



Welcome!

Southern Appalachian Dance Center provides dance classes for all styles, all ages, and all levels in Southern Appalachia. Southern Appalachian Dance Center is the home of Southern Appalachian Dance Collective, the area's only non-profit professional company. Located in Abingdon, VA, we provide classes of various styles for ages 3 and up. Artistic Director and Founder of Southern Appalachian Southern Appalachian Dance Center provides dance classes for all styles, all ages, and all levels in Southern Appalachia. Southern Appalachian Dance Center is the home of Southern Appalachian Dance Collective, the area's only non-profit professional company. Located in Abingdon, VA, we provide classes of various styles for ages 3 and up. Artistic Director and Founder of Southern Appalachian Dance Collective and Southern Appalachian Dance Center, Olivia Ratliff, strives to bring new opportunities to the dance scene in Southern Appalachia.

Southern Appalachian Dance Center is more than just a dance studio. It is a community of artists in Southern Appalachia committed to the cultivation of individual talent, to the joy, the work, the focus, and the abandonment of dance. Classes are offered seven days a week at various levels in ballet, jazz, modern, hip-hop, contemporary, theatre dance, and conditioning. Southern Appalachian Dance Center is the home studio of Southern Appalachian Dance Collective, founded in 2022 by Olivia Ratliff. Yearly auditions are held for performing company positions. Company members have the opportunity to join any class!

Southern Appalachian Dance Center Tuition 2024-2025:

Registration fee for First Steps & School/Youth Division \$30

First Steps Division:

Class Level:	Classes Per Week:	Tuition Per Year September-May	Option to pay by the month September-May
Creative Dance	One 30 minute class	\$540/year	\$60/month
My First Ballet	One 45 minute class	\$630/year	\$70/month
Pre-Dance	One 45 minute class	\$630/year	\$70/month

School/Youth Division:

Class Level:	Classes Per Week:	Tuition Per Year September-May	Option to pay by the month September-May
Primary	One 45 minute class	\$630/year	\$70/month
Level 1 Option 1	One hour ballet class and one 30 minute jazz class	\$675/year	\$75/month
Level 1 Option 2	One hour ballet class, one 30 minute jazz class, and one 30 minute hip-hop class	\$765/year	\$85/month
Level 2	Two 1 hour ballet classes, one hour jazz class	\$765/year	\$85/month
Level 3	Two 1 hour ballet classes, one hour jazz class	\$765/year	\$85/month
Level 4	Two 1 hour and 15 minute ballet classes, one 1 hour jazz class, one 1 hour and 15 minute contemporary class	\$810/year	\$90/month
Level 5	Two 1 hour and 15 minute ballet classes, one 1 hour jazz class, one 1 hour and 15 minute contemporary class	\$810/year	\$90/month

Pre-Professional	Three 1 hour and 30 minute ballet classes, one 1 hour and 30 minute jazz class, and one 1 hour and 15 minute contemporary class	\$945/year	\$105/month
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SADC OFFERS TUITION & REGISTRATION DISCOUNTS:

- For families with multiple SADC students, each additional family member receives 10% off the tuition of their *classes*.
- The registration fee is full price for the first enrolled student in a family and half-off for each additional enrolled family member.
- Barter Theatre Employees, and SADC parents/guardians attending adult drop-in classes, receive \$2 OFF per drop-in class.
- Any student with a valid college ID will receive \$2 OFF per drop-in class

Non-School Division:

Yoga, Pilates, Barre, Beginning Ballet, Intermediate/Advanced: Ballet, Jazz, Contemporary, and Musical Theater

Drop-In Classes:

1 single class=\$15 per class/week

2 or more classes (any class type or combination of classes)=\$10 per class/week

Monthly Bundles:

The Apprentice- 1 class on a weekly rotation = \$54 a month (\$60 value, 10% discount)

The Soloist- 3 of the same classes on a weekly rotation= \$135 a month (\$180 value, 25% discount)

The Principal- Unlimited classes (any class type or combination of classes) average dancer utilizes 7 classes per week=\$210 a month (\$420 value, 50% discount)

Private Lessons:

\$35 per hour

SADC School Division Classes:

First Steps Division (ages 3-6): Enroll your tiny dancer in the *First Steps Division*, where experienced, dedicated teachers foster the imagination natural to young children while introducing them to the world of dance. Interpretive movement and creative games teach young dancers poise, along with the fundamentals of movement and coordination. Our youngest students will develop motor skills, discover creative expression, and engage in socialization. A variety of classes are available to best introduce dancers of all ages to the world of dance.

