

# WELCOME *to the* CARNIVAL

## HEARTBEAT DANCE ACADEMY 2019 SHOW INFO PACKET

### MANDATORY DRESS REHEARSAL – THURSDAY, JUNE 13<sup>TH</sup>

Dress Rehearsal will be held at the Carlmont Performing Arts Center, 1400 Alameda De Las Pulgas, Belmont. Please meet in the auditorium for instructions when you arrive. Dancers must **bring all costumes, accessories, tights, shoes and socks to dress rehearsal**. Dancers should arrive promptly with hair and makeup done, and no jewelry. Dancers should wear appropriate undergarments and regular dancewear to warm up and run finales. After we run our finales, dancers will change into their show costumes. The dress rehearsal routine order will be posted at the theatre in each dressing room. Please check the order to determine which costume to change into (for dancers who are performing in more than one class).

At the Dress Rehearsal ONLY, we run the finale FIRST. This way, your dancer may leave once they have finished rehearsing all their routines.

Please stay with your younger dancers – we do not have chaperones for this event.

**4:00-5:30pm**

- Dancers Below Level I (see backside)

**6:00-11:00pm**

- Dancers Level I & Up

### SHOWS

All dancers are expected to arrive with hair and makeup completed and any nail polish or jewelry removed. Dancers must **bring their own hair and makeup supplies** for touch ups or hair changes. Costumes should be brought to the theater in their garment bags. Please do not wear costumes prior to arriving as food or drinks can easily spill, or costumes may get caught on something and tear. All undergarments must be hidden or not worn.

ALL dancers are to remain backstage throughout the entire show, regardless of their age (younger dancers will be with adult chaperones). Please see next page for dressing room assignments.

#### Friday Evening – June 14<sup>th</sup>

- Dancers must arrive in at 6:00pm
- Show starts 7:00pm (2.5hr approximate run time)

#### Saturday Matinee – June 15<sup>th</sup>

- Dancers must arrive at 1:00pm
- Show starts 2:00pm (2.5hr approximate run time)

#### Saturday Evening – June 15<sup>th</sup>

- Dancers must arrive at 6:00pm
- Show starts 7:00pm (2.5hr approximate run time)

#### Sunday Matinee – June 16<sup>th</sup>

- Dancers must arrive at 1:00pm
- Show starts 2:00pm (1.25hr approximate run time)



Please see backside for “Who’s in What Show” document.

The show orders for each day will be posted our website under the June Show tab as well as in the dressing rooms during the show weekend.

# DANCER SHOW SCHEDULE

CLASS	Thursday 6/13 4:00PM Dress Rehearsal	Thursday 6/13 6:00PM Dress Rehearsal	Friday 6/14 Evening	Saturday 6/15 Matinee	Saturday 6/15 Evening	Sunday 6/16 Matinee
Pre-Ballet (Tues & Sat)	X					X
Adv. Pre-Ballet I	X					X
Adv. Pre-Ballet II	X					X
Mini Hip Hop (Fri & Sat)	X					X
Tiny Tumbling	X					X
Jr. Jazz/Tap	X					X
Tiny Tap	X					X
Acro I (Tues, Fri & Sat)		X		X		X
Acro I Teen		X	X	X		
Acro II (Tues & Fri)		X	X	X		
Acro II Teen		X	X	X		
Acro III (Wed & Fri)		X	X	X		
Acro IV (4:45 & 5:45)		X	X		X	
Acro IV/V		X	X		X	
Acro V		X	X		X	
Ballet I		X		X		X
Ballet I Teen (Thurs & Sat)		X	X	X		
Ballet II		X	X	X		
Ballet III		X	X	X		
Ballet III/IV		X	X		X	
Ballet IV		X	X		X	
Ballet V		X	X		X	X
Pointe		X			X	X
Hip Hop Beg (Fri & Sat)		X		X		X
Hip Hop Int (Fri)		X	X	X		
Hip Hop Int/Adv (Fri)		X	X	X		
Hip Hop Adv (Wed)		X	X		X	
Hip Hop Beg Teen (Thurs)		X	X	X		
Hip Hop Int Teen (Thurs)		X	X		X	
Hip Hop Adv Teen (Thurs)		X	X		X	
Jazz I		X		X		X
Jazz I Teen		X	X	X		
Jazz II		X	X	X		
Jazz II Teen		X	X	X		
Jazz III		X	X	X		
Jazz III Teen		X	X	X		
Jazz III/IV		X	X		X	
Jazz IV		X	X		X	
Jazz IV Teen		X	X		X	
Jazz IV/V		X	X		X	
Jazz V		X	X		X	
Lyrical I (Wed & Sat)		X		X		X
Lyrical I Teen		X	X	X		
Lyrical II		X	X	X		
Lyrical II Teen		X	X	X		
Lyrical III		X	X	X		
Lyrical III Teen		X	X	X		
Lyrical III/IV		X	X		X	
Lyrical IV		X	X		X	
Lyrical IV Teen		X	X		X	
Lyrical IV/V		X	X		X	
Lyrical V		X	X		X	
Teen Contemporary		X	X	X		
Tap I		X		X		X
Tap I Teen/Adult		X	X	X		
Tap II		X	X	X		
Tap II Teen/Adult		X	X	X		
Tap III		X	X	X		
Tap IV		X	X		X	
Tap V		X	X		X	

