



2016 • 2017 Dance Handbook

MJCCA Dance Program
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MISSION STATEMENT

The MJCCA Dance program enriches the lives of our students through dance, while inspiring excellence, instilling a sense of team work and fostering a lifelong passion for the arts.

ABOUT THE MJCCA DANCE PROGRAM

The MJCCA offers a wide array of dance classes for every age, skill level, and interest. Participants in our dance classes learn self-discipline and build strength and coordination, while developing grace and self-confidence. Dance classes are exciting for children and helps foster a positive self-image in both girls and boys. We believe that introducing children to dance at an early age helps them develop a love of the arts and a passion for rhythm and movement.

Our **recreational program** offers classes for ages 2-15 in ballet, tap, jazz and hip-hop. Students can choose to take one class per semester or as many as their schedule permits. The recreational program finishes the year with a recital in the MJCCA Theater.

The **J Dance Company** is for students that are more serious about advancing their dance skills. The J Dance Company provides our young dancers with the opportunity to experience advanced dance classes, dance performances throughout Atlanta and recitals on the professional stage in the beautiful MJCCA Theatre. It is expected that dancers invited into the program commit to participate in a minimum of 2 classes per week, a week of mandatory dance camp in the summer and spend time practicing their dance moves at home.



PLACEMENT OF STUDENTS

Recreational classes are grouped by age or school grade. Register your dancer for recreational courses according to the appropriate age group.

All J Dance Company students will be carefully placed in the classes that are fitting to their skills. The age of one student may differ from the other students. The MJCCA will make a concerted effort to keep the age ranges as close together as possible. However, the main emphasis will be placed on a student's technical achievement. He or she will be placed in the level that encourages the most progress.

PRIVATE LESSONS

Private lessons are offered to dancers who wish to work on specific skills, one-on-one, with an instructor. Packaged pricing is available for private and semi-private lessons.

ADVANCEMENT

Advancement will be determined through teacher evaluation. The changing of levels is always decided with your child's best interest in mind. If a child is promoted too soon, then he or she will miss some very valuable training. J Dance Company dancers will be placed with care and consideration. It is not uncommon for a student to stay at the same level for at least two years.

DANCE ACHIEVEMENT NOTES

All dancers will be evaluated by the instructor in the middle and at the end of each semester. A Dance Achievement Note will be sent home with your dancer explaining progress and achievements.

EVALUATIONS

J Dance Company students will be evaluated by the instructors at the end of the first semester to ascertain progress and determine their placements for the coming semester. The first evaluations will be for spring recommendations and identify what skills need attention. The final evaluations will be for the following year's placement. Progress is closely evaluated for each individual throughout the year.

OBSERVATION OF CLASSES

Parents are asked to wait outside of the studio during class to avoid any distractions to the students and instructors. However, there will be two observation weeks for recreation classes throughout the year so that you may see your child's progress. Please check the dance calendar for dates of the observation weeks. J Dance Company observation weeks will be scheduled separately.

MJCCA DANCE POLICIES & PROCEDURES

All MJCCA policies are enforced for the safety of our dancers and to maintain the decorum of our facilities. Please ensure that your child understands and adheres to all of our policies.

ARRIVAL & DEPARTURE

For safety and security, all students must be picked up in the Kuniansky Family Center building by a parent or guardian. No child will be allowed to wait outside or leave the studio without a parent or guardian. Club J students will be picked up and returned to the main building by Club J employees. Those students must be picked up at the sign out table in the lobby of the Main Building by their parent or guardian. Weinstein School students will be picked up and returned to their classrooms by the dance instructor. The instructor must have an attendance sheet signed by the Weinstein School teacher upon pick up and return of the students. Attendance sheets must be dated and kept in staff binders for the duration of the semester.

FOOD & BEVERAGES

Food may only be eaten outside of the studio. All food must be thrown away in the garbage cans or recycling bins provided. No gum will be allowed in class. Only water in a closed container is accepted in the studio.

J Dance Snack Policy: If your child is here for more than 2 hours they are welcome to bring a snack to be eaten outside of the studio during a break. Please do not send food with your child if their class time is less than 2 hours to reduce delay of classes.

CANCELATION OF CLASSES

If a class is canceled for any reason, emails will be sent to all affected students. The MJCCA will follow DeKalb County school system's closings in the case of severe weather conditions. In addition, the MJCCA reserves the right to cancel a class for insufficient registration. Every effort will be made to find an appropriate class for your child.

BEHAVIOR

The MJCCA reserves the right to remove a student from a class for disruptive behavior. Please see Dancer Responsibilities.

PROPERTY

The MJCCA is not responsible for the loss or damage of personal property. Lost items will be held at the Kuniansky Family Center. All students are expected to respect and not willfully damage the property of the MJCCA.

SUBSTITUTE TEACHERS

The MJCCA reserves the right to hire a substitute teacher when the scheduled teacher is unavailable. Every effort will be made to make sure that the curriculum is continued.

RECITAL

MJCCA dancers will perform in a recital in May. Information about times and costumes will be emailed in February.

DANCER RESPONSIBILITIES

As a representative of the MJCCA, each student must be encouraged to achieve the highest standards of etiquette and professionalism.

