



PERFORMING ARTS SCHOOL  
OF CENTRAL PENNSYLVANIA

*A Joyful Pursuit of Excellence*



2016 - 2017 Full Session  
Student Handbook

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Photo by IJM Photography  
Snow Queen and King, The Nutcracker 2015

*Performing Arts School of Central Pennsylvania admits students of any race, color, national origin and ethnic origin to all the rights, privileges, and activities generally courted or made available to students at the school. It does not discriminate on the basis of race, color, national origin and ethnic origin in administration of its educational policies, admission policies, scholarship program, and other school programs.*

# 2016-2017 Full Session Calendar

September 2015						
SUN	M	T	W	TH	F	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2015						
SUN	M	T	W	TH	F	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2015						
SUN	M	T	W	TH	F	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2015						
SUN	M	T	W	TH	F	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2016						
SUN	M	T	W	TH	F	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2016						
SUN	M	T	W	TH	F	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2016						
SUN	M	T	W	TH	F	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2016						
SUN	M	T	W	TH	F	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2016						
SUN	M	T	W	TH	F	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2016						
SUN	M	T	W	TH	F	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

	CPYO auditions:		In-Studio Performance		Summer Program begins:
	First Day of Classes		Spring Break		Easter Break
	Thanksgiving Break		Nutcracker - Eisenhower Aud		Memorial Day - No classes:
	No classes day after Nutcracker		Last Day of Full Session Classes (Spring Perf. TBA)		CPYO Concerts
	Christmas and New Year Break				

# 2016/2017 Performance Season

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## **CPYO Fall Concert**

**Sunday, November 20, 2016: 4:00 p.m.**

Esber Recital Hall

## **The Nutcracker Ballet**

**Saturday, December 10, 2016: 7:30 p.m.**

**Sunday, December 11, 2016: 3:00 p.m.**

Eisenhower Auditorium

## **CPYO Winter Concert**

**Saturday, February 19, 2017: 4:00 p.m.**

Esber Recital Hall

## **CPYO Spring Concert**

**Sunday, May 21, 2017: 4:00 p.m.**

Esber Recital Hall

## **Spring Ballet Performance (TBD)**

**Dates and Location TBD**

## **IN-STUDIO PERFORMANCES:**

Step 1/2 & 3 dancers, along with those who do not fulfill the performance requirements will be invited to participate in two in-studio performances:

Saturday, January 28: 4PM

Saturday, May 20: 4PM

*Note: Rehearsal Schedules for both Chamber and Full Orchestra can be found at [www.pascp.org](http://www.pascp.org).*

# Contact Information

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## **Administrative Offices & Studios**

3006 Research Drive  
Suite D-1  
State College, PA 16801

**[www.pascp.org](http://www.pascp.org)**

**Phone:** 814.234.4961

**Fax:** 814.234.1164

**E-mail:** [frontdesk@pascp.org](mailto:frontdesk@pascp.org)

## **Staff & Faculty**

Board of Directors

*[board@pascp.org](mailto:board@pascp.org)*

Executive Director

Sarah Kopac  
*[skopac@pascp.org](mailto:skopac@pascp.org)*

Artistic Director

Rebecca Maciejczyk  
*[rmaciejczyk@pascp.org](mailto:rmaciejczyk@pascp.org)*

Performance Manager

Ann VanKuren  
*[avankuren@pascp.org](mailto:avankuren@pascp.org)*

Music Director, Full

Fernanda Lastra  
*[fernandalastra@hotmail.com](mailto:fernandalastra@hotmail.com)*

Music Director, Chamber

Jonathan Dexter  
*[jondexter@gmail.com](mailto:jondexter@gmail.com)*

Program Coordinators

Linda Hildebrand and Liza Yuen

# About PASCAP

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Performing Arts School of Central Pennsylvania, a 501(c)3 non-profit organization, is home to the renowned classical ballet school, youth performing company, and Central Pennsylvania Youth Orchestra. As an organization, we have brought music and dance to thousands of students and passionate arts advocates in State College and surrounding areas. We are proud to continue to fill a need in central Pennsylvania for high-quality ballet and orchestral instruction and performances.

At PASCAP, our mission is to provide a place in which all students can experience a **joyful pursuit of excellence** in their passions by:

- ~ **Encouraging** more people to participate in the arts
- ~ **Nurturing** each student's potential for success
- ~ **Inspiring** them to enjoy the arts for life

Our mission is accomplished through excellent instruction in dance and music for students of all ages.

Rooted in classical technique and devoted to excellent teaching in a warm, nurturing atmosphere, the PASCAP Dance Division enjoys a strong reputation among students and parents. Recognized among dance professionals in places like American Ballet Theatre, Pennsylvania Ballet, School of American Ballet, Bolshoi Ballet Academy and other prestigious schools and companies, our dance division students earn admission and scholarships to prestigious programs around the world.

PASCAP students and performing company members present performances each year of outstanding ballet repertoire. 2015-2016 season performances included *The Nutcracker*, a holiday tradition for many; and a new ballet, *Alice in Wonderland*.

Established in 1991 with the support of the Penn State University School of Music, CPYO is the area's premiere youth music ensemble, with more than 60 talented young musicians from several counties. The Penn State University School of Music continues to be a strong supporter of CPYO by providing rehearsal and concert facilities, an orchestral library, percussion instruments and concert grand pianos, as well as student mentors who graciously participate in CPYO rehearsals and concerts.

# Leadership Bios

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## **Sarah J. Kopac, Executive Director**



A qualified marketing and communications professional, Sarah joined PASCOP in June 2010.

