2026 Betty's Studio Handbook

Contact Information

Studio Phone: (704) 873-4513
Website: www.dancenc.com
Online Bulletin Board & Studio Calendar: www.dancenc.com/bulletin-board
Like us on Facebook! Follow us on Instagram @bettysdance! See practice videos on Vimeo!
Owner Email: natasha@dancenc.com
Mailing/ Location Address: 236 E Front Street, Statesville, NC 28677

Philosophy

Betty's School of Dance nurtures the artistic study of dance. We provide strong technical training that creates a foundation on which our students can build themselves as dancers. Along this journey, we challenge our dancers to value themselves as individuals, as part of a community, and part of the world. Our training goes beyond the movement and challenges our dancers to use the gifts and talents they discover through their study of dance to make the world a better place.

Faculty

Our instructors are degreed, certified, and professional dancers with a talent and passion for teaching. Our faculty participates in ongoing training to promote professional growth and a deep value for learning.

To the Parent

Your role in your child's dance education is defining. Beyond providing financially for your dancer's training, you are her or his rock of love and support on this journey. As we strive to create a positive learning environment for our dancers, we depend on you as parents to help us make that happen. Remember to celebrate the little things with your dancer because they will build themselves upon those moments. We ask that you support your child and our studio by maintaining a positive and encouraging atmosphere in the studio and in the community. Always feel free to contact our studio owner (Natasha@dancenc.com) if you have any concerns or would like to discuss your dancer's education at our school.

To the Student

Students of Betty's School of Dance are dedicated to growing as dancers, individuals, and community members. Listed below are the expectations we have for our dancers:

Be Prepared

· Arrive on time and prepared to dance
· Follow dress code (bodywear, shoes, hair, accessories)
· Toss gum, food, and drinks (other than water) before entering the studio
· Keep water bottles accessible by the barre or along the wall and take quick water breaks during natural class transitions.
· Enter the classrooms respectfully and avoid horseplay. Simple stretching and warming up is appropriate while waiting for your instructor.
· Use the restroom before class to avoid disruptions.

Respect the dancers

· Be aware of your personal space and respect the personal space of others.
· Refrain from correcting others and allow the teachers to use the right corrections and the right times.
· Encourage classmates & celebrate their accomplishments.
· Respect the personal property of others.

Respect the space

· Pick-up your trash & personal items
· Get permission before using studio items including stereos, kindles, barres, props, etc.
· Promptly return studio props or supplies to their rightful place.
· Only touch barres during classroom barre exercises.
· Keep hands and bodies off of mirrors at all times.
· Leave programmed temperature settings as they are, as the thermostats affect more than one room.
· Be gentle with the items, racks, books, signs, etc in our lobby and studios.

Respect your teachers & staff

· **Remain focused and attentive in class**. Avoid negative body language like folded arms or hands on hips. Always remain standing during class unless asked to sit.
· **Stay active even when sitting out** because of illness or injury. Observing dancers are encouraged to take notes about class and use those to improve their own dancing when they are able.
· **Listen eagerly for all corrections** given by instructors to you and your classmates. Corrections are opportunities for growth and should be valued and utilized by all students.
· **Remain silent while your teacher is talking**, whether she is addressing your personally, the entire class, or another student in class.
· **Dance with full energy and effort in class**. Mark steps only when specifically asked to do so. How you dance in class will become how you dance.
· **Thank your teachers at the end of class.** This is both a gesture of respect showing that you are grateful for what your teacher has shared with you and a way to show that you have worked hard and put forth full effort in class.
· **Let the studio know in advance if your dancer will be out of class**, especially if you know of the absence in advance. Company dancers should let their instructor know in advance.
· **Address any personal issues or concerns privately with your instructor.**

Respect Yourself

· Take care of your body. Drink plenty of water, eat for energy before class, pay attention to how you feel physically and emotionally. Discuss concerns promptly with your parents, teacher or doctor if needed. If you are injured, follow the appropriate care immediately and fully. This is your *one* body. It is yours, and you have a responsibility to take care of it.
· Celebrate your accomplishments. A love of dance and a love of life is built on tiny moments of victory. Allow the little things to fill your heart and fuel you to seek more progress.
· You will make mistakes. It is part of the process. Each of these is an opportunity, and your power lies in what you choose to do next.
· Avoid comparing yourself to others because when we do this, we usually fail to see the magnitude of our own accomplishments. You are unique and powerful. Remember that and take pride in what *you* are accomplishing.

Young Dancers: Is My Child Ready?

