



Thrive Arts Academy Dance
2021-2022
Student/Parent Handbook

Letter from the Director

To our Students and Families:

Thank you so much for choosing to join our family here at Thrive Arts Academy! It has been a dream of mine for many years that we could create a place where performing arts and ministry are seen as equally important, and here we are!

I hope you find your training here enjoyable and challenging. I have worked with some of the greatest artists I know to build a fantastic team of teachers who will love their students, as well as train them with excellence. As a student of dance, I remember how important it was in my formative years to have a teacher that I could look up to, and that is what I hope we can achieve in Thrive Arts Academy.

I also know how hard it is to create a place in which students feel valued, not only for their ability, but also for their hard work, dedication, and exceptional character. Here at Thrive Arts Academy, it is my hope that students will not only grow in their ability, but also realize how important they are in this world, and that there is no one on earth who has a purpose exactly like theirs. Anything is possible, and I hope that this special place can be a springboard for the dreams of our students as they learn that they can change the world through their creativity.

Welcome to Thrive Arts Academy!

*Truly,
Kayla Johnston*

Objectives:

Romans 12:1

Therefore, I urge you dear brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship.

- To train students to become great performers of many forms through technique
- To build character while teaching the value of performing arts in culture
- To create a safe environment for students to express their creativity
- To teach students the importance of performing arts in and out of ministry
- To develop a sense of worship and excellence in students while they perform

Class Expectations:

Ballet

Our ballet classes use classical technique to build the graceful foundation of a great dancer. Each class is complete with barre work and center work. We have four levels of technique class. We ask that Level 3 students take two classes a week, and Advanced Level students take three classes a week.

Dress Code: Female students are required to wear a black leotard, pink tights, and pink ballet shoes. Hair should be in a bun. Male students are required to wear a white t-shirt, black shorts, and black ballet shoes.

Jazz and Musical Theatre Jazz

Jazz classes are a fun mix of technique and choreography. Jazz specifically challenges flexibility, strength, and choreography memorization. We have three levels of jazz class.

Dress Code: Female students are required to wear a black leotard, black jazz pants, and tan jazz shoes. Hair should be in a bun or ponytail. Male students are required to wear a white t-shirt, black shorts, and black jazz shoes.

Tap

Our Tap classes provide an environment where dance can create its own music. Tap was created through the need for rhythm, and that is what we emphasize. We currently offer three levels of Tap.

Dress Code: Though uniform is relaxed, students are encouraged to wear comfortable, baggier clothing. No Spaghetti Strap tops, or short shorts are not allowed. Hair should be put up out of the face. Students are required to wear black tap shoes.

Contemporary

Contemporary dance explores the principles of Jazz and Ballet styles, mixing them all in one. Focusing on the impetus of movement, students will gain a better sense of exploring new kinds of movement that come with a more advanced type of dance style. Currently offered for Levels 2 and 3.

Dress Code: Female Students are required to wear a black leotard, black jazz pants, and either socks or bare feet. Male students are required to wear a white t-shirt, black pants or shorts, and either socks or bare feet.

Hip Hop

Hip Hop class is a place for a student to explore beats and rhythm at a different level. It's a high energy form of dance that teaches students to transition quickly between sharp and smooth movements. We currently offer three levels of Hip Hop.

Dress Code: Though uniform is relaxed, students are encouraged to wear comfortable, baggier clothing. Students are required to wear black athletic shoes, designated for studio use only.

Christian Dance

Christian Dance is a unique class offered at Thrive Arts Academy. Based on a lyrical style, Christian Dance is a time of experiential worship. Students are encouraged to bring their Bibles, and learn what it means to worship God through the gift of dance. Psalm 150:4 says that we should “praise his name with dancing”, and that is what we intend to do!

Dress Code: Female students are required to wear a black leotard, pink tights, and pink ballet shoes. Hair should be in a bun. Male students are required to wear a white t-shirt, black shorts, and black ballet shoes.

Acting

Our acting classes are taught in a way that goes over many of the bases of general stage acting, while also challenging those who have already been on the stage. Students will learn what it means to embody a character in front of an audience, analyze scripts, as well as dabble in improvisation.

Dress Code: Students are encouraged to wear clothing that is comfortable to move in, as many acting exercises require freedom of movement. It is preferred for female students to come to class in pants, not a dress or skirt. No spaghetti straps or short-shorts are allowed.

