



The School of Delaware Ballet
Parent Handbook
2025/2026 Edition

The School of Delaware Ballet
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About Us

Owned and directed by Brittany Kaiser, The School of Delaware Ballet is dedicated to providing students with outstanding ballet and pointe training. Supplementary classes are offered in jazz, tap, hip hop, modern, PBT, and contemporary to develop versatility and encourage artistic expression in our students. We offer programs for both recreational and career-hopeful students. The School strives to provide the highest quality dance education in an encouraging environment, ensuring that each student leaves with a love of the Arts that will last a lifetime.

Our History

Formerly Central Delaware Dance Academy, The School of Delaware Ballet carries out the artistic vision of prior owners/directors Marion Tracy (Marion Tracy Dance Studio) and Daniel Kaiser (Central Delaware Dance Academy) and strives to maintain and continue the legacy of its past.

Delaware Ballet

Our studios are also home to the area's premier non-profit ballet company, Delaware Ballet. They annually perform the Nutcracker as well as a spring production and are devoted to sharing the love of dance with our community. Delaware Ballet is a Regional Dance America Northeast Member Company. Delaware Ballet Company Auditions will be held Saturday, August 23rd, 2025 from 10:00am-12:00pm. Visit them at: www.delawareballet.org.

Registration

Registration will be ongoing through February, when we begin recital preparations and order costumes. The School continues to accept new students year-round, but participation in recital will depend on costume availability and is not guaranteed if student is registered after February 28th.

Holiday Recital

Each year The School holds an in-house holiday recital the week before our holiday break (see school calendar for dates). All students will arrive at 4:30pm on the day that their class is held, and the performance will be at 5pm. For example, all classes normally held on Mondays will perform on Monday. If a class is held on multiple evenings (Ballet 3-6), the class will perform on all nights the class is held. There are no costumes nor admission fees for this performance, and you may take your own photographs and videos without flash.

Annual Recital

Our school year culminates in our annual recital, in which each class in the school performs a dance. It is a wonderful showcase of everything our students have learned throughout the school year. Recital 2025 will tentatively be held at Lake Forest High School's Auditorium on Saturday, June 13th, 2026 at 3:00pm. Dress rehearsal will be held the day of the performance at scheduled times beginning at 9am. There will be a videographer and DVDs to purchase.

Recital Costumes

Students will be measured for their recital costumes during class in December, and costumes will be ordered in January. A costume deposit of \$50/class is requested at time of registration, and all balances are due before costumes are ordered. Last day to pay costume balances will be Thursday, December 18th, 2025. Recital costumes will be handed out 2 weeks before Picture Week (see below) and are not to be worn until the day of the show with the exception of class pictures.

Due to costume house policy costumes are non-refundable.

Picture Week

Picture days will tentatively be held Monday, May 11th and Tuesday, May 12th, 2026. Individual photos and class photos will be taken; schedule forthcoming.

The Nutcracker Children's Auditions

Delaware Ballet auditions children from The School to participate in its annual production of The Nutcracker. Auditions for children's roles will be held Saturday, September 13th, 2025 from 10am-12pm. Eligible dancers will be 5 years old at time of audition or in Level 2 ballet classes or higher.

Tuition

Tuition for each student is divided into ten monthly installments, September through June, payable on the first of each month. After the 10th of each month, a late fee of \$20 will be added to negative accounts. A 10% discount is offered if tuition is paid in two semester installments. You may also manage your account and pay tuition online. Please see front desk for details and instructions.

Dress Code

Dress code will be strictly enforced. Students must wear proper attire and shoes for each class with hair secured away from face. All ballet students must have their hair in a bun or similarly secured style. Please see dress code for details.

Inclement Weather

If The School will be closing due to inclement weather, an email will be sent out to all parents opted in to our software system and notification will be posted on our social media. Please make sure your contact information remains current with our administrator so that you will receive all messages.

Progressing through SDB

In order to best meet the needs of all students, considerable care and attention is given to student placement. Advancement through The School of Delaware Ballet is based on many factors including a student's strength, physical development, commitment, mastery of material, maturity, attendance record, and artistic development as assessed by her or his teacher(s). In all cases, a student's ability to safely execute the required class material is considered above all other factors, including age. Because our work is so closely connected to each individual's physical development, it is not unusual for a student to repeat a level of ballet training (unlike academic advancement). School faculty members are experienced professionals, carefully selected for their expertise in the dance and education fields, as well as their ability to motivate and nurture students. Instructors not only have a complete knowledge of ballet technique, but also specialize in age-appropriate materials to meet the developmental needs of young children. The collective wisdom and experience of the staff encourages the exploration of innovative and effective teaching methods that help students learn in a professionally nurturing environment.