Creative Dance : Creative Dance is a class created for dancers age 3-4 that introduces the fundamentals of dance in various styles. The class structure focuses on building foundational skills and exploring artistry while helping prepare the dancer for the next steps in their dance journey

My First Ballet: My First Ballet is a fun class that introduces the world of ballet to your 4-5 year old. Broken down into four-week sessions, students study a new ballet story per session. Students get to explore the characters, statement ballet steps, and more about each ballet. This class implements an appreciation for dance and let's tiny dancers see what they are working toward!

Pre-Dance: Pre-Dance expands the dancer's knowledge of ballet, tap, and jazz and allows students to focus on the proper technique needed in more advanced classes. Dancers age 5-6 will focus on strengthening their dance abilities while embracing creative movement and artistry.

Youth Division (ages 6-12): This division offers students ages 6-12 an enriching curriculum that allows them to explore their passion for dance under the direction of our world-renowned faculty. Whether a student elects to take one class or more, we are fully invested in creating a rich learning experience that promotes artistic excellence, strong technique and sense of community.

Primary (age 6): Our Primary Division provides a bridge to the Academy's ballet classes in the Student Division. Children are introduced to the structure and discipline of a ballet/jazz class and gain a deeper understanding of musicality, showmanship, and

terminology. Students learn beginning barre exercises in the centre, including pliés in 2nd and 3rd position, balances on two feet on demi-pointe, tendu a la seconde, poses on one leg, and port de bras series. Locomotor movements are combined in simple forms to help the dancers learn to move from one step to the next. Small jumps and exercises across the floor will be practiced building strength and endurance. Dancers begin learning basic concepts of spotting as a way to keep track and find where they are in space. The emphasis in this course is on rhythm, dynamic, and placement, so that students graduate from Primary with an understanding of spatial awareness, correct alignment, teamwork, and focus.

Level 1 (age 7): In Level 1 the dancers begin to practice the difference between the soft, elegant movements in ballet and the sharp, hard-hitting movements in jazz. Class etiquette is part of the classroom practice and expectation. Level One Ballet expands on basic exercises from the center and begin using the barre for better stability to focus on the turn-out of the leg, proper hand-placement, and correct body alignment. Students will execute pliés in 1st, 2nd, and 3rd position, first facing the barre and later sideways to the barre. A complex tendu a la seconde is learned to practice correct hip alignment. Across the floor combinations of steps from the previous level will include quicker changes from one step to another. During Level One Jazz, students focus on isolations, rhythm, patterns, and musical coordination.

Level 2 (age 8): Continuing to differentiate dance styles from Level One, our Level Two's take a deeper dive into ballet technique with an added class. Students begin memorization tactics and technique through more complex barre and jumps in center (beginning petit allegro). More positions of the arms and different port de bras are learned, as well as croisé alignment. Basic movements gain structure and become terminological steps. Dancers continue building on their artistic style, jazz technique, and memory with weekly combinations added to their jazz warm-up and drills.

Level 3 (age 9): Continuing to differentiate and grow in dance styles from previous levels, our Level Three's continue to perfect their ballet technique with two ballet classes and one jazz. A more extensive barre is developed, including ronds de jambe, grands battements derriere, and developpé. Instructors foster these traditional barre exercises in a technically sound and age-appropriate manner. Students begin taking what they learned from the barre and applying it to the center. Students begin learning elementary grand allegro traveling en diagonal across the floor. Ballet class etiquette is reinforced. Dancers continue building on their artistic style, jazz technique, and memory with weekly combinations added to their jazz warm-up and drills. Conditioning exercises are included in both classes to improve strength and flexibility.

