appreciate any help you are happy to offer.

Q: Are your costumes glitzy or do they show a lot of skin?

A: We love a bit of sparkle and glitter on our tutus and tiaras, but otherwise we keep things modest and age-appropriate. We aim for our dancers to feel comfortable on stage and for you to feel comfortable watching them.

Q: Can I buy the costume at the end of the show?

A: Usually no, but sometimes yes – please ask us if you are interested and we can let you know. Keep in mind that children usually grow out of the costume in about 6 months. For a costume that can cost between \$200-\$500 it's generally not worth it!

## PERFORMANCE HAIR & MAKE UP

When preparing for performance, we request that all students are well-groomed and look professional. Please prepare hair and make-up at home at home as follows:

### Hair

- Wet the hair under the shower and towel dry;
- Slick gel through the hair and comb through, gathering any fringes back into the bulk of the hair (no fringes for performance);
- Form a high ponytail and secure with a hair elastic;
- Wrap the ponytail into a bun and secure with French Pins and a hairnet that is the same colour as the students own hair;
- Spray with hairspray;
- Secure any difficult areas / wispy bits with Bobby Pins.

### Make-Up for Under-8s

- Apply a dab of foundation to the cheeks and eyelids;
- Apply blusher to the apple of the cheek until they look extra rosy;
- Apply a soft brown eyeshadow to the eyelid;
- Apply waterproof mascara (if possible);
- Apply a bright red stay-fast lipstick using a lip brush or applicator.

### Make-Up for 8-12yo's

- Apply foundation as needed to even out the skin tone, paying particular attention to the forehead, nose and cheeks, and chin;
- Apply blusher to the apple of the cheek until they look extra rosy;
- Apply a soft brown eyeshadow to the eyelid and a light beige colour to blend at the outer edge of the eyelid;
- Apply waterproof mascara;
- For students with very light eyebrows, apply some brown eyeshadow or eyebrow pencil to make these darker;
- Apply a bright red stay-fast lipstick using a lip brush or applicator.

## Make-Up 12+ years

- Apply foundation in a suitable colour tone over the entire face;
- If desired, dust or pat with a light powder and use a water sprayer to set;
- Apply blusher in a sweeping motion from the centre of the cheek outwards towards the temple;
- Use an eyeliner on the top lid, deep brown eyeshadow to the eyelid and a light beige colour to blend at the outer edge of the eyelid;
- Apply waterproof mascara or use false eyelashes;
- For students with very light eyebrows, apply some brown eyeshadow or eyebrow pencil to make these darker;
- Apply a bright red stay-fast lipstick using a lip brush or applicator.

## MAKE UP FAQ's

Q: Does my 4 year old really need to wear make up on stage?

A: Yes! But not for the reasons you probably expect. When we stand under stage lights, the colour in our face is washed out. To counter this, performers wear make-up so that they still look like they have cheeks and lips.

For our very young dancers, we recommend blusher and lipstick only, to ensure they look alive and healthy when on stage.

Q: My dancer is allergic to make-up. What do we do?

A: If you can find hypo-allergenic blusher and/or lipstick that would be the best solution for stage. However, we do not want students feeling stressed about skin break-outs and allergic reactions. If they cannot wear make-up, then they cannot wear make-up. That's okay.

Q: I have no idea how to apply make-up. Can you help?

A: Yes. Please let us know if you need some advice and we can make time to run you through a practical tutorial at the studio. In the past we have scheduled specific Hair and Make Up classes, where parents can practice doing hair and make-up on their dancer. These have been very successful and also give you an idea of how much time you need to prepare.

## Enrolment

### UNDER 18's

Please contact us to discuss your dancer and/or situation. It is helpful for us to know the following information about your child:

- Age
- previous experience (if any)
- what has sparked your/their interest in ballet,
- how long have they shown an interest in learning ballet,
- general temperament,
- social/emotional development,
- ability to focus and follow instruction.

This information helps us pre-determine which class might be the best fit for your child.

Once you have trialled / observed a class and made a decision about enrolment we:

- request that you complete an enrolment form (available online),
- confirm uniform requirements,
- send you an electronic invoice for payment.

### OVER 18's

Please contact us to discuss your aspirations. It is helpful for us to know the following information:

- previous dance experience (if any)
- what you are looking for in a class/school,
- whether you have any particular goals or expectations of classes.

An initial discussion is also an opportunity for you to ask questions.

Some of our Over 18 FAQ's are:

Q: Am I too old?

A: Never

Q: Does it matter that I'm not 'fit'?

A: Not at all, we will support you to work at your own pace.

Q: Do I have to wear a leotard?

A: No, your attire is your choice.

Q: Do I have to participate in performances?

A: No, these are completely optional. However, they are a lot of fun!

Once you have made a decision about enrolment we:

- request that you complete an enrolment form (available online),
- send you an electronic invoice for payment.

## **Trial Classes**

### UNDER 18's

Prospective students are welcome to attend a trial class until the middle of Term 2 (early-mid May). The cost of the class is as per our Fee Schedule and will be deducted from term fees if you proceed with enrolment.

Thereafter, prospective students are welcome to observe one of our classes in progress to help gain an understanding of our class structure and environment.

This approach ensures that our currently enrolled students continue to learn and focus in a stable environment, and new students benefit by knowing what to expect before they commence studies with our school.

We regret that we are unable to accept new enrolments from the end of Term 2, unless under exceptional circumstances. This is due to a number of factors, including student group cohesion, paced learning during the first part of the year, concert planning, and examinations.

Yarra Valley Ballet reserves the right to vary this enrolment procedure at any time.

### OVER 18's

Prospective students are welcome to attend a trial class at any time during the year. The cost of the class is as per our Fee Schedule.

### OPEN DAYS

YVB extends a warm invitation to students' family and friends to view classes in the final week of Term 1 and 3. This is a wonderful opportunity for you to observe your dancers' progress, for the students to perform informally to an adoring audience, and we would love to get to know you!