Deciding if your young dancer is ready for dance class is sometimes a complex decision. Our goal is for our dancers to thrive both physically, mentally, and emotionally in their dance classes here at Betty's. If your little one is sending mixed signals about her or his love of dance class, we do have some guidelines to help determine if a change is needed for your dancer.

These are some of the most important behaviors we expect our dancers to develop once they begin classes at Betty's (usually within 4-6 weeks). These behaviors are necessary for classroom management and give the instructor the ability to focus on teaching our curriculum.

· Dancers should walk into class independently without being accompanied by a parent.
· Separating from parents is often difficult at this age. If your child has separation anxiety, this could take time to completely resolve, although you should see much improvement over the first 4 weeks of class, with your child ultimately feeling positive about class each week.
· Dancers should participate when asked to join OR observe others with enthusiasm. (Even dancers who are sometimes hesitant to participate past the 4 week mark are indeed learning and growing *if* they are still engaged with the material of the class. A little more time will often lead to more and more participation.)
· Dancers must willingly remain in the classroom and wait for permission to be granted before leaving the room.
· Dancers should generally stay at their designated spot when dancing at center, moving across the floor, and standing in line. When a dancer is not at their spot, it is important that they return to their spot with a quick reminder from the teacher. Dancers who are unwilling to return to their spots during class, even after being reminded, will be brought out of the classroom so the class can continue without disruption. Dancers will be frequently reminded to return to their spots during class, so don't worry if you hear your child's name called often 😊. We will bring your child to you if they become unwilling to follow their teacher's direction.
· Dancer talks positively about dance class at home and enjoys moving.

After 4-6 weeks in class, if your child still struggles with these behaviors, it *may* mean your dancer needs a change:

The change needed could be as simple as a different class style, a different class time, or a little more time before trying class again. If you are surprised that your child LOVES dancing at home but struggles in dance class, don't get discouraged. Loving *to dance* is different from loving dance *class*. While one usually leads to the other eventually, your child is building important skills in both situations. If they are finding joy and creativity dancing on their own terms, they just may not be interested in being instructed on how to move at this time. That is OKAY, and there will be plenty of time for formal instruction a little bit down the road. It will not hurt to let them explore dance independently for a little bit longer, and it could even stifle their love of movement to force it too soon.

We are open to exploring other accommodations to help your child learn to meet these expectations if you feel that is best for your child, and we are happy to discuss creative options if your dancer is eager to continue but may be struggling with some of the skills needed for effective classroom management. We do have many instances when dancers just take a little more than 4-6 weeks to adjust to the classroom setting, and that is okay too. If your dancer still struggles with some of these behaviors after 4-6 weeks in class, but they are making progress and feel enthusiastic about class, then they may just need a little more time.

If you are concerned that your child may not be ready, please contact your instructor privately. The best way to reach your instructor is usually by leaving your phone number or email for them at the front desk, so they can respond while they are not moving between classes. Ultimately, coming to dance should be a fun experience for your little one, and we are eager to help make that happen for your child!

Staying Informed

The main source of contact from our studio office will come in the form of email. Please verify that you are receiving emails from us, as these will contain important information about your classes and performances. Both Email and the Website (particularly www.dancenc.com/bulletinboard) should be checked frequently. We also recommend opting-in to our studio text system, as we will text and email important last-minute announcements, such as instructor illness or class cancellations.

Make certain that you or your dancer is on the roster for all classes they attend…including drop-in adult students. If you come, but are not officially registered, you will not receive important notifications like unforeseen class changes or cancellations.

Placement

Class placement is based on a variety of factors including experience, skill level, knowledge of the syllabus, age, audition, and maturity. Young dancers are typically placed by age unless personality or learning style leads us to believe they would learn better in a different class. As dancers get older, more factors come into play. Know that our goal is to give your child the opportunity to become the best dancer possible. The more *fully* your dancer studies our syllabus, the more skilled dancer they will become.

Facility

We have a 9400 square foot facility that includes three 1500 square foot studio rooms. Our two downstairs studios have sprung floors to help ensure the long-term health of our dancers. We offer a spacious lobby where parents are welcome to wait on their dancers and a Studio Boutique where you can purchase shoes and dance supplies. Restrooms and dressing rooms are located on the main floor. The space beyond the restrooms is all quiet space, so as not to disrupt classes in progress. Because we put on full productions with props and scenery, please remind your children not to touch props and scenery stored or being worked on throughout the school.

Our Sessions and Enrollment Commitments

Registration is always for a full session.

Annual Session – September through May

Summer Session – June through August (specific dates vary for different classes and programs)

Please visit the online Bulletin Board (www.dancenc.com/bulletinboard) for all studio closings throughout the year.