Wiggles and Wonder

Wiggles and Wonder is a creative movement and rhythm class, specifically designed for students between the ages of 3-5 years old. This class focuses on creativity, and developing large motor skills that create the base of focus needed to move onto technique-based classes.

Dress Code: Female students are required to wear a black leotard, pink tights, and pink ballet shoes. Hair should be in a bun. Male students are required to wear a white t-shirt, black shorts, and black ballet shoes.

My Grown Up and Me

My Grown Up and Me class is a class for parents and their children to explore what it means to move together, and create music together. These classes are ideal for parents who are looking to spend more creative time with their children, between the ages of 18 months and 3 years.

Dress Code: Please wear something comfortable that you can move in. (yoga pants, t-shirts, sweat pants, etc.)

Dress Code Policy

Because performing arts are movement based, we take our dress code very seriously. We utilize a “three strikes” policy with all of our students.

Each student receives 3 warnings from our teachers when they are out of dress code. Being out of dress code describes any student who is dressed inappropriately for class. This can include wearing confining clothing, having unkempt hair, or wearing clothes that would be deemed as revealing. These standards are upheld at the discretion of each instructor.

If a student still comes to class out of dress code after receiving 3 warnings from an instructor, they will be asked to sit down and not participate in class until the correct dress is provided. We do this to eliminate any kind of discrepancies of modesty and equality between students. We thank you for your understanding as we continue to build a safe and creative environment for our students.

Uniforms can be purchased in store at Capezio Dancewear in Sacramento, or online! We find great prices at www.discountdance.com

Absence Policy

Our classes are based on the building of technique and choreography skills, so each individual class every week is important to attend. As we hope that our students can attend every class they are registered for, we understand that life happens, and things come up to prevent attendance.

There are a few situations that are considered excused absences. If our staff is notified, sickness, injuries, or family emergencies are all classified as excusable. In these cases, we offer the option to attend a make-up class (meaning any additional class to a student's schedule that is placed at their current level or below) , free of any extra charge.

During recital preparation, **students will be expected to miss no more than 2 classes from February until May.** This is a critical time for students to be in class, as they fall far behind in choreography and scene work when they miss any amount of class time. If more than 2 classes are missed during recital prep season, the student will be at risk of being pulled out of the recital piece. Please reach out to your teachers to make sure they are aware when you will have to miss class.

We do not offer refunds for missed classes.

Performance

All of our students will have multiple opportunities to perform! Though we have not developed our full performance schedule, here is a summary of what you can expect. There may be more performances added during the year. Performances are a great way to test the students' skills, and though not required, it is highly encouraged that every student participate.

December 2021

- Winter Showcase (acting class and select dance classes)
- Christian Dance Nativity Ballet
 - Our Nativity Ballet is open to our entire program! In order to participate, your student must be enrolled in the Christian Dance class of their level from October - December

Spring 2022

- Musical Production
 - Our Musical Productions are open to our entire community! Please be advised that there is a separate registration fee and rehearsal schedule.

May 2022

- Spring Recital (all class participation)

All students will be notified of dress rehearsal dates and performance times as the year continues.

Spring Recital Costumes are chosen by our teachers, and are purchased by the student. After performances, you are encouraged to take your costume home with you.

Contracts

If you choose to join us for any of our performance opportunities, you will be given a contract listing what you may expect from us during the preparation process. It will also list out expectations for you and your family regarding extra fees, rehearsal attendance, costuming, and anything else that pertains specifically to those performances. We do this to keep accountability on both sides, to make sure we all create the best possible performances for our students that we can. You will not be able to participate in our performances without a signed contract. Thank you in advance for your understanding!

Placement and Parent Viewing:

We know that parents love watching their kids, and we want to allow that to happen! However, our rooms do not have the adequate space in order for parents to view our classes taking place. To accommodate, we ask that there are no parents in the room while classes are in session, unless given expressed permission by the teacher in class. The Bayside Blue Oaks campus has a great seating area and coffee shop, which is where we encourage our parents to wait for their students to finish class. During the last week of every month, you will be invited to view your students' classes in person, as we set up a special viewing area for parents during that time.

We also realize that your students are extremely talented, and we are so glad to be able to teach them! That being said, we ask that level placement and the assessment of the student's ability be decided solely by our faculty. We want to make sure students are enrolled in classes that are both comfortable and challenging, so that they can maintain the utmost confidence as they learn and grow.

Contact:

We are thrilled that you have decided to join our Thrive Arts Academy family! If you have any questions please feel free to contact us at:

info@thriveartsacademy.com