

## WHY MMAC?

At MMAC, dancers benefit from the only local program offering professional instruction by degree-holding faculty in classical ballet and contemporary dance technique instruction including movement, terminology, artistry, anatomy, performance, dance history, a commitment to practice, and so much more. MMAC's curriculum follows a tiered technique program with corresponding physical, intellectual, and socio-emotional benchmarks to ensure students are properly supported as they ascend levels. We offer ample opportunities for dancers to cross-train, bolstering safety and accelerating rate of progression through strength, flexibility, and balance training. Our program is designed to be taken as a whole, with each level acting as cohort to ensure student experience, quality of the program, and above all else--safety.

### Additional MMAC benefits:

1. Foundational technique is approached in a creative and engaging manner
2. The classroom environment is student-centered and emphasizes process vs. product
3. Progressing Ballet Technique classes are only offered at MMAC
4. Master Stretch classes are offered only at MMAC
5. Skill-based evaluations ensure your dancer is placed appropriately to support healthy development at their unique developmental rate
6. Classes follow a curriculum including strength conditioning, ballet technique, and contemporary modern technique
7. Teaching faculty hold terminal degrees in dance and theatre
8. Your Director has been certified in Healthy Dance Practice through SAFE in Dance International and re-certifies in PBT every August
9. Classroom culture is designed around community and mutual respect and support
10. Regardless of age or experience, **all curious movers welcome**

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# I. MMAC PROGRAMS

## PRE-CONSERVATORY PROGRAM

(Ages 3-7)

The Pre-Conservatory Program is comprised of 3 classes--Creative Movement, Primary Ballet, and PBT Sub-Jr. These classes are designed for the young and curious dancer looking to discover and grow in a fun and stimulating environment. Structured and free-form creative movement and basic ballet principles are utilized to establish an understanding of fundamental movement concepts, a language for self-expression, familiarity with the classroom environment and etiquette, and building a positive foundation conducive to learning and artistry.

### Creative Movement

(Entry-level)

Creative Movement is an excellent class for dancers looking to explore of music, rhythm, movement, and play. Dancers will learn basic ballet/jazz principles in an environment that stimulates and encourages cognitive development through color, noise, shape, counting, and personal choice making. Students in this class enjoy the freedom of unfiltered expression while becoming familiar with a dance class structure to support their transition as they progress. Please note: on days when weather permits, dancers may spend a portion of class time on grass. Please be sure to alert your instructor if your dancer experiences allergies.

### Primary Ballet

(Beginning)

This class is designed to build a strong foundation to support future development as a dancer and expressive individual can emerge. The driving themes of the pre-conservatory curriculum are learning ballet class etiquette, positions of the body, musicality, and coordination.

### Progressing Ballet Technique Sub-Junior

(Entry-level)

In this class, students will focus on engaging and activating deep muscles groups of the lower limb, upper limb, back, and core. A healthy portion of this class is taught on the mat with sensitivity to joints as students experience a total body ballet warm-up from the inside out. Emphasis is placed on anatomically sound principles of movement rooted in healthy practice and disguised in a fun and innovative program.

## CONSERVATORY PROGRAM

(Ages 8+)

The Conservatory Program at MMAC offers 3 levels (2 classes per level) to dedicated students committed to achieving technical and artistic prowess the unique opportunity to train under professional instruction in a skill-based progression program. Students age 8-18 benefit from a thorough exposure to the art of ballet through their study of technique, pointe work, historical context, conditioning, and performance.

### Technique 1

Dancers are introduced to barre work with an emphasis on a functional anatomical understanding of turnout, positions of the arms, and increased proprioception. Tech 1 students benefit from the study of classical technique paired with Progressing Ballet Technique to improve body understanding and support safe and healthy development. A traditional class format of barre, center, and moving through space can be expected on a regular basis with Level 1 dancers. **Tech 1A students take:**

- \* One ballet technique class per week
- \* Progressing Ballet Technique

In Tech 1B, dancers are typically between the ages of 9-12 years, and have some ballet experience. However, please note that age is not intended to be a guiding force in registration choices, as all dancers develop at their own rate. If you have any questions about this, please be in touch for personalized recommendations. Dancers in this group are eager to learn more about the basics of ballet and focus on solidifying the foundational concepts and movements of the art form. An evaluation of strength and alignment will precede approval for pointe work, as well as an evaluation of bone growth to be mindful of dancer preparedness.