No stranger to the non-profit world, Sarah previously held the position of Director of Marketing and Communications for Central Pennsylvania Youth Ballet, based in Carlisle, PA. Prior to her role at CPYB, Sarah worked as a professional freelance marketing consultant and served as Interim Director of Communications and Advertising Administrator for Country Meadows Retirement

Communities in Hershey, PA.

Sarah graduated from Pennsylvania State University-Harrisburg (Middletown, PA) in 2003 with a B.A. in Communications. She and her family relocated to State College in December 2009. Her husband, David, is the Director of E-Commerce for Shaner Hotels. Together they have two daughters, Hannah and Avery.

## **Rebecca Maciejczyk, Artistic Director**



Rebecca Maciejczyk has been teaching classical ballet for the Performing Arts School of Central Pennsylvania (PASCOP) since 2007 and became Artistic Director in 2012. As Artistic Director, Rebecca arranges two major productions annually, in addition to smaller-scale performances throughout the year, for which she has choreographed and set new and existing works on PASCOP students and guest artists. Rebecca also plays a crucial role in establishing opportunities for the local community to experience dance performance through PASCOP.

Rebecca began her training with eight years of classical ballet with the Central Pennsylvania Youth Ballet (CPYB) under the direction of Marcia Dale Weary. During this time, she trained under permanent and guest teachers including Richard Cook, Leslie Hench, Darla Hoover, Melinda Jones Howe, Lisa de Ribere, Violette Verdy, Gennadi Vostrikov and Deborah Wingert, among others. She studied ballet and modern dance with Washington School of Ballet and Delaware Dance Co. Rebecca danced principal roles with both CPYB and Delaware Dance Co. and performed various principal and ensemble roles with Virginia Opera, Virginia Musical

Theatre, Theatre Harrisburg and State College Community Theatre. She has also danced locally with Brio Dance Company and Van Dance Inc. Professionally, Rebecca has attended the CPYB Summer Teacher Training Seminar, the Peabody Conservatory Teachers Seminar, and observes master classes with various professional ballet companies.

Rebecca holds a B.S. in Exercise and Sports Science from Penn State University and lives in Boalsburg with her husband and 2 children.

## **Ann Van Kuren, Performance Manager**



Ann has been an influential creative force in Pennsylvania since 1988. Originally from Dayton, OH, Ann received a B.A. in Dance and Mathematics from Butler University and her master's in Dance Performance and Choreography from Ohio State University. As a performer she has danced professionally with New World Dance Theatre in New York City, Fleet Street Contemporary Dance Company of Louisville, Pennsylvania Dance Theatre (PDT), PASCP, and her own company, VanDance Inc., and was invited to perform in the Festival Dance of the World in Hungary. As a choreographer, Ann has created contemporary works for PASCP.

Ann danced with PDT from 1988 to 2001 and served as the company's artistic director and resident choreographer for 10 years, commissioning work from guest choreographers and creating more than 40 dances. In addition, her work has been set on students at PASCP, dancers at Stephens College Summer Program, and at Penn State University. As a performer she has danced in the works by renown contemporary choreographers Bebe Miller, David Dorfman, Doug Varone, JoAnna Mendl Shaw, Heidi Latsky, Cathy Young, and many others.

# Central Pennsylvania Youth Orchestra

## Fernanda Lastra, Music Director



Born in Mar del Plata, Argentina, Fernanda Lastra was appointed Music Director and Conductor of the CPYO FULL orchestra in the summer 2016, bringing extensive experience as a conductor, pianist, educator and musical entrepreneur. PASCOP is proud to appoint the first female conductor in CPYO's 25-year history.

Ms. Lastra holds graduate music degree from La Plata University in Orchestral and Choral conducting, and an undergraduate degree in Piano Performance. She also plays the viola.

She has been selected to attend and/or participate in numerous conducting Master Classes and Workshop with renowned Maestros: Luis Gorelik (Argentina), Abel Rocha (Brazil), Daizuke Soga (Japan), (Christine Larsen-Maguire) England, Camilo Linares Roso (Colombia), Osvaldo Ferreira (Portugal), Jose Antonio Cerón Ortega (Venezuela), Ernst Scheele (Suiza). In Choral Conducting: Ariel Alonso (Argentina-France), Néstor Andrenacci and Néstor Zadoff (Argentina).

She is the Founding Music Director and Artistic Director of "La Trama Ensemble" (Argentina), an orchestra which presents several concerts, frequent outreach projects in the community and master classes with renowned Maestros for the last four years.

Ms. Lastra's is a sought-after guest conductor, having led the Mar del Plata City Hall Symphony Orchestra, the Youth Symphony Orchestra at the Mar del Plata Conservatory, the "Vientos del Sur" Buenos Aires Symphonic Band, and the Brazil Youth Symphony Orchestra at the International Music Festival Caraguatatuba, Brazil.

As a choral conductor, Ms Lastra is the Founding Music Director of the "Punta Indio City Hall Choir", and she was also a choir singer for more than 20 years.

As a professor, she has served on the music theory faculty of La Plata National University since 2005, as well as Assistant Conductor in the State Youth Orchestra Program, based in "El Sistema." In 2010 she travelled to Venezuela for several formative experiences and training in this exceptional initiative.

As musical entrepreneur, she has participated in several courses such as "Empreending" (Buenos Aires University), and being part of the TEDxPaseodelBosque's organizing team (La Plata, Argentina).

