



PLACEMENT CLASS ON
SATURDAY, AUGUST
20TH

SPECK FITNESS
BALLET SCHOOL
AND FITNESS
STUDIO STUDENT
HANDBOOK



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Contact Information

For questions or concerns please email or text the listed contacts. Use these contacts sparingly. We will get back to you ASAP.

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About Our Studio

After dancing professionally and training at some of the best ballet schools in the world, I wanted to create an environment where dancers could perfect their technique and truly learn the art of ballet. My main goal is to enforce the basic training following the Central Pennsylvania Youth Ballet Syllabus and then build upon that as students get older and gain more understanding and strength. We work on turnout, feet, arms, posture, and all of the other techniques in a ballerina's toolbox that will transform them into stunning and flawless dancers. Not only that, but I also want to create a loving and caring environment in which my students feel safe, happy, and can find a love for ballet. With that, I hope we as a studio can make this another great year. And as I always say,

"Don't wish for it, work for it!"

STUDIO RULES

- **Keeping a Clean Environment:** No leaving trash out, no throwing your stuff around, if you use the equipment please wipe it down and return it to where you found it, etc.
- **Respecting Each Other:** We have a NO DRAMA policy here at Speck. This means we do not want to hear or see any students being mean or unkind to their classmates and peers. No gossip. Do not touch others belongings without permission.
- **Lobby:** When parents, students, or other siblings are sitting in the lobby please be respectful of the classes that are in progress, or you will be asked to leave. No screaming and talking loudly, the students are trying to focus.
- **Social Media:** please understand that as a studio we may take pictures and videos periodically to show students improvements. Do not be surprised if your child is seen on social media, in the background of video, or in a group picture.

Cont...

- **Phones:** There are NO phones allowed out in any class. Having phones out creates a distraction for the dancers. Phones should be turned to silent mode and put in a bag or cubby until class is over.
- **Talking:** We expect that there is minimal to no talking amongst students in class. Questions are always okay, but side conversations are to be kept to a minimum.
- **Arrival:** Students are expected to arrive 15 minutes before class begins. In that time they should stretch, warm up, and put their shoes and be ready for class.
- **Tardiness, and Absences, and Injuries:** All tardiness and absences are required to be reported to the studio management prior to the day of. When a student is injured they are expected to attend class to listen and watch the required classes.

Cont...

- **Jewelry:** Please keep all jewelry to a minimum. No watches. No bracelets. No necklaces. A small pair of earrings is all that's allowed. The reason for this is having jewelry and watches on creates shorter lines on the dancers and we want to have long continuous movements. Jewelry also can create a distraction for some of the younger girls and we try to avoid distractions in class.
- **Gum:** No gum is allowed in the studios. Please spit it out before walking into the lobby.
- **Bathrooms:** Please try to use the bathroom before class so that we are not interrupting the class to send someone to the bathroom.
- **Entrance:** There are two entrances to the studio. Please be sure to enter through the lobby. Studio B door will remain shut and locked at all times. There should not be a need to unlock that door.

Dress Code/Uniforms

Tights, Shoes, Hair, etc.

- Tights may be either the Capezio or Body Wrappers **mesh** and **seamed** tights
- Ballet shoes **MUST** be canvas, no leather shoes. Capezio "Hanami" and Sodalca's "Bliss" shoes are highly recommended. Ballet shoes should fit like socks.
- Leotards should be bought from the websites or stores provided below (please no Amazon leotards)
- **NO UNDERGARMENTS ALLOWED** (underwear and sports bras)
- No floral or patterned leotards unless approved by Ms. Rachel
- Hair **MUST** be in a neat ballet bun with a hair net.

Where To Buy From:

- discountdance.com
- Attitudes Dancewear
 - 9621 Westview Dr,
Coral Springs, FL
33076
 - 954-755-5722
- En Pointe Dancewear Boutique
 - 13081 W Sunrise Blvd
Sunrise, FL, 33323
 - 954-707-0001

Preferred pointe shoes are Freeds, but if you chose something else please get them approved by Ms. Rachel

Dress Code:

- level 1:** Pink (skirt may be attached)
- level 2:** Purple (no attached skirts)
- level 3:** Blue (no skirts)
- level 4:** Red (no skirts)
- level 5:** Green (no skirts)
- level 6:** White (no skirts)
- level 7:** Black (no skirts)
- level 8:** Any color (no skirts)
- level 9:** Any color (skirts are allowed)
- Male students:** White t-shirt, black tights, black ballet shoes

The levels on pointe are allowed to wear a Ballet Pointe skirt for pointe class only

Competitions

Every year we participate in 1 or 2 ballet competitions. The students pick a classical ballet variation and perfect their chosen solo throughout the year. Doing the competition is a way to motivate students and gives them something to work towards. Students in level 4 and above are allowed to participate in the Universal Ballet Competition but only a select few are chosen to travel and compete at Youth America Grand Prix.

Requirements

- Must have AT LEAST 1 half hour private per week or 2-3 students can share an hour private and work together on their solos. No matter what you chose, the price for competition prep is \$140 for 4 privates per month on top of regular tuition and is an autopay the 1st of each month.
- Families doing the competition are in charge of their own costumes, but please make sure they are approved by Ms. Rachel first. Some websites to look at are:
 - Uniqueballet.com
 - arabesquelife.com
- Families who chose to do the competition are required to pay all fees and costs that UBC and YAGP require to participate.
- Students will have to audition to see if they can compete in YAGP. This is because YAGP is the biggest and most competitive ballet competition in the country. Families will have to cover the costs to travel to YAGP.
- UBC will take place from Feb. 16-19, 2023. The cost is \$275.
- YAGP- tbd

Our Show

This year, our studio showcase will take place on Saturday, May 13th with a mandatory dress rehearsal on Friday the 12th. Save the date!