- Tech 1B students take:**
- \* Two ballet technique classes per week
  - \* Progressing Ballet Technique
  - \* PrePointe (approval required)

## Technique 2

Tech 2 is comprised of dedicated dancers committed to enhancing their knowledge of basic ballet technique as they grow their personal artistry and expression. As a dancer demonstrates physical and mental maturity paired with physical assessment, select dancers may earn their first pair of Pointe Shoes at this level.

- Tech 2A students take:**
- \* Two 1.5 hour ballet technique classes per week
  - \* Progressing Ballet Technique
  - \* PrePointe (*en pointe*)
  - \* Pointe I

In Tech 2B, experienced dancers have the opportunity to build upon their foundational knowledge of the basics and advance skills with complexity and artistry. Dancers enjoy a more intensive training regime which includes ballet technique, pointe, PBT and Contemporary.

- Tech 2B students take:**
- \* 4 hours of ballet technique classes per week
  - \* Progressing Ballet Technique
  - \* 2 pointe classes per week

## Technique 3

Tech 3 dancers are committed to expanding their technical prowess, sharpening their performance skills while learning new ones, reaching their pas de deux goals, and moving into the next phase of their training. As a dancer demonstrates physical and emotional maturity, new and personalized challenges are set forth and a rate unique to each student. A dancer may choose to explore YGAP at this level.

- Tech 3 students take:**
- \* 3-4 ballet technique classes per week
  - \* Progressing Ballet Technique
  - \* 3 pointe classes per week
  - \* Pas de Deux class

## ADULT PROGRAM

(Ages 18+)

### Ballet Flow for Adults

Ballet Flow Technique for adults can be taken in person or online via Zoom. We presently accommodate students ages 19-80 from California, Idaho, Washington, and Texas and have even welcomed the occasional international student from Barcelona. Join us in the classroom that feels most comfortable for you as we come together to celebrate our mutual love of ballet and wellness through our commitment to self-discovery and moving with decreased pain and risk of injury.

### Example Enrollment Plan

(Starting age 5)

YEAR 1		YEAR 4	
Fall	Spring	Fall	Spring
Creative Movement	Creative Movement	Ballet 1A or Primary (depending on year 2) PBT Junior	(Same level as Fall) PBT Junior
YEAR 2		YEAR 5	
Fall	Spring	Fall	Spring
Creative Movement or Primary Ballet PBT Sub-Junior	(Same level as Fall) PBT Sub-Junior	Ballet 1A & Ballet 1B PBT Junior PrePointe (upon appr'1)	Ballet 1A & Ballet 1B PBT Junior PrePointe (upon appr'1)
YEAR 3		YEAR 6	
Fall	Spring	Fall	Spring
Primary Ballet PBT Sub-Junior	Primary Ballet PBT Sub-Junior	Ballet 1A & Ballet 1B PBT Junior PrePointe (upon appr'1)	Ballet 1A & Ballet 1B PBT Junior PrePointe (upon appr'1)

## II. REGISTRATION

Register online in a simple 4-step process (see below). There is a one-time, non-refundable Annual Registration Fee applied to each registering **family** (not individual dancer) to be completed with your first tuition payment.

<b>STEP 1:</b>	<b>STEP 2:</b>	<b>STEP 3:</b>	<b>STEP 4:</b>
Visit our website and click on “Schedule & Registration”	Add classes, equipment, tickets, etc. of your choice	Add the “Annual Registration Fee”	Double check that your cart is complete and check out!

Following your payment, you will receive an email confirmation detailing your class selection(s) and any follow-up instructions if necessary. Your Registration Form **MUST** be completed and submitted in order to participate.

## III. TUITION and ABSENCES

Class tuition is due on or before the 1st of each month and can be paid online, by personal check, or in cash. PLEASE NOTE: Tardy tuition *directly* and negatively impacts the regular operations of the business, we want to thank you in advance for your understanding that late fees will be applied as indicated below:

<p><b>Late Fee Schedule:</b>                  \$5 after the 5<sup>th</sup>                  \$15 after the 10<sup>th</sup>                  \$30 after the 30<sup>th</sup>                  \$50 if over 1 month past due</p>	<p><b>If you have experienced a change in income and/or financial hardship, please contact us immediately to make alternative arrangements and avoid late fees</b></p>
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We understand that sometimes, personal schedules don't always behave in the manner we expect and we miss a class. Should you find yourself in this position, you may attend a different class within the same month to take full advantage of your tuition package. This also gives students the opportunity to try additional classes outside of their normal schedule and explore the unfamiliar!

## IV. DRESS CODE

### PRE-CONSERVATORY CLASSES

Creative Movement	Primary Ballet
<ul style="list-style-type: none"> <li>• Light blue leotard (available at Dance Motion in Pullman, WA)</li> <li>• Pink tights (girls)/black leggings or shorts (boys) &lt;OR&gt; no tights WITH ankle socks</li> <li>• Pink leather soft shoes (girls)/black canvas (boys)</li> </ul>	<ul style="list-style-type: none"> <li>• Light blue leotard (available at Dance Motion in Pullman, WA)</li> <li>• Pink tights (girls)/black leggings or shorts (boys) &lt;OR&gt; no tights WITH ankle socks</li> <li>• Pink leather soft shoes (girls)/black canvas (boys)</li> </ul>

### CONSERVATORY & ADULT CLASSES

Technique 1 & 2	Technique 3 & 4
<ul style="list-style-type: none"> <li>• Black leotard (short sleeve, long sleeve, or 1" tank strap)</li> <li>• Pink tights, pink canvas soft shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Black leotard (any style neckline), pink tights, pink canvas soft shoes, hair secured out of eyes and off of the neck/ears/décolletage</li> </ul>

Just For Adults	Progressing Ballet Technique
<p>Any color/style of leotard, any color tights, leggings, or any type of form fitting clothes of your choice, pink canvas technique shoes, hair secured out of eyes. Warm-ups and layers, welcome!</p>	<p>Form fitting attire, layers for warmth, socks are optional (<b><i>no slippers</i></b>), hair secured out of eyes in a manner that allows the student to lay flat on their back/skull</p>

**PLEASE NOTE:** All dancers should have hair secured in a bun, combed aside, or low braid (PBT), out of the eyes and off of the neck, ears, and décolletage. This is important for dancer visibility when developing turns as well as safety. **No jewelry allowed!** All necklaces, earrings, rings, etc. should be safely secured in your dance bag until after class.

## V. OUTCOMES ASSESSMENTS

Outcomes Assessments are a visible way to measure and observe your dancer's progress over the course of a year. In the first week of September, all dancers will try a simple level-appropriate jump exercise and a simple balance exercise that will be filmed by the instructor. At the conclusion of the academic year, all students will execute the exact same two and both files will be sent directly to you so that you can see what the teachers see in class. This is a tremendous way to celebrate our dancers and their many achievements that sometimes go unseen, as progress is subtle, but also to offer *them* an avenue by which to witness personal growth.

## VI. PERFORMING with MMAC

### Performance Fees

The experience of performance is an important aspect of a dancer's development. Students are encouraged (but not required) to perform in our fall main stage production of *The Nutcracker* and our spring production, which changes each season. Performance Fees are a vital because they ensure venue reservation, costume purchasing/alterations/maintenance/cleaning, and the payment of staff. Performance Fees appear on your itemized monthly tuition statement for the month in which they are due ***unless otherwise requested***. Due to the difference in scale between our winter and spring productions, there is a Performance Fee Schedule detailing each for clarity.

**Receive a \$20 DISCOUNT on Annual Performance Fees when completed with your first tuition payment.**

#### Fee Schedule for *The Nutcracker* (due Sept. 30th)

Standard (class)	\$95
Demi-Soloist	\$125
Soloist	\$155

#### Fee Schedule for *Spring Production* (due March 5<sup>th</sup>)

Standard (class)	\$65
Demi-Soloist	\$95
Soloist	\$125

### Performance Packet

In the months preceding an MMAC production, you will receive a Performance Packet including details regarding the rehearsal schedule, the performance schedule, expectations for demi soloists and soloists, pertinent costume and hair information according to role and class, and fundraising events related to the production, volunteer and sponsorship information, etc.

## VII. ANTI-BULLYING/HARASSMENT

At MMAC we value maintaining an environment of mutual respect between students, families, teachers, volunteers, and any collaborators or Guest Artists in our burgeoning dance community. Any individual in violation of this agreement may be asked to leave MMAC's programming permanently.

Students and faculty each have responsibility for maintaining an appropriate learning environment. Those who fail to adhere to such behavioral standards may be asked to leave the classroom and program. Professional courtesy and sensitivity are especially important with respect to individuals and topics dealing with differences of race, color, culture, religion, creed, politics, veteran's status, sexual orientation, gender, gender identity and gender expression, age, disability, and nationalities. Class rosters are provided to the instructor with the student's legal name. We are 100% here to honor your request to address you by an alternate name or gender pronoun. Please advise us of this preference early in the semester so that appropriate changes to our records can be made.

MMAC is committed to maintaining a positive learning, working, and living environment. MMAC does not discriminate on the basis of race, color, national origin, sex, age, disability, creed, religion, sexual orientation, or veteran status in admission and access to, and treatment and employment in, its educational programs and activities. MMAC will not tolerate acts of discrimination or harassment based upon Protected Classes. For purposes of this policy, "Protected Classes" refers to race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, or veteran status. Individuals who believe they have been discriminated against should contact us immediately.

## VIII. REFERRAL REWARD PROGRAM

We are very thankful to each and every family and student who makes our programming possible through their love of dance and inspiring dedication. As a way of expressing our gratitude, please enjoy a one-time \$5 Thank You for Referring a Friend tuition credit for each friend you refer who enrolls at MMAC.

*Thank You From Our Hearts to Yours*

## IX. LOCATION and PARKING

Dancers at MMAC benefit from the natural beauty and light in the Speed Center at Moscow Mountain Sport & Physical Therapy 904 White Ave, which also features an open floor plan, increased barre space, circulating air, restrooms, wheelchair access, and more. We have been working with MMSPT for almost five years now and are very grateful that they share their gorgeous space with us. **PARKING IS FREE**, though please be conscious not to double park. Dancers enter through the back entrance titled "Speed Center" at the top of the ramp.

## X. FAQs

**I am only interested in some of the Conservatory classes--can I do just part of the program?**

MMAC's curriculum is designed to be taken as a whole with each level supplying unique and vital information to the corresponding level of development. Each level functions as cohort and therefore ensures the safety of our students while also stabilizing the quality of the program and student experience.

**What level should I enroll my student in?**

MMAC utilizes a combination of evaluative measures to support student placement including age, physical/emotional/mental maturity, and skill-based assessment. If you are interested in joining MMAC, please be in touch to schedule your placement class.

**I have an older student who has never danced before but is interested in beginning. Is it too late?**

Absolutely not! There is a place in the dance world for any student of any age and we are here to help you create a plan of study that will support you/your student's progress. If you feel this applies to you or your budding dancer, please be in touch and we will personalize a plan that meets your needs.

**Why are your tuition prices higher than the others in the area?**

MMAC is the only program with professional, terminal degree-holding faculty in the fields of dance and theatre. This is a rare and unique opportunity for students of all ages to have direct student/teacher contact with master teachers and working professionals in the performing arts.

### **Moscow Movement Arts Center**

Dance, Movement, and Wellness on the Palouse

P.O. Box 8054 Moscow, ID 83843 (208) 301-8746

[www.moscowmovementartscenter.com](http://www.moscowmovementartscenter.com)

[MoscowMovementArtsCenter@gmail.com](mailto:MoscowMovementArtsCenter@gmail.com)

# 2022 – 2023 Calendar of Events

- July 31<sup>st</sup>** **FAMILIES FIRST ENROLLMENT DEADLINE** Receive 5% off your first month of tuition and pay \$0 Annual Registration Fee when you complete your tuition payment before 8pm
- Aug. 12** **NEW STUDENT EARLY BIRD ENROLLMENT DEADLINE** Pay \$0 Annual Registration Fee when you complete your tuition payment before 8pm
- Aug. 13** **PBT MASTER CLASS** Open level, no experience necessary! 10am-12pm \$25
- Aug. 15** **FIRST DAY OF CLASSES**
- Aug. 16** **MMAC FALL TOWNHALL & NUTCRACKER INFORMATION** A pre-audition meeting when all things *Nutcracker* will be reviewed along with other pertinent fall information. All MMAC students and families should plan to attend
- Aug. 20** **OPEN AUDITION for Moscow's first civic NUTCRACKER** Cast list will be emailed on Sunday, August 21<sup>st</sup>; **ALL CAST MEETING** 8/30 6:30pm-7pm (Moscow Mountain Sport & Physical Therapy)
- Aug. 22-26** **NO CLASSES during "Wiggle Week"** Wiggle Week offers families the time to make changes to their dancer's schedule if needed, purchase required supplies, make plans for carpooling and any other preparatory measures to alleviate stress or pressure as the semester unfolds
- Aug. 30** **NUTCRACKER TOWNHALL 6:30pm-7pm** ALL-CAST meeting
- Aug. 29-Sept. 2** **BRING A FRIEND WEEK** Earn a \$5 kickback for every friend you invite that enrolls (no limit on kickbacks)
- Sept. 5** **NO CLASSES** Labor Day
- Sept. 26, Oct. 5** **NO CLASSES WITH RACHEL** Rosh Hashanah & Yom Kippur (missed class time will be made up 11/28-12/15)
- Nov. 1** **MMAC TOWNHALL & DANCE ATTIRE FITTING** Information regarding summer intensives, photo sign-ups, etc. and Jandi from Dance in Motion Boutique (Pullman) will be in attendance to take orders from any dancer in need of performance-wear for *The Nutcracker* (i.e. tights, nude under-leo, etc.). Ordered items will be delivered to your dancer in class within 2 weeks.
- Nov. 9** **PROFESSIONAL PHOTOSHOOT 4pm** (by sign-up only) Willow & Ash Photography
- Nov. 12** **TRAVEL THE LAND OF SWEETS FUNDRAISER** at the 1912 Center
- Nov. 28-Dec. 15** **ACT I, ACT II, and ALL-CAST REHEARSALS** for *The Nutcracker*. A detailed rehearsal schedule will be included in the Cast Handbook released with the cast list on August 21<sup>st</sup>
- Nov. 21-25** **NO CLASSES** Fall Break
- Dec. 15** **LAST DAY OF CLASSES**
- Dec. 16-18** **THE NUTCRACKER 2022**
- Dec. 19-Jan. 8** **NO CLASSES** Winter Break
- Jan. 9** **FIRST DAY OF CLASSES**
- Jan. 16** **NO CLASSES** MLK Day
- Feb. 20** **NO CLASSES** President's Day
- Mar. 12** Daylight Savings--Don't forget to set your clocks forward!
- Mar. 13-17** **NO CLASSES** Spring Break
- Mar. 29** **MELISSA GODFREY'S BIRTHDAY!** 😊
- May 15-June 1** **GROUP REHEARSALS** for the spring production (detailed rehearsal schedule TBA)
- May 29** **NO CLASSES** Memorial Day
- June 2-3** **SPRING PRODUCTION** (TBA)

Stay tuned for 2023 Summer Camp information  
with exciting guest teachers from out of state and unique programming found only at MMAC

# MOSCOW MOVEMENT ARTS CENTER

## Registration Form

Student First/Last Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_

Mailing Address: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

ALLERGIES: \_\_\_\_\_

My (dancer's) experience level with movement is:  Beginning  Intermediate  Advanced  Pre-Professional