Ms. Lastra was awarded a Teaching Assistantship from the School of Music at Penn State University, where she is currently studying towards the Master's degree in conducting under Maestro Gerardo Edelstein. She serves as Assistant Conductor of Penn State Orchestras and directs the Penn State Campus Orchestra.

Fernanda Lastra is delighted to join the PASCOP family and looks forward to working with our musicians and co-Music Director Jonathan Dexter.

## Jonathan Dexter, Music Director



Jonathan Dexter, conductor and cellist, received music degrees from the Oberlin Conservatory, the Franz Liszt Academy in Budapest, and the University of Texas at Austin. Performance highlights include the Jimmy Fallon Show, The View, Fox and Friends, Rachel Ray, and live on Sirius XM satellite radio. Recently, Jonathan was part of the recording “Irving Berlin: This is the Life” with the Paragon Ragtime Orchestra.

Jonathan has been featured in many recordings including SONY Masterworks & Columbia Records recordings with singer Megan Hilty and at two sold out CD release shows in 2013. Other highlights include the Kerrville Folk Festival with David Amram (2011), the Trans Siberian Orchestra (2008-2012), and Mannheim Steamroller (2015-2016). He has been heard on film soundtracks for Bernie (2013) and A Scanner Darkly (2006). He produced strings for the 2011-2013 seasons of NBC’s TV series Smash and composed the original score to the short film Recess, an official selection at the 2012 Cannes Film Festival. With the Allegria Ensemble, Jonathan has been a part of a musical outreach show “How to Listen to Classical Music” with Debbie Trudeau funded by the PA Council on the Arts (2014-2016). Jonathan performs with the Paragon Ragtime Orchestra, Music at Penn’s Woods Festival, principal cello with Altoona Symphony, and with his own original music trio, THE UNBANNED, seen at Arts Fest and monthly at the Happy Valley Brewing Company.

Mr. Dexter is a much sought-after cello teacher, highly esteemed by his students. He is delighted to take the podium in front of the Chamber Orchestra, and looks forward to a terrific 2016-17 season.

# Faculty

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All of our Faculty and Guest Teachers have excellent qualifications, including advanced degrees, training, and many years of professional performing and teaching experience.

## Dance

### *Permanent Faculty*

Becca Beck  
Terra Deyo  
Linda Hildebrand  
Tracey Kogelmann  
Rebecca Maciejczyk  
Genna Mott  
Miya Matsui  
Vicky McQuaide  
Julie Paskowski  
Heather Sustersic  
Ann Van Kuren  
Abigail Wilson  
Liza Yuen



### *Guest Dance Faculty*

Rafael Grigorian  
Erin Stiefel Inch  
Barbara Sandonato  
Arron Scott  
Paul Boos  
Connor Weigand  
Tim Fox  
Bruce Thornton  
Laszlo Berdo

## CPYO

### *Permanent Faculty*

Fernanda Lastra and Jonathan Dexter



# PASCP Policies and Procedures

## **Admissions Policy**

Performing Arts School of Central Pennsylvania admits students of any race, color, national origin and ethnic origin to all the rights, privileges, and activities generally courted or made available to students at the school. It does not discriminate on the basis of race, color, national origin and ethnic origin in administration of its educational policies, admission policies, scholarship program, and other school programs.

Students who register for the 2016-2017 Full Session are required to pay an annual registration fee, performance activity fee (dance division only), and the first month's tuition for instruction.

## **Registration Process**

All students seeking instruction at PASCP are required to complete a registration form. For current PASCP families, Early Bird Registration is recommended to secure placement within the desired classes. Early Bird Registration students will be permitted to select their class or lesson times before the general public and avoid the \$50 Registration Fee.

## **Level Placement**

Continuing dance students will receive their new levels with their Spring progress reports. For Early Bird Registration purposes, choose the level which is indicated on the most recent progress report. Students will be continually evaluated to ensure proper level placement. New students to PASCP should register for a placement class to obtain their level.

## **Tuition and Fees**

### **Registration Fees**

Each new student pays a non-refundable registration fee of \$50 at the time of enrollment. Current students who enroll for the next session during the Early Bird Registration period DO NOT pay the registration fee and their enrollment is considered to be continuous. Former students who were not current at the end of the previous session and current students who did not enroll during the pre-registration period must pay a new registration fee of \$50. There is a maximum registration fee of \$100 per family.

### **Payment of Tuition**

Enrollment is assumed to be for the entire session (Full Session or Summer) unless otherwise authorized by PASCP. Full Session tuition must be paid in one full payment or in equal monthly installments automatically deducted from a checking account (EFT) or credit card on the first of each month.

## **Withdrawal and Refunds**

Withdrawal from classes or lessons requires submission of a signed Class Withdrawal Form (available at the school office) submitted at least two weeks prior to the next scheduled tuition payment, or two weeks before the beginning of the student's final month of classes. Exceptions to this requirement may be made in limited circumstances (severe illness or injury, family emergency, relocation out of the area, etc.). Requests for withdrawal due to illness or injury may require submission of a doctor's verification.

