



## Recreational Levels Vibrant Studios 2022/23

Welcome to Vibe... if you're new, or still figuring out this whole dance thing.... I thought I would create this handbook for you, with details and info you can use for the year.

Thank you for supporting your dancer and encouraging them to dance. I love that! I will be covering the following topics.

1. Communication
2. Absence
3. Clothing/Dress
4. Discipline process
5. What I want to see your dancer gain from their experience at Vibe
6. Year End Shows June 8-10
7. Rehearsals/Photos
8. Costumes
9. Make Up
10. Tickets
11. Show Day
12. Studio Etiquette
13. Theatre Etiquette
14. Syllabus of vibrant Studios

Thank you for taking the time to check this out!!

Serra Stewart  
Vibrant Studios  
1969 Boxwood Rd  
Nanaimo, B.C.  
V9S 5X9  
Vibrantdance.com

250-616-2726

[serra@vibrantdance.com](mailto:serra@vibrantdance.com)

## 1. COMMUNICATION

Throughout the year, you can expect emails on a weekly to monthly basis. I expect parents to read through the information. Before emailing me, please look at what I have sent as chances are I have answered your questions already.

Information will include upcoming events, performances, studio closures etc.

If you DO NOT have email, you will need to communicate that with me, and it will be up to YOU to come into the studio and keep on top of everything. Information will be posted in all 4 studios as well.

I will do my best to post every email on our Facebook page "Vibrant Studios" as well as on our website: [vibrantdance.com](http://vibrantdance.com)

## 2. ABSENCE

As COVID is still here, dancers will not be permitted to attend if showing ANY of the following symptoms:

Fever. Dry cough. Tiredness. Aches and pains. Sore Throat. Diarrhoea. Conjunctivitis. Headache. Loss of taste or smell. A rash on skin or discolouration of fingers or toes. Difficulty breathing or shortness of breath. Chest pain or pressure. Loss of speech or movement.

\*\*If you are injured, we expect you in the studio watching on the side as well, parent discretion. **Other absences: Please note I am aware that events come up that are out of your control and we will deal with them as they arise.**

## 3. CLOTHING/DRESS

Dancers are encouraged to find their OWN individual style!

Only a few things to remember:

CLEAN INDOOR SHOES ONLY on the dance floor. Dancers may find that if they show up too many times with dirty shoes OR no shoes, that they will have to sit out. Dancers cannot train efficiently or correctly in socks or barefoot in hip hop. Proper shoes are a must.

Barefoot is great for jazz, contemporary

Ballet slippers for ballet, with tights and any color bodysuit

Dancers should think of wearing clothing that allows them to move freely.

**Clothing: Remember VIBE is a studio filled with all ages of dancers, so we are always setting an example and want to make sure everyone feels comfortable.**

No tight jeans; no underwear showing (boys and girls); no bellies exposed, No jean shorts, no short spandex shorts We ask for dancers to dress appropriately please.

## 4. STUDIO ETIQUETTE

Something I want to really help the dancers at Vibe understand is the expectation within each style of dance. Vibe is known to be fun, full of energy, and more 'relaxed'. I do want to keep this, but we must make sure that we all understand expectations and do our best to follow the rules/guidelines for a successful year.

### \*\*Waiting for class:

I know, I don't have much of a lobby, but I have a space in studio 4 upstairs for you to wait if you are super early. You do need to respect the teacher that is in there. If their music is NOT on, then you must be QUIET

You are welcome to wait in the studio prior to class, but you MUST respect the teacher and the class that is running. This means:

Go into washroom to get ready, without talking OR coming into studio.

Once ready wait either on stairs OR if teacher permits in studio

Again, NO TALKING! You can sit quietly, watch class, do some preliminary warm up or work on homework. DO NOT be disruptive.

### \*\*Walking thru classes.

This will ONLY work if you do so quietly and quickly. If the weather isn't bad, please go outside and walk to the studio you need to get to. This will save you opening doors, allowing music to pass through and disrupt the class that is in progress. When weather is not good, go single file, with no talking, being as 'invisible' as possible.

### \*\*Cell Phones

NO.....need I say more? Yes, they are definitely a great idea to have for emergencies but are not to be used during class. Cell phones are to be left in purse or backpack. If cell phones are left out on ledges OR if I observe a dancer using their phone during class time it will be collected and returned after class.

### \*\*GUM Just no!!!!

## 5. DISCIPLINE PROCESS

This doesn't happen often, but if a dancer gets out of line (showing a bad attitude towards other dancers or teachers) I will follow a 3 step process. Each situation is always going to be different and will require specific things to handle it and move on, BUT, I will do my best to communicate with the parent IMMEDIATELY by phone OR in person if there is a concern in regards to behavior. If this continues, another warning will be given, which could result in missed classes (Dancer having to sit and watch). After a third time, the dancer may run the risk of being removed from classes.

At Vibe, my goal is to instill confidence in dancers YES, but not to the point of arrogance or entitlement. (As I have witnessed this in the 'real world' these individuals are quickly marked (Red flagged) in the community and will find themselves unable to work).

## 6. WHAT I WANT YOU AS A DANCER TO GAIN FROM YOUR TIME AT VIBE

The ability to work well with others, support others and lift your fellow dancers up. Willingness to take correction and apply it. This means understanding that when a teacher stops to work with you, hands on, they are not picking on you OR making fun of you. They see potential in you and want to help. (As a young dancer I CRAVED attention, I wanted to be that kid, always, and worked my butt off to get there.)

To be humble always. No matter where you go in life, you have successes and you have failures but always remember where you came from. Always remember those that helped you along the way and thank them.