Early Withdrawal

A 30-day written notice of withdrawal (email or in person) is required to stop class charges during a term. Changes will continue to accrue until 30-days after we receive this notice of withdrawal. Late fees will continue to apply to any unpaid balance. Tuition and fees are non-refundable and non-transferrable. Full December enrollment is required for participation in the Nutcracker production, and full May enrollment is required for participation in our spring recitals and concerts. The months of December and May will included adapted class schedules and other events like workshop weeks, awards ceremonies, parties, photos, and other special events.

Tuition Payment Options

Tuition is based on annual amount, but can be paid via monthly installments during the regular term.

Summer Session Tuition

$40 non-refundable deposit is due upon registration. The remaining balance is due on the first day of the session.

Summer Camps

$40 non-refundable deposit is due upon registration. The remaining balance is due on the first day of the month

in which the camp occurs.

Special Events

Full tuition for special events is due upon registration.

Additional Fees

Below are the additional fees that are due throughout the year. These fees will be automatically billed and charged unless you give us a notice upon registration that your dancer will not be participating in a certain event or performance.

Registration Fee: $40 Due upon enrollment or re-enrollment after withdrawing from classes during the same term term (September – May).

Nutcracker Performance Fee: $75 Due October 1st.

Nutcracker Costume Rental Fees: $30+ per costume. Due November 1st . Some advanced costume rentals may be more.

Nutcracker Tickets: Pre-sale rates: $15 adults, $8 children

Spring Recital Performance Fee: $75 Due March 1st

Spring Recital Costume Rental Fees: $30 + per costume. Due April 1st

Spring Recital Tickets: Pre-sale ticket rates: $15 adults, $8 children

Studio Rental for rehearsals outside of schedule class time: $15 per hour

Auto-Charge Policy

We require that all families have a valid credit card on file. Please login to your studio portal to view charges each month. If you prefer to pay with cash, check, or card in the studio, you will have until the 4th of the month to come in and pay your account in full. All accounts with unpaid tuition or fees will be auto-charged to the credit card on file on the 5th day of the month. This ensures that we will have tuition collected in time to pay studio bills and payroll for our instructors. Tuition payments can be made in advance by logging into your studio portal account and making a payment toward your account…even if the tuition fee has not yet posted. You can view your account at anytime by logging into the portal at www.dancenc.com. Click "LOG IN" in the upper right corner.

Late Fees

A late fee of $15 is charged to accounts not paid in full by the 10th of the month. Discounts do not apply to tuition that is paid late.

Tuition Discount Opportunities

Multi-Class Discounts: Figured into our tuition scale. The more hours you take, the less you pay per hour.

Multi-Student Discount: Additional Siblings in the same household receive 10% off tuition.

The MAXIMUM DISCOUNT on tuition is 20%.

Tuition Scale

Please view our full tuition scale at www.dancenc.com/courses to see the cost for individual classes.

Studio Space Rental Fees for Private/ Semi-Private Lessons & Additional Student Practices/ Rehearsals

There is a studio rental fee for all use of the studios outside of the scheduled class times, which are covered by tuition payments. The studio fee for private lessons is $15 per hour and $10 per person per hour for semi-private lessons. Advanced students or parents may also reserve a studio for extra practice (no instructor fee) for a cost of $15 per hour (not per person). One person must reserve the studio, and that person will be charged the $15

fee. That person can then collect money from the other students to divide the fee fairly.

Dress Code

Shoes and Dancewear are available for purchase at our studio boutique. Current students always receive at least 10% off most Boutique items!

Dancers are often required to have the following items for performance purposes. We highly recommend making them part of your usual dress code to avoid last minute shopping during busy times of the year:
Nude Leotard (to wear under costumes), Black Leotard, Black Dance Shorts (non-ballet classes), Black Leggings (non-ballet classes), and Betty's Logo Shirt

Levels 100-200

Body: Leotard of any color with dance tights. Skirts are optional.

Shoes: *Creative Ballet & Tap*—Pink leather ballet shoes & Black Tap Shoes
Jazz, Hip Hop, Tumble—Bare Feet
100 Tumble OR Tumble 200—Bare feet
100 or 200 Dance (Ballet, Tap, & Jazz)— Pink Leather Ballet Shoes, Black Tap Shoes, & Black Jazz Shoes (200 Level Only. 100s are in bare feet for Jazz)
100 or 200 H*ip Hop*—Clean Tennis Shoes (not worn as street shoes)

Levels 300-500

Ballet-Lyrical Classes: Solid color leotard (no patterns), Ballet Pink Tights worn over the feet, hair in Neat Ballet Bun, & Pink Ballet Shoes or Pointe Shoes. Optional approved chiffon skirt, No Warm-ups, & No Jewelry.

