

BELLA DANCE ACADEMY

Studio Handbook



2020/2021 SEASON

WWW.BELLADANCE.CA

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About Us

At Bella Dance Academy, our mission is enriching lives through the arts. We are passionate about working together to achieve our goals, building strong connections between our Bella families, students, and faculty, and community service.

We want our dancers to learn so much more than dance - we want them to become confident, conscientious, and contributing members of our community.

The BDA Culture of being "More Than Just Great Dancing" is our most important mission and we appreciate being positive partners with you in helping your child grow and reach their full potential. We believe that DANCE lessons teach LIFE lessons! We teach dance to not only create strong dancers, but we also use dance as a platform to teach lessons that are invaluable to our students throughout their lives. Work ethic, team work, determination, compassion, confidence, responsibility, respecting instructors and peers, the ability to manage their time and make wise decisions, taking feedback and applying it, accountability, resiliency, adaptability and being prepared for their commitments are just a few of the values that we are instilling in our dancers.

Bella Dance Academy looks forward to growing within our community, offering additional styles and levels of dance, preparing students for RAD and CDTA exams as well as providing the opportunity for travel, competition and performance opportunities.

At BDA we aim to help our students achieve excellence in DANCE & LIFE! That is the More Than Just Great Dancing® philosophy and at this time in history, that's more important than ever before!

Meet Our Directors



LINA LEWIS

Dance has always been an enormous part of Lina's life. Lina Lewis was born and raised on Vancouver Island, where she began dancing at the age of three. She spent most of her childhood and adolescent years in a studio or on a stage where she was trained in ballet, pointe, jazz, tap, modern/contemporary, musical theatre and lyrical. She attended the University of British Columbia where she studied Kinesiology, and later received her Bachelor of Science from the University of Waterloo. In 2003, Lina made the journey to the North and planted her feet firmly in Yellowknife founding Bella Dance Academy, where she ran the studio and taught many styles of dance for over a decade. She has had the opportunity to be inspired by and a part of many dance companies and collectives and worked alongside numerous world-renowned choreographers. She constantly networks with other studio owners, choreographers and dance instructors across North America. Lina is an Associate Member of the Canadian Dance Teachers Association in Ballet, Modern, and Stage (Tap, Jazz and Acrobatic Dance) and is also a Registered Acro Dance Teachers Association (ADTA) Instructor. Although Lina has recently followed her heart back to the west coast, she is still very much invested in the North and is passionate about staying infused in the Northern culture and community, while also building bridges of connection for performers, dancers, and instructors in the North. Lina is forever thankful to those who have shaped, inspired, challenged, taught and supported her throughout her life and dance career. Lina thoroughly enjoys being an active member of the dance community, and works hard to ensure that each and every student leaves the studio with a spring in their step and confidence under their wing. She believes that every student has unique strengths and through dance, movement and music, teaches her students to embrace their own beauty and love who they are – strengths and weaknesses.

FOUNDER & DIRECTOR

PHOENIX SMITH

Originally from a small town in Alberta, Phoenix started dancing at a young age. Upon arriving in Yellowknife 6 years ago after completing her Bachelor of Education at UBC, Phoenix dove into the arts community in the city, seeking opportunities to bring the performing arts together. She works with local groups such as Parcel of Rogues, Yellowknife Dance Collective, and on the production team of Ptarmigan Ptheatrics, building community through the arts.

DIRECTOR & INSTRUCTOR

Since taking on the role of Studio Director at Bella Dance, Miss Phoenix helps youth to discover an artistic outlet in a safe and encouraging environment. She wants students to feel comfortable taking risks, and challenging themselves, knowing that there is a support system in place for whenever they may need guidance. She wants students to develop confidence in themselves, to become mentors, leaders, and to recognize their own role in the community. As dancers, Phoenix wants them to appreciate and value their bodies and skills, while recognizing that hard work and dedication can make a genuine difference.



Contact

OFFICE HOURS

Monday, Wednesday Friday 5:00 - 8:00
Saturday 9:00 - 2:00

EMAIL

info@belladance.ca

TELEPHONE NUMBER

867-87DANCE

SOCIAL MEDIA



@bella.dance.academy



Bella Dance Academy
Bella Dance Academy Parent Info
b. Class Yellowknife



Bella
DANCE ACADEMY

More Than Just Great Dancing!
Affiliated Dance Studios



Register Online!
www.belladance.ca

Safer Studio™ Plan

The health and safety of our staff, students, and community is our highest priority! Please review our Safer Studio™ plan to assist us in creating a safe environment for all.