If you can't get a move right away, don't get angry and storm off. Instead look at the challenge you are faced with and work at it. Think of how amazing it will feel when you succeed and nail it!! When you have a great attitude and continue to try, teachers will WANT to help you and other dancers will want to help you. That is one of the most beautiful things about dance. There is a support system in a close knit community. We all want to see each other succeed, progress and shine

If you see another dancer struggling, you help them. No hesitation. Those that help in this world, move on to be great leaders (in my humble opinion)

## 7. YEAR END SHOW TIME **June 8-10 2023** at The Port Theatre

I hold 3 shows. Your dancer will be in one of the shows, I will email out the show order in May 2023. I cannot express how important it is for parents to check this info, as I do try my best to put families all in one show... however when dealing with 500+ dancers, that doesn't always work. So, if you catch it early enough and email me, I may be able to adjust the show schedule for you. Programs will be posted a few weeks before the show and we ask parents to please check for spelling orders or omissions.

## 8. REHEARSALS

I have limited time to run dress/tech rehearsals, therefore, depending on the over all run of the show, your dancer might be required to attend DURING SCHOOL HOURS. I know this is NOT ideal... however, I have 3 days to fit in all rehearsals. This is why you have the dates upon registration for you to mark on your calendars!

\*\*I call dancers 30 min prior. We run ON TIME so it is so important to not show up late, as your dancer can risk missing their stage time.

\*\*Just dancers are allowed onstage for rehearsals. It is too distracting to have parents, friends and family backstage.

\*\*For rehearsals, dancers WEAR COSTUMES and MAKEUP (parent discretion)

\*\*CLEAN INDOOR SHOES ONLY on stage- the same shoes dancer would wear for classes

\*\*Photos- we offer photos during rehearsal times, all at the Port Theatre. The payment for photos goes directly to the photographer that day (this is optional)

## 9. COSTUMES

All groups performing require costumes. I encourage my teachers to keep cost under \$50 and to use items that dancers may wear after they have performed. You will be emailed regarding costumes as early as April... and as late as the week before the show lol. (this is a busy time of the year for our suppliers).

## 10. MAKE UP

(This is always at parental discretion and some teachers may have an idea of what they want and will communicate with you)

- Bronzer/blush
- Eyeshadow-browns are nice, but can be up to parent or dancer
- Mascara-black or brown
- Eyeliner-if ok on eyes
- Lipgloss OR lipstick- some teachers will let you know preference
- Makeup can be worn on 3yrs and up for girls or boys.
- Hair-teacher will specify.

## 11. TICKETS

You purchase these thru the Port Theatre ticket box office. Either online:

<http://www.porttheatre.com/theatre-info/ticket-info>

Or in person:

125 Front Street

Hours Monday to Friday 11am to 530pm

Saturdays 12-5pm

Phone 250-754-8550

## 12. SHOW DAY

- Sign in and out- this applies for rehearsals as well as show day. I appreciate your patience.. but this is our way to guarantee all dancers are accounted for and safe
- Call times are EARLY... anywhere from 45min to 75min prior to show.
- If dancers are in first half of show, once they have finished performing, they may go out and watch with their family (dancer ticket)
- If dancers are in second half of show, they may watch first half and then come backstage at intermission
- NO videoing and photos during show. Why I ask that you do not..... I cannot tell you how many people have shared with me over the years how someone would hold up their phone or IPAD in front of them, completely distracting them from watching the dancers.... I call this lack of respect. We are in a theatre and should respect the space and follow theatre etiquette. You show up and watch the dancers and be present. Turn your cell phones OFF if you can... I get that you cannot always do so but put on vibrate please. I hire a videographer, specifically to capture the moment for you 😊 If you choose to video and do photos, please prepare yourself, as a theatre usher may very well ask you to leave.
- Sit back and enjoy. I am so proud of what the dancers do onstage, they put it all out there... so enjoy, cheer loudly (especially for your dancer (s))

### 13. THEATRE ETIQUETTE

- I work hard to teach dancers about respecting the space that they get to use. Performing at The Port Theatre is a privilege for us and should be treated as such.
- I expect dancers to clean up after themselves.... That means garbage is not left in dressing rooms
- There is a gross concept that girls have developed over the years.. kissing the theatre walls with red lipstick.... This is extremely hard for Port Theatre staff to clean off. So I ask dancers to NOT do this... plus... kind of gross.. kissing concrete walls that have been touched by many hands lol... eeeewwwwww..... (to my knowledge boys do not do this.....)
- NO GRAFFITI... EVER
- When dancers are done their tech/dress rehearsal, I encourage them to say “thank you” to the sound, lighting and stage hand guys. These guys are putting in LONG days... like 14hrs or more, working to make the dancers look amazing onstage.

### 15. Syllabus of Vibrant Studios-Our Vision of Teaching and Learning

We wish to promote and work toward developing a studio where young dancers can:

- Discover their true passion in dance
- Develop as individuals, to dare to be different and stand out from the crowd
- Develop confidence in their abilities and strive to push themselves to their limits and beyond
- Become the best they can be and take their learning home and into the world and also apply it in their lives in areas outside of dance

We will strive to encourage young dancers to:

- Develop a hunger for learning more by asking questions, taking it home, practicing, researching and bringing it back to the studio
- Excel and learn to grow in their dance skills no matter at which level they start
- Be role models for others, especially the younger dancers

We will support the above by doing the following:

- Do our best to be positive role models
- Not give up on students who are having difficulties either in class or outside of class
- Provide a space where students are encouraged to be non judgemental and free of biases related to gender, race or sexual orientation
- Avoid the selection of “favorites” and make sure all dancers get a chance to perform “at the front”
- Be aware of the students 'world beyond the dance class and strive to show an understanding of their individual accomplishments and problems