CLASSROOM ETIQUETTE

- There will be no gum or candy allowed in class.
- Do not bring beverages other than water in a closed container.
- There will be no talking in class.
- There will be no hanging on the barres at any time.
- Food is not allowed in the studios.
- There will be NO cell phones in class. Cell phones are strictly prohibited except in the lobby area.
- The mirrors will not be touched at any time.
- The teacher and peers will be treated with the utmost respect at all times.
- There is zero tolerance for inappropriate behavior in or outside classroom.

GENERAL DRESS CODE & APPEARANCE

- All **J Dance Company** students **must** have their hair up in a bun.
- For the student's safety there will be no jewelry worn in class, including watches, necklaces, and dangling earrings.
- No visible undergarments under uniform. Underwear should not be worn under tights.
- Students **must** wear the appropriate attire for your specific class. (See Dance Company Attire Document)

RECREATIONAL DRESS CODE BY CLASS

- Preschool: leotard, tights, and leather ballet shoes (tan tap shoes if applicable)
- Hip-Hop: shorts, tank top, and tan jazz shoes
- Tap: leotard and tights and tan tap shoes
- Ballet: leotard, tights, and ballet shoes
- Boys: shorts, t-shirt, and sneakers
- Jazz: leotard and tan tights or dance pants, tank top and tan jazz shoes

J DANCE COMPANY DRESS CODE

All J Dance Company students will receive a black uniform leotard for their classes. Students are responsible for purchasing the appropriate tights and footwear.

AMETHYST/ PEARLS / RUBIES:

Ballet Uniform: Black Leotard, Ballet Pink Tights, Pink Leather Ballet Shoes

Tap Uniform: Black Leotard, Light Suntan Tights, Tan Tap Shoes (Mary Jane Style)

Jazz Uniform: Black Leotard, Light Suntan Tights, Tan Jazz Shoes

SAPPHIRES / EMERALDS

Ballet Uniform: Black Leotard, Ballet Pink Tights, Pink Ballet Shoes

Tap Uniform: Black Leotard, Light Suntan Tights, **Black** Tap Shoes (Oxford Style)

Jazz Uniform: Black Leotard, Light Suntan Tights, Tan Jazz Shoes

Hip Hop: Black Leotard, Light Suntan Tights, Dance Shorts or Pants, Hip Hop Shoes (Split Soled Sneakers can be bought at Dance shops) or Jazz Shoes.

DIAMONDS

Ballet Uniform: Black Leotard, Ballet Pink Tights, Pink Ballet Shoes and/or Pink Toe Shoes for Diamonds on Pointe

Tap Uniform: Black Leotard, Light Suntan Tights, **Black** Tap Shoes (Oxford Style)

Jazz Uniform: Black Leotard, Light Suntan Tights, Tan Jazz Shoes

Hip Hop: Black Leotard, Light Suntan Tights, Dance Shorts or Pants, Hip Hop Shoes (Split Soled Sneakers can be bought at Dance shops) or Jazz Shoes

MAKING THE PERFECT HAIR BUN

All dance students are expected to have their hair up and out of their face. J Dance Company members are always expected to arrive with their hair in a bun to class. Here are easy step by step instructions on how to make the perfect hair bun.

1. Lightly dampen hair by spritzing with a spray bottle of water or by smoothing down hair with wet hands or a comb.



2. Using a hair brush, smooth hair back neatly.



3. Secure hair tightly into a high ponytail using an elastic ponytail holder. Position the ponytail where you want the bun to be.



4. Using a brush or a comb, smooth all loose hairs of the ponytail in order to make a neater bun.



5. Twist the ponytail into a tight rope.



6. Wrap hair rope tightly around the ponytail base, twisting more as needed.



7. Tuck the ends of the hair rope into the ponytail base.



8. Use several hair pins to secure the bun. Thick or long hair will require several pins for a secure bun.



9. Lightly spray bun and surrounding hair with hairspray to secure the hairstyle.



10. Ready to dance - a perfect ballerina bun.



DANCE RECITALS

Dance recitals will be held on May in the Morris and Rae Frank Theater at the MJCCA. There will be three show times; 11:00 am, 2:00 pm and 5:00 pm. A class schedule including recital times will be available in February.

Costumes

Dancers will be measured for their costumes by the dance instructors and costumes will be ordered by the Dance Department. Costs for costumes are included in the J Dance Company fees and in the Second Semester Fees for Recreation Classes.

Recital Dancer Arrival & Departure

Dancers must arrive in costume 30 minutes prior to show time - girls wearing make-up and hair in a bun. Please bring your child for check-in to the Brill rooms in the main building. Parents will receive a ticket for each child for pick-up at the end of the show.

Flowers

Celebrate your dancer with flowers on the day of the recital. Please purchase flowers to support our dance program on the day of the recital.

Playbill Advertisement

Wish luck to your dancer with a personal ad in our upcoming recital playbill. Parents can place an order on the dance webpage and email text and photos to dance@atlantajcc.org. Advertisement orders are due by April 1. More information will be sent out prior to the recital. Pre-orders for advertisements can be made on the website.