



25/26 SEASON

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

- **Lobby:** Because of previous circumstances, we are asking that no parents and siblings wait in the lobby during classes. It becomes a distraction to the students and we would like to prevent any mishaps
- **Hair:** Hair MUST be in a neat, proper bun using hair pins, bobby pins, and hair spray.
- **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.
- **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

## 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)

**Pre-pro:** Any color (skirts are allowed)

**Male students:** White t-shirt, black tights, black ballet shoes

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

**Preferred pointe shoes are**

**Freeds, but if you chose**

**something else please get**

**them approved by Ms. Rachel**

# 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 apply to participate in the Universal Ballet Competition, YAGP, and other ballet competitions that we choose. Not all students are ready.

## 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](http://Uniqueballet.com)
  - [arabesquelife.com](http://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 must have perfect class attendance in order to participate in the competitions as that's how they improve their technique. If you miss too many classes, you risk being removed from the competition team.
- UBC Feb. 13-15 2026 Palm Beach
- YAGP- January 8-10 2026 Tampa

# Nutcracker/Winter Showcase

Nutcracker/Winter showcase will be audition based only. Level 2 and above will be allowed to participate. Auditions will take place the first week of classes.

Angels- Fridays 3-3:30

Polychinelles- Fridays 3-3:45

Candy Canes- Fridays 3:45-4:30

Clara and Tea- Fridays 7-7:45

Snow, Flowers, Marzipan, Spanish, Arabian, Sugar Plum-  
Wednesday-7:30-8:45

## Show Details

- The shows will be on December 20 and 21 with mandatory rehearsals on December 6 and 13.
- We will perform the second half of The Nutcracker, snow, competition solos, and other repertoire
- Show fee is \$150 which includes costume rental for 1 costume, rehearsals, and professional pictures and video of the show. All other costume rentals are \$75 each.
- For safety reasons, there are NO parents allowed backstage on show day.
- The theater address is: *2400 Civic Center Pl, Miramar, FL 33025*

# Spring Showcase

This year, our studio showcase will take place on Saturday May 9<sup>th</sup> with a mandatory dress rehearsal at the theater on Tuesday May 5th. 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.
- Show fee is \$150 which includes 1 costume, extra rehearsals, and professional pictures and video of the performance. Additional costumes are \$100 each. 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, FL 33025*

# 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.

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# 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 4 and up! Classes will be on Wednesday from 6:30-7:30 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 instructors are both Miami Dolphin Cheerleader who love 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:** \$240/mo for (3) 75min classes per week
- **Level 5:** \$360/mo for (4) 90min classes per week
- **Level 6:** \$500/mo for unlimited classes. Ballet, pointe, contemporary, jazz, Tendu Toning, rehearsals
- **Level 7:** \$500/mo for unlimited ballet, pointe, contemporary, jazz, Tendu Toning, rehearsals
- **Level 8:** \$500/mo for Unlimited classes. Classes include: Ballet, pointe, partnering, Contemporary, and Tendu Toning. Minimum of 6 classes per week

Tuition is non-refundable and requires a 30 day notice

Individual 60min classes are \$20

Individual 90min classes are \$30

Jazz and contemporary is \$72 per month

Tendu Toning is \$50 per month

Privates are \$70 an hour

# 25/26 Season Calendar

- 1<sup>st</sup> day of classes: September 2<sup>nd</sup>
- Halloween: October 31 no classes
- Thanksgiving Break: November 26–30
- Nutcracker: December 20 and 21
- Winter Break: December 22–January 4
- YAGP Competitio: January 8–10
- UBC Competition: February 13–15
- Spring Break: No spring break
- Easter: April 3–5
- Springshow: May 5 (dress rehearsal and May 9 show
- Last day of classes: May 29





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

more  
designs  
coming  
soon!