Level 4 (age 10): Continuing to differentiate dance styles from previous levels, Level Four begins studying contemporary technique. Barre work is complete at this level. The strength and flexibility practiced in the level before is used for adagio movements, complex grand allegro, and pirouettes in stationary and traveling combinations. Dancers will begin preparatory pointe work at faculty's discretion. Dancers continue building on their artistic style, jazz technique, and memory with advanced weekly combinations added to their jazz warm-up and technical drills. Contemporary combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Students learn floorwork, traditional modern core contractions, and center exercises that find their root in classical ballet and modern. The curriculum emphasizes core strength, flexibility, and fluidity of movement.

Level 5 (age 11): As a continuation of Level 4, Level 5 dancers study ballet, jazz, contemporary, and pointe. Barre work is complete and practiced to produce a technically strong dancer. Teachers will continue to increase the complexity of exercises and introduce new material while focusing on correct technique and coordination. Dancers will increase the length and frequency of their pointe classes with a focus on building strength and learning fundamental and age-appropriate pointe steps from the classical repertoire. Preparations for turns on pointe are introduced. Dancers continue building on their artistic style, jazz technique, and memory with advanced weekly combinations added to their jazz warm-up and technical drills. Contemporary combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Students learn floorwork, traditional modern core contractions, and center exercises that find their root in classical ballet and modern. The curriculum emphasizes core strength, flexibility, and fluidity of movement.

Pre-Professional Division (ages 13-18): The Pre-Professional division provides training for aspiring professionals in an atmosphere that promotes artistic excellence, strong technique, and sense of community. Dancers invited to participate in this audition-based program are encouraged to find their creative voice as they gain the building blocks for success. Through rigorous training and participation in numerous performance opportunities with Southern Appalachian Dance Collective, graduates of the Pre-Professional division flourish in college dance programs, conservatories, and dance companies.

Pre-Pro Level 1 (suggested age 13+): Students have the opportunity to explore all styles and techniques offered by Southern Appalachian Dance Collective. Students will be assigned a mentor that will assist them with class specifics that they need to focus on to

reach their full potential. Once they are ready to move into Level 2, they will begin discussing how they would like to use dance in their future and their mentor will help them build their schedule for Level 2. Pre-Professional Level 1 are invited to audition for school and company performances.

Pre-Pro Level 2 (suggested age 16+): Students in their final years will work with their mentor to decide their next path while continuing their training around their focused goals. Whether your dancer is interested in studying dance in college, joining a company, or looking into fields that support the arts like media, the medical field, marketing, journalism, or more, our mentors are ready to work with you to help them with their next steps. Pre-Professional Level 2 are invited to audition for school and company performances. This level is also welcome to join any Int./Adv. Level classes that do not interfere with their regular schedule.

***Pre-Professional Level has access to the following: ***

- Young Choreographer's Program
- Artist Mentorships
- Performance Opportunities

SADC Non-school Division Classes (ages 18+):

[Beginning-Intermediate Fitness Classes \(ages 18+\):](#)

- Beginner Ballet (16+)
- Open Level Yoga
- Open Level Pilates
- Open Level Barre

[Intermediate-Advanced Technique Classes \(ages 18+\):](#)

- Intermediate-Advanced Ballet
- Intermediate-Advanced Contemporary
- Intermediate-Advanced Jazz
- Intermediate-Advanced Musical Theatre (16+)

Private Lessons are available in any of the offered Genres

Diversity, Equity, and Inclusion Statement

At Southern Appalachian Dance Center, we firmly uphold the belief that dance serves as an essential contribution to our community. Our aim is to cultivate a welcoming environment where individuals from all walks of life can come together to share their passion for dance. We are dedicated to the ongoing work of creating a more inclusive and accommodating space for everyone within the SADC community. By wholeheartedly embracing diversity, equity, and inclusion, we are committed to reassessing and transforming various aspects of our training, policies, procedures, culture, and programming to better cater to all members of our community. Our goal is for our studio and performance venue to be open and inviting to everyone, irrespective of gender, race, socioeconomic background, identity, or any other factor. Our approach is not about meeting quotas but rather about authentically representing Appalachia and the communities we serve. We understand that this is a journey, one that may appear too rapid for some and too gradual for others, but rest assured, we are making progress.

