

Hello and Welcome to the Walnut Hill Dance Department,

Here is a bit of information to help guide you as you prepare to attend Walnut Hill Dance in a few weeks.

Students dance six days a week, and are placed in the appropriate level of classes according to their strength and technical ability. All dancers have Technique class daily. The girls have Pointe; the boys have male technique four days. During the course of the week all dancers have Modern, Partnering, Jazz, TRX strength training, and Pilates. There are four electives, which are available to the dancers, Pedagogy, Advanced Modern, Choreography, and Dance on Film.

Dress requirements for dancers: There are two styles of black leotards that are acceptable. One of the two is mandatory. You will be able to order them from Back Bay Dancewear either on line or by phone. If ordering by phone mention Walnut Hill School for the Arts and receive a 20% discount on line look for Walnut Hill School for the Arts to place your order and receive the same 20% discount. The address is www.backbaydancewear.com, phone 781.273.3089. The first is Bloch ¾ Sleeve "V" Front Style # L5436-Black, this one is required Mirella Pinch Front Cami Style # M202L or M207L-Black. One of these must be worn for technique classes as well Pointe. Colored waistbands will designate levels, which may be purchased at the Book Store.

All dancers PLEASE bring workout sneakers for TRX Training NOT Converse!!

Gentlemen will be required to wear a white form fitting tee shirt or leotard, black tights, white socks, and white ballet shoes or black footed tights with black shoes.

Parents of female dance majors:

We are cognizant of the extreme cost of Pointe shoes, however, we believe as experienced professionals it is our responsibility to bring some issues to your attention.

Our faculty would like to relay our concerns regarding Pointe shoe selection and condition. It is essential to training and injury prevention that Pointe shoes both fit properly and is strong enough to provide suitable support. We are seeing an increase in injuries we feel may be attributed to shoes that are too soft and worn well beyond what is safe and healthy. We all need to be mindful that these are young dancers who need proper support in order to gain strength and advance without incurring unnecessary injuries. We will work with the ladies to find a shoe that works best for them. We will also show them techniques and practices to prolong the life of their shoes. Proper equipment is essential to any physically intensive sport, exercise, or art form.

On the morning of September 5th, all new dancers will have ballet class together in Studio 2. Placement auditions for ballet technique, Pointe for the girls, and modern will begin on September 6th, a schedule will be posted, and continue the rest of the week beginning at 2:15.

It is shaping up to be a very exciting year in dance at Walnut Hill. We are all looking forward to it, as, I hope and expect you are.

See you in a few Weeks!
Michael Owen
Director of Dance