



Moscow Movement Arts Center

PO Box 8054, Moscow ID 83843 · (208) 301 - 8746

MEMBER HANDBOOK

2024-2025

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I. INTRODUCTION

At Moscow Movement Arts Center (M-MAC), dancers benefit from a dance-centered education program that integrates anatomy, artistry, community, a commitment to classical and contemporary practices, history, performance, technique, and terminology. M-MAC's 4-tiered curriculum is designed in alignment with physical, intellectual, and socio-emotional developmental benchmarks to support students as they ascend levels. Within our schedule of classes students will find ample opportunities to cross-train and bolster safety by building strength, flexibility, balance, and a positive learning environment that is community-centered. 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 benefits:

- Foundational technique is approached in a creative and engaging manner
- Classrooms are student-centered and emphasize process versus. product
- Progressing Ballet Technique classes are only offered at M-MAC
- Skill-based evaluations ensure your dancer is placed appropriately to support healthy development at their unique developmental rate
- Teaching faculty hold terminal degrees in dance, physical education, and communication
- Your Director has been certified in Healthy Dance Practice through SAFE in Dance International and is re-certified in PBT annually
- Classroom culture is designed around community and mutual respect and support
- Regardless of age or experience, **all curious movers welcome**

II. PROGRAMS

PRE-CONSERVATORY PROGRAM

(Ages 4-9)

The Pre-Conservatory Program comprises 3 classes--Pre Ballet, Primary Ballet, and PBT Sub-Jr. and are designed for the young and curious mover 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.

Pre Ballet

(ages 5-7)

This class is an excellent class for dancers looking to explore music, rhythm, movement, and play. Dancers will learn basic movement principles in an environment that stimulates and encourages cognitive development through color, noise, shape, counting, and personal choice making. Students will be introduced to foundational ballet concepts to support future development as a dancer and expressive individual. The driving themes of the pre-conservatory curriculum are learning ballet class etiquette, positions of the body, musicality, and coordination.

Primary Ballet

(ages 7-9)

This class is designed to reinforce a strong basic foundation and support important engagement of the torso, hips, and lower/upper body. The driving themes of this class prepare dancers for the next step into their study of technique and performance.



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Progressing Ballet Technique Sub-Junior

(Entry-level, 7+)

In this class, students will focus on engaging and activating deep muscle 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 10-18)

The Conservatory Program at M-MAC offers 3 levels to dedicated students committed to achieving technical and artistic prowess and the unique opportunity to train under professional instruction in a skill-based progression program. Students ages 10-18 benefit from a thorough exposure to the art of ballet through their study of technique, pointe work, historical context, conditioning, and performance.

Technique 1

In year 1 at this level, dancers are introduced to the standard flow of a ballet classroom through warm-up sequencing, an emphasis on the functional anatomical understanding of turnout, positions of the arms, and increased proprioception. Technique 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. In year 2 at this level, dancers are typically between the ages of 11-15 years, and have an understanding of first year learning objectives. 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 1 Year 1: | * One ballet technique class per week |
| | * One Progressing Ballet Technique class per week |
| Tech 1 Year 2: | * Two ballet technique classes per week |
| | * One Progressing Ballet Technique class per week |
| | * One PrePointe (approval required) class per week |

Technique 2

Technique 2 is composed 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. In year 2 at this level, 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 2 Year 1: | * Two 1.5 hour ballet technique classes per week |
| | * One Progressing Ballet Technique class per week |
| | * One Pre Pointe (<i>en pointe</i>) class per week |
| | * One Pointe I class per week |
| Tech 2 Year 2: | * 4 hours of ballet technique classes per week |
| | * One Progressing Ballet Technique class per week |
| | * Two pointe classes per week |



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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:

- * Three to three ballet technique classes per week
- * One Progressing Ballet Technique class per week
- * Two to three pointe classes per week

ADULT PROGRAM

(Ages 18+)

Ballet for Adults

Ballet Technique for adults welcomes any dancer (new or returning) passionate and curious about classical ballet. This class is committed to self-discovery and moving with decreased pain and risk of injury.

III. DRESS CODE

PRE-CONSERVATORY CLASSES

Creative Movement

- Light blue leotard
(available at Dance Motion in Pullman, WA)
- Pink tights (girls)/black leggings or shorts
(boys) <OR> no tights WITH ankle socks
- Pink leather soft shoes (girls)/black canvas
(boys)

Primary Ballet

- Light blue leotard
(available at Dance Motion in Pullman, WA)
- Pink tights (girls)/black leggings or shorts
(boys) <OR> no tights WITH ankle socks
- Pink leather soft shoes (girls)/black canvas
(boys)

CONSERVATORY & ADULT CLASSES

Technique 1 & 2

- Black leotard (short sleeve, long sleeve, or
1" tank strap)
- Pink tights
- Pink canvas soft shoes

Technique 3 & 4

- Black leotard (any style neckline)
- Pink tights
- Pink canvas soft shoes

Just For Adults

- Any color/style of leotard
- Any color tights, leggings, or any type of
form fitting clothes of your choice
- Canvas technique shoes
- Warm-ups and layers, welcome!

Progressing Ballet Technique

- Form fitting attire
- Layers for warmth
- Socks are optional (***no ballet slippers***)
- Hair secured in a manner that allows the
dancer to lay flat on their back/skull

HAIR: All dancers should have hair secured in a bun (if long enough), combed aside, or in a low braid for PBT. It is important for dancer visibility that hair is off of the eyes and off of the neck, ears, and décolletage.

JEWELRY: Stud earrings are permitted but all necklaces, dangly earrings, rings, etc. should be safely secured in your dance bag (or at home) during class.



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IV. EXAMPLE ENROLLMENT PLAN

Entry Level - Ballet Technique 3

1st Year		5th Year	
Fall	Spring	Fall	Spring
* Creative Movement	* Creative Movement	* Ballet Technique 1 * Ballet Technique 2 * Pointe Strength (<i>upon approval</i>) * PBT Sub-Junior	* Ballet Technique 1 * Ballet Technique 2 * Pointe Strength (<i>upon approval</i>) * PBT Sub-Junior
2nd Year		6th Year	
Fall	Spring	Fall	Spring
* Creative Movement (or) Pre Ballet	* Creative Movement (or) Pre Ballet	* Ballet Technique 2 * Ballet Technique 1(<i>en demi pointe</i>) * Pointe Strength * PBT Junior	* Ballet Technique 2 * Ballet Technique 1(<i>en demi pointe</i>) * Pointe Strength * PBT Junior
3rd Year		7th Year	
Fall	Spring	Fall	Spring
* Pre Ballet (or) Primary Ballet	* Pre Ballet (or) Primary Ballet	* Ballet Technique 3 * Ballet Technique 2 * Ballet Technique 1 (<i>en pointe</i>) * Pointe 1 * PBT Junior	* Ballet Technique 3 * Ballet Technique 2 * Ballet Technique 1 (<i>en pointe</i>) * Pointe 1 * PBT Junior
4th Year		8th Year	
Fall	Spring	Fall	Spring
* Primary Ballet (or) Ballet 1 * PBT Sub-Junior	* (Same level as Fall) * PBT Sub-Junior	* Ballet Technique 3 * Ballet Technique 2 * Pointe 1 * Pointe 2 * PBT Senior	* Ballet Technique 3 * Ballet Technique 2 * Pointe 1 * Pointe 2 * PBT Senior

V. REGISTRATION

Register online in a simple 3-step process. There is a one-time, non-refundable **Annual Registration Fee (\$25)** applied to each registering **family**. 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.

STEP 1:

From the "Schedule & Registration" tab on our website, create your Member Account via Jackrabbitt

STEP 2:

Register for desired classes

STEP 3:

Complete secure tuition payment



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VI. TUITION, ABSENCES, REFUNDS

Tuition is due on or before the 1st of each month and can be paid online, by check, or in cash. Tardy tuition directly and negatively impacts the regular operations of the business, and we want to thank you in advance for your understanding that late fees will be applied as indicated below. **Missed classes** and absence(s) are bound to occur. If you have accrued an absence, you may attend a different class within the same month to take full advantage of your tuition. Unfortunately we can not accommodate **refunds** unless it is an M-MAC initiated class cancellation.

Class Hours (per week)	Class Hours (per month)	Tuition	Class Hours (per week)	Class Hours (per month)	Tuition
45 minutes	3 hours	\$55	4 hours	16 hours	\$208
1 hour	4 hours	\$67	4 hours/15 minutes	17 hours	\$222
1 hour/15 minutes	5 hours	\$85	4 hours/30 minutes	18 hours	\$235
1 hour/30 minutes	6 hours	\$90	4 hours/45 minutes	19 hours	\$242
1 hour/45 minutes	7 hours	\$100	5 hours	20 hours	\$248
2 hours	8 hours	\$120	5 hours/15 minutes	21 hours	\$258
2 hours/15 minutes	9 hours	\$133	5 hours/30 minutes	22 hours	\$268
2 hours/30 minutes	10 hours	\$147	5 hours/45 minutes	23 hours	\$278
2 hours/45 minutes	11 hours	\$159	6 hours	24 hours	\$288
3 hours	12 hours	\$165	6 hours/15 minutes	25 hours	\$295
3 hours/15 minutes	13 hours	\$176	6 hours/30 minutes	26 hours	\$301
3 hours/30 minutes	14 hours	\$190	6 hours/45 minutes	27 hours	\$306
3 hours/45 minutes	15 hours	\$198	UNLIMITED CLASSES		\$310

