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WELCOME

Welcome to The University of Iowa Youth Ballet and School of Dance, a nonprofit organization that stands as a superior community outreach program, training aspiring dancers within Iowa City and surrounding communities.

MISSION

The University of Iowa Youth Ballet and School of Dance strives to serve the people of Iowa by providing high-quality outreach that enriches lives by encouraging and nurturing artistic expression and fostering the love and teaching of movement.

We are committed to providing excellent, technique appropriate, and challenging classes for all ability levels across dance disciplines. We are dedicated to developing strong, well-rounded, dancers and teachers of dance.

ABOUT

Since its establishment in 1972 as Dance Forum, the program has developed a curriculum that is focused on building technical strength, stamina, and ability as well as nurturing artistic development.

While the school's academic ballet programs are designed with the serious ballet student in mind, UIYB attracts students of all ages, with varying degrees of interest and abilities.

UIYB faculty includes distinguished instructors and choreographers as well as current and former dancers from major companies worldwide.

We welcome talented students, faculty, and staff from diverse backgrounds. The school does not discriminate on the basis of race, color, gender, religion, national or ethnic origin in its admissions procedures, employment policies or the administration of its programs and activities.
FOUNDER

Jeannine Marie Symmonds

Mrs. Symmonds graduated with honors with a degree in dance from Indiana University in 1979 and received her MFA in Dance from the University of Iowa in 1990. Mrs. Symmonds was a principal soloist with the Louisville Ballet and a featured soloist with The University of Iowa Dance Department.

In 1999, as dance education administrator for the Dance Forum, Mrs. Symmonds gave structure and vision to the formation of The University of Iowa’s Youth Ballet. While she was passionate in her love for teaching classical ballet, she was adamant that it be taught in an environment that was healthy and encouraging. It is this vision that remains the motivation behind The University of Iowa’s Youth Ballet and School of Dance program. Mrs. Symmonds lost her battle with cancer in 2003, but leaves a legacy of love for dance and youth in this program.

REGISTRATION

All students must be formally registered prior to attending any classes at UIYB. The registration process includes completion of registration form and the payment of the annual registration fee and tuition for the semester study.

The UIYB program follows the University of Iowa’s semester schedules. There is a sixteen week fall session, sixteen week spring session, and a six week summer session of dance classes. Registration takes place two weeks prior to the start of the session. Registration forms are available online, in the main office of Halsey Hall, or by mail if the recipient is a current student.

New Ballet Students are required to take a placement class. Please contact the UIYB office to schedule a placement appointment. Students will be informed of their class level after this placement class.

Family discount UIYB offers a 10% discount for families with 2 or more family members attending classes.
THE SCHOOL

YOUTH BALLET
The school’s Youth Ballet Program consists of five levels of ballet technique, prepointe classes, and pointe classes. Each is intended to challenge students and support their physical, mental, artistic, and emotional development consistent with that level.

YOUTH BALLET SCHOOL OF DANCE
The School of Dance program promotes early childhood development with a focus on clarity of position and quality of movement. It also offers the adult student, ages 13 and older, the opportunity to pursue recreational dance for physical fitness or recreation in a fun, energetic, and artistic environment. The various classes encourage coordination, strength, flexibility, and muscle tone.

PROGRAMS

YOUTH BALLET
A complete classical ballet curriculum is offered for students ages seven and up. The curriculum focuses on proper skeletal alignment, posture, strength, stretch of the legs and feet, fluid arm carriage, and flexibility and musicality.

Students progress through the levels as through grades in school. However, all students move at different rates. While some may spend more than two years in one level as the mind and body learn to work together, others may progress much faster. It is only after the student has learned the ballet technique appropriate for each level and after the student’s body has become strong enough for these movements that the student is moved to the subsequent level at the discretion of the instructor. Advancement is based on ability, not age. Indeed, the primary levels are the most important levels in ballet and should not be rushed through.
YOUTH BALLET

LEVELS

Level 1A
The entry level into the UIYB Program. Students in this level are seven years old. In this class, they learn the basic ballet positions, the progression of a standard ballet barre, and the French vocabulary that makes up ballet. These students also move into beginning center work, away from the support of the ballet barre. Class meets for one hour per week.

Level 1B
A continuing level, building upon Level 1A concepts. This level is designed for second year students and older beginning students starting their study with UIYB.

Level 2A
Students must be able to stay focused for the duration of this 75 minute ballet class. They should not be a distraction to others and be able to understand and to perform with greater consistency and proper alignment at the barre. This class meets twice per week for 75 minutes.