WHEN IN DOUBT, SIT IT OUT!

Dancers should STAY HOME if they have a temperature of 100.4 or higher. Parents should notify our office if symptoms appear.



WASH YOUR HANDS

Upon arrival at the studio, head straight to your waiting area and use our hand sanitizer. You can also go to the restroom and wash your hands for a full 20 seconds.



BEST PRACTICES FOR SANITIZATION

Use our sanitizing stations before and after class. Refrain from touching your face and always sneeze into your elbow.



LEAVE EXTRAS AT HOME

Dancers should pack a dance bag with items needed for class. All items should fit in their bag. In cold weather, racks will be provided for winter clothes.



ADDITIONAL PRECAUTIONS

- Students will be encouraged to physically distance in studios and hallways
- All hand holding/prop sharing/lifts have been removed from the curriculum
- Each studio will be sanitized at the end of each class
- Common areas will be closed during this time



STUDENT DROP OFF & PICK UP

To accommodate physical distancing regulations, our lobby and waiting room will remain CLOSED. Please enter through our main entrance. Parents are encouraged to wait in their vehicles or return at the end of class. Students under 6 may be walked into the building. Students will be picked up outside our main entrance.

At this time, masks are optional for staff and students.

Classes

9 Week Semi-Private Classes - The perfect way for your dancer to be exposed to a positive, engaging and creative dance experience.

Parents & Tots

This interactive creative movement class is designed to allow parents to assist the very youngest movers through their first dance class experience! This dance class focuses on developing hand and eye coordination, balance, rhythm, musicality and flexibility. A parent and child interaction allows dancers to feel comfortable in a structured classroom atmosphere.

Mini Movement

Focuses on heightening the child's abilities in creativity and expressions, and developing a sense of self. Classes will emphasize fun while introducing pre-primary technique to enhance balance, rhythm and musicality in a relaxed environment.

Tutus & Tiaras

For the little princess in your life! This class teaches the discipline and exercises of classical ballet while keeping each class enchanting, fun and light. All movement will be explored as a princess ballerina.

Broadway Babies

Created for the excitement of performing. A combination of singing, dancing and acting for the young performer.

Hippity Hop

Features warm up and routines, focusing on the latest funky moves. Dancers will learn correct Hip Hop proper posture, will increase their fitness level, as well as increase coordination, agility, and strength.

Combo

A combination of Mini Movement, Ballet, and Tap in one class. The perfect way to try out multiple styles.

Lyrical Sampler

A way for dancers to try out classes with a more Lyrical focus - Modern, Contemporary, and Ballet! 3 weeks will be spent exploring the foundations, technique, and choreography of each style.

Rhythm Sampler

A way for dancers to try out classes with a focus on Rhythm - Tap, Hip Hop, and Musical Theatre! 3 weeks will be spent exploring the foundations, technique, and choreography of each style.

Beginner Dance Sampler

A perfect way for new dancers to get a taste of multiple styles! Dancers will learn the basics of many styles throughout the 9 week session, building on a foundation of strength, flexibility, and coordination.



Classes

Annual Program - Our annual classes run from September - June with a Year End Performance in June.



Ballet

Focuses on developing balance, correct muscle use and alignment, flexibility, expression and musicality. Students will learn classical ballet terminology through barre work, adage and allegro. Ballet is the foundation for all other styles. Royal Academy of Dance Exams offered for select ages.

Jazz

A high-energy class that focuses on developing flexibility, strength, and technique. Classes will include a warm-up, set exercises and various choreographed progressions. Various styles of jazz, including hip hop and lyrical will be introduced in some classes. CDTA Exams offered for select ages.

Tap

A fast-moving class that focuses on developing rhythm, coordination and musicality. Classes will include progressions and swing exercises, as well as increase ankle, knee, and hip flexibility and strength. CDTA Exams offered for select ages.