FREQUENTLY ASKED QUESTIONS:

I want to try a class before registering. How do I do that?

Email us at info@southernappalchiandancecenter.com to schedule a trial class. The first class is complimentary!

Where is your building?

We are located on 301 West Main Street in Abingdon, VA. We are on the bottom floor of the building.

Do you have free parking?

There is parking available behind the building, along Main Street, and across the street in the Train Station/Arts Depot parking lot.

I want to drop a class, how do I do that?

You can transfer or drop a class by emailing, Lisa Henley, SADC secretary, at lhenny@southernappalchiandancecollective.com anytime before the first of the month.

When can I make up a missed class?

You are welcome to make up a missed class in any age-level appropriate class during the same academic year session or summer session. Make-ups may be taken in the same genre as a student's scheduled class, but students are also welcome to explore other genres. Please contact 276-608-7509 or email info@southernappalchiandancecenter.com to schedule a make-up class.

What do I do if I have to miss class or I am going to be late?

Email info@southernappalchiandancecenter.com or give us a call at 276-608-7509 and we will notify your instructor!

My family can't afford dance classes – do you have a program for this?

SADC is committed to offering inclusive and affordable dance classes for all ages. If you need financial assistance, please contact 276-608-7509.

I don't want my credit card kept on file.

SADC requires a credit card to be kept on file by **all** families. You may pay monthly tuition with cash or check, however it must be paid prior to the first of the month. If tuition is not paid with cash or check, then the credit card on file will be charged on the first of every month (during the academic year).

Why is there a dress code? And what do I do if I can't afford the attire and shoes?

SADC's dress code allows students to have a professional appearance promoting confidence and self-esteem. It also assists in categorizing the different dance styles offered. If you cannot afford the required dress code clothing please contact info@southernappalchiandancecenter.com

SADC has gently used dance clothing and shoes that have been donated. If you would like to donate any attire or shoes, please drop off any donations at the front desk.

What do I do if there are poor weather conditions?

We follow the Washington County, VA school system weather policy. An email and text will be sent out upon the decision.

CLASS ETIQUETTE:

- Gum and food are not allowed on the marley floor. They are only allowed in certain designated areas.
- Only water is permitted during classes.
- Hanging on the barres is not allowed.
- Students under the age of 8 are not permitted in the studio without a teacher present. Students 8+ may be granted permission to stretch or practice in the studio, but playing is not permitted at any time.
- Please use the restroom prior to the start of class to help with fewer interruptions during class.
- Arriving and entering late to class: Please wait for the current combination to end and then join the class (unless the teacher instructs otherwise).
- Bullying Policy: Bullying of any kind will not be tolerated. If a student experiences or sees bullying, please report this behavior immediately to a faculty member.
- SADC has a zero-tolerance policy on promoting disordered eating or negative body image. All classes, rehearsals, and performances will reflect this vision.

If you have any questions about SADC policies, please contact info@southernappalchiandancecenter.com

Arrival/Dismissal:

- All students should enter and exit in the **front** of the building through the two doors framing the sign
- Please line up for your class with a parent/guardian outside of the building and our staff will meet you outside to escort you in.
- All students ages 8 and below should be escorted by an adult.
- Ages 9 and up may be escorted by an adult or dropped off/picked up at the door at the parent/guardian's discretion.
- Dismissal: Any parent/guardian waiting outside the building should wait outside at the glass doors for your student to come out or for SADC staff to open the doors. If you need assistance, please call the SADC front desk.
- *It is very important that parents/guardians pick up students in a timely manner. Students must be picked-up within 5 minutes after their last class. If you are running late, please call 276-608-7509 immediately.

Attendance:

Regular and punctual attendance is required

- If possible, parents/guardians need to report all absences prior to class time. Parents/guardians may call the studio 276-608-7509 or email info@southernappalchiandancecenter.com
- Students are welcome to make up any classes that are missed in another age-appropriate class of the same level
 - No refund or credit is given for missed classes.