Level 2B
At this level, students are beginning to use port de bras and head movement (epaulment) to refine earlier material. In addition to the incorporation of more ballet jumps and center vocabulary, simple pirouette combinations are taught as well. This class meets twice per week for ninety minutes.
YOUTH BALLET

LEVELS

Level 3
Moving into this level implies that the dancer has a strong sense of ballet alignment as well as their standing leg. They should be able to maintain placement during the entire class. This level generally takes two to three years to complete. Stamina will be built while maintaining clean lines and placement. Dancers will also show greater independence in taking a correction and applying it. Double pirouettes are a mark of readiness to advance to Level 4. This class meets three times per week for ninety minutes.

Level 4/5
Placement at this level is earned through hard work, determination, and discipline. Students at this level should have sufficient technical knowledge and confidence to attempt execution of more advanced/complex steps and stylistic details (i.e. multiple pirouettes, tour jete, petit allegro with beats, and head/arm coordination and expression). Five classes per week are offered. It is strongly recommended that students at this level invest a minimum of six hours of ballet training per week.
PROGRAMS continued

YOUTH BALLET

LEVELS

Pre-pointe
Those students ages eleven and older who have achieved technique and upon recommendation of their instructor may participate in pre-pointe class. This class meets once a week with the pointe students. Pre-pointe students take the pointe class in their ballet shoes. This is a one hour class.

Pointe
This sixty minute class follows the Ballet 4/5 class three times per week. It is recommended that pointe work is taken at least twice a week to maintain strength.

SCHOOL OF DANCE

PRESCHOOL AND CHILDREN'S DIVISION

This division introduces students to the world of dance through music and movement. Creative movement and ballet fundamentals for young students are tailored to meet the developmental needs of children according to their age. Director Kathryn Smith developed the progressive curriculum for this program. The syllabus introduces students to basic movement exploration and develops into a more structured study of classical ballet. Creativity is emphasized to encourage the artistic exploration of movement and allow the child’s natural talent and skills to be discovered.
SCHOOL OF DANCE

PRESCHOOL AND CHILDREN'S DIVISION

Wee Dance
This is an introduction to the art of dance in a nurturing environment ideal for children ages two to three years of age. Parents or caregivers attend and are participants. Imaginative exercises present an outlet for active minds and bodies. Through the use of shakers, scarves, balls, and beanie babies, children will experience the pure joy of movement! Class is thirty minutes.

Creative Movements Levels 1-3
In progressive levels, children ages four to six develop increased body awareness, gross motor skills, and phrasing while giving imagination a time to flourish! Classes begin with warm-up exercises and stretches that develop flexibility and posture. Class then moves on to center floor exercises to develop balance, rhythm, and coordination. Creative Movement 1 and 2 are thirty minute classes while Creative Movement 3 is a forty-five minute class.

Pre-ballet
A prelude to formal ballet instruction, students age six will develop a foundation for ballet technique in a learning environment that fosters a love for dance and music. Students begin to learn French vocabulary, exercises that introduce “ballet barre” and proper ballet etiquette in a non-competitive atmosphere. It is a forty-five minute class.
Beginning Tap/Jazz
An introduction to the terminology and movement of tap and jazz, students ages seven through eleven will explore the fundamentals of moving and stretching while learning to incorporate performance skills needed in dance. This class is intended to enhance the beginning student's flexibility, coordination, balance, and serves as an introduction to musicality.

Continuing Tap/Jazz
This class is designed to be a further exploration of the terminology and movement learned in the Beginning class. Students ages eight through eleven should have mastered the basic movement fundamentals of both tap and jazz before advancing to this continuing level, including an increased flexibility, higher attention rate, and an enhanced sensitivity to musicality and performance skills during class.

TEEN AND ADULT DIVISION

We offer the unique opportunity for teens and adults to begin or continue their dance training in an environment that challenges and encourages them to explore their movement potential.

Contemporary Modern
This is a ninety minute class that shares similar terminology as well as a similar structure to ballet. It is a more relaxed and free style of dance that works in both parallel and turn-out. It is a dance done in bare feet. The technique uses both flexed and pointed feet, a non-balletic port de bras, incorporates breathing at specified times, and uses a falling technique.
PROGRAMS continued

SCHOOL OF DANCE

TEEN AND ADULT DIVISION

Beginning Ballet
This ninety minute class has the same structure as ballet class for children: barre to warm up and center to move. Adults learn differently than children. They tend to learn by analysis and repetition. Class may be more aerobic, with fewer stops so that muscles stay warm. Ballet provides a great workout, with lasting benefits of toning, lengthening, and stretching.