Modern

Classes will incorporate elements of Limon and Graham techniques. The technique focuses on contraction, release, fall, and suspension. Dancers will learn choreographic and improvisational techniques, and proper posture, as well as increase coordination, flexibility and strength. CDTA Exams offered for select ages.

Contemporary

Contemporary dance borrows from jazz, ballet, funk, social dance styles and many modern dance styles of the 20th century. Contemporary dance encourages natural, spontaneous movement and personal interpretation. It focuses on self-expression, awareness of space and body movement, use of body weight, efficiency of muscle use and safe body alignment.

Hip Hop

Features warm up and routines, focusing on the latest funky moves. Dancers will learn correct Hip Hop proper posture, will increase their fitness level, as well as increase coordination, agility, and strength. Breaking, popping, & locking will be introduced in older classes.

Musical Theatre

Created for the excitement of performing. A combination of singing, dancing and acting for the young performer. Classes will include movement & vocal exercises, scene work and character development. Puppetry and improvisation will be introduced in older classes.

Acro

Acro is centered on fundamental acrobatic technique to increase flexibility, strength, balance, coordination, timing, body awareness, self-discipline, and confidence. Classes focus on building a strong technical foundation.

Combo

A combination of Mini Movement, Ballet, and Tap in one class. The perfect way to try out multiple styles.

Private Lessons

BDA's Private Lessons offer dancers an opportunity to work directly with a member of our faculty, focusing on specific skills and development of technique.

Recommended ages 7+.

Work with a specialist to improve your form, master leaps and turns, work on flexibility, prepare choreography or work on material for an audition.

Private lessons are available at various times during the week and weekend afternoons during our 2020/2021 season.

Private lessons can be offered in studio or via Zoom.

30 - 45 minute in studio: \$59 +GST

60 minute in studio: \$69 +GST

30 - 45 minute online: \$39 +GST

60 minute online: \$49 +GST

Online & Pre-Recorded

Our LIVE online classes will be offered through our BDA Online Platform - an adaptable learning environment for dancers who are more comfortable dancing at home, those who are required to stay home, or to supplement in-studio learning.

Our Pre-Recorded classes will offer dancers an opportunity to take classes at their own pace, on their own schedule!



Dress Code

9 WEEK SESSIONS

All items are available at the Bella Boutique.
Shoes must be labeled with dancers name.

ATTIRE



OPTION 1

Required

- Shorts, leggings, or tights
- Bodysuit in colour / style of choice

OPTION 2

- White T-shirt and black dance pants or shorts



HAIR



Hair should be pulled back into a bun or ponytail for class, if length permits. Shorter hair should be pulled back from face.

SHOES

Tutus & Tiaras - Ballet Slippers

Hippity Hop - Indoor Sneakers

Combo - Ballet Slippers & Tap Shoes

Mini Movement, Broadway Babies, Parents & Tots - Barefeet

Dress Code

JAZZ, TAP, & MUSICAL THEATRE

All items are available at the Bella Boutique, or on our online store.
Shoes must be labeled with dancers name.

ATTIRE

OPTION 1

Required

- Navy or Black Tank-style Bodysuit
- Tan or Skin Tone Footed Tights

Optional

- Black Shorts or Leggings
- Sweater - Black or Pink

OPTION 2

- White T-shirt and black dance pants



HAIR



Hair must be pulled back into a bun or ponytail for class, if length permits. Shorter hair should be pulled back from face.

SHOES

TAP

Black Tap Shoes



Dancers 7 and under should have velcro Mary Jane style shoes. Dancers 8+ should have lace up or slip on.

JAZZ & MUSICAL THEATRE

Black Jazz Shoes

Slip on or lace up are acceptable.



Dress Code

CONTEMPORARY & MODERN

All items are available at the Bella Boutique, or on our online store.
Shoes must be labeled with dancers name.

ATTIRE

OPTION 1

Required

- Navy or Black Tank-style Bodysuit
- Tan or Skin Tone Footless Tights

Optional

- Black Shorts or Leggings
- Sweater - Black or Pink

OPTION 2

- White T-shirt and black dance pants



HAIR



Hair must be pulled back into a bun or ponytail for class, if length permits. Shorter hair should be pulled back from face.

SHOES

Barefeet, Foot Undeez or Half Soles are acceptable



Dress Code

ACRO

All items are available at the Bella Boutique, or on our online store.
Shoes must be labeled with dancers name.