Late Fee Schedule

\$5 after the 5th

\$15 after the 10th

\$30 after the 30th

\$50 if over 1 month past due

If you have experienced a change in income, please contact us to make alternative arrangements and avoid late fees

VII. 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 M-MAC.

Thank You From Our Hearts to Yours



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VIII. PERFORMING with M-MAC

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 alternates each season. Performance Fees are vital because they ensure venue reservation, costume purchasing/alterations/maintenance/cleaning, and the payment of venue staff. Performance Fees appear on your itemized monthly tuition statement for the month in which they are due, unless otherwise requested.

Fee Schedule *The Nutcracker* (September invoice)

Class / Ensemble	\$95
Demi-Soloist	\$125
Soloist	\$155
Principal	\$175

Fee Schedule *Spring Production* (February invoice)

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

Work/Study Opportunities & Scholarships

Inclusivity and accessibility are at the forefront of our value system at M-MAC, so it is important to us to offer alternative avenues that enable participation while easing financial stress. **Work/Study Scholarships** are available offering a discounted performance fee (\$45) in combination with a volunteer support role in pre-production or during production. If you are interested in participating in this program, contact our Administrator to discuss your options.

Guide to *The Nutcracker* (fall) / Guide to *Recital* (spring)

In the months preceding an M-MAC production, you will receive a “**Guide to**” including detailed production schedule, performance schedule, theatre rules and conduct, pertinent costume and hair information by role or class, volunteer schedules, etc. Please review this information closely to ensure you/your dancer(s) are prepared in advance.

IX. LOCATION and PARKING

Dancers at M-MAC benefit from the natural light in the Speed Center at Moscow Mountain Sport & Physical Therapy 904 White Ave, which also features an open floor plan, ample barre space, circulating air, restrooms, wheelchair access, and more. **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. ANTI-DISCRIMINATION POLICY

M-MAC is committed to maintaining a positive learning, working, and living environment and 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. M-MAC 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. Any individual in violation of this agreement may be asked to leave M-MAC's programming permanently.



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XI. ANTI-BULLYING/HARASSMENT POLICY

At M-MAC we value maintaining an environment of mutual respect between students, families, teachers, volunteers, and any collaborators or Guest Artists in our burgeoning dance community. Students, parents, and faculty each have responsibility for maintaining an appropriate and respectful learning and teaching 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. Any individual in violation of this agreement may be asked to leave M-MAC's programming permanently.

Class rosters are provided to the instructor with the student's legal name but we are 100% here to honor your request to address you by an alternate name and/or gender pronoun. Please advise us of this preference early in the semester so that appropriate changes to our records can be made.

XII. FAQs

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

M-MAC'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 a 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?

M-MAC utilizes a combination of evaluative measures to support student placement including age, physical/emotional/mental maturity, and skill-based assessment. To have your dancer evaluated for placement, attend Ballet 1 Technique with our Director for enrollment recommendations..

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?

M-MAC accounts for space rental and instructor wages when determining the cost of a class per student. Whenever possible we run enrollment discount period(s) and offer financial assistance to support accessibility.



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2024 – 2025 Events

June 1	New member open enrollment
August 12	First day of fall classes
August 17	AUDITION for Moscow's third civic <i>The Nutcracker</i> 10am-2pm
August 19-23	(No classes) 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
August 20	Cast list released via email
August 23	Rehearsals for <i>The Nutcracker</i> begin
September 2	(No classes) Labor Day
September 9-14	Bring a Friend Week: Earn a \$5 kickback for every friend you invite that enrolls
November 2-14	(No classes) Production period for <i>The Nutcracker</i>
November 8-9	(In-theatre) Technical/Dress Rehearsals for <i>The Nutcracker</i>
November 15-16	3rd civic production of <i>The Nutcracker</i> (3 performances)
Nov. 23-Dec.1	(No classes) Fall Break
December 14	Last day of fall classes
Dec. 15-Jan. 5	(No classes) Winter Break
January 6	First day of spring term
January 20	(No classes) Martin Luther King Jr. Day
February 3-7	Bring a Friend Week Earn a \$5 kickback for every friend you invite that enrolls
February 17	(No classes) President's Day
March 9-16	(No classes) Spring Break
May 26	(No classes) Memorial Day
June 7	<i>Alice in Wonderland</i> Spring recital for all performance classes
June 14	Last day of spring classes
July 7-11	Summer Dance Intensive (Intermediate, Advanced, and Adult)
July 14-18	Christmas in July Dance Camp (all levels welcome)
July 19	Christmas in July Fundraiser

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Your Home for Classical Ballet on the Palouse

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