



forevermore

DANCE & THEATRE ARTS

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Welcome To *forever*more

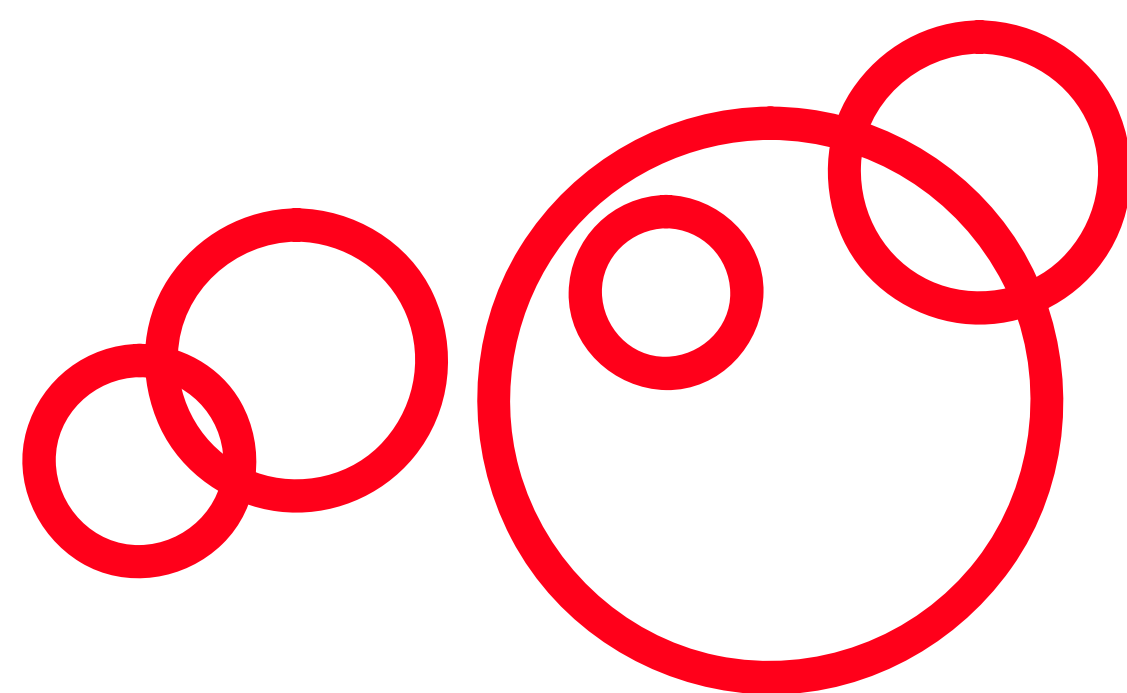
THE BEST PLACE FOR YOUR CHILD'S FIRST ARTS EXPERIENCE

When your child starts a new activity or joins a new center, it can be overwhelming. You want to be certain your child will enjoy the experience and grow from it. You want to be sure your child takes advantage of every opportunity and that you don't miss a thing. That's why we created this Parent's Guide to Forevermore Dance & Theatre Arts. We want you to know all the wonderful possibilities that await your child and your family here. Before we begin, we'd like to share some of our core beliefs with you. These will help you understand more about why we exist and what we aim to accomplish with students, as well as lay the foundation for much of what you'll find in this handbook.

MORE THAN JUST GREAT DANCING™

Our motto articulates our desire to teach great artistic skills and even greater life skills. To that end, we believe the arts (and our center) should be: • Positive • Fun • Uplifting • A gateway to expanding your child's world • Grace-filled (in movement and in character) We also believe kids should be kids. You can count on us to provide age-appropriate choreography, music and costumes.

- Youth Protection Advocates in Dance (YPAD) — Forevermore recently became a YPAD certified center. YPAD's mission is to keep youth happy, healthy and safe in dance.
- Arts Achievement Awards — At our spring productions each year, Forevermore recognizes students who are graduating from our children's program, have reached their 5 year milestone, 10+ year milestone and our graduating seniors.
- Community Service — We introduce students early on to opportunities to share their gifts and talents with the community through our...



YOUR CHILD'S JOURNEY

in the arts At Forevermore, we pride ourselves on teaching great technique, but we work equally as hard to teach kids to lead balanced and successful lives in the arts, academics, and community. As you become more involved in our center, you'll find tangible ways in which we fulfill this goal. More Than Just Great Dancing™ is a licensed dance studio affiliation program that has a positive impact on over 120,000 dance students around the globe each week. We continue to apply all that we have learned from this organization throughout our communities of dance, music, theatre and acro. Just as each child is unique, so, too, is their Forevermore journey. Some will stay with us through early childhood, some through middle school, and some through their senior year. Some will study for fun and friendship; others will find a career in the arts. Forevermore has something for each student. Whatever the case for your child, they will have Forevermore's support and guidance available to them throughout their journey—guidance that will gradually lead them to take over the reins as they approach adulthood.

**"We don't
train
students to
create
great
artists,**

**we train in
the arts to
create
great
kids!"**

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YOU'VE MADE A GOOD DECISION

Science Reveals the Benefits of the Arts

The Arts Improve Academic Performance

According to the National Endowment for the Arts, students who regularly participate in the arts (includes dance, theatre & music):

- Earn higher GPAs overall (and especially in math) over their nonparticipating peers
- Are more likely to complete calculus
- Earn higher test scores on SATs and particularly in science and writing
- Perform better in math and science competitions
- Enroll in 4-year colleges, earn mostly As in college and complete bachelor degrees

Additional research from the National Assembly of State Arts Agencies show that "Arts participation and SAT scores co-vary—that is, they tend to increase linearly: the more arts classes, the higher the scores."

The Arts Improve Physical Fitness

The National Dance Education Organization reports that regular dance & theatre classes:

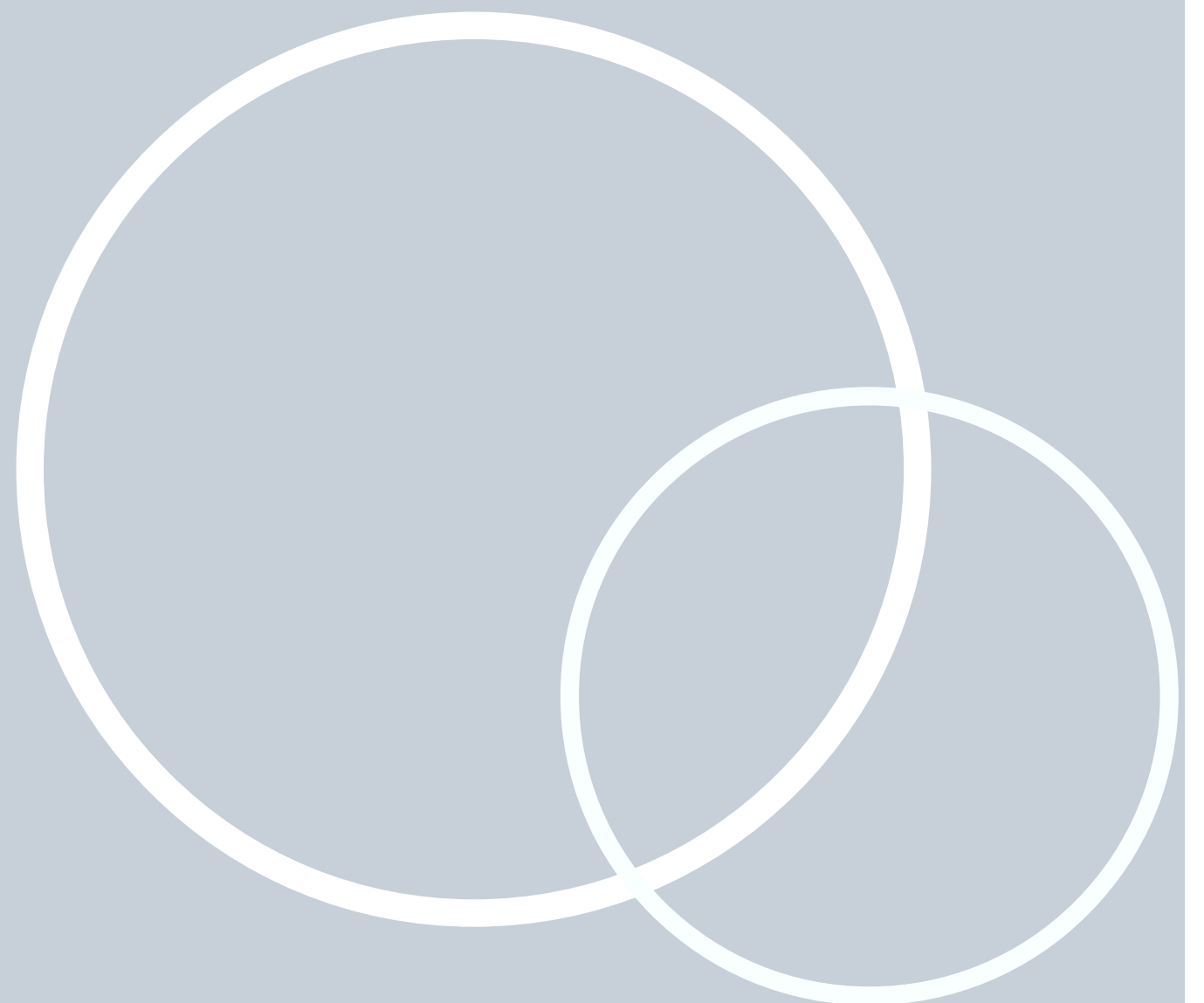
- Involve a greater range of motion, coordination, strength and endurance than most other physical activities.
- Increase a child's flexibility, range of motion, physical strength and stamina and improve posture, balance, coordination and overall cardiovascular health.

The benefits of the arts have been the subject of much research in the past 20 years, and that research has unveiled a wealth of benefits, from intellectual and social to mental and physical. If you're looking to boost your child's confidence, fitness level and mental well-being (and possibly to save the world), consider what the research has shown.

The Arts Improve Social and Mental Wellbeing

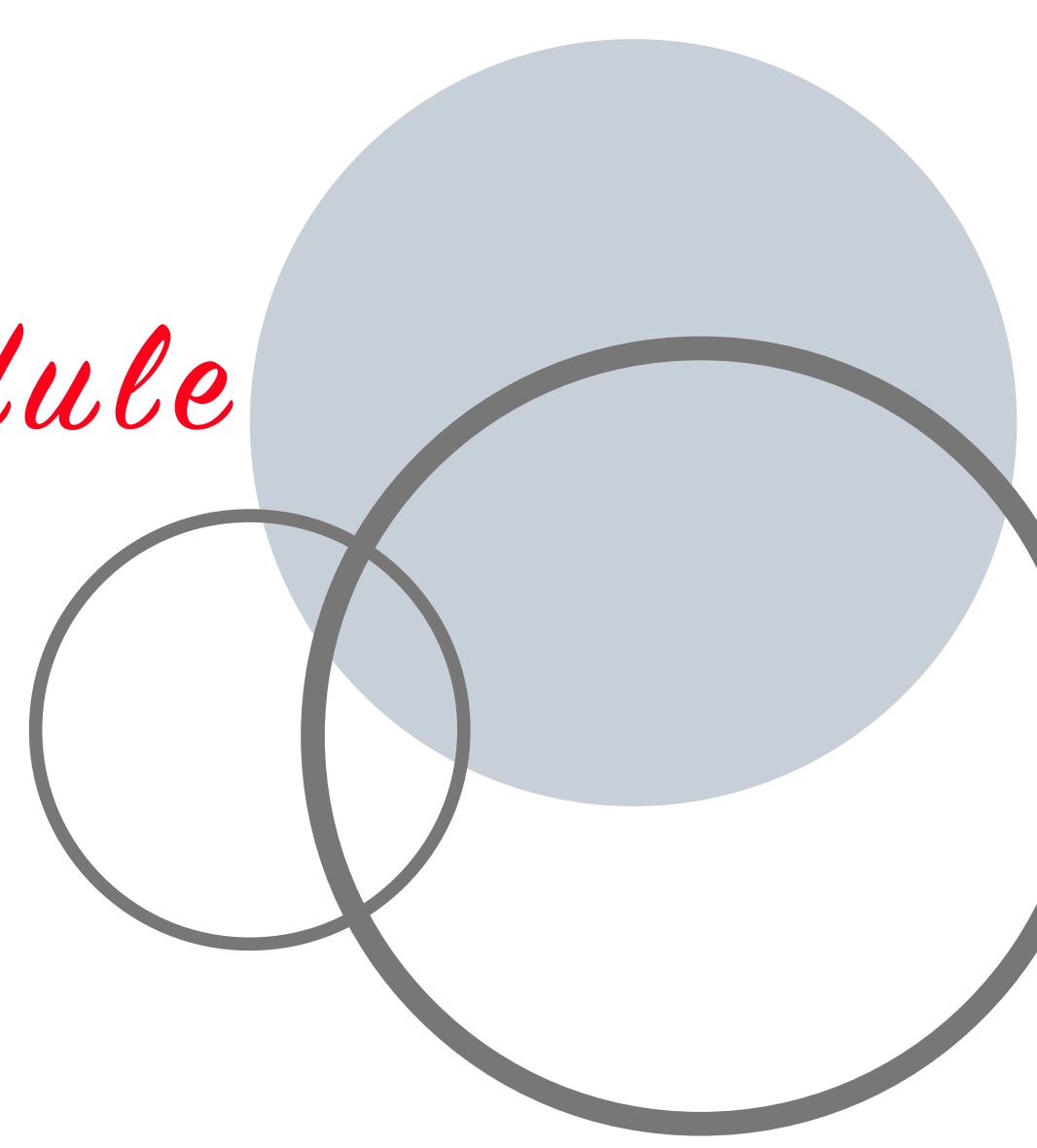
The arts also offer a host of social and emotional benefits, especially helpful in adolescent years:

- According to a study published in the International Journal of Neuroscience, the arts significantly changes serotonin and dopamine levels (feel-good hormones), improving depression, anxiety and mood while reducing interpersonal sensitivity, relieving tension and improving self-esteem.
- The arts also foster social encounters, interaction, cooperation and communication. As research continues, the evidence shows that the arts benefit the whole child: mind, body and spirit.





Forevermore Schedule



The Forevermore Season

The Forevermore Season is year-round. Fall classes begin the week after Labor Day each year and end in the middle of June. Summer classes run for 6 weeks over the summer.

Summer Classes

Intensives and camps are offered throughout the summer months. Offerings are posted at the end of winter on the website and via our Weekly Wednesday newsletter.

Absences

If your child will miss a class, please notify our instructors and administrative staff by submitting it through our online form on our website.

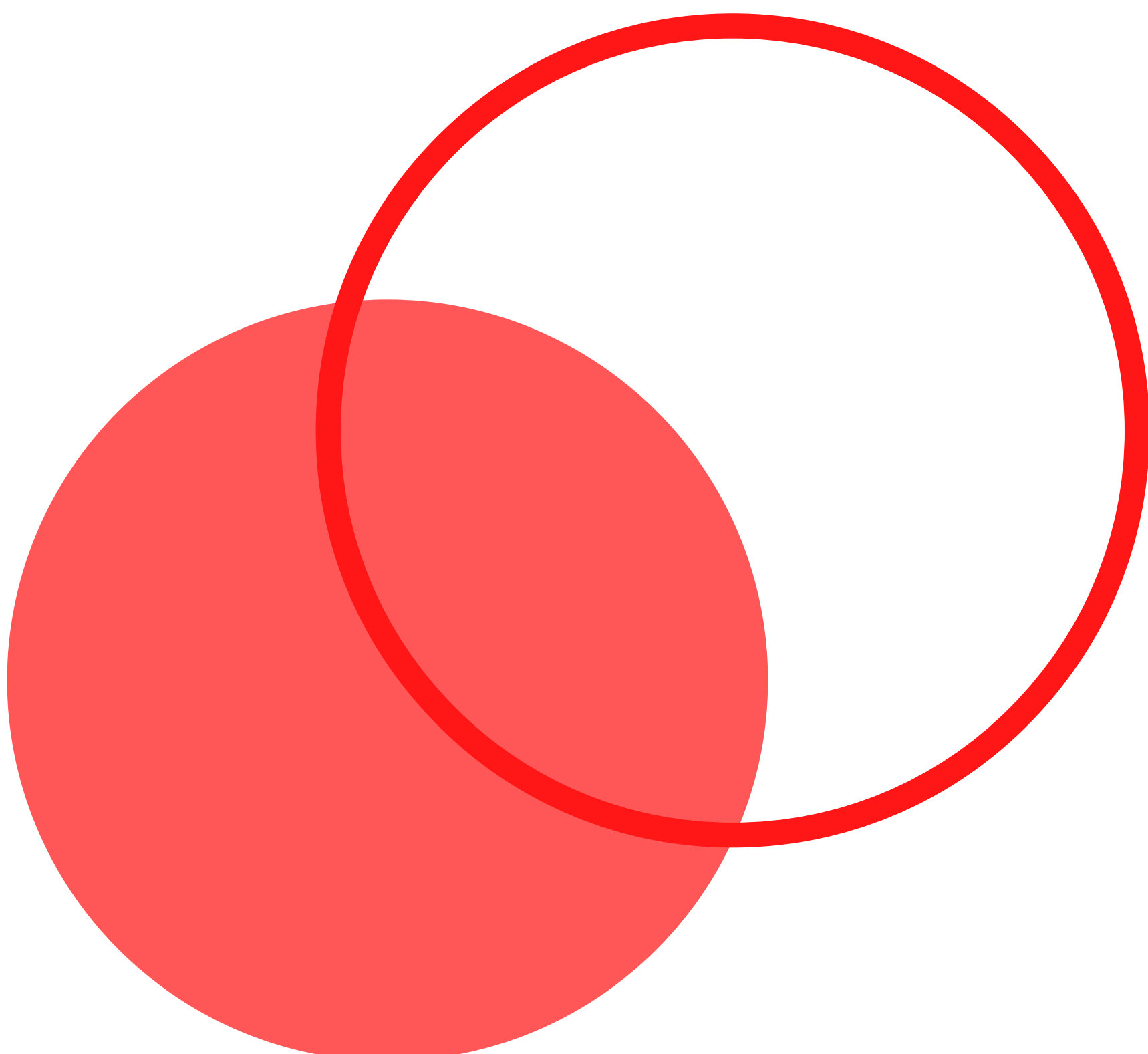
The Forevermore Calendar

Forevermore's Calendar is available on our website at www.forevermorearts.com. Please make yourself familiar with our holiday closings on the Calendar on our website.

Inclement Weather

We have procedures in place to alert you should we encounter unsafe weather. If classes must be canceled due to weather, we'll alert you with an email, text, and a post to our Facebook page by 2:00 p.m. (or 8:00 a.m. for morning classes).

Please note that we do not necessarily follow school closings for winter weather, as roads are often cleared by the time classes begin. Any canceled classes may be made up on your schedule from our regular roster of classes. In the event no make-up classes are available, a replacement class will be scheduled.



All About Classes

Preschool Program

12-14 months

Forevermore's preschool classes are designed to enhance gross motor coordination, listening skills, musicality and nurture imagination. Each class includes developmentally appropriate instruction through the use of music, props, and dance. Dancers have onstage performance opportunities in our Holiday Recital (select classes*) in December and the annual Recital in June.

Children's Classes

Kindergarten & 1st Grade

With a focus on fun and friendship. Forevermore's K-1st Grade Program is the perfect opportunity for the early elementary school-age dancer to grow in confidence as they learn technique basics. Dancers have onstage performance opportunities in our Holiday Recital (select classes*) in December and the annual Recital in June.

Children's Program

2nd & 3rd Grade

By the time students are 1st, 2nd and 3rd Graders, they are ready to "Begin and Build" foundations in proper dance technique in addition to the fun of music and movement! Dancers have onstage performance opportunities in our Holiday Recital (select classes*) in December and the annual Recital in June.

mommy & me™

FREE Community Class
offered the first Saturday
of each month 9:00-
9:30am. Ages 12-24
Months.

Tippy Toes™ Ages 2-3

Tutus & Bowties™ Ages 3-4

Tiny Tappers™ Ages 3-4

Tiny Tumble™ *Non-performing class
Ages 3-4

Fairytale Ballet Ages 3-4

Kidlets™ Kindergarten

Taplets™ Kindergarten

Kidance™ 1st Grade

Kid Tap Tap Tap™ 1st Grade

Hippity Hop™ K & 1st

Storybook Ballet K & 1st

Drama Kids™ K & 1st

ACRO™ *Non-performing Class
K & 1st

Beginning

1st Grade with Past Experience & 2nd Grade

Beginning BALLET™ Beginning JAZZ™ Beginning TAP™

Building

2nd & 3rd Grade

Building BALLET™ Building JAZZ™ Building TAP™

Specialty Classes

Modern Dance

Musical Theater™

Hip Hop

ACRO™ *Non-performing Class

All About Classes

Ballet Academy & Dance Techniques

These classes are for dancers age 9 and up who love to dance. Experience is required. Advancement is based on correct placement, skill mastery, and instructor recommendation—not by age which means all classes have a variety of age levels. Students spend an average of two years at each level before mastering the skills to advance. Students receive annual skills tests. Ballet students take an additional vocabulary test.

In-class evaluations happen in April, where instructors will ask your dancer to perform specific skills. Evaluations help us determine whether a student is ready to move to the next level or would be better served by staying at the current level.

Level Recommendations

Once your child is in graded levels, you will receive an email with recommendations for classes for the next year that are designed specifically for your child. While students may at times be disappointed to see a friend advance when they don't, it's critical to your child's physical well-being and safety to place them at the appropriate level. You may find times when your child remains at a given level as friends advance or your dancer advances as friends remain at the current level. We encourage all to respect each child's developmental pace.

Ballet[™]

Jazz[™]

≥TAP≤[™]

*Modern*Dance

hip hop

MusicalTheater[™]

ACRO[™]

*Non-performing Class

Why Graded Technique Levels Matter

Dance is often viewed as simply an art form, which it truly is. But ask any dancer and they'll tell you they're athletes just as much as they are artists. Performing their art requires skill, muscle control and endurance. That's why technique matters and is so fundamentally important throughout their dance experience.

Technique Serves 3 Primary Functions:

- It prevents injuries by instilling correct formation, positioning and execution of movement.
- It builds strength, allowing dancers to leap further, jump higher and endure longer.
- It increases flexibility, which reveals itself in longer lines and more agile movement.

When you put it all together, dancers find that with solid technique they move more efficiently while also expressing themselves more fully. Proper technique allows dancers to perfectly pair their fierce athleticism with their emotions and creativity to create true art.

- What's the best way to develop and maintain good technique? It all comes back to ballet and the building blocks of movement. Think of the basic plié, for example. Virtually every movement—from takeoff to landing—in jazz, lyrical, contemporary and modern dance—begins and ends in that one position. Ballet technique teaches proper alignment of feet, knees, hips and spine and creates muscle memory to ensure beautiful form, extension and lightness.
- So the next time, you're wondering why most dance teachers and studios push ballet in addition to the dance style your child loves most, remember it's only because they want to keep your dancer injury-free and capable of mastering the movements appropriate for their level.
- Think of it this way: technique creates the dancer while choreography creates the dance. You wouldn't want one without the other.

Forevermore Communities & Programs

Our diverse teaching team at Forevermore allows us to provide several art forms and specialty classes.

Private Lessons

Students who are looking to refine technique or master new skills may also schedule private lessons. Private lessons begin at \$33 per half hour and vary by teacher. Please keep in mind that if you must cancel a private lesson, be sure to do so as far in advance as possible. We can only reschedule private lessons that are canceled with more than 24 hours notice.

Teaching Assistant Program

Our Teaching Assistant Program is a year-round, leadership based group designed to provide your child with tools to lead a room full of eager dancers by teaching them More Than Just Great Dancing! These tools are not only necessary for a future dance teacher within Forevermore, but useful outside of the classroom in any employment opportunity. Our hope is that our DTTE group can take these tasks and apply them to any future leadership opportunity. At Forevermore we like to unveil leaders and want to continue adding value and investing in their lives. Through this experience, Teaching Assistants will further develop and learn leadership skills inside Forevermore Culture.

Parent Participation Week

One of the most memorable weeks of the year is our Parent Participation Week. This is a chance for you to experience firsthand what your child is working on in classes, get to know their instructors and see just how much fun and learning happens in every class. If you aren't able to attend, feel free to invite another adult (grandma, grandpa, family friend, etc.) to your child's class so the experience can be shared. Parent Participation Week is a time for the students to spend time with someone special to them, sharing the gift of the arts. Please help us by choosing one family member to share this special time. Be sure to wear something comfortable to move in.

Summer Classes

Forevermore also offers summer programming to keep students strong throughout the season and to introduce them to renowned guest artists. You'll find:

- Six-week Stay Strong and specialty technique classes
- Master classes
- Workshops
- Summer Theatre Production

Attendance

Regular attendance is vital to student progress and group choreography, so please make every effort to attend each class. Your child may make up missed classes with proper notice given. Please note that if your child misses more than two of the final eight classes before a production, your child may be dismissed from participating in the production at the discretion of the instructor. If your child will miss a class, please report it through the online parent portal on our website.