### CLASS INFORMATION

**I am registering for:** (please list all and/or inquiries about an evaluation for an upper-level class)

#### Please check all that apply:

If attending a PBT class:  I will bring my own equipment

I need to purchase: (\$10ea)  Exercise Ball  Fit Ball  **9'-long x 5"-wide** Theraband

#### If registering for Creative Movement, Primary Ballet, Ballet 1A-2A, please complete the following:

I would like the following one-time Performance Fees to be added to my first tuition invoice:

\$95 (class rate) *The Nutcracker 2022*

I would like my total (\$140 if paid before 8/31/22)

\$65 (class rate) *Spring Production 2023*

to be divided into \_\_\_ *non-refundable* payments of \$\_\_\_\_\_

#### If registering for Ballet 2B or higher, please complete the following:

Would your dancer like to be considered for Demi-Soloist and Soloist roles? (see p.6)  Yes  No

\* If you answered "No" above, would you like your annual (class rate) Performance Fee(s) included in your first invoice to be included in larger group pieces during MMAC's fall (*The Nutcracker*)/spring performances?

Yes  No

PLEASE NOTE: Demi-Soloist/Soloist roles are not necessarily guaranteed at the time desired. We are deeply committed to showcasing each individual dancer in turn so that none who wish to perform are withheld. We assure you that all casting decisions are made carefully, with the dancer's best interest at the forefront of all decision-making, and appropriately timed for their well-being. If you ever have a question about casting, please email our Director immediately to schedule a meeting at [MoscowMovementArtsCenter@gmail.com](mailto:MoscowMovementArtsCenter@gmail.com)

**How did you learn about us?**  Friend  Online Directory  Flyer  Social Media  Other: \_\_\_\_\_

(PBT®) I hereby agree that I shall not organize, host or advertise a Progressing Ballet Technique or PBT® workshop for teachers nor shall I organize, host or advertise a Progressing Ballet Technique or PBT® class for students without completion of my own personal certificate. **(LIABILITY)** In the event of an accident or illness, I hereby authorize any teacher or staff member of MMAC to take the necessary steps involving emergency medical treatment. I hereby agree that I will not hold Moscow Movement Arts Center/MMAC, Mountain Sport and Physical Therapy/MMSPT, or the instructor liable for any injury or illness, or for the loss or destruction of any personal property that may occur during, or as a result of, my enrollment and/or participation in Moscow Movement Art Center's programming. I further agree to assume financial responsibility for my acts of vandalism or property destruction instigated or caused by me. These conditions apply to the premises of the venue for any Moscow Movement Arts Center/MMAC class, Performance Theater or hall, and any premises used in conjunction with education and/or performance. **(MEDIA)** I understand photographers; media and/or videographers may be present taking photos or filming classes, rehearsals, coaching sessions and/or performances. I give Moscow Movement Arts Center/MMAC, the irrevocable right to use these photographs and/or video footage that may include me for advertising, promotion, or any lawful purposes in any format and in any type of media. I waive any right to inspect or approve the photograph(s), video footage, or finished version(s) incorporating the photograph(s) or video footage including written copy that may be created and appear in connection therewith. I hereby release and agree to hold harmless Progressing Ballet Technique / PBT®, Moscow Movement Arts Center/MMAC, and any of their Owner(s), Officer(s), faculty, employees, or volunteers from any liability by virtue of any blurring, distortion, alteration, optical illusion, or use in composite form whether intentional or otherwise, that may occur or be produced in the taking of the photograph(s) and video footage or any processing tending toward the completion of the finished product. I agree that Moscow Movement Arts Center/MMAC owns the copyright of these photograph(s) and video footage and I hereby waive any claims I may have based on any usage of the photograph(s), video footage, or works derived therefrom, including but not limited to claims for right of publicity, invasion of privacy, or liable.

Participant Signature/Guardian (if minor) \_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Print Name \_\_\_\_\_

Relationship to Student \_\_\_\_\_