All fees are non-refundable. Tuition paid is non-refundable except under the following circumstances:

1. Student withdrawal due to severe illness or injury, family emergency, or relocation
2. Permanent class cancellation by PASCAP

## **Missed Class Make-Up Policy**

**Missed Classes** (dance division):

1. All students who miss a class for any reason are **expected** to make up the missed class within two weeks of the missed class. For those with advanced notice, class may be made up prior to the missed class. Students may take make up classes at or below their level. For example, students in the Orange 1 level may take make up classes with the Orange 1, Red 2, or Red 1 classes. Yellow through Gold level dancers are required to make up all missed classes within two weeks of each missed class.
2. We encourage you to email the PASCAP front desk at [frontdesk@pascap.org](mailto:frontdesk@pascap.org) to schedule your make up classes at least a week prior to the time you plan on attending. Red through Orange level classes will typically utilize a portion of their second class of the week to work on performance material as the school gets closer to the performances. Please keep this in mind when scheduling make up classes.
3. PASCAP reserves the right to temporarily cancel a class due to unforeseen circumstances such as teacher illness, inclement weather, or other emergencies. In such cases, the school may offer a make-up class for students affected by the cancellation.
4. PASCAP reserves the right to remove a student from a performance if repeated absences are preventing them from receiving sufficient instruction to keep up with others in the class or performance group.
5. No refunds will be given for missed classes except when a class is permanently cancelled by PASCAP or if the school cannot provide the class for any other reason.

# School Policies

## General Conduct

1. In order to maintain a courteous and professional atmosphere at the Performing Arts School of Central Pennsylvania, all students are expected to conduct themselves in a safe and responsible manner. We ask that students and parents show respect and courtesy to each other as well as the school's faculty and staff.
2. Students must attend classes on a regular basis. Students should call or notify the front desk (814.234.4961) if they will miss a class or rehearsal. All students who miss a class for any reason are **expected** to make up the missed class within two weeks of the missed class. For those with advanced notice, class may be made up prior to the missed class. Students may take make up classes at or below their level. For example, students in the Orange 1 level may take make up classes with the Orange 1, Red 2, or Red 1 classes. Yellow through Gold level dancers are **required** to make up all missed classes within two weeks of each missed class. Please see Missed Class Make-up Policy.
3. Students should arrive 10 minutes before the class start time. All students are expected to begin class on time. Students will not be permitted to arrive late to class on a regular basis. Students arriving late to class should enter the studio, but wait for the instructor's permission to join the class.
4. Students may not leave the class at any time without permission from the instructor.
5. All students must have a clean, neat appearance and follow dress code when attending classes. Girls must have hair neatly arranged in a tight bun. For those with short hair, it must be pulled back with clips. It is the parent's responsibility to fix the student's hair for every class; however, we will be glad to provide initial assistance/instruction.
6. No dance shoes should be worn outside of school premises, as residue from the shoes will damage the dance floors.
7. The use of cell phones, food, beverages, and chewing gum are not allowed in the dance studio. Water bottles are permitted.
8. PASCAP strives to maintain a healthy and sanitary environment. Please help us keep the facility clean. Students and parents should inform the front desk staff if there is a problem.
9. The use of inappropriate language, alcohol, or drugs is prohibited on school property and at rehearsal and performing facilities.

10. Professional performance photography and videography is available for purchase. Students interested in purchasing performance photography and/or videography may inquire at the front desk. Taking photos or video of students in class or rehearsal without permission from PASC is prohibited.

11. All students should be picked up promptly after the end of their class. Please call the front desk if you will be late or if someone else will be picking up the student. For safety, students younger than 12 years old should wait for their ride and be picked up inside the studio premises.

12. We strive to keep the noise level within the school at an appropriate level for class instruction. Students are asked not to talk while in class and may raise their hand if they have a question. Please keep the noise level in the hallways and lounge areas to a minimum.

13. A parent/teacher conference is encouraged for students interested in withdrawing from a class. We are happy to schedule parent/teacher conferences any time throughout the year. For tuition refunds, please see our withdrawal policies.

14. Parents are welcome to observe classes through the observation windows at any time.

15. PASC is not responsible for lost or stolen items. Lost and Found will be discarded every 3 months.



# ***Ways to show you care about your dance education***

Practicing good class *étiquette* shows you care about your dance education. It also shows respect for your teachers and classmates and will help your technique.

- **Be early to class** – Being on time is great, but being early is better! If the studio for your class is open, go in and warm up and stretch BEFORE class starts. If the studio is not open, try to warm up in the hallway. Warm up exercises can be anything that gently gets your body moving and your blood flowing.
- **Be dressed properly** – Follow the school dress code. Warm-ups may not be worn to any portion of class. Traditional ballet classes are structured to allow the body to warm-up gradually. Following the dress code displays respect for the school and teachers and represents the student as a dedicated learner.
- **Actively learn combinations** – When a combination is being given, be attentive and practice the steps in place. It is important that you know the combination so you can focus on technique; the best way to do this is getting it in your mind AND body while the teacher is demonstrating.
- **Always practice your arms full out** – When marking through a combination, use your arms, back, and core muscles fully. This good habit will solidify the technique in your arms, and promote coordinated, graceful movement.
- **Be prepared for a combination before the music starts** – Once a teacher has shown a combination, get into your starting position. This shows your teacher that you know the combination and are ready to work. The teacher should never have to ask you to get prepared more than once. Even if you are tired, try your best to keep moving – it will energize you and help your body feel better.
- **Communicate with your teacher** – Education is a conversation! Answer when teachers ask you questions. For example, when a teacher asks if you understand the combination, say “yes” or nod your head - if you don’t yet understand a combination, PLEASE ASK! Teachers are there for you and are always willing to help. Ask them about technique, tell them about any injuries, and communicate how you’re feeling. That being said...
- **Stay focused on class** – Make sure you don’t get too distracted (or distracting) by telling stories or asking questions that may slow class down. If you have something important to share, wait until after class to tell them. Additionally, there is no need to ask what combination is next or what we will be working on today – your teacher will tell you when the time comes.
- **Practice your corrections** – As soon as a teacher gives a correction, try it! Practicing corrections right away will help your body remember it the next time you dance. It is expected that students do this and also shows respect for the teacher. Practice ANY correction in class, whether it was aimed specifically at you or given to the entire class.
- **Do not lean on the barre** – The barre is meant to support you when you are dancing and stretching; it is not meant for napping, lounging, or hanging out.