Forevermore is YPAD Certified

YPAD stands for Youth Protection Advocates in Dance. YPAD is dedicated to building empowered dance communities and keeping kids healthy and safe in all dance environments.

YPAD-certified centers commit to the highest standards in areas such as movement, costuming, music and concept choices, physical environment safety standards, nutrition, social media literacy and conduct employee/contract background checks, among other things. YPAD certification is backed by doctors, specialists, and evidence-based research.

Enrollment

WHEN & HOW

For your convenience, we offer easy online enrollment through our website. We will email/text you to let you know specific dates and times enrollment will open.

The schedules for classes become available about a week before enrollment.

Insider Tip

Act fast. Some Forevermore classes are very popular and fill quickly, sometimes even within 30 minutes of the time enrollment opens. Seasoned Forevermore parents know and are usually at the computer ready to sign up the minute enrollment opens to ensure they secure their desired class schedule.

5 Quick Tips For New Arts Parents

If you've just enrolled your child in the arts for the first time, both you and your child are in for a treat. The arts helps develop discipline, responsibility and respect. It boosts self-esteem, teaches teamwork and helps develop wonderful friendships—not just for your child but for you, too.

But we know: it's a little overwhelming when you step inside the center for the first time. That's why we've developed these five quick tips to help you and your child get off on the right foot.

1

Label everything, and we mean everything. Get a Sharpie and write your child's name inside their shoes, bags, waterbottles and labels on their leotards and tights. One look at the lost and found at virtually any center will tell you why that's essential.

2

Stock up on twice—no, three times—the number of hairnets and bobby pins you think you'll need. The hairnets will save you hours of frustration in achieving the perfect bun, and the bobby pins will perpetually disappear. Later, of course, you'll find them on the floor of your car, the bottom of your child's bag and too many other random places to mention.

3

Befriend other parents. Seriously, other Forevermore parents can become life savers, especially when your child needs a ride to or from the center, when production time arrives and definitely should your child join a performance company.

4

Trust the teacher. We all know our children are exceptional, special little people. So do the teachers. They want your child to have fun, be safe and learn a thing or two—if not about the arts, then about life. As parents, we need to respect their expertise, even if it means they don't advance your child to the next level. They've seen too many times the injuries and other difficulties that come when children advance at a pace that isn't right for them.

5

Remember it's your child's activity. It's tempting as parents to project our own hopes and dreams onto our children, but we also know the importance of letting them experience their own journey. So you want a dancer, but it turns out your child has a gift for theatre. Let your child do theatre. That's the best way to instill a love for the activity and ensure your child gets all the benefits the arts can offer.

Any questions along the way? Find that Forevermore parent who's been around for a while. The parents of children who've been at the center a while are happy to take newbies under their wings. And you may just end up with more BFFs yourself.

Tuition

A Few Important Reminders About Tuition

- Tuition rates are for the full season (September–June, including center holidays), not by the number of classes in the month. A full season of Forevermore includes a minimum of 35 lessons. Tuition fees are paid monthly or annually.
- At the time of enrollment, payment is due for an annual membership and the current month's tuition. Monthly tuition (September–June) must be paid by automatic bank account debit or automatic credit card payment.
- Accounts not paid within terms are subject to accruing a 10% monthly finance charge until paid. Accounts more than 60 days past due maybe Submitted To collection services.
- Production costumes will be paid by automatic bank account debit or automatic credit card payment in 2 installments Oct 1 & Dec 1.
- NSF on paper checks, auto-debit from bank accounts, or auto-charge credit card payments will incur a \$25 NSF fee which will be added to your account along with the tuition.

Refunds

Forevermore offers refunds only when we must cancel a class due to low enrollment.

Discounts

- Save 5% on regular season tuition by paying in full upfront.
- Receive a \$100 tuition credit for each Forevermore dancer you refer when they register for classes.

Roll Over Registration

For your convenience, and to reserve a space for the following season, annual membership fees will be automatically renewed and applied to your account on May 1st unless a withdrawal form is completed online before that date.

Class Changes After Enrollment

Life is all full of change. We recognize that at Forevermore and offer options for making class changes once the year is underway. If you need to freeze or terminate your lessons, the process is as follows:

Freezing—There is a two-month minimum for all lessons. A one-month notice from the first of the month is required to freeze or terminate tuition payments. To freeze or terminate lessons, a parent must:

1. Inform Forevermore via email
2. Complete and sign a freeze/termination form. Automatic bank debiting or credit card charges will stop after the one-month notice period.

Changes—When you need to change your child's schedule, we'll issue an account credit to be applied to any Forevermore tuition or fees due within one year. Credits on your account will expire after 12 months if not used.



Behavioral Expectations

At Forevermore, kindness matters. Whether between students, instructors, or students and instructors, we place a high value on being considerate, encouraging, empathetic and respectful. That doesn't mean that every action that occurs within these walls will meet our expectations, but it is a constant we strive to attain. We want Forevermore to continue to be a positive center that uplifts our students, provides fun and positive experiences, practices grace (in movement and character), and offers exceptional opportunities to expand our students' worlds. We invite you to join us in that effort.

At Forevermore, we are an arts family, and as a family, we value, encourage, and expect students to develop these character traits:

COMMITMENT | FORGIVENESS | HONESTY | HUMILITY | KINDNESS | PATIENCE | RESPECT | HELPFULNESS

Commitment

Regular attendance is vital to student progress and group choreography, so please make every effort to attend each class. If your child will miss a class, please report it through the parent portal on our website.

Forgiveness

We all make mistakes, and we all have misunderstandings. Forgiveness requires a conscious choice to be empathetic and compassionate.

Honesty

We all make mistakes, and we all have misunderstandings. Forgiveness requires a conscious choice to be empathetic and compassionate.

Humility

No one is perfect. Corrections give us a chance to improve ourselves and become better students and leaders. Outside of classroom corrections, when we make a mistake (we all do!), We own it, and do what we can to make it right.

Patience

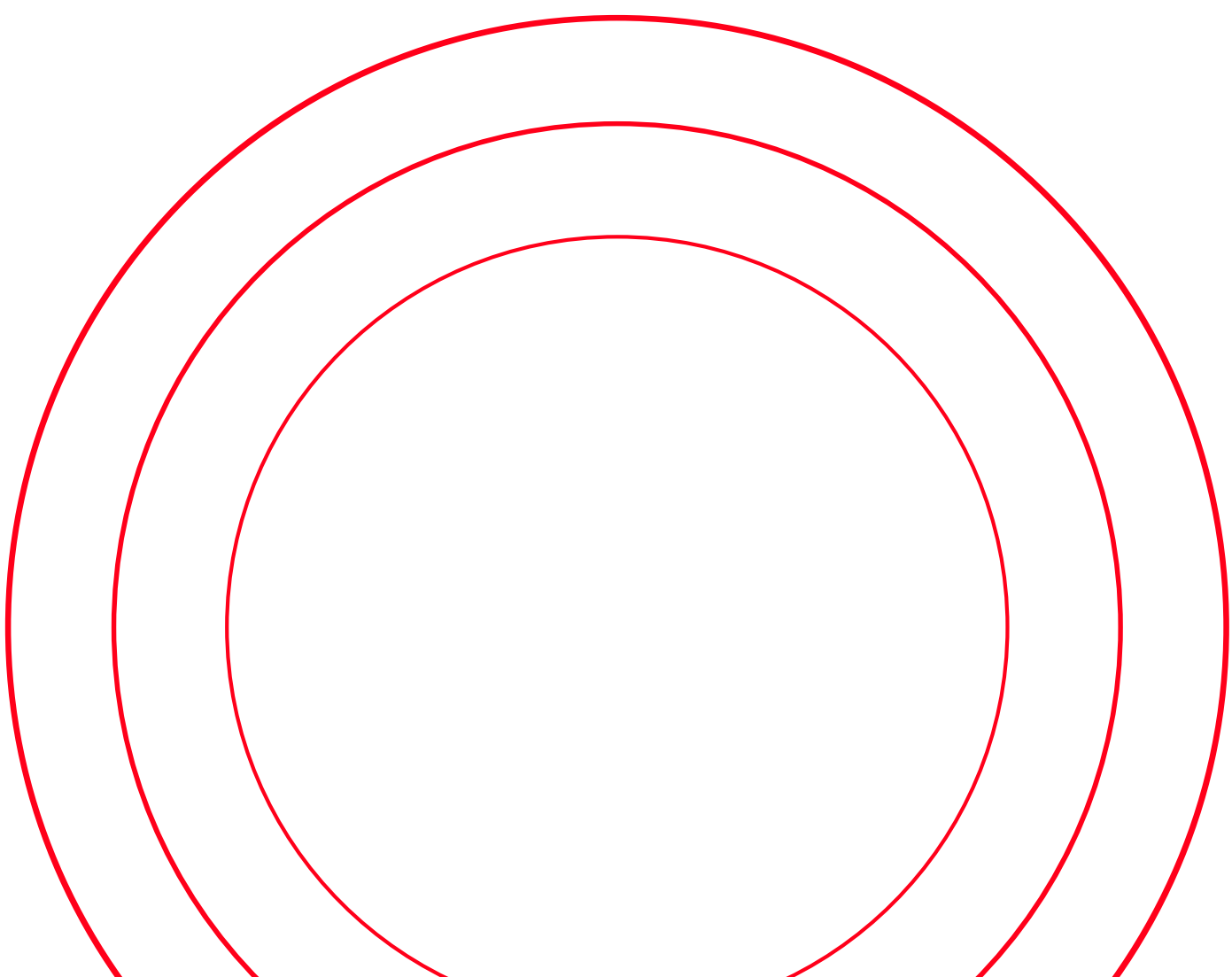
Learning new skills takes time and effort, and different movements will come to you at different times. Students may not advance to the next graded technique level as quickly as we'd hoped or at the same time as our friends. We need to trust the instructors to know when we're developmentally ready to advance.

Respect

- Students and parents must show respect for instructors, choreographers, directors and other Forevermore members at all times
- We ask students and parents not to speak negatively about one another or the instructors. We want our language with one another to build each other up and encourage each other to grow into our best selves at all times.
- Do not take something that does not belong to you. If you find something that isn't yours, please turn it into lost and found.
- We discourage students from using cell phones during their time at Forevermore. The arts are an opportunity to connect in real life and take a break from the pressures of social media and screen time.
- Children waiting for siblings should be supervised at all times. To make the lobby pleasant for everyone, please engage your children in quiet activities. Keeping noise and commotion to a minimum is especially important for students who must do homework during class breaks.

Helpfulness

As one big family, we (parents and students alike) help each other out whether with costume or hair issues, learning a new movement, or finding a Band-Aid for an owie. Forevermore is a community, and we are stronger together.



A Word About Bullying

We have a zero-tolerance policy for bullying. If you see it, tell us. BUT please first understand the difference between conflict and bullying.

Bullying Is:

Recurring | Deliberate | Involves an imbalance of power

Bullying Is Not:

Disliking someone | Excluding someone | Being bossy | Arguing Accidentally hurting someone | Making a one-time joke about someone

If BULLYING is occurring at Forevermore, we will swiftly address it. We cannot, however, control children's behavior outside of our facility. If you experience a conflict with someone, go directly to that person to discuss your concerns. If the conflict cannot be resolved directly please contact your teacher or the front desk for assistance.



Dress Code

At Forevermore, all students adhere to a dress code. Dress codes ensure appropriate coverage while also allowing instructors to see the lines of the body to ensure proper technique. Dress-code tights and shoes are available for purchase at the front desk. The dress code applies to all classes and requires appropriate footwear for each class.



Many dance studios require students to show up looking alike in terms of clothing and hair. Color-level leotards indicating mastery of certain competencies (much like martial arts belts) are usually expected, and girls' hair must be in tight buns. These standards follow the dress code of the American Ballet Theatre, a national company that is a flagship institution for dance studios.

Student dress codes offer many benefits to dancers, and understanding those benefits will help when you hear that call yet again from your child's bedroom: "Have you seen my leotard?"

Safety

Hair must be tied away from the face so dancers can see instructors and each other at all times, allowing them to read cues. Jewelry is minimized because if something flies off during practice, another dancer may step or slip on it, causing injury. Dance uniforms must be fitted to the body so instructors can clearly see the dancer's form and technique, making adjustments when necessary. Proper technique protects dancers from injury.

Community

Dancers who dress alike see themselves as part of something larger. Watch your favorite sports teams. Even in warm-ups, they are all dressed alike. Simple, standard practice uniforms create a sense of belonging and community among dancers. They don't preclude individual contributions; all dancers are still invited to be uniquely themselves. They do contribute to a setting in which each dancer takes joy in seeing everyone succeed together.

Identity

When students walk into the studio, they get to leave behind their other identities and reinvent themselves as dancers. There's a whole body of psychology regarding how our clothing impacts our perception of ourselves—ask any police officer, cheerleader or nurse—and the dance studio is no different.

Learning

Uniforms reduce distractions and facilitate learning. When they're all dressed alike, dancers are not feeling the need to adjust their clothing or compare their outfits to others in class. Focus and discipline are enhanced, and dancers can move in unison more easily as they see everyone else looking the same.

If your dancer has class a few times a week, keeping track of uniform leotards and tights can be a challenge. Get to know other dance parents and share ideas and resources for keeping your dancer dressed for success. Most of all, understand that the purpose of dress codes goes far beyond just looking cute.

Be ~~YOU~~tiful

BOUTIQUE

Tippy Toes™

Tutus & Bowties™

Tiny Tappers™

- Sparkle tutu
- dress Tights
- Ballet shoes
- and/or Tap shoes

Kidlets™

Fairytale Ballet

Taplets™

- Skirted Leotard
- Tights
- Ballet shoes
- and/or Tap shoes

Kidance™

Storybook Ballet

Kid Tap Tap Tap™

- Leotard (any color)
- Tights
- Pull on skirt and/or jazz shorts
- Ballet, Tap, and/or Jazz shoes

Tiny Tumble™

ACRO™

360 Dancer

- Barefoot
- T-shirt and shorts or leggings
- NO jeans or skirts

Hippity Hop™

hip hop

- Hip Hop shoes
- Open street clothes
- NO jeans or skirts

Beginning **BALLET™**

- Pink leotard
- Pink skirt
- Tights
- Ballet shoes

Building **BALLET™**

- Light Blue leotard
- Black skirt
- Tights
- Ballet shoes

Elementary **Ballet™**

- Royal Blue leotard
- Black skirt
- Tights
- Ballet shoes

Ballet™ Intermediate
Technique Advanced
Teen

- Black leotard
- Black skirt/Jazz Shorts
- Tights
- Ballet shoes

≤ **TAP™** ≤

- Leotard (any color)
- Tights
- Jazz shorts
- Tap shoes

JAZZ™

- Leotard (any color)
- Tights
- Jazz shorts
- Jazz shoes

Modern Dance

- Leotard (any color)
- Convertible Tights
- Jazz shorts
- Sole shields

The Facility

We feel so fortunate to have multiple beautiful and unique facilities to serve all of our Forevermore families. Here are a few features that you might find helpful.

Dance Studios

We have 4 Classrooms, Studio A,B,C D. Several studios feature sprung floors to help prevent injuries to students putting in a lot of hours each week. Sprung floors absorb shock and feel softer to students, functioning much like running shoes for runners.

Lost & Found

A lost and found basket is located in the waiting room. Please check the lost and found basket regularly as all lost and found items are donated on the 1st and 15th of each month.

Forevermore Store

For everything from leotards, tights and shoes, to dance bags, hairnets and novelty items, parent gear and more, our shop is stocked and ready to go.

BeYOUTiful
BOUTIQUE

Room Rentals

Forevermore is considered a community space for arts, gatherings, meetings and events. If you would like to use space at Forevermore, please contact info@forevermorearts.com

Music Studios

We have 2 private music studios at 7511 W Belmont

Waiting Room

We have a special area for parents to wait during their child's classes. Each studio has a viewing window, so you can look into class, there is a fully stocked coffee bar, and there are games and books for siblings who are not participating in class.



Communications

Communication is a high priority here at Forevermore, especially with so many opportunities and constant activity, so we take great care to keep you informed.

Weekly Wednesday & More

Your number one tool for staying up to date with everything at Forevermore is your weekly newsletter called The Weekly Wednesday. You'll receive The Weekly Wednesday via email each Wednesday during the regular season. Each edition will offer details on new classes, upcoming events, and more. (Hint: It's especially helpful during productions!) We'll also email/text you with important reminders and time-sensitive information. Beyond that, we offer several other communication vehicles:



Student Teacher Conferences

As discussed earlier in this handbook, we offer conferences with individual instructors toward the end of each year for students. The conferences are a perfect time to learn how your child is doing in class. Be sure to take advantage of these conferences. Your child's teacher can let you know what skills still need to be mastered before they're ready to advance, which allows you to sign them up for private lessons before testing if you have concerns.

Electronic Communication Center

When you're at the center, be sure to check the electronic board in the central lobby area. You'll find important dates, team updates, announcements and what's happening at the studio

Facebook & Instagram

The Forevermore Facebook page and Instagram are great for tracking new classes, give back initiatives, camps, special guest artists and opportunities as well as other general news about studio happenings. To be sure you don't miss a thing, like/follow the page and be sure to pin it to the top of your feed.

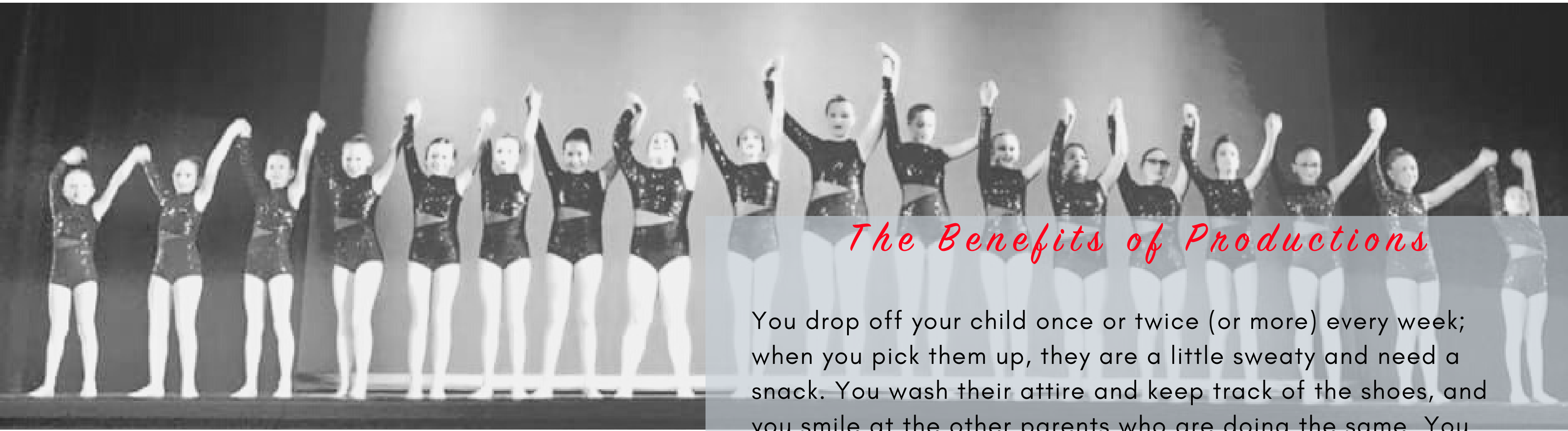
Questions

We are always here and happy to answer your questions about Forevermore..If you have a question or concern about what's happening in your child's class, please ask the instructor directly. They will be most knowledgeable about that specific course and classroom.

Social Media Handles

Facebook: www.facebook.com/forevermorearts
Instagram: @forevermorearts
Youtube: Forevermorearts
Email: info@forevermorearts.com

Productions



The Benefits of Productions

You drop off your child once or twice (or more) every week; when you pick them up, they are a little sweaty and need a snack. You wash their attire and keep track of the shoes, and you smile at the other parents who are doing the same. You peek through the doorways and curtains during class, you spy your child practicing their craft in the living room. In preparation for the big day, you gather the gear and the family, and you head to the big show.

Getting out of the car at the show, your child's sibling cries, "Why do they even have a show? Why do we have to go?" And here's your answer. This show offers a culminating event, a chance to say, "Hey, watch this," as your child proudly shows a new skill that has been eight or nine months in the making. The photos and videos of the event become archives of your child's childhood, memories of that time he/she worked so hard to achieve something beautiful.

Performing on stage builds confidence in your child as they showcase their hard-won skills in front of an audience, all lights shining and eyes on the stage. The applause at the end is the reward for months of effort, and the children walk off the stage feeling satisfied about a job well done.

The arts is a team sport, at Forevermore. Students in a group routine must be constantly aware of the other dancers, in tune with their movements. Working to perfect a routine takes investment from everyone in the group, and by the time the show rolls around, these students have learned the true meaning of teamwork.

Even the youngest students understand that nobody will learn a routine the first time—or the second, or the fifth. These students have built technique upon technique, skill upon skill in order to present their very best selves to the audience. They've had to listen, to focus, to make mistakes, and to get back up again when they fall.

During those months of class, students learn so much more than a few cool moves. They learn to communicate, to be patient with others and themselves, to appreciate their bodies, and to be accountable for their learning. A production brings all those elements together at one time, on one stage, and your child has the opportunity to see the outcome of all their hard work. That's something to celebrate. So is it worth it?

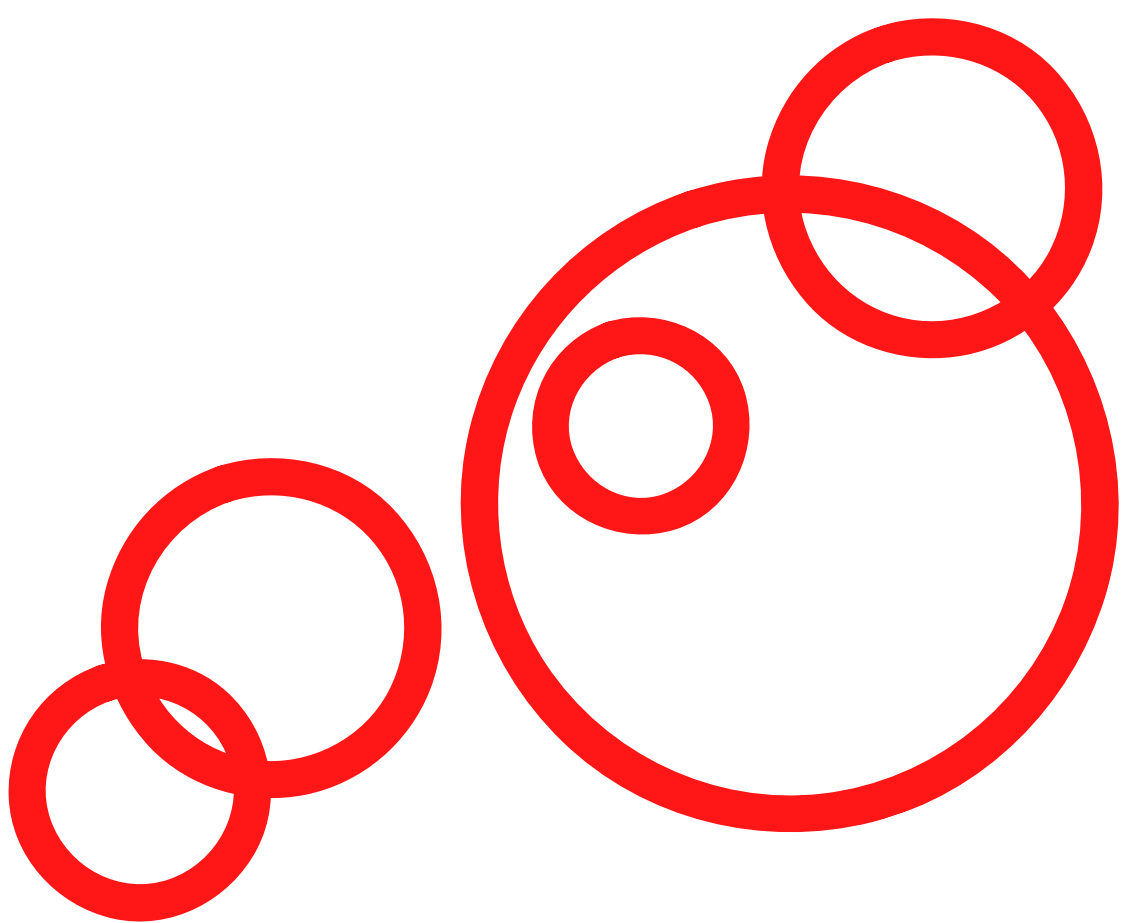
You bet it is.

It's Production Time

Every year Forevermore Dance & Theatre Arts, Inc. provides students with an exciting performance experience – our annual dance concert. These performances are an opportunity for your children to share the art of dance and the skills they've learned after a year's hard work, dedication, and progress. Students learn through performance, which helps build self-esteem, self-assurance, and confidence. Performance opportunities contribute to a child's success in all activities, whether or not they pursue a career in the arts.

The experience of being onstage promotes better in-school presentations, improved social skills, and strong interview skills for college and careers.

Please keep in mind that participation in the annual dance concert and all rehearsals is the responsibility of both students and their parents. Dedication and commitment are shown by attendance, punctuality, practice outside of the classroom, and being prepared with the proper attire and shoes. Having a positive attitude and being kind and supportive are key to having a wonderful, memorable experience, and we look forward to sharing it with you and our students.



Recital

Attendance at ALL Rehearsals is REQUIRED

IF A STUDENT IS ABSENT FROM REHEARSAL THEY WILL NOT BE ALLOWED TO DANCE IN THE RECITAL.

These rehearsals allow students to become familiar with the auditorium surroundings and feel comfortable with their performance, costume(s), and being onstage.

Lighting, music, cues, set changes, and all other logistics for an organized and professional performance are rehearsed so that the students make the best impression possible and feel safe and confident.

Arriving on time is the key to staying on time. We appreciate your preparedness and attention to arrival and pickup times.

Recital Costumes

Costumes will be distributed as they arrive. Please try on costumes when you get home to ensure that there are no problems and then put them in a safe place. Once costumes have been tried on, students should not wear them again other than for Picture Day, Dress Rehearsals, & Performances. If your child has multiple costumes to change into please purchase a nude leotard to wear underneath - our dressing room is in a school classroom and there are security cameras in the facility.

Costume Care

It is required that your child's name be placed in all costumes, shoes, accessories, and tights. Keep costumes in a garment bag with your child's name on the outside. Pack accessories (ie: arm poofs and hair bows) in a clear plastic Ziplock with your child's name on it inside the garment bag.

TIGHTS & SHOES

Please be sure to have the appropriate REVOLUTION DANCEWEAR tights required with each costume. It is suggested that you purchase additional tights from Forevermore in case of snags and tears. Please be sure your dancer has the correct shoes for their class.

Rehearsals are closed to the Public

All Spacing & Dress Rehearsals are closed to parents and guests. The only people allowed into the auditorium will be Forevermore Staff, Dancers, & Scheduled Volunteers. If you are concerned that your young child exhibits separation anxiety please sign up to be a Room Parent Volunteer for your class. Parents will not be allowed visitation to the dressing rooms during rehearsals or the show at anytime.

Make Up

Make-up is an important part of costuming for any child's dance recital. Because of the bright lights on stage, performers without make-up don't clearly have faces; they just look like blank eggs. Makeup allows the emotional quality of your child's performance to shine through. Make-up for the stage is different than make-up for regular use. The goal is to create a natural and age appropriate look when viewed from the audience, which is not the same as what you will see up close. For age appropriate dance recital make-up do the following:

1. Always use a lip-liner. It has good staying power and creates significant facial feature definition. Use a pink or neutral tone slightly darker than the child's natural lips. Do not use a very dark color with a light lipstick.
2. Use a lip gloss or lipstick with long staying power for the child's lips. Consider that they will be participating in a physical activity and may lick their lips in nervousness. You want the make-up to actually stay on for the performance.
3. Always use some sort of cheek color. The quickest and easiest solution is to blend a small amount of blush into the skin under the cheek bone to highlight the area. Make sure you do this as a gentle oval -- a straight line or a round circle will look weird and unnatural.
4. For eyeliner you may use brown or black. You do not need to line the child's entire eye: three quarters of the way in to the outside is enough for both lids in most cases.
5. If your child is performing in an extremely large space, use eyeshadow to further highlight the eye by placing dark shadow in the crease of the eye and a very light, reflective shadow at the high outside.
6. Always give the make-up for your child's dance recital a test run to make sure you can put it on correctly and that it is comfortable for your child.
7. Always put the make-up for your child's dance recital on after they get in costume to avoid damaging the costumes or smearing the make-up.

Make Up Continued...

For boys, some make-up should also be used in order to create facial definition; this is done using neutral tones in the professional theatre, and parents of serious performing children should get used to the idea, while also being aware of the cultural ramifications that may exist for boys participating in dance recitals in some locales.

For your convenience Tutu Palette Make-Up Kits are available to purchase at Forevermore for \$25. This gorgeous "tutu" makeup palette is designed specifically for dancers. Includes inside mirror, 6 eye-shadows, blush, and lipstick. Perfect for dancers of all ages and skin tones. Makeup is long lasting, sweat resistant, paraben-free, cruelty free, and hypoallergenic.

Hair

All female students must wear their hair in a bun. Please use enough hair gel and hairspray so the dancer does not have any fly-aways. Hair should be completely slicked back into the bun. Dancers with very short hair must pull their hair away from their face and into a small bun (please do your best). NO bangs! All bangs must be slicked back off of the forehead pinned down and sprayed well with hairspray to keep them back. Hair must be done the same way for dress rehearsal and the performance. All headpieces should either be worn around the bun (if possible) or to the right side of the bun (when looking from behind / the dancer's right-hand side).

Pre-Planning

Practice-Practice-Practice

To ensure that students feel comfortable and confident about their performance, we ask parents and guardians to encourage dancers to rehearse their choreography at home.

Please Remember...

No nail-polish, jewelry, or underwear is to be worn for Picture Day, Dress Rehearsals, or Performances. In days and weeks leading up to Recital Week wear Sunscreen to avoid painful sunburns and unsightly tan lines - you want to look and feel your best!

Label Everything With Your Child's Name!

Begin preparing for performance a week before. Gather all costumes, accessories, shoes, and makeup several days in advance so you'll know if something is missing or isn't right. Make a checklist of your child's routines, listing their costumes, tights, shoes, and all accessories to make sure you have everything before going to the theatre. Bring at least one extra pair of tights. Also bring extra hair gel, hairnets, bobby pins, and hairspray for touch ups.

No Food or Beverages Backstage

Remember that dancers need proper nutrition prior to performance & rehearsals - do not bring meals to the theater. Food, Coffee, Soft Drinks, Juices, Sports Drinks and Chocolate Milk can stain and ruin costumes and are not allowed backstage or in the dressing rooms. Light, dry snacks, and water will be provided.