Students in the Classical Ballet Program are placed in an appropriate program and advance based on four general criteria: technical ability, physique, interest, and attendance.

- **Technical ability** is defined as sufficient mastery of ballet technique and artistry at each level. This mastery must be demonstrated by new students in a placement class, and by current students in the classroom.
- **Physique** is defined as possessing the strength, turnout, flexibility, and bone structure, which will allow a student to safely (without undue risk of injury) undertake the course requirements. Physical Characteristics, including bone structure, become increasingly important as a student progresses in her/his intensive studies from Intermediate to Advanced levels.
- **Interest** is defined as demonstrating a strong desire to pursue this course of study, as well as a willingness and commitment to participate fully and enthusiastically in both ballet and enrichment classes.
- **Attendance** is defined as attending classes consistently in order to keep up with material, prevent injury, prepare for performances, and build strength, skill, and artistry.

Classroom and Building Etiquette

In the Locker Room

- Locker room should be used and maintained in a responsible manner. The use of improper language is inappropriate at all times. Students are expected to pick up their trash and keep all personal belongings tidy.
 - Students should not bring valuables to The School of Delaware Ballet. Coats, bags, and other property should be stored in the dressing rooms, within lockers. The School cannot be held responsible for any personal items lost in any of its facilities. We recommend labeling all belongings, especially shoes, with your child's name.
 - Items found at the end of classes will be placed in the "Lost and Found." To access the "Lost and Found," please see the front desk. Unclaimed items will be donated at the end of each month.

In the Classroom

- Students in Levels 4 and higher are expected to arrive at least 15 minutes prior to class time in order to be dressed and fully warmed up before class begins. Students should be dressed in the appropriate dress code.
- Chewing gum, food, and drinks, with the exception of water, are not allowed in the studio. Food and drinks are permitted in the waiting areas only.

Wi-Fi Policy

We are delighted to provide free wireless internet at The School. It is intended to allow families, students, and visitors to engage in educational or work-related activities. The School of Delaware Ballet reserves the right to monitor student usage of the internet within the facilities. The School of Delaware Ballet reserves the right to log internet use and may review sites accessed by users without notice. Students, families, and visitors accessing the internet in the facility must, at all times, demonstrate respect for others.

Program Information

Children's Program (Levels 1 & 2)

The Children's Program offers an introduction to the art of dance by promoting the exploration of creativity and expression through movement. This program supports the development and improvement of motor skills and coordination as well as attention and listening skills as preparation for continued study of classical ballet. Students are not required to have previous ballet training, enrollment in our children's program is initially based on age. Students must meet the appropriate age requirement by September 1st of the current school year.

Classical Ballet Program (Levels 3-6)

The quality of training that begins in our Intermediate Level (level 3) establishes the foundation for progression through our Advanced Levels (4-6). Teachers work to develop the students' individual abilities in a safe and supportive learning environment. Upon completion of this program, students will have mastered a thorough knowledge of classical ballet vocabulary while also gaining supplementary training in Jazz, Tap, Contemporary, and Progressing Ballet Technique, resulting in a well-rounded dance education. In addition to developing strong ballet technique, students gain valuable life skills such as self discipline and motivation, creativity, increased critical thinking, confidence, and self-esteem.

Going on Pointe

Dancers typically begin pointe work sometime during their study in Level 4 of the Classical Ballet Program. Students will be allowed on pointe when it is safe, without risk of injury, and only at the discretion of the faculty. To ensure this safety, The School of Delaware Ballet's faculty assesses the following physical characteristics before recommending a student for pointe work:

- Adequate flexibility of the foot to allow the student to align the bones of the foot with the tibia--the ability to "get fully onto the tip of the pointe shoes"
- Adequate strength of the foot, ankle, leg, and torso to sustain the pull-up required--generally attained with a minimum of 3 years of disciplined ballet training
- Adequate turnout and strength of the turnout muscles to sustain proper alignment--generally attained with a minimum of three years of disciplined ballet training
- General physical maturity that suggests the development of the bones and joints are stable--generally not realized until the child is at least 10 years old A young student who successfully meets all of these requirements will minimize the likelihood of injury, will progress more rapidly, and will find the work less difficult.