ATTIRE

OPTION 1

Required

- Navy or Black Tank-style Bodysuit
- Tan or Skin Tone Footless Tights

Optional

- Black Shorts or Leggings
- Sweater - Black or Pink

OPTION 2

- White T-shirt and black dance pants



HAIR



Hair must be pulled back into a bun if length permits.
Shorter hair must be secured back from face.

SHOES

Barefeet only please!



Dress Code

MINI MOVEMENT & COMBO

All items are available at the Bella Boutique, or on our online store.
Shoes must be labeled with dancers name.

ATTIRE

OPTION 1

Required

- Pink Cap-sleeve style Bodysuit
- Pink or Skin Tone Footed Tights

Optional

- Pink Skirt
- Black or Pink Sweater

OPTION 2

- White T-shirt and black dance pants



HAIR



Hair must be pulled back into a bun or ponytail for class, if length permits. Shorter hair should be pulled back from face.

SHOES

Black Tap Shoes

Velcro Mary Jane style shoes.

Leather Ballet Slippers

Full sole slippers, with drawstrings secure



Dress Code

BALLET

All items are available at the Bella Boutique, or on our online store.
Shoes must be labeled with dancers name.

ATTIRE

OPTION 1

Required

- Navy or Black Tank-style Bodysuit
- Ballet Pink or Skin Tone Footed Tights

Optional

- Black Skirt (ages 7+)
- Pink Skirt (ages 4-6)
- Black or Pink Sweater

OPTION 2

- White T-shirt and black dance pants



HAIR



Hair must be pulled back into a bun, if length permits. Shorter hair should be pulled back from face.

SHOES

Leather Ballet Slippers

Full sole slippers, with drawstrings secure

Canvas Ballet Slippers

Dancers 9+ may wear canvas style slippers



Dress Code

HIP HOP

All items are available at the Bella Boutique, or on our online store.
Shoes must be labeled with dancers name.

ATTIRE

- Shirt - Black Tank or T-shirt
- Tights - Skin colour
- Leggings, Shorts, Sweat Pants -
Colour of choice
- Sweater (optional) - Colour of choice



HAIR



Hair must be pulled back into a ponytail for class, if length permits or tied back from face. Shorter hair should be pinned back off face. Hats (no slogans) are permitted.

SHOES

- Indoor non-marking Sneakers
- Black or Dark Grey



Policies

5 WAYS TO LEARN

BDA offers a variety of service options including private instruction, small group instruction, traditional classes, online instruction and pre-recorded classes to meet the needs of students and staff as well as for the ability to maintain service continuity in any situation.

RESCHEDULING, TEACHER AND CLASS SUBSTITUTIONS

Teacher assignments will be announced before classes begin. BDA reserves the right to reschedule or combine classes, or to provide a substitute teacher.

BDA reserves the right to deliver class content via an online system in the event that classes are not able to be conducted live for any reason including, but not limited to: weather, teacher absence, or governmental advisory.

SAFER STUDIO POLICY

BDA requires all staff and students to stay home when they are ill. In order to reduce community spread of Coronavirus, we follow best practices and recommendations from our local health department and from our industry associations, More Than Just Great Dancing!® and Youth Protection Advocates in Dance. BDA understands that unlike older children and adults, young children cannot be expected to maintain social distancing at all times.

Therefore BDA focuses on a hierarchy of measures beginning with keeping ill people home, followed by frequent hand cleaning and good hygiene practices, amplified cleaning, and curricular and facility adaptations to minimize contact and mingling where possible. All studio classes are backed up on an online learning platform. In the event a class is unable to be held at the studio, classes will convert to an online learning platform until in-studio classes can resume.

CONTINUOUS PARENT COMMUNICATION PLAN

BDA uses a "green, yellow, red" system of continuous parent communicating regarding the status of classes which can be found in the top right-hand corner of our website and social media. Green indicates to attend face-to-face classes as usual. Yellow indicates a cautionary change to service delivery, so please check your email. Red indicates clients should stay home and attend class online.