- Make-ups may be taken in the same genre as a student's scheduled class, but students are also welcome to explore other genres.
- Please contact 276-608-7509 or email info@southernappalchiandancecenter.com to schedule a make-up class.
- If the student is injured and cannot actively participate in class, they should observe class.
- If a student does not attend classes for 3 months consecutively without prior written communication, Southern Appalachian Dance Center reserves the right to automatically drop the student from their class(es).

Sick Policy:

Students may NOT attend class in-person at the studio if they have any of the following symptoms within the previous 24 hours:

- Fever of 100.4 degrees Fahrenheit or higher
- Vomiting
- Diarrhea
- Rash
- Head Lice
- Pink Eye
- Hospital Stay/Sick Visit to the Doctor
- If your student or someone in your household tests positive for COVID-19, or has been in contact with someone who has tested positive, please follow all [CDC recommendations](#).

Payment & Tuition Policies:

- Please see the “**SADC Calendar**” under “Events” in the menu to note the session start and end dates. For the **Academic Year**, the first month’s tuition & an annual registration fee per student is due upon enrollment and the credit card on file will be automatically charged. For each month after, monthly tuition is due on the first of the month (ex. October tuition is due October 1). Please note that you will NOT receive an invoice each month.
- For your convenience, SADC uses monthly billing that automatically drafts from your credit card on file. **A credit card is required upon registering; the first month’s tuition will be charged at the time of enrollment along with registration fees.**
- Southern Appalachian Dance Center accepts cash, checks, and credit cards (Visa, MasterCard, Discover). Checks can be made payable to “Southern Appalachian Dance Center.”
- The credit card on file will be charged if another form of payment (cash, check, or alternate credit card) is not received by the tuition due date.
- The **Registration Fee** is assessed at the time of registration- \$30
- A **late/declined card fee** of \$10 will be assessed if tuition is not paid within five days of the listed due date; any returned checks will carry a fee of \$25.
- Please note that all **Trial Classes** and placement evaluations are FREE and credit cards will not be charged for the single-time placement Trial Class.
- All students register for the full academic year at SADC (September-June). Notice of dropping a class must be emailed to info@southernappalachiandancecenter.com by the end of the month or the card on file will be charged without refund on the first of the month.
- Students that miss a class may attend a make-up class in another age appropriate class during the same session. Refunds are not given for any missed classes. Please contact 276-608-7509 to notify us of missing any classes and to schedule a make-up class.

Dress Code:

First Steps Division:

No Dress Code: Any clothing students can move in easily (leotards and general dance attire are welcome!) Students are welcome to wear ballet shoes or go barefoot. Hair should be pulled back away from the face if possible

Youth Division:

Primary: :

Ballet: Theatrics Cotton Tank in Light Pink (Style No. Child:N5501C: ,Style No. Adult:N5501), with matching ballet skirt,pink tights (Style No, Adult: 1918W, Style No. Child:1918C), pink ballet shoes (Style No: S0225G)



Level 1:

Ballet: Theatrics Cotton Tank in Light Blue (Style No. Child:N5501C: ,Style No. Adult:N5501), with matching ballet skirt,pink tights (Style No, Adult: 1918W, Style No. Child:1918C), pink ballet shoes (Style No: S0225G)



Jazz: Theatrics Cotton Tank in Light Blue with black jazz shorts/pants, black jazz shoes (Style No.:T7902C)

Level 2:

Ballet: Theatrics Cotton Tank in Light Purple (Style No. Child:N5501C: ,Style No. Adult:N5501), pink tights (Style No, Adult: 1918W, Style No. Child:1918C), pink ballet shoe (Style No: S0225G)



Jazz: Theatrics Cotton Tank in Light Purple with black jazz shorts/pants, black jazz shoes: (Style No.:T7902C)

Level 3:

Ballet: Theatrics Cotton Tank in Dark Pink (Style No. Child:N5501C: ,Style No. Adult:N5501) ,pink tights(Style No, Adult: 1918W, Style No. Child:1918C), pink ballet shoes (Style No, Adult: 2037W, Style No. Child:2037C)

Jazz: Theatrics Cotton Tank in Dark Pink with black jazz shorts/pants, black jazz shoes: (Style No.:JZ45C)



Level 4:

Ballet: Theatrics Cotton Tank in Sky Blue (Style No. Child:N5501C: ,Style No. Adult:N5501) ,pink tights (Style No, Adult: 1918W, Style No. Child:1918C) , pink ballet shoes (Style No, Adult: 2037W, Style No. Child:2037C)

Jazz: Theatrics Cotton Tank in Light Pink with black jazz shorts/pants, black jazz shoes: (Style No.:JZ45C)



Contemporary: Theatrics Cotton Tank in Sky Blue with black jazz shorts/leggings, barefeet

Level 5:

Ballet: Theatrics Cotton Tank in Dark Blue (Style No. Child:N5501C: ,Style No. Adult:N5501) ,pink tights(Style No, Adult: 1918W, Style No. Child:1918C), pink ballet shoes (Style No, Adult: 2037W, Style No. Child:2037C)

Jazz: Theatrics Cotton Tank in Dark Blue with black jazz shorts/pants, black jazz shoes: (Style No.:JZ45C)



Contemporary: Theatrics Cotton Tank in Dark Blue with black jazz shorts/leggings, barefeet

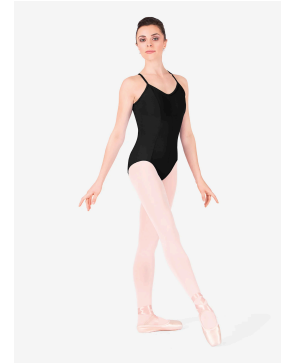
Pre-Professional Division:

Pre-Professional Levels 1 & 2:

Ballet:

Female Identifying: black leotard skin toned or pink convertible tights skin toned or pink ballet shoes

Male Identifying: fitted white t-shirt tucked in, black tights with dance belt; black ballet shoes



Jazz: Black Leotard with black jazz shorts/pants, black jazz shoes

Contemporary: Black Leotard with black jazz shorts/pants, barefeet



Non-School Division:

No Dress Code: Any dance or workout attire. Proper dance shoes for the class style is required (ex: ballet shoes, jazz shoes, character heels, barefoot)

Fall 2024 Class Schedule

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday
					9:00-10:00 am, Beg./ Adv. Beg Ballet (Ratliff)	
				10:00-11:00 am, Open Level Yoga (Ratliff)	10:00-11:00 am Barre/Pilates (Ratliff)	10:00-11:00 am, Int./ Adv. Contemp. Ballet (Morrell)
4:00pm-5:00pm, Level 1 and 2 Ballet (Ratliff)		**Rehearsal and/or extra class Level 1 and 2			11:00-11:30 am Mommy & Me (Ratliff)	
5:00-5:30pm, Level 1 and 2 Jazz (Roberts)						
5:30-6:00 Level 1 and 2 Hip-Hop (Roberts)	5:15-6:00pm, Pre-Dance (Ratliff)	6:30-8:00pm, Int./Adv./Pre-Pro Jazz (Wheeler)	6:30-8:00pm, Int./Adv./Pre-Pro Ballet (Bice)			
6:30-7:30pm, Int./Adv. Musical Theatre (Roberts)	6:15-7:45pm, Int./Adv./Pre-Pro Ballet (Ratliff)	8:00-9:00pm, Open Level Yoga (Ratliff)	8:00-9:00pm, Open Level Barre (Ratliff)			

Assumption of Risk Waiver

I am aware that ballet dancing and the gymnastic exercises associated with it place unusual stress on the body and carry with them the risk of physical injury. On behalf of myself (or my child/ward if they are under the age of 18), I assume the risk and agree that Southern Appalachian Dance Center shall not be liable in any way for injuries sustained during attendance at Southern Appalachian Dance Center during the 2024-25 season, its successors and its assignees for all personal injuries caused by, or arising from, the above described activities or any activities related thereto. Further, I grant Southern Appalachian Dance Center, its agents and employees, permission to authorize any emergency medical treatment that may be required for myself (or my child/ward if they are under the age of 18) during the participating session.

Name of Student:

_____ I, the undersigned, have read this release/authorization and understand all of its terms. I execute it voluntarily and with knowledge of its significance. I have executed this release/authorization on the day and year stated below.

Signature (or of parent/guardian if student is under 18 years of age):

_____ Date: _____