Recommendations for pointe work are made conservatively because a student's longterm health and well-being are always the priority.

Dress Code

Link to our online shopping partner: <https://eurotard.com/v4/classes.aspx?studio=S-Sc1340>

Tiny Dancer Program - Level 1

Ballet 1: Baby pink leotard (camisole, tank, short sleeve, or long sleeve), pink or flesh-tone tights, pink or flesh-tone leather full-sole ballet slippers, patent leather mary-jane tap shoes, optional pink skirt (no tutus). Hair in a bun or other style neatly pulled away from face.

Jazz 1: Baby pink leotard, pink or flesh-tone tights, black jazz shorts or pants, black jazz shoes. Hair in a bun, ponytail, or neatly styled away from face.

Beginner Program - Level 2

Ballet 2: Baby blue leotard (camisole, tank, short sleeve, or long sleeve), pink or flesh-tone tights, pink or flesh-tone leather full-sole ballet slippers, patent leather mary-jane tap shoes, optional blue skirt (no tutus). Hair in a bun or other style neatly pulled away from face.

Jazz 2: Baby blue leotard, pink or flesh-tone tights, black jazz shorts or pants, black jazz shoes. Hair in a bun, ponytail, or neatly styled away from face.

Intermediate Program - Level 3

Ballet 3: Lavender leotard (camisole, tank, short sleeve, or long sleeve), pink or flesh-tone tights, pink or flesh-tone leather full-sole ballet slippers, optional white skirt. Hair in a bun or other style neatly pulled away from face.

Jazz 3: Lavender leotard, pink or flesh-tone tights, black jazz shorts or pants, black jazz shoes. Hair in a bun, ponytail, or neatly styled away from face.

Tap 3: Lavender leotard, pink or flesh-tone tights, black jazz shorts, black oxford (lace-up) tap shoes. Hair in a bun, ponytail, or neatly styled away from face.

Contemporary 3: Lavender leotard, black tights/sweater tights/thin leggings. Bare feet. Hair in a bun, ponytail, or neatly styled away from face.

Apprentice Program - Level 4

Ballet 4: Navy blue leotard, pink or flesh-tone tights, pink or flesh-tone canvas split sole ballet slippers, no skirt. Hair in a bun or other style neatly pulled away from face.

Pointe 4: Navy blue leotard, pink or flesh-tone tights, pointe shoes, optional matching skirt.

Jazz 4: Navy blue leotard, black jazz shorts or pants, black jazz shoes. Hair in a bun, ponytail, or neatly styled away from face.

Tap 4: Navy blue leotard, black jazz shorts, black oxford (lace-up) tap shoes. Hair in a bun, ponytail, or neatly styled away from face.

Contemporary 4: Navy blue leotard, black tights/sweater tights/thin leggings. Bare feet. Hair in a bun, ponytail, or neatly styled away from face.

Company Program - Levels 5/6

Ballet 5/6: Black leotard, pink or flesh-tone tights, pink or flesh-tone canvas split sole ballet slippers, no skirt. Hair in a bun or other style neatly pulled away from face.

Pointe 5/6: Black leotard, pink or flesh-tone tights, pointe shoes, optional matching skirt.

Jazz 5/6: Black leotard, black jazz shorts or pants, black jazz shoes. Hair in a bun, ponytail, or neatly styled away from face.

Tap 5/6: Black leotard, black jazz shorts, black oxford tap shoes. Hair in a bun, ponytail, or neatly styled away from face.

Contemporary 5/6: Black leotard, black tights/sweater tights/thin leggings. Hair in a bun, ponytail, or neatly styled away from face.

All Boys

White fitted T-shirt, Black or grey leggings or tights. White socks. White ballet shoes for ballet, black oxford tap shoes for tap, black jazz shoes for jazz, and bare feet for contemporary and modern. Hair neatly styled.

Non-Discrimination and Anti-Bullying Policies

We are proud to respect each student as an individual that will progress at their own rate. The School of Delaware Ballet is committed to a policy of equal opportunity and does not discriminate in the terms, conditions, or privileges of employment or provision of service on account of race or ethnicity, age, sexual orientation, national origin, gender identity or expression, physical or mental disability, or religion or otherwise as may be prohibited by federal and state law.

The School of Delaware Ballet is committed to each dancer's success in learning within a caring, responsive, and safe environment that is free of discrimination, violence, and bullying. Our organization works to ensure that all dancers have the opportunity and support to develop to their fullest potential and share a personal and meaningful bond with people in the dance community.