- **Do not sit during class** – It is only appropriate to sit in class when the teacher gives you permission. Avoid stretch positions that require sitting until you are given time to specifically sit and stretch. Instead, practice stretches that stay on your feet or use the barre.
- **Try not to yawn during class** – If it is necessary, be polite and cover your mouth.
- **Ask for permission if you need to leave class** – Try to be fully prepared for class so you don't have to leave in the middle of it – use the restroom beforehand and remember to bring your water bottle and any other supplies you may need. You don't want to miss combinations or helpful corrections! However, if you must leave the classroom, ask the teacher's permission first, and return to class as quickly as possible.
- **Keep class positive** – Always try to keep a positive mind in class. Instead of making faces or groaning when given a combination or step you find difficult, take a deep breath and put a light expression on your face and maintain your breathing and expression during the combination.
- **Acknowledge and respect your classmates** – Your classmates are part of your PAS-CP family. Watch quietly and give other dancers space when it is not your turn to dance. You may and are encouraged to practice exercises/corrections in other groups as long as you give other dancers adequate space. Make eye contact with the people around you, give each other smiles of encouragement, compliment each other on good technique – it will motivate you and everyone else in class.
- **Respect and be patient with your teachers** – Different teachers have different teaching styles; pay attention, adapt, and respond to any instruction a teacher might give.
- **Take care of the studio** – Use your best behavior when in the studio and be respectful of our PASC home. You are expected to be responsible and clean up after yourselves. Take all your belongings with you when you leave the studio and throw away any trash.

# Getting Involved

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Parents, grandparents, siblings, and friends are all encouraged to play an active role in the many aspects of PASC. We are always looking for volunteers in the following areas:

## Performances

- Dress Rehearsal
- Backstage
- Costuming
- Front-of-House
- Merchandise Sales
- Make-up/Hair
- Check-in/out
- Load in/out
- Fundraising
- Marketing Material Distribution



## Committees

- Fundraising

If you are interested in volunteering in any of these areas or have an idea for another volunteer opportunity, please contact Sarah Kopac at [skopac@pasc.org](mailto:skopac@pasc.org) or call 814.234.4961. Thank you!

# Dance Schedule and Tuition Info

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step 1&2			4:00-4:45			9:30-10:15
Step 3			4:45-5:30			10:15-11:00
Red 1	4:30 - 5:30*		4:30 - 5:30*		4:30 - 5:30 OPEN	
Red 2		4:30 - 5:30*		4:30 - 5:30*	4:30 - 5:30 OPEN	
Boys				4:30 - 5:30		
Orange 1	5:30 - 7:00*		5:30 - 7:00*		4:30 - 5:30 OPEN	
Orange 2	5:30 - 7:00	5:30 - 7:00*		5:30 - 7:00*	4:30 - 5:30 OPEN	
<b>Yellow and Green levels</b> <i>classes may be divided or combined</i>	5:30 - 7:00 Tech 7:00 - 8:00 Tech 8:00 - 8:30 Pointe	5:30 - 7:00 Mod./Jazz 7:00 - 8:00 Tech 8:00 - 8:30 Pointe	5:30 - 6:30 Tech 6:30-7:00 Pointe 7:00 - 8:30 Character	5:30 - 7:00 Tech 7:00 - 8:00 Tech 8:00 - 8:30 Pointe	6:00 - 7:15 Tech 7:15 - 8:00 Pointe	12:30 - 2:30*
<b>Blue - IVG levels</b> <i>classes may be divided or combined</i>	4:00 - 5:30 Tech 5:30 - 6:15 Tech^ 6:15 - 7:00 Pointe	4:00 - 5:30 Tech 5:30 - 6:15 Tech^ 6:15 - 7:00 Pointe	4:00 - 5:30 Tech 5:30 - 6:15 Tech^ 6:15 - 7:00 Pointe/Var 7:00 - 8:30 Character	4:00 - 5:30 Tech 5:30 - 6:15 Tech^ 6:15 - 7:00 Mod./Jazz	4:00 - 5:15 Tech 5:15 - 6:00 Pointe	9:00 - 2:30*
Teen/Adult/Beg./Inter. Ballet			9:30 - 11:00 a.m.	7:00 - 8:30		
Stretch (Yellow-IVG)						2:30 - 3:00

\* Indicates performance requirement class

^ Indicates technique class may be taken on pointe for those who have taken the 4:00 class that day.

## Performance Requirements and Tuition Notes

### Performance Requirements

**Step 1, 2 & 3:** All Step 1, 2, & 3 students will participate in two In-Studio performances in January and May. Costumes will be provided by PASCSP.

**Red 1 - IVG:** In order to be eligible to perform in both *The Nutcracker* and the Spring Performance, Red 1 - IVG students are required to take **at least** the classes/hours listed below. Students who take less than the performance requirements will be invited to participate during the In-Studio performances in January and May. **Attendance for the entirety of all theatre rehearsals are MANDATORY for participation in performances.**

RED 1	Monday & Wednesday 4:30 - 5:30
RED 2	Tuesday & Thursday 4:30 - 5:30
ORANGE 1	Monday & Wednesday 5:30 - 7:00
ORANGE 2	Tuesday & Thursday 5:30 - 7:00
YELLOW	6 Hours plus Saturday 12:30 - 2:30 p.m.
GREEN	7.5 Hours plus Saturday 12:30 - 2:30 p.m.
BLUE-IVG	9 Hours plus Saturday 9:00 - 2:30 p.m.