Continuing Ballet
This class is designed for teens and adults who have completed the beginning ballet class and who are ready to move to greater ballet vocabulary and phrases. It is a ninety minute class.

Beginning Jazz
Jazz dance has developed into a variety of forms. Regardless of form, this technique emphasizes both isolations and suspension.

Continuing Jazz
This is a fast paced, ninety minute class designed for the intermediate level dancer. Multiple turns and a variety of leap combinations will be added to the jazz vocabulary established from the beginning jazz course.

SUMMER PROGRAM

UIYB offers a six-week summer program, offering classes in creative movement; preballet; ballet; children’s tap and jazz; and adult classes in ballet, modern, and jazz.

Summer Ballet Workshops are available for children ages 5-10.

A Summer Dance Intensive is offered for students at an intermediate level for ages 10-17.
ATTENDANCE

Ballet study is progressive and is built upon careful repetition of movements. It is with the systematic repetition of exercises that the body begins to develop strength and fluidity. Not unlike other athletic disciplines, the desired mastery of movement is sought through multiple practice sessions. As a community program, UIYB does NOT require a student to attend multiple classes per week to be a part of our program. However, we strongly recommend multiple ballet technique classes per week as a proven method of ballet achievement.

Recommended Number of Classes

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>RECOMMENDED Classes per Week</th>
<th>OPTIONAL Additional Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Ballet</td>
<td>ONE</td>
<td>-</td>
</tr>
<tr>
<td>Ballet 1A</td>
<td>ONE</td>
<td>-</td>
</tr>
<tr>
<td>Ballet 1B</td>
<td>ONE</td>
<td>-</td>
</tr>
<tr>
<td>Ballet 2A</td>
<td>TWO</td>
<td>Level 1B</td>
</tr>
<tr>
<td>Ballet 2B</td>
<td>TWO</td>
<td>Level 2A</td>
</tr>
<tr>
<td>Ballet 3</td>
<td>THREE</td>
<td>Level 2B</td>
</tr>
<tr>
<td>Ballet 4/5</td>
<td>FOUR</td>
<td>Level 3</td>
</tr>
</tbody>
</table>

Makeup Classes

In the event of an absence, students may makeup up to four classes per semester if the instructor is notified in advance. Students may attend a makeup class at the same level or lower. Please call the office with a notice of any absences and makeup classes.

Late Arrival

If a student is more than ten minutes late, he/she will be asked to observe the class. This is a dance department policy to avoid injury.
POLICIES

ADVANCEMENT

A student is advanced to the next level when he/she has learned the techniques appropriate for that level and when the student’s body has become strong enough to accomplish these movements. In this way, the student begins to assimilate the layers of knowledge that form the foundation of ballet. Indeed, the primary levels are the most important in ballet and should not be rushed through. An evaluation is done for each student in Level 1A through Level 5 in the spring. Students are also evaluated by ballet faculty for pre-pointe classes and will be notified individually of their advancement.

Regardless of class type or level, all students are advanced at the discretion of the instructor.

CLASS CANCELLATIONS

Week day classes are cancelled if Iowa City Public Schools cancel. An announcement will be placed by 3:00 PM on weekdays and by 8:00 AM on Saturdays on the UIYB phone line should class cancel. Any class cancellation due to inclement weather will also be listed on KCRG TV news, kcrg.com, and thegazette.com. ALWAYS call if you are unsure.
POLICIES continued

OBSERVATION
Unless otherwise communicated by the instructor, parents may observe the first and second to last classes of the session.

PHOTOGRAPHY
Permission for class photography must be given by the instructor. Students or guardians must sign a release form for photos to be taken. No videography of classes is permitted.

DRESS CODE
Female students enrolled in the Youth Ballet Program or Pre-ballet must have long hair pulled up and secured in a bun. They must wear pink tights, pink ballet shoes, and the leotard color that corresponds with their class level. We have carefully chosen the most appropriate color for class study and ask that you are adhere to the color and style of the student’s level. Although the chart below lists the proper color leotard for each class, UIYB reserves the right to make changes to this chart. The appropriate leotards may be purchased from National Dance Academy at either of their locations.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>LEOTARD COLOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Ballet</td>
<td>Ballet Pink</td>
</tr>
<tr>
<td>Level 1A</td>
<td>Lavender</td>
</tr>
<tr>
<td>Level 1B</td>
<td>Light Blue</td>
</tr>
<tr>
<td>Level 2A</td>
<td>Candy Pink</td>
</tr>
<tr>
<td>Level 2B</td>
<td>Raspberry</td>
</tr>
<tr>
<td>Level 3</td>
<td>Ultra Violet</td>
</tr>
<tr>
<td>Level 4</td>
<td>Navy</td>
</tr>
<tr>
<td>Level 5</td>
<td>Black</td>
</tr>
</tbody>
</table>
POLICIES continued

