



# Portland Metro Arts

a nonprofit arts organization

## Dance Department Frequently Asked Questions

*Welcome! By enrolling in this dance class, you have become part of an exciting arts program. To help you get started, we have listed the answers to the most commonly asked questions. If you need any further assistance, please call us at 503-408-0604. We will be happy to help.*

### **What do dance students wear to class?**

*Dancers need to be comfortable and have unrestricted movement. Below is a list of uniform dancewear for weekly classes. Please do not dress children in costumes such as tutus. Costumes are distracting to everyone and are not appropriate for class. If you already have dancewear that is of a different color or style than the class uniform, you may wear that to class. However, when you need to purchase new dancewear, please keep the class uniform requirements in mind. Class uniforms are used in weekly classes, during Visitors' weeks and at the Spring Showcase in June.*

### ***PMA Class Uniforms***

#### **Pre-Dance 1, Pre-Dance 2**

**Girls:** Black tank leotard (sleeveless) without ornamentation, light pink tights and pink ballet slippers.

**Boys:** Black tank or cap-sleeve leotard, black boys' tights, black or white ballet slippers.

#### **Ballet 1 and Ballet 2**

**Girls:** Black tank leotard (sleeveless) without ornamentation, light pink tights and pink ballet slippers.

**Boys:** Black tank or cap-sleeve leotard, black boys' tights, black or white ballet slippers.

#### **Ballet 3**

**Girls:** Mirella 207 lavender, light pink tights and pink ballet slippers.

**Boys:** Black tank or cap-sleeve leotard, black boys' tights, black or white ballet slippers.

**Girls:** Mirella 207 plum, light pink tights and pink ballet slipper, pointe shoes.

**Boys:** Plum dance shirt, black boys' tights, black or white ballet slippers.

#### **Ballet 4 and 5**

**Girls:** dusty rose leotard, light pink tights and pink ballet slipper, pointe shoes.

**Boys:** Plum dance shirt, black boys' tights, black or white ballet slippers.

#### **Hip Hop 1 and 2**

**Girls and Boys:** **Hip Hop 1 and Hip Hop 2**

Girls and Boys: Solid color t-shirt, black pants, sports shoes.

#### **Tap 1 and 2**

**Girls:** Black tank leotard (sleeveless) without ornamentation, black tights and black tap shoes.

**Boys:** White short-sleeved shirt, black pants and black tap shoes.

## **Hair Styles for Dance Students**

*For all dancers, hair should be pulled back away from the face. Long hair needs to be secured neatly in a bun and net or with a barrette. Short hair should be kept off the face with a headband or barrettes. Jewelry such as watches, bracelets, dangling earrings and rings should be left at home and not worn in class. Flying hair or jewelry can cause injury and interferes with class work. Staff will assist as needed.*

## **Adult Dance Classes**

*Adult classes have no specific class uniform, however, bulky or lumpy warm-up gear such as sweat-suits can interfere with movement and body line. We suggest the following:*

**Ballet—Adult Beginning and Adult Open:** *Standard solid color leotards, tights/leggings and ballet slippers.*

## **Where can you get dancewear?**

*We maintain a limited stock of uniform leotards and tights in our student store. Consult with our front desk for the dancewear store nearest you for shoes and other supplies. We also have an exchange program for dancewear and shoes. When your dancer outgrows still usable items, they may exchange them for a like item in another size. We also gladly accept donations of dancewear and shoes in good repair.*

## **Where do I park?**

*Our parking lot is behind the building, with an entrance/exit onto 90<sup>th</sup> Avenue. Main entrance to the building is also on 90<sup>th</sup> Avenue, midway down the building. Please do not park in the diagonal spaces on 90<sup>th</sup> against the Filipino-American building. That parking space is reserved for them. How early should I arrive before class? Please plan on arriving 15 minutes prior to class time to allow for heavy traffic and bathroom visits before class. Remember that we do not provide supervision for children not enrolled in our After-School Arts Club before or after classes. Therefore, arrange for children twelve and under to be dropped off and picked up not more than 15 minutes before and after their class. PMA is a busy place and we cannot accept responsibility for supervision of children who are not registered in a PMA program.*

## **What is the PMA class observation policy?**

*We have set aside four weeks a year for class observations. Visitors' weeks are listed on our website calendar. When a parent is in the classroom on a weekly basis, the child has two authority figures in the room. A parent's very presence divides a child's attention and creates a distraction. Please mark your calendars and join us.*

## **Will our class time remain the same all year?**

*Class schedules are set to run from September through mid-June and then mid-June through August. Families are often on a different summer schedule and so are we. Sometimes within a season we do need to make an adjustment in the schedule. However, we do our best to work with the families to create the least disruption. Our goal is to maintain an optimal teacher/student ratio in all classes, which provides students with the best opportunity for successful learning.*