Each SDB dancer has a right to:

- Learn in a safe and friendly environment
- Be treated with respect
- Receive the help and full support of our team

Should a dancer feel at any time they are in a situation that is not in line with this policy as stated, the activity can be reported to the Director.

Reports will be reviewed by staff and will be held confidential and private.

Disciplinary action will be determined on a situational basis, up to and including removal from the program, and is at the discretion of the Director.

Dancers are encouraged to report violations without fear of retaliation.

Attendance Policies

Absences

All students are expected to attend their regularly scheduled classes. Each class offers a step forward in the educational process. Repeated missed classes could leave a child behind the progress of their level. Technical ability and proficiency in dance are the result of continuous practice, discipline, and hard work.

Makeup Classes

Refunds are not given for classes missed or unattended. However, students can make up missed classes at any time by attending another class in their level or the levels below. Due to class size restrictions, please check with administration before joining a class you are not registered for.

Swap/Drop a Class

If you wish to swap or drop classes, please email rashidascott@schoolofdelawareballet.com so that your schedule can be updated.

Tardiness/Leaving Early

All dancers are expected to be ready to dance at their class time. If a student arrives late to class, the instructor may ask the student to sit and watch class.

A student that needs to leave class early should inform the instructor before class begins. When it is time for you to leave, signal your instructor and exit quietly. Please contact administration if you anticipate being late or are leaving early to/from class.

Sick Policy

To help protect your own child's health and to minimize the possibility of contagion at the studio, please keep your child at home if you observe any of the following symptoms: Nasal discharge that is green or yellow, complaints of ear pain, consistent cough, severe sore throat, eyes that are pink, burning, itching, or producing discharge, diarrhea or vomiting, and/or fever. If these symptoms or other conditions are observed in your child during a class, you will be called to pick up your child. When your child has a fever, please keep them at home until the temperature returns to normal.

Classroom Rules/Etiquette

- Arrive 5-10 minutes before the start of class, earlier if you need to warm up.
- Make sure you are wearing the proper dress code.
- Keep noise level at a minimum and be mindful of volume in hallways while classes are being held.
- Pick up combinations as quickly as possible but ask if you need it to be repeated.
- Physicalize corrections that are being given to you directly or to the group.
- There is absolutely no use of phones during class.
- Dancers may not wear any jewelry that will interfere with movement or propose a risk, like dangling earrings, necklaces, bracelets, rings, etc.
- Dancers may only wear braces or additional support if they are prescribed by a medical professional.
- No gum or food in class, and no drinks other than water are permitted in the studio.
- Pay attention to all the corrections given, even if not directed to a specific dancer.
- Respect reminders from peers and be respectful if giving them.
- Aim to refrain from using the restroom except between barre and center.
- At the end of class, thank your instructor.
- Remember to take any of your belongings with you at the end of class.
- Leave studios, bathrooms, and waiting areas cleaner than you found them.
- Help one another to succeed.

School Calendar 2025/2026

September 2025

September 1st: Labor Day- School Closed

September 2nd: First day of classes

September 13th: The Nutcracker - Children's Auditions....10:00am-12:00pm

September 20th: Delaware Ballet Outreach @ Dover Public Library

October 2025

October 27th-30th: SDB Spirit Week

November 2025

November 26th-27th: Fall Break- School Closed

December 2025

December 10th-14th: Delaware Ballet's The Nutcracker

December 15th-18th: Holiday Recitals

December 18th: Costume Balances Due

December 19th-31st: Winter Break - School Closed

January 2026

January 1st: Winter Break – School Closed

February 2026

February 23rd: Delaware Ballet's RDA Adjudication

March 2026

March 20th-22nd: Youth Dance Fest – Delaware Ballet

March 27th-28th: Delaware Ballet's Evening With The Arts

March 29th: Delaware Ballet Outreach @ Kent County Public Library

April 2026

April 3rd-April 12th: Spring Break – School Closed

April 13th: Recital Tickets On Sale

April 30th: Recital T-Shirt Order Forms Due

May 2026

May 7th-9th: Delaware Ballet – Regional Dance America Northeast Festival

May 11-12th: Recital Photos

May 15th-16th: Delaware Ballet – Spring Production

May 25th: Memorial Day- School Closed

June 2026

June 13th- Annual Recital @ LFHS 3pm (Tentative)