**Tuition Notes:** Full Session tuition is for 34 weeks of instruction. Tuition rates represent 9 equal monthly installments of the full tuition. After the initial registration payment, tuition payments are due on the 1st of each month (Oct. - May) and can be made through a secure Auto-Pay system from a designated checking account. Tuition can also be paid via check, credit card or cash. **All tuition paid is non-refundable and non-transferable, unless a program is cancelled by PASCSP.**

**Open Class Card:** Dancers have the option to take additional classes throughout the week. These classes may also be used as a make-up class. Open Class cards can be purchased at the Front Desk and will be punched each time class is taken (except for make-up classes). Cost for the cards is \$50 for 6 hours of class. Students already taking 12+ hours/week are able to take unlimited classes without an additional cost of an open class card.

### **DANCE TUITION**

<u>Hours/Week</u>	<u>Month</u>	<u>Hours/Week</u>	<u>Month</u>
0.5	\$52.00	10	\$354.00
0.75	\$59.00	11	\$369.00
1	\$66.00	12+	\$397.00*
1.5	\$89.00	*includes PAF	
2	\$120.00	OPEN CARD	\$50.00
3	\$167.00		
4	\$206.00		
5	\$242.00		
6	\$276.00	<b><u>CPYO TUITION</u></b>	
7	\$299.00	<u>Hours/Week</u>	<u>Month</u>
8	\$322.00	2.5	\$63.00
9	\$343.00		

# Dance Division

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Rooted in classical technique and devoted to excellent teaching in a warm, nurturing atmosphere, the PASCP Dance Division enjoys a strong reputation among students and parents. Recognized among dance professionals in places like American Ballet Theatre, School of American Ballet, Pennsylvania Ballet, Bolshoi Ballet Academy and other prestigious schools and companies, our dance division students earn admission and scholarships to prestigious programs around the world.



PASCP students present performances each year of outstanding ballet repertoire. The 2015-2016 season performances included *The Nutcracker*, a holiday tradition for many; and a new ballet, *Alice in Wonderland*.

## Classes

### **Preschool Ballet:**

**Step 1 & 2 (ages 3-4)** - Through creative movement games, fun stretches, easy ballet terms, and lively music, these students take the first steps into the performing arts, a journey that will last a lifetime!

**Step 3 (age 5)** – Five-year-olds step up to higher levels of movement concepts, including basic ballet technique.

**Beginning Ballet (ages 6+)** - Levels Red and Orange

**Intermediate Ballet** - Levels Yellow and Green

**Advanced Ballet** - Levels Blue - Gold



# The PASC Ballet Syllabus

PASC's innovative ballet syllabus is the key to student success. Each color-coded level consists of two sub-levels which represent approximately one year of training. However, each student advances at his or her own pace. PASC students are constantly monitored to ensure constructive level placement. **With the exception of Step I, II, III and Red 1, all students are placed in a level appropriate for their ability, not age.** In addition, similar level classes may be combined, or students may be grouped according to technical and artistic needs.



## PERFORMANCE INFORMATION

### Performance Requirements

**Step 1, 2 & 3:** All Step 1, 2, & 3 students will participate in two In-Studio performances in January and May. Costumes will be provided by PASC.

**Red 1 - IVG:** In order to be eligible to perform in both *The Nutcracker* and the Spring Performance, Red 1 - IVG students are required to take **at least** the classes/hours listed below. Students who take less than the performance requirements will be invited to participate during the In-Studio performances in January and May. **Attendance for the entirety of all theatre rehearsals are MANDATORY for participation in performances.**

RED 1	Monday & Wednesday 4:30 - 5:30
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ORANGE 2	Tuesday & Thursday 5:30 - 7:00
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GREEN	7.5 Hours plus Saturday 12:30 - 2:30 p.m.
BLUE-IVG	9 Hours plus Saturday 9:00 - 2:30 p.m.

### Rehearsal Week and Theatre Rehearsals

Please reserve the entire week leading up to a performance for rehearsal week. Dancers are expected to attend all rehearsals.

**Attendance for the entirety of all rehearsals at the Theatre or Performance Venue are MANDATORY for participation. No exceptions.**

## **Modern and Character Dance**

These important contemporary dance styles are available at the intermediate and advanced ballet levels at PASC. Due to the importance of continuing ballet instruction, students wishing to take Character must enroll first for ballet classes at their age and level to strengthen their dance foundation.

## **Teen and Adult Classes**

A schedule of classes is offered specifically for teen and adult dancers. Classes are offered for beginner and intermediate dancers. Advanced Teen/Adult students should contact the front desk for a placement class and advanced class options.

## **Additional Performance Opportunities**

PASCP has a well-earned reputation for excellent dance performances! While all dance students who meet the performance requirements may perform twice each year, groups at levels Yellow through Gold have additional opportunities for taking class and learning new repertoire. To qualify for additional performance opportunities, a student must take at least the minimum number of ballet classes specified for their level.

*Placement decisions regarding levels are made for the well-being of each individual student. Students who have questions about their placement may e-mail Rebecca Maciejczyk at [rmaciejczyk@pascp.org](mailto:rmaciejczyk@pascp.org) or schedule a consultation. Contact the front desk for more information.*



# Dance Division Dress Code

The Performing Arts School of Central Pennsylvania's dress code was established to create a noncompetitive, professional environment in the classroom. The discipline of ballet is supported by the uniform look of the students, enabling them to concentrate on dancing without the distraction of their own individual dress or that of their fellow students. Because the dress code is set according to the level of the student, they have a recognizable way of seeing their progress. It is exciting and rewarding to receive a new alignment belt color, motivating students to work toward the next level.

## Ballet Classes



### Females

#### *All Females:*

- Ballet pink tights - footed
- Underwear should not be worn under tights
- Pink ballet shoes with elastic straps (straps worn on top of foot, not under foot)
- Hair secure in a bun and off the face or secured back with clips in a low ponytail if hair is too short for a bun.

Preschool Ballet :

Red Levels:

Orange Levels:

Yellow Levels:

Green Levels:

Blue Levels:

Indigo/Violet/Gold:

Solid Black leotard and any color sheer demi skirt

Solid Black leotard with red hip alignment belt \*

Solid Black leotard with orange hip alignment belt \*

Solid Black leotard with yellow hip alignment belt \*

Solid Black leotard with green hip alignment belt \*  
and black sheer demi skirt (optional)

Solid Black leotard with blue hip alignment belt or  
Blue leotard with blue hip alignment belt or compli-  
menting sheer demi skirt (optional)

Solid Black leotard with level color hip alignment belt  
Any solid color leotard with level color hip alignment  
belt or complimenting sheer demi skirt (optional)

Yellow - Gold level dancers may wear ribbons on their technique shoes.

Yellow-Gold dancers may wear any color sheer demi-skirt and solid colored leotard for Saturday classes and rehearsals only. \*Belts can be purchased at the PASCP front desk.

**Note for Female Dancers:**

*Form fitting t-shirts, camisoles, and bike pants are not permitted in ballet classes, except for Teen/Adult dancers.*

*\*Please note that students in Red through Yellow levels are not permitted to wear demi skirts to class. It is important for teachers to be able to clearly see the dancer's body in order to instruct correct alignment and technique. For dancers at our more advanced levels who choose to wear skirts to classes, demi-skirts should be sheer and be no longer in length than mid thigh.*



**Males**

**All Males:**

- Black tights, black knee-length bike shorts, or dance pants (no loose clothing)
- Black ballet shoes with elastic
- Dance belt or equivalent
- White socks (optional)

Preschool Ballet:  
Levels Red - Green:  
Blue:

Plain white form fitting dance t-shirt or athletic shirt  
Plain white form fitting dance t-shirt or athletic shirt  
Plain form fitting t-shirt or athletic shirt in any solid shade of blue or white  
Plain form fitting t-shirt or athletic shirt in any solid color

Indigo/Violet/Gold:

**\*We will celebrate our hard work with periodic dress code allowances as long as students exercise good behavior and focus in classes. During the last week of each month, all female dancers (in any level) will be allowed to wear demi skirts to class. Male dancers may wear any colored athletic shirt to class that week.**

## **Teen/Adult Classes**

We recommend following the ballet dress code, however, the following options are permitted:

- Black tights or fitted leggings
- Fitted athletic shirt

## **Modern Dance Classes**

### **Modern**

- Non-footed pink or black tights (convertible tights optional)
- Black dance shorts worn over tights or black dance pants (not flared)
- Hair in low pony tail (suitable for floor work)
- Any color leotard or unitard
- Boys/Men: dance pants and form fitting t-shirts (see ballet division for more details)
- Please bring a yoga/pilates mat or thick towel for floor exercises
- Bare feet

## **Additional Dress Code Notes**

- Leg warmers, sweaters, and extra clothing of any kind may not be worn in class or while actively rehearsing.
- Jewelry is not permitted in class (watches, necklaces, earrings, bracelets, etc). Earrings that do not hang below ear lobe, engagement rings, and wedding rings are permitted.
- Remember to clearly label all clothing (shoes, leotards, etc) with the student's name.
- Please use deodorant (ages 10 and older) and avoid wearing perfume/cologne.
- Please do not dance in bare feet if suffering from athlete's foot, warts, or any condition which may spread to other dancers (tape, ballet shoes, or jazz shoes may be worn).
- Ballet shoes from Payless, WalMart, and Target are not flexible enough to dance in. Please try Physique Boutique (State College) or The Dance Shop (Altoona). Ballet shoes should be checked by the student's teacher to assure proper fit before sewing elastic on the shoes.

# Central Pennsylvania Youth Orchestra

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Established in 1991 with the support of the Penn State University School of Music, CPYO is the area's premiere youth music ensemble, with over 60 talented young musicians from several counties. The Penn State University School of Music continues to be a strong supporter of CPYO by providing rehearsal and concert facilities, an orchestral library, percussion instruments and concert grand pianos, as well as student mentors who graciously

participate in CPYO rehearsals and concerts.

Recent works include Mozart's *The Abduction from the Seraglio*, Joseph J. Phillips' *Fantasia on an Original Theme*, Smetana's *Haakon Jarl, op.16*, and Arturo Márquez's *Danzón No.2*, among others.

CPYO is a two-tiered organization:

- **Full Orchestra** consists of winds, percussion, and more experienced string players;
- **Chamber Orchestra** consists of winds and strings seeking their first orchestral experience.

Membership in CPYO is by audition. To schedule an audition, please contact Cecilia Dunoyer at [cedunoyer@gmail.com](mailto:cedunoyer@gmail.com).



# CPYO Membership Requirements

Membership for all members requires an audition. To schedule an audition, please contact Cecilia Dunoyer at [cedunoyer@gmail.com](mailto:cedunoyer@gmail.com).

Once accepted into CPYO, students must register at PASCAP by contacting Sarah Kopac at 814.234.4961 or [skopac@pascap.org](mailto:skopac@pascap.org). Registration forms may also be downloaded and mailed to PASCAP. To download the registration form, visit [www.pascap.org](http://www.pascap.org).

***Returning students will not be denied participation in CPYO, but must audition for our Music Director to determine seating in their respective section.***

## Attendance in CPYO

Membership in CPYO is a musical commitment. It is important for members of any orchestra to appreciate that each and every player is an essential part of a whole, a larger dimension than their own self, just like a successful athletic team cannot function with missing players.

The level of enjoyment, the rewards of each rehearsal, and the progress we make weekly depend of every musician's consistency of attendance and on-time arrival. Each and every member is essential to the success of the ensemble.

Rehearsals are a time for each of you to hear and learn everyone else's parts -- which is why it is so important to attend every rehearsal. Knowing your own part perfectly does not exempt you from rehearsing because your fellow CPYO musicians need to hear your part and you need to hear theirs. As per CPYO policy, we do allow for no more than two (2) missed rehearsals per semester with pre-approval by the Music Director.

Please arrive 15 minutes prior to your rehearsal start time to allow you to unpack, set up, and warm up. Rehearsals will start promptly and late arrivals are disruptive to the entire orchestra.

## Concert Attendance

It is **required** for both Chamber and Full Orchestra musicians to attend each other's part of the concert programs. This shows respect for your fellow musicians and allows you to enjoy the fruits of your musical labor.

In addition, CPYO requires all members to attend four (4) PSU School of Music concerts of their choice each year. The PSU School of Music offers literally over 300 free concerts each year. A list of concerts can be found at <http://www.music.psu.edu/>. Please submit your concert programs as proof of attendance.



## Making Music an Integral Part of Your Family Life!

The Penn State School of Music invites CPYO students and families to attend concerts, master classes, and other special music events on the University Park campus. They offer literally over 300 concerts each year, most of them FREE, and are held in Esber Recital Hall, the venue of our CPYO concerts.

For complete concert information, please visit <http://www.music.psu.edu/> and click on Upcoming Events.

### ***Other ways to make music an integral part of your family life:***

- Keep a calendar of musical events posted in your home, alerting you to professional and amateur performances taking place in your community.
- Plan to attend at least two concerts each semester (4 each year). Nothing is more inspiring and motivating than hearing your instrument played by professionals and/or advanced students. Take advantage of these exceptional opportunities in your own backyard free of charge!
- After the concert, seek out performers backstage and introduce yourself and/or your child. They will be happy to speak with you!

# BECOME A FRIEND OF PASCSP

Performing Arts School of Central Pennsylvania (PASCSP) is a 501(c)3 non-profit organization based in State College, Pennsylvania. We are home to a classical ballet school, youth performing company, and the Central Pennsylvania Youth Orchestra. We are proud to continue to fill a need in central Pennsylvania for high-quality ballet and orchestral instruction and performances. At PASCSP, our mission is to provide a place in which all students can experience a joyful pursuit of excellence in their passions by **encouraging** more people to participate in the arts, **nurturing** each student's potential for success and **inspiring** them to enjoy the arts for life.



Ballet and Music are costly art forms. Ticket revenue and tuition cover only a portion of our annual operating costs. By becoming a **Friend of PASCSP**, your tax-deductible donations go directly into our artistic and educational programs, including scholarships, outreach, and performance costs, enabling us to continue the high-quality teaching and performances that our community has come to expect.



For more information on becoming a Friend of PASCSP and its benefits, please visit our website at [www.pascsp.org/support](http://www.pascsp.org/support).

**Thank you for supporting the students at PASCSP and the art forms that you love.**

**Your contributions do make a difference!**

PASCSP, and its related entities, is a non-profit organization under section 501(c)3 of the United States Internal Revenue Code. All donations to PASCSP and related entities are tax-deductible. PASCSP's tax identification number is 27-4418566.

# Yes, I want to become a *Friend of PASCP!*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

*Please print name in programs and online as:*

\_\_\_\_\_

## **Please select a giving level:**

- |  |  |
|--|--|
| <input type="checkbox"/> Corps de Ballet (\$25-\$49) | <input type="checkbox"/> Maestro (\$250 - \$499)               |
| <input type="checkbox"/> Soloist (\$50-\$99)         | <input type="checkbox"/> Conductor's Circle (\$500-\$999)      |
| <input type="checkbox"/> Principal (\$100 - \$249)   | <input type="checkbox"/> Artistic Director's Circle (\$1,000+) |

## **Payment Information**

- I have enclosed a check, payable to PASCP
- I have enclosed cash
- Please charge \$ \_\_\_\_\_ to my  
VISA    MASTERCARD    DISCOVER (circle one)

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Please send your donation to:**

Friends of PASCP  
3006 Research Drive, Suite D-1  
State College, PA 16801

**THANK YOU FOR YOUR SUPPORT!**



PERFORMING ARTS SCHOOL  
OF CENTRAL PENNSYLVANIA

*A Joyful Pursuit of Excellence*

3006 Research Drive, Suite D-1  
State College, PA 16801

[www.pascp.org](http://www.pascp.org)

Ph: 814-234-4961  
Fax: 814-234-1164

[frontdesk@pascp.org](mailto:frontdesk@pascp.org)