Ballet Company, Pointe, Pre-pointe Classes: Solid Color leotard, Optional Ballet Skirt, Clean Ballet Pink Tights, Hair in Proper Ballet Bun (using hairpins and nets), appropriate ballet technique shoes or pointe shoes with ribbons properly sewn on. Approved warmers only. No jewelry. No holes in tights or shoes.

Tap/ Jazz/ Contemporary/ Theatre Dance/ Tumble: Leotard worn with Tights, Dance Shorts, or Leggings. Hair secured back in ponytail or bun. Black Lace-Up Tap Shoes for Tap, Black Jazz Shoes for Jazz or Theatre Dance, and Bare Feet for Modern, Contemporary or Tumble. Character Shoes may be required for special dances.

Hip Hop / Break Dance: Comfortable clothes that allow for freedom of movement and meet teachers approval. Tennis shoes worn exclusively for dance class.

Adult Classes & Dance Your Way (Inclusive Dance Class)

Dress for comfort and freedom of movement.

Attendance & Punctuality

Every effort should be made to be at all classes and rehearsals on time and ready to participate. Should a dancer need to miss class, please inform the front desk or instructor as soon as possible.
Regular attendance, participation, and punctuality are required for participation in studio performances, events, & classes. Minimum attendance requirements for performances are as follows: 100 & 200 levels must have 70% attendance; 300 & 400 levels must have 80% attendance; 500 level must have 80% attendance; Company Members & Pointe/Pre-Pointe Students must have 85% attendance. Late arrivals or early dismissals will count as absences if the owner or instructor feels it is becoming a habit or is causing difficulty for the class. At the 400 level, dancers who are late or not prepared for class may be asked to observe portions of class for which they have missed the appropriate warm-up. When dancers are not in class, they **will** miss important

material. To avoid holding the class back week to week, dancers should make every effort to learn missed material before the next scheduled class. Dancers in company level classes are responsible for learning any missed material and reviewing all critique given with the classmates before the next class.

Illness

Students should not attend class when they are ill. All families are expected to put the health and wellness of all the children at out studio above any convenience or preference to be at dance when sick. Ill students will not be allowed to take class and will be counted absent.

Injury

Injured dancers should attend class to observe and take notes. Our classes are not just physical activity. **Dance is an intellectual study**. Very much of what your child learns at dance class is mental and creative. There is so much to learn from observing and participating mentally even when your child cannot physically do the exercises in class. This will keep your dancer engaged and help them gain a better understanding of the mental side of their classes.

Class Cancellation

Occasionally a class must be cancelled if the instructor is unable to attend and we cannot provide a sub for the day. Should this occur, you will be contacted by the office via email, text, and/or telephone. A time will be scheduled for your dancer to make-up the class either with another existing class or at a newly scheduled time.

Inclement Weather

In the event of inclement weather, the studio will send an email and/or text about the closing and post a decision about cancellation on the studio Facebook page. Expect an announcement 2 hours prior to your dancer's class time. Also remember that the decision to come to class is always yours. If you feel uncomfortable driving to and from the studio, you may choose to stay home even if the studio is open. Conditions are not always the same for all of our dancers.

Observation

Observers are not allowed in the studio while classes are in session. If the studio door is left open, parents are welcome to watch from the door. If the studio door is closed, please know it is so the students will focus entirely on their lesson and feel more comfortable in the classroom environment. While parents are welcome to walk their dancers to class, families should prepare for class and say their goodbyes outside the classroom so as not to disrupt the class.

Occasionally we have Observation Weeks. In most cases this is a fun and exciting time for our students to share the many things they are learning with you! The most important thing is to offer encouragement and support to your dancer. We will send out some guidelines as Observation Day approaches, that can help you make the most of the day. We will also give you some advice just in case your young dancer is overwhelmed with all the classroom observers.

Lost and Found / Donation Bin

The studio will keep lost items at the front desk for 3 weeks. Please check there if you have misplaced something in the studio. Unclaimed items will be periodically donated to clear space in the studio.

We also have a "Free to a Good Home" Bin located in the quiet space outside the second door to the blue studio. These are items that have been donated by our studio families and are free to a good home. Please take only what you will use.

Performance Information

Please view our Performance Handbook for important information on our performance policies and procedures.

WEBSITE BULLETIN BOARD AND CALENDAR

Please familiarize yourself with our website bulletin board and calendar located at www.dancenc.com/bulletinboard . This is a single location that you can go to check-in on information about the studio, including important information on events, performances, schedules, and more.