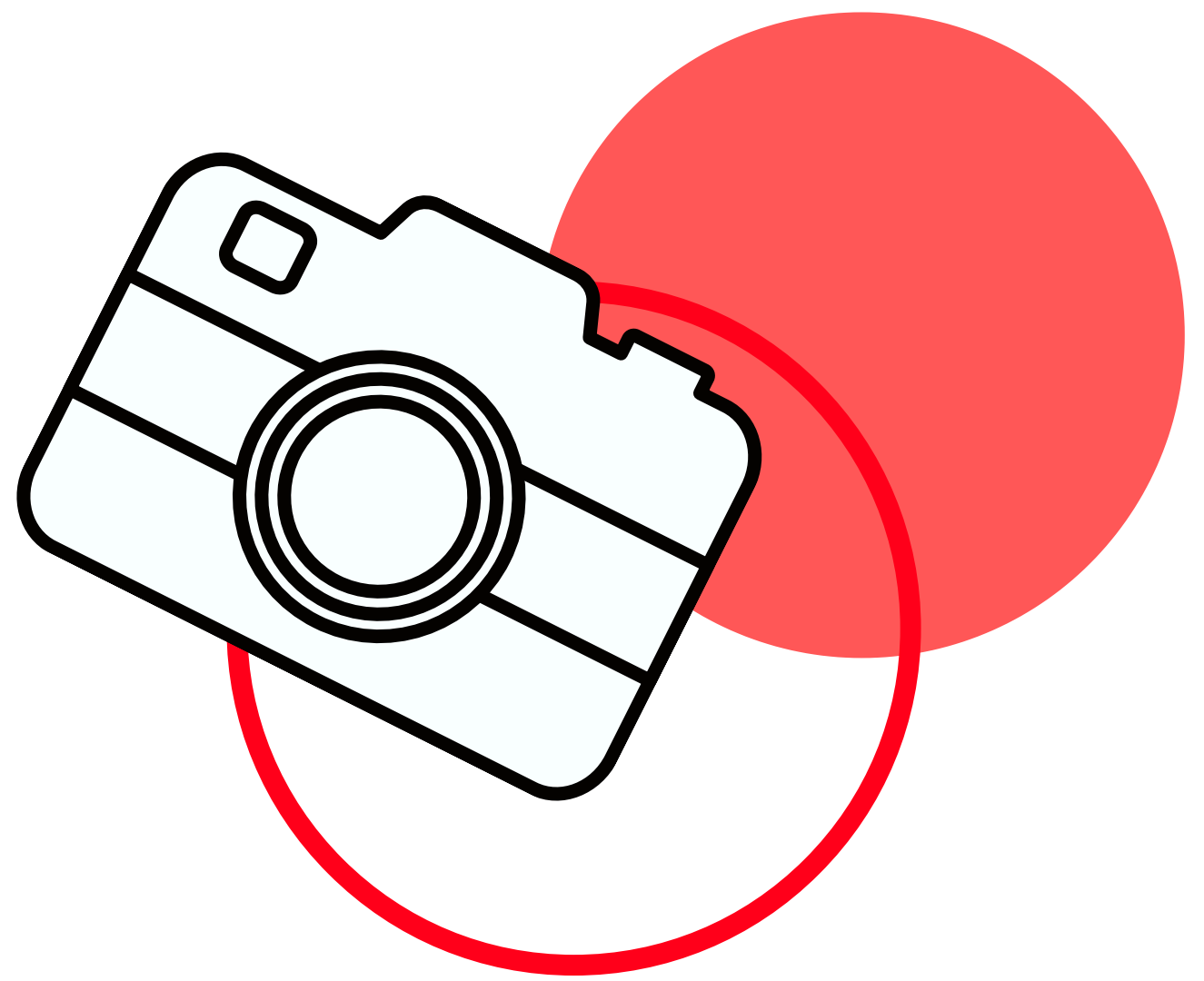
Program Ads & Special Messages

We offer space in our Recital Program Book to parents and family members that wish to publicly congratulate their performers. Many families submit photos and special messages congratulating their children and wishing them Good Luck!

Also, business owners will want to take advantage of an inexpensive advertising opportunity that will be seen by 2,500 guests! We ask for your support in approaching local businesses for ad donations. We hope that you will share your children's accomplishments with your family and community!

Picture Week

Come Ready to Smile! During Picture Week students must come to the studio 10 mins before their regularly scheduled class time. Everyone will enter through the Studio C entrance which will serve as our Lobby for Picture Week. Our regular Front Desk will be closed. The photo shoot is closed to all parents and we ask that you remain in Studio C for the duration of your child's photos. Please arrive ready for your photo in complete costume, hair and make-up.



Auditorium Rules

We politely ask that you respect the theatre and fellow patrons by following these simple guidelines:

- NO EATING OR DRINKING IN THE THEATRE
- NO PHOTOGRAPHY OR DIGITAL RECORDING
- NO TEXTING - ALL PHONES MUST BE TURNED OFF
- LATE-COMERS WILL BE SEATED AT THE BACK OF THE AUDITORIUM OR BALCONY

Please keep your conversation to a minimum out of respect for our performers and audience members. Please save yelling and cheering for sporting events. Instead, show your enthusiasm and support through applause at the end of each number.

USE OF CAMERAS, CELL PHONES, AND VIDEO IS STRICTLY PROHIBITED IN THE AUDITORIUM.

No calling, texting, photography, or video allowed. Not only is it very distracting to the performers, it is also inconsiderate to the audience members around you. Each student's family receives a professional DVD.

PLEASE ARRIVE EARLY

Guests that arrive late will be seated at the back of the auditorium or balcony so they do not disrupt the performance or other audience members.

If you must exit the auditorium during the show, please do so between numbers and keep the aisles clear.

The evening performances will last about 2 hours, including a 10 minute intermission.

Our matinee will last about 1 hour with no intermission.

Forevermore Staff, Volunteers, and Performers **ONLY** are allowed backstage and in the dressing rooms.

Thank you in advance for complying with these rules. Your enjoyment and the student's safety & happiness are our primary concerns.

Tickets

Tickets for Recital will be sold by TUTUTIX directly through our website at forevermorearts.com. No waiting in long lines! - pick your seats & print your tickets from the convenience of your home. You may also call TUTUTIX Customer Service at: 855-222-2TIX (2849)

Tickets cost \$15.00 in advance (plus \$1.75 online service fee per ticket) or \$20 at the theatre.

The tickets are Reserved Seating- everyone needing a seat will need a ticket - children included. There are no Refunds. Equal Exchanges may be allowed by calling TUTUTIX Customer Service at: 1-855-222-2TIX(2849) Each family is given 4 complimentary tickets with their paid Recital Package. All comps must be redeemed through TUTUTIX with your family's ticket code - this will be sent out in the Spring.

*Be thoughtful when purchasing your tickets. If you have young children who will need to get in and out, please purchase tickets a little farther back and closer to the aisles.



For Students Who Love To Perform



Dance Ensemble

Dance Ensembles at Forevermore offer “More Than Just Great Dancing!” Older students mentor younger students, and all participants are a part of a team of friends where everyone strives to be the best they can be. Community service is a key component of involvement, allowing all members to give back to our community in a meaningful way.

Members of our performing groups grow in confidence and competence through summer camps, rehearsals, and community performances. They perfect skills, become more flexible, improve their technique and grow as an artist each week — all under the mentorship of positive role models.

Additionally, performing group members have a high success rate with auditions for high school dance teams, show choirs, theaters and pageants, orchestras and speech teams as well as choice college programs and scholarships.

Ensembles Offered

- Forever Friends
- Youth Dance Ensemble
- Junior Dance Ensemble
- Apprentice Dance Ensemble
- Senior Dance Company

Auditions

Admittance to Forevermore Dance Ensemble is by audition. Auditions are held at Forevermore over the summer.. The auditions provide a positive, friendly introduction to a process they will encounter throughout their lives, whether auditioning (or interviewing) for school athletic teams, other performing groups, or jobs.

Advance enrollment is required for auditions, so watch for dates and sign-up information.

Rehearsals

All performing group practice times vary year-to-year and are published along with other class schedules.



How To Help Your Child Prepare For An Audition: 8 Healthy Strategies

Every child has the opportunity to audition, whether it's for a role on a studio team or a professional company, for a high school musical or for admission into a college program. There's no denying that artists can get anxious about auditions, but you can help them get ready to channel that nervous energy into a brilliant performance. An audition provides a child with opportunities to showcase his/her strengths to judges, a situation that will play out in real life for years to come well beyond the world of Forevermore.

1

Encourage Regular Practice and Versatility.

Dancing, singing & acting are talents, but it's also a learned skill, and children who work hard in class will see their efforts pay off when they're able to pick up choreography quickly at an audition. Your child should take each class seriously and listen to feedback from instructors in order to improve technique. When your child masters one type of art, he or she should try something completely different in order to be versatile and prepared for anything in an audition. Taking new classes will also help your child practice picking up new choreography quickly. Learning choreography is as much of a skill as performing.

2

Encourage Cross Training

Yoga increases flexibility and core strength. Cardio will increase endurance and work with resistance bands or weights can increase strength for partnering. The audition process often involves running dances/scenes over and over again. This element of the audition will show who has endurance and who doesn't.

3

Help With General Healthy Behaviors

Your child should be getting enough sleep on a regular basis. In terms of diet, encourage fruits, vegetables, complex carbs and lean proteins on a regular basis, not just audition week. Good sleep and nutrition lead to a strong artist, but even better, they lead to the mental clarity needed to process all the information that will be thrown their way at an audition. On the day of, your child should eat a light meal about an hour before the audition in order to be in prime condition for a great performance.

4

Be Informed Before You Go

What is your child auditioning for? Is there a fee for the audition? Do you need to fill out any forms beforehand or bring a headshot?

5

Know What To Wear

Read the audition materials closely to see whether the directors want to see specific clothing. Generally, it's important to wear form-fitting clothing so the company or directors can really see form and technique. Your child should try to wear something that will make them stand out yet will look neat and professional. Above all, it's important to bring the proper shoes for the role they're performing.

6

Be Ready For Surprises

Some companies will ask artists to perform an "improv" piece; others will ask for a group performance. Find out everything you can in advance, but be prepared to adapt to unexpected requests.

7

Arrive Early

Give your child time to check out the stage or studio and warm up. Encourage them to stretch, listen to their favorite music and get centered and ready to focus. Discuss the importance of nonverbal signals. Often when young children are nervous, smiling is the furthest thing from their minds. Aside from technique, it's also important for children to show that they are friendly team players, and it's a good idea to look at other audition hopefuls as potential team members instead of the competition. The audition begins the moment your child walks in the door.

8

Maintain Perspective

If your child is not selected, some disappointment is natural, but this is valuable training for life. People who hold auditions are often looking for a specific type of artist ("grounded" versus "lift", jazz versus ballet) and as you start looking at the university level, sometimes even a specific height range and body build. Whatever the case, it's just an audition. It is one particular set of opinions; they don't represent all the people in the world looking for artists.