DRESS CODE

**Male students** must wear black or blue shorts, a plain white T-shirt, white socks, and black ballet shoes.

**Wee Dance and Creative Movement students** must wear comfortable clothing and may have bare feet.

**Tap and Jazz students** have no dress code, but they must have tap and jazz shoes.

**Contemporary Modern students** must come to class in loose fitting and comfortable clothing with bare feet. Aside from those enrolled in the Contemporary Modern class, teen/adult classes have no dress code.

PERFORMANCE POLICY

The Hancher box office and UI Dance technical theatre staff have asked that the house be cleared prior to performance so that the technical prep can be accomplished. Audience members, including parents, will not be allowed to enter the theatre until the house manager opens the theatre for the public.

At the beginning of the semester, those students who intend to perform in the concert will be asked to sign a statement of intent along with their parents.
REQUIREMENTS FOR PERFORMERS IN YOUTH BALLET
LEVELS 2-5

UIYB requires performing students to adhere to the following higher expectations for attendance:

**Levels 2A and 2B** – must attend 2 weekly ballet technique classes

**Level 3** – must attend 3 weekly ballet technique classes

**Level 4/5** – must attend 4 weekly technique classes. Three of these classes must be ballet technique. The fourth class may be from one of the following: pointe, pre-pointe, modern, body conditioning, or jazz.

Rehearsals do not count as a required class. If schedules do not allow for students to attend their assigned leveled class during the week, they are encouraged to take a lower level class. Please contact the Youth Ballet Administrator with any questions.

In addition, students must not miss more than two classes, must attend all scheduled rehearsals during tech week, and must be able to take part in all performances. If unforeseen circumstances prevent a student from being able to do so, the Artistic Coordinator and UIYB office must be informed immediately.
PERFORMANCE OPPORTUNITIES

There are two performing opportunities per year for qualifying students. Students perform in Space Place Theater, a 220 seat performing space located in North Hall on the University of Iowa campus.

The Winter Concert, generally held the third week of December, is open to ballet dancers in Levels 1A - 5.

The Spring Concert, generally held the second weekend of May, is open to Pre-Ballet students, Ballet students, and dancers enrolled in the School of Dance technique classes.

REHEARSALS

All UIYB rehearsals are separate from technique class. Ballet Levels 1 – 2 and School of Dance begin rehearsal eight weeks before the concert date. Levels 4/5 and Pointe students begin rehearsals at the beginning of each term.

Students will be notified of the rehearsal fees at the beginning of each semester.

Instructors ultimately determine the number of rehearsals needed for their piece.

COSTUMES

Costumes are provided by UIYB at no cost. Dancers are responsible for the costumes while they are wearing them. They are also responsible for providing their own tights and shoes.

Female Dancers – pink seamless tights and shoes

Male Dancers – white or black tights and white or black shoes

Students should not sit in costumes or eat or drink while in costume.
GENERAL INFORMATION

FACILITY

UIYB is housed in Halsey Hall, sharing the spacious studios with the University of Iowa Dance Department. With its marley floors, high ceilings, and abundant natural light, Halsey Hall provides an inspiring and professional dance space, making it the finest dance facility in the state of Iowa.

Location: Halsey Hall is on the corner of Madison and Jefferson Streets. Parking is available in the IMU parking ramp next to Halsey Hall.

Arriving and Departing: There is short term parking in front of the IMU and ramp parking is available in the IMU parking ramp. It is illegal and unsafe to park in front of Halsey Hall on Jefferson St.

MASTER CLASSES

The UIYB has the distinct privilege of sharing guest teachers and faculty with the University of Iowa’s Department of Dance. Each Fall and Spring a ballet faculty member teaches a Master class for our upper level ballet students.
GENERAL INFORMATION

DANCE AS A PHYSICAL CRAFT
Dance is learned through the body. In the teaching and learning process of this art form, it is recognized that physical touching for the purpose of correction is necessary. Please contact the UIYB office if you have any questions or concerns.

NONDISCRIMINATION STATEMENT
The University of Iowa prohibits discrimination in its educational programs and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, sexual orientation, gender identity, or associational preference. The University of Iowa values diversity among its students, faculty, and staff and regards to the Equal Employment Opportunity and Affirmative Action as tools to achieve diversity. The University believes that a rich diversity of people and the many points of view they bring serve to enhance the quality of the educational experience at The University of Iowa.