Show Details

- From April 1st and on we ask that students please try their best to attend all classes and rehearsals. If you cannot attend a rehearsal please have a written note explaining why you cannot attend and let us know at least a week in advance.
- Costumes are \$100 per dance. Students will be given their costumes when they arrive. Costumes are to be kept at home until the day of the show, unless they are told to bring them in for an in studio dress rehearsal. After the show students get to keep their costumes!
- For safety reasons, there are NO parents allowed backstage on show day. If we find parents backstage trying to get to their child/children we will ask the family to please leave the studio. Backstage there are girls changing and getting ready, we will release your children after the show.
- The theater address is: *2400 Civic Center Pl, Miramar,*

Absences

As a studio, we do not recommend students missing their required classes, but we do understand when something comes up. To make up classes, students may attend a lower level class. If students are constantly missing classes, please understand that this will be taken into account when casting parts for the show in May. We strongly encourage and highly recommend that students take ALL the classes that are available to their level.

Schedule

Here at Speck, we want our students to take as many of their classes as possible, even on holidays.

- We do not take off for Veterans Day, Martin Luther King Day, etc.
- There are a few days off during The Thanksgiving Break, but not the whole week, in hopes of students still attending a few classes.
- There is a week off over winter break
- The studio does not take a spring break due to our students all attending various schools.
- Tuition is autopay on the first of every month. Tuition is non-refundable if students miss a class.

Tendu Toning

Tendu toning is a dance based strengthening and coordination class that helps students with foundational growth in class and core strength. There are 2 classes available a week taught by one of our certified instructors for levels 3 and up! Classes will be on Wednesday from 6:15-7:15 and Saturdays from 10:30-11:30



Contemporary and Jazz

We offer students an opportunity to enhance their classical technique by adding artistry to their movements through contemporary and jazz. These two styles are often seen in the ballet world and it is beneficial to the students to learn starting at a young age. Our instructor is a Miami City Dolphin Cheerleader who loves dance, cheer, and fitness!



Tuition Prices

- **Level 1:** \$72/mo for (1) 60min class per week
- **Level 2:** \$144/mo for (2) 60min classes per week
- **Level 3:** \$144/mo for (2) 60min classes per week
- **Level 4:** \$270/mo for (3) 90min classes per week
- **Level 5:** \$430/mo for (5) 60-90min classes per week
- **Level 6:** \$500/mo for Unlimited classes. Classes include: Ballet, Jazz, Contemporary, and Tendu Toning. Minimum of 6 classes per week
- **Level 7:** \$500/mo for Unlimited classes. Classes include: Ballet, Jazz, Contemporary, and Tendu Toning. Minimum of 6 classes per week
- **Level 8:** \$500/mo for Unlimited classes. Classes include: Ballet, Jazz, Contemporary, and Tendu Toning. Minimum of 6 classes per week

Individual 60min classes are \$20

Individual 90min classes are \$25

Jazz is \$72 per month

Tendu Toning is \$50 per month

Privates are \$70 an hour



Speck Fitness

BALLET SCHOOL & FITNESS STUDIO

Speck Fitness Ballet School was created by Rachel Speck, former professional ballerina, and offers the absolute best ballet training, focusing on actual technique and not just tricks, competitions and shows. We offer classes for children 2 ½ and up, and private classes for 3 and up. Sign up today!



BALLET SCHOOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:30a-11:30a YOUTH TENDU TONING® (LEVELS 3-6) Studio B with Addison 10:30a-11:30a ADULT TENDU TONING® (LEVELS 7 & 8) Studio A with Ms. Rachel
	3:30p-4:30p BALLET (LEVEL 2) Studio B with Ms. Rachel	3:30p-4:30p BALLET (LEVEL 1) Studio A with Ms. Rachel	3:30p-4:30p BALLET (LEVEL 2) Studio B with Ms. Rachel		
3:45p-4:45p BALLET (LEVEL 3) Studio B with Ms. Rachel				3:45p-4:45p BALLET (LEVEL 3) Studio B with Ms. Rachel	
	4:30p-6:00p POINTE (LEVELS 6-8) Studio B with Ms. Rachel				
4:45p-6:15p BALLET (LEVELS 4 & 5) Studio B with Ms. Rachel		4:45p-6:15p POINTE (LEVEL 4) Studio A with Ms. Rachel 4:45p-6:15p POINTE (LEVELS 5-8) Studio B with Bella	4:45p-6:00p POINTE (LEVELS 5-8) Studio B with Ms. Rachel	4:45p-6:15p BALLET (LEVEL 4) Studio A with Bella 4:45p-6:15p BALLET (LEVELS 5-8) Studio B with Ms. Rachel	
5:00p-6:00p JAZZ & CONTEMPORARY (LEVELS 6-8) Studio A with Lexie					
	6:00p-7:00p CENTER BALLET (LEVELS 6-8) Studio B with Bella		6:00p-7:00p CENTER BALLET (LEVELS 5-8) Studio B with Bella		
6:15p-7:15p JAZZ & CONTEMPORARY (LEVELS 3-5) Studio B with Lexie 6:15p-7:15p ADULT TENDU TONING® (LEVELS 6-8) Studio A		6:15p-7:15p YOUTH TENDU TONING® (LEVELS 3-6) Studio B with Addison 6:15p-7:15p ADULT TENDU TONING (LEVELS 7 & 8) Studio A with Ms. Rachel			
7:15p-8:45p BALLET (LEVELS 6-8) Studio B with Ms. Rachel		7:15p-8:45p BALLET (LEVELS 6-8) Studio B with Ms. Rachel			



Scan the QR Code or go to speckfitness.com/classes to sign up today



T-shirts, jackets,
water bottles, and
more!

more
designs
coming
soon!