## **Who is teaching the class?**

*Our instructors are among of the finest anywhere. Their ranks include professional dancers, university graduates in dance and individuals with rich and varied teaching experiences. Most instructors have been with PMA for many years and have earned the respect and admiration of students and their families. The instructors will be happy to answer any questions you may have about your dancer's progress.*

## **Can I make-up a missed class?**

*If you miss a class, you may take a make-up class in another section of a comparable class. If there is not a comparable class, you may drop into a different class of the same level. Please let the front desk know, in advance, when you will arrive for a make-up class and inform the instructor as well. Consult our office if you need assistance.*

## **What if PMA cancels a class?**

*It is rare, but sometimes an unavoidable situation arises, and we will need to cancel a class. When this*

*happens, we call and/or email all registered students to let them know as soon as possible. It is important that you have on file with us your most up-to-date contact information. We will then discuss with the students a suitable arrangement to make up the missed class time.*

### **What Holidays are observed?**

*Classes will not be held on Thanksgiving weekend, Christmas, New Year's Day and Independence Day. On all other holidays whether Federal, State or local, classes will be held. Any exceptions to this will be listed on the class calendar which is updated online every twelve weeks. A two-week Winter Break is taken the last of December into early January. A one-week Spring Break is taken in March. A two week Fall Break is taken the last part of August through Labor Day.*

### **Are there any performances?**

*Performance is an essential part of any dance experience. Every student should avail themselves of as many of the following performance options as possible.*

- *Friends and family are invited to observe class during **Visitors' Week** which is held four times a year.*
- *Every December between Christmas and New Year's we offer our annual **Little Nutcracker Workshop**. In three days we produce a miniature version of the holiday classic. It gives the dancers a chance to perform, wear great costumes and have something engaging to do during their break from school. Our resident dance company, Metro Dancers, presents a **full-length ballet** each spring. All PMA dance students, first grade through adult, are encouraged to audition and perform. Costumes are provided by PMA.*
- *In June we hold our annual **Spring Dance Showcase**, in which all dancers are invited to perform. Students wear their class uniform for the performance, so there are no expensive costumes to buy. It is the high point of the year for our students.*

### **How much do performance tickets cost?**

*All of the following PMA student performances are **free** to students, parents and the public:*

- ***Little Nutcracker Workshop** performance during Winter Break*
- ***Winter Theatre, Visual Arts and Music Showcases** held in late January.*
- ***Choreographers' Showcase** held in late January.*
- ***Spring Theatre, Visual Arts, Music and Dance Showcases** held in mid-June.*
- ***Summer Theatre, Visual Arts, Music and Dance Camp and Workshop** performances from mid-June-August.*

*Additionally, all PMA students receive one free ticket to:*

- *Metro Dancers' **Dance Mosaic** held in November the weekend before Thanksgiving.*
- *Metro Dancers' **Full-length ballet** held in the Spring.*

### **How can parents help ensure a successful experience?**

- *Help your child arrive on time, properly dressed and with hair securely fastened.*
- *Attend classes regularly so your child won't fall behind the others.*
- *Remind your dancer to visit the bathroom prior to class, so class won't be disrupted.*
- *Remove all jewelry and gum for safety reasons.*
- *Put your child's name on their dance bag, shoes and dancewear.*
- *Remember that dancewear is like swimwear and underwear is not worn underneath.*
- *Encourage your child to attend live concerts and performances. You will receive information about performances throughout the year, many of which are low cost, free to registered PMA students or free to all.*

### **Who is Portland Metro Arts?**

*PMA is a nonprofit arts organization with a mission to ensure that everyone, especially children, have the opportunity to learn, perform and experience the arts by providing meaningful access to quality arts education, performance programs and serve as a cultural resource to our community. We began as a Portland Park Bureau program in 1952 and have evolved over the years into an independent nonprofit, overseen by a volunteer Board. The scope and scale of the programs have expanded as well to create the interdisciplinary*

*entity that we are today. We rely on the financial and volunteer support of the community to maintain the excellence of our programs.*

*The PMA sponsored programs include:*

- ***PMA School***—*Year-round Dance, Music, Theatre and Visual Arts classes, camps and workshops for all ages and all levels.*

- ***PMA Outreach***—*In-school and after-school programs in area public and private schools.*

- ***PMA Performance Companies***—*Metro Dancers, 3 repertory concerts and 1 full-length ballet each season.*

  - Once Upon a Time Family Theatre***—*monthly interactive interpretations of fairy tales, the first Saturday of the month between September and June.*

- ***PMA Center***—*A bustling facility with studios, meeting spaces, theatre and rehearsal spaces used by community groups, individual artists, families as well as being home to several resident tenant arts organizations. We welcome rental requests and encourage everyone to make a contribution, whether financial or of their time, to continue the legacy of arts enrichment for generations to come in our community.*