## **DRESSING ROOM ASSIGNMENTS & PICK UP**

**ALL DANCERS:** Must arrive 1 hour prior to show time with hair and makeup done. Upon arrival, dancers should proceed to the check-in table in their dressing room. We will have signs directing dancers to the correct rooms for check-in.

**\*\*Dancers ages 4-7 and dancers in level 1 and 2 classes** will be assigned a chaperone to stay with throughout the show. All parents must leave the dressing room no later than 6:30pm on Friday and Saturday night, and 1:30pm on Saturday and Sunday day.

**DANCERS WITH CHAPERONES – AGE 4-7 and LEVELS 1 & 2:** Once directed to your dancer's dressing room, parents should help their child put on his/her costume but must leave the room 30 minutes prior to the show beginning. Dancers will remain with chaperones throughout the entire show to ensure their safety and that they are present for the final bow. If your dancer has multiple dances, chaperones can help your child change, lead them to our staff for hair changes, and will direct them to the proper group following their performance.

Some parents bring coloring books or other quiet activities for their children to keep them occupied while not performing, however, snacks are not allowed in the dressing room area.

After the finale, all dancers return to the dressing room, where *1 parent* may go to pick up their dancer. Please only have 1 parent pick up your child at the end of the show as too many parents in the room can make the process hectic. Dancers should be picked up at the check-in table in their dressing room. Dancers under age 10 will not be released unless picked up by a parent or responsible guardian.

**LEVELS 3-5, TEEN AND COMPETITION DANCERS:** Volunteers/staff will be there to assist with quick changes of costumes and hair, but otherwise these dancers must be self-sufficient (no parent help). Dancers must bring their own hair and makeup supplies.

**BOYS:** All boys will go to the BOYS DRESSING ROOM – there will be a sign on the door, located behind stage right of the theatre. There will be a chaperone in this room during the shows to supervise younger dancers and assist with any costume changes. Boys must remain in this room for the entire show. Boys may bring something to do during the show while they are not performing but may not eat food in the dressing room.

## **AUDITORIUM RULES**

There is **no** food, drink, or gum (water is okay) allowed in the theater, backstage, or in any dressing room areas. Dancers who bring snacks may eat in the lobby or outside the performing arts center but should not be in costume while eating. We will have food monitors enforcing this rule at each show. Please have your dancer eat a full meal before arriving.

For the safety and protection of our dancers, there is **no photography or videography allowed in the theater** with phones or cameras of any kind. If you are not following this rule, you may be asked to leave the theatre. Professional DVDs and photos of the shows are available for purchase with forms available in studio office, online, or at the show. Please do your best to stay seated through the entire show; if you must leave, please do so between dances.