Policies

SPECIAL COMMUNICATIONS

BDA works to keep you informed and up to date on regular studio happenings: Please read our Monthly Email Newsletter, Email, and Studio Communication Center. Follow @belladanceyk on Facebook and @bella.dance.academy on Instagram for weekly updates, and join our BDA Parent & Student Community on Facebook to connect with faculty and families. Any questions - We are happy to answer any questions you may have regarding your dancer or our programs. Let us know if we can help you in any way!

ATTENDANCE

Regular attendance is vital to student progress and group choreography. Please make every effort to attend each class. If you miss more than two of the final eight classes before our year-end performance you may be dismissed from participating in the performance routine at the discretion of the teacher. Please report all absences via website link.

INTER-SESSIONAL BREAKS

BDA provides two inter-sessional breaks that provide flexibility during the dance season: one in the late fall and one in the late winter. Inter-sessional breaks allow for the potential makeup of classes in the event of breaks or a cessation of classes for any reason.

DRESS CODE

Proper attire and hair etiquette are required for all classes. Special class attire including shoes and hair will be published in our August newsletter. For safety reasons, dancers are not permitted to wear jewelry. All required items will be available for purchase, in our Bella Boutique (with the exception of Pointe shoes).

CLASS OBSERVATION

In an effort to maximize both instructional time and observational time, parent observation will be permitted for the entire class on scheduled dates, permitting approval from the CPHO (please see the BDA 2020/21 Season Calendar).

Policies

DANCEWEAR

Our boutique is fully stocked at the start of the season for all dancers. We now have an online boutique as well, so orders throughout the season can be placed there. Please visit our website at www.belladance.ca/bella-boutique

ENTERING AND EXITING THE STUDIO

Parents of students over the age of 6 are asked to remain outside in their vehicles, or to leave after drop off and return at the end of your dancers class. Our waiting room is currently closed, as is our lobby. Dancers are to enter the building and go directly to their waiting area, which depends on which studio they are entering. Dancers are not to be dropped off more than 5 minutes prior to their class time, and must be picked up within 5 minutes of their class ending.

WATER BOTTLES & SNACKS

Water bottles are permitted in class, however are not necessary for younger students. Students will not be permitted to leave class for water or snacks during class time. Snacks and gum are not permitted in the studio area.

INJURIES

Parents, legal guardians of minor students and adult students waive the right to any legal action for any injury sustained on school property resulting from normal dance activity or any other activity conducted by the students before, during or after class time.

YEAR END PERFORMANCE

All dance students, with the exception of Adult students, Parent & Tots, Pre-Pointe, and Workshop Classes (including 9 Week Session Classes, Summer Camps) will have the opportunity to participate in our year-end recital. Students attending classes regularly and who do not miss more than four classes from January through May will be asked to perform. It is assumed that all students (except Adult, Parent & Tots, Pre-Pointe and 9 Week classes) are participating in the show. If, for some reason you do not intend to perform, you **MUST** inform the office in writing by November 1, 2020.

Calendar

SEPTEMBER

Monday 7th - Studio & Office Closed (Statutory Holiday)

Tuesday 8th - Fall 9 Week Session #1 Begins (runs until November 9th)

Friday 11th - 2020/2021 Season Commences

Saturday 26th - Nutcracker Auditions 5:00 - 8:00pm

OCTOBER

Monday 12th - Studio & Office Closed (Statutory Holiday)

Monday 26th - Saturday 31st - Dress-Up Week

Saturday 31st - Studio & Office Open (Hallowe'en)

NOVEMBER

Sunday 1st - Registration for Winter 9 Week Session #2 Opens

Sunday 1st - MUST inform office by today if you do not intend to participate in year-end show, or intend to use payment plan for costume fees (for students with more than 3 classes, or families with more than 3 students)

Monday 9th - Saturday 14th - Inter-Sessional Break #1 - Studio Closed

Sunday 15th - Costume Fees (& GST) are charged to EFT/Credit Cards on File

Monday 23rd - Saturday 28th - Parent Observation/Participation Week (tentative)

DECEMBER

Saturday 19th - Studio & Office Closed for Winter Break

Monday 21st - Monday Classes in Session (Stat Make-Up Class)

JANUARY

Friday 8th/Saturday 9th - Nutcracker Performances @ NACC

Sunday 10th - Nutcracker Costume Return

Monday 11th - Studio Reopens

Monday 11th - Winter 9 Week Session #2 Begins (runs until March 13th)

Calendar

FEBRUARY

Monday 1st - Registration for Spring 9 Week Session #3 Opens
Monday 15th - Performer's Fee (& GST) are charged to EFT/CC on File
Monday 22nd - Saturday 27th - Inter-Sessional Break - Studio Closed
Saturday 27th - Bella Beats Showcase @ NACC

MARCH

Sunday 14th - Sunday 28th - Studio & Office Closed for Spring Break
Monday 29th - Studio & Office Reopen
Monday 29th - Spring 9 Week Session #3 Begins (runs until May 31st)

APRIL

Friday 2nd - Studio & Office Closed (Statutory Holiday)
Monday 5th - Studio & Office Open (Easter Monday)
Monday 12th - Saturday 17th - Parent Observation/Participation Week (tentative)
Monday 12th - Saturday 17th - Costume Pick Up Week (exact times TBA)

MAY

Saturday 1st - Registration for Summer 9 Week Session #4 Opens
Saturday 8th - 2021 Summer Camps & Class Registration Opens
Saturday 15th/Sunday 16th - Year End Photos (Tentative)
Monday 24th - Studio Closed (Statutory Holiday)
May 25th - All Student Recommendation Forms released

JUNE

Tuesday 1st - Sunday 6th - Year End Performance Week @ NACC (Tentative)
Monday 7th - Priority Registration for all returning BDA students
Monday 7th - Saturday 12th - Bring A Friend Week (Tentative)
Sunday 13th - Open Registration for 2021/22 Season
Sunday 13th - Student Appreciation Day @ Civic Plaza (Tentative)
Monday 14th - Saturday 19th - Last Week of 2020/21 Classes - Dance Days
Monday 21st - Studio & Office Closed (Statutory Holiday)
Tuesday 22nd - Sunday 27th - Studio Closed for Recital Recovery Week
Wednesday 30th - Summer Office Hours Commence

Frequently Asked Questions

Q: What is the registration fee?

A: The registration fee covers the administrative expenses and is paid by all students (except for those enrolled in workshop classes).

Q: Do I have to pay with an automatic credit card or can I come in every month and pay?

A: Yes, you have to pay with automatic payment. We have hundreds of students and it is the most efficient way to collect fees.

Q: Can we pay for the whole season at once?

A: Yes, you can! You can pay for the whole season, plus registration fee, and the costume deposit in one cheque or with cash, with a 5% discount or by credit card (no discount).

Q: Why do I pay the same amount per month, when some months only have two classes and others have five?

A: Monthly payments are based on the entire season of classes and then divided into ten equal payments for convenience, regardless of how many classes are in each month.

Q: Can we watch a dance class?

A: We do not generally allow people to watch classes. However, we do have Parent Observation Weeks and Bring-A-Friend Days that are tentatively scheduled, pending the phase that our territory is in at that time.

Q: Can we rent your studio space?

A: We do have a busy schedule, but in some cases, we do rent our studio. Please give us a call or shoot us an email, and we will get back to you!



Frequently Asked

Questions



Q: Can my child start dance class part way through the year?

A: If there is room in a class, we will accept new students up until the end of January. After that classes are too far along, and exceptions are only made for students who are not performing in the Year End Show.

Q: Why am I enrolled in a higher or lower grade level than my actual school grade?

A: Our grades are based on our dance syllabus, not school grades.

Q: Do the 9 Week Sessions perform at NACC?

A: No, they do not. Only our year-long classes participate in the Year End Show in June. 9 Week Sessions end in Presentation Classes, and are a great way to introduce young dancers to the structure of classes without the pressure of a big show.

Q: Can I make my child's costume instead of paying the fee?

A: No. In order to ensure that all costumes are done on time and look the same, we order from professional costume companies and hire our own seamstress for alterations.

Q: My account information has changed. What should I do?

A: Please log in to the Client Login and update your account. The link for this can be found on the top right corner of our website (belladance.ca).

Q: My child has never had a class on their own. Will they be alright without me?

A: We know that a child's first class can be an exciting, but scary thing! Our instructors are warm and welcoming, and have been trained to help young children manage anxiety.





Bella DANCE ACADEMY

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Yellowknife, NT

www.belladance.ca

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a movement to b. you