Please do **not** park or drop off/pick up in any red zones or on curbs.



## **VOLUNTEERS - WE NEED YOU!**

The volunteer positions listed below are what we still need help with. To sign up, please let our office staff know or visit the 'June Show' tab on our website.

- **Chaperones:** Chaperones take care of a group of dancers back stage during one of the performances. Each level 2 and under class needs at least two chaperones, especially the little ones. The chaperones are with their assigned group from the time the dancers are dropped off to when the performance is over.  
We reserve a seat in the audience for chaperones to watch their dancer perform their routine during the show that they are chaperoning (free of charge).
- **Stage Crew "Prop Movers":** A great job for the Dads or brothers! You are backstage the whole show, moving props from back stage to the stage. It keeps you busy, and you still get to see your beautiful dancer perform (free of charge)!
- **U-Haul Truck Drive & Prop Loading:** On Sunday, pick up U-Haul truck at Belmont U-Haul location, drive to CHS to load, drives to HBDA to unload and drive back to Belmont U-Haul. Prop loaders help load and unload props into truck.

We could not put on a successful performance without our amazing volunteers and are so thankful for all who help out!

## **FATHER'S DAY DAD'S DANCE** Calling all HeartBeat Dads!

Each year, we invite our awesome dads to participate in a simple hip hop routine in the Sunday Father's Day Show. It is always a big hit and we're hoping to have a great turnout of dads performing this year! For those who are interested in joining us, our instructor Alex will be teaching a fun and easy routine on the following days (feel free to attend all or just a few!).

**Mondays:** 5/13 at 7:45 pm, 6/3 at 7:45 pm, 6/10 at 7:45 pm

**Wednesdays:** 5/15 at 8:30 pm, 5/29 at 6:30 pm, 6/5 at 6:30 pm, 6/12 at 6:30 pm

There is no cost for participating in the dad dance. We hope to see you there!

## **TICKETS**

Ticket sales have begun! The theatre is assigned seating. Ticket prices for each show are \$24 per seat and may be purchased online or by phone call. Please view our Ticket FAQ document for general ticketing questions.

Online: [www.heartbeatdanceacademy.com/show](http://www.heartbeatdanceacademy.com/show)

By Phone: 435-222-2849

**We're looking forward to a fun and exciting recital this year and hope you all enjoy the shows!**

Please be sure to check out the Show FAQ document on our website under the 'June Show' tab for more information. Please feel free to contact our office staff with any questions or concerns you may have.

[www.heartbeatdanceacademy.com/contact-us](http://www.heartbeatdanceacademy.com/contact-us)

Studio Phone: 650-367-7501

# GIRLS HAIR AND MAKEUP

## MAKEUP

Samples of makeup will be available to look at in the studio office.

All female dancers in Age 4-7 classes (under Level I)

- Lipstick – L’Oreal “Matte Moisselle Pink”, Revlon “Kissable Pink”, or Maybelline “Pink & Proper”
- Blush – Cover Girl “Rose Quartz” or “Rose Silk”
- Mascara - Black

All female dancers in Level I-V classes, including competition

- Foundation
- Blush – Dark pink (Maybelline “Rose” or Cover Girl “Iced Plum”)
- Eyeshadow – Dark brown smokey eye (Covergirl “Nudes” Palette, Maybelline “Designer Chocolates” or “Natural Smokes”)
- Eyeliner – Black
- Eyelashes – Ages 10 and under, heavy mascara or false eyelashes – Ardell 110 or Demi Lashes. Ages 11+, False eyelashes Ardell 105 or similar Wispies.
- Lipstick – Maybelline “Divine Wine”, Revlon “Bombshell Red” or similar dark red

## HAIR

All hair must be off the face – no bangs!

Please see list of required hairstyles by class on the next page.

A high ballet bun requires all hair (including bangs) to be pulled up high on the head. Start by wetting all hair, using lots of gel or style holding product. Pull up all hair into a tight, high ponytail. This should sit at the top of the head. Then the hair can be twisted into a bun and secured well with bobby pins. An invisible hair net (available at CVS, Walgreens or Rite Aid) and bobby pins can then cover the loose ends or hairs not fitting in the bun. Pins, elastics, etc. should match hair color. Hairspray can be used to finish and set the hair.

**All dancers requiring a hair change must bring their own brushes and hair nets in a bag with their name on it to all shows.**

**NO jewelry or nail polish!**

**No visible underwear or bra straps with costumes - undergarments must be hidden!**

Hair and makeup tutorials will be available on our website.

Go to [www.heartbeatdanceacademy.com/showinfo](http://www.heartbeatdanceacademy.com/showinfo)





# GIRLS HAIR AND ACCESSORIES FOR BOYS & GIRLS

HP = High Ponytail, LP = Low Ponytail, HB = High Bun, LB = Low Bun

	CLASS	GIRLS HAIR	ACCESSORIES
ACRO	Tiny Tumbling	HP	
	Acro I Sat	HP	flower hair clip
	Acro I Tues/Fri	HP (FRI), LP (SUN)	rhinestone hair tie
	Acro I Teen	HP (FRI), LP (SAT)	black feather hair clip
	Acro II Tues	LP	feather hair clip
	Acro II Fri	LP	
	Acro II Teen	HP	
	Acro III Wed	HP	
	Acro III Fri	HP	sequin hair piece
	Acro IV 4:45	HP (FRI), LP (SAT)	
	Acro IV 5:45	HP	
	Acro IV/V	HP	black lace hair applique
	Acro V	HP	
BALLET	Pre-Ballet Tues	HB	bow hair clip
	Pre-Ballet Sat	HB	pink flower bun hair clip
	Adv. Pre-Ballet I	HB	tiara
	Adv. Pre-Ballet II	HB	flower hair clip
	Ballet I	HB	Dog: headband, gloves, ribbon for neck & waist
			Lion: headband, booties
			Zebra: headband, tail
			Lady Bug: headband, wings
	Ballet I Teen Thu	HB	Girls: tiara headband
			Guys: blue bow tie
	Ballet I Teen Sat	HB	flower hair clip
	Ballet II	HB	flower hair clip
	Ballet III	LB	hair sash, arm bands
	Ballet III/IV	HB	mini hats
JAZZ	Ballet IV	HB	Clip hairpiece
	Ballet V	HB	rose hair clip
	Pointe	HB	rhinestone hair piece
	Jazz I	HP	Lion: headband, arm sleeves, waistband
			Black Cat: headband, tail
			Leopard Cat: headband, arm sleeves
	Jazz I Teen	HP	
	Jazz II	LP	hat
	Jazz II Teen	HP	
	Jazz III	HP	
	Jazz III Teen	HP (FRI), LP (SAT)	
	Jazz III/IV	HP	bow tie
	Jazz IV	HP	
	Jazz IV Teen	HP	arm sleeves
LYRICAL/ CONTEMP	Jazz IV/V	HP (FRI), LP (SAT)	
	Jazz V	LP	
	Lyrical I Wed	HB	flower hair clip
	Lyrical I Sat	HB	rhinestone barrettes
	Lyrical I Teen	HB (FRI), LB (SAT)	gem hair clip
	Lyrical II	HB	rhinestone barrettes
	Lyrical II Teen	HB	
	Lyrical III	LP	fortune teller head band
	Lyrical III Teen	HB (FRI), LB (SAT)	gem hair clip
	Lyrical III/IV	HB	

<b>TAP</b>	Lyrical IV	HB	
	Lyrical IV Teen	HB	lace hair clip
	Lyrical IV/V	LP	
	Lyrical V	LP	
	Teen Contemporary	HB	Lions: fluffy hair tie
	Jr. Jazz/Tap	HP	feather hair clip, pink shoe bows
	Tiny Tap	HP	Girls: monkey headband, bow hair clip, monkey tail
			Boys: monkey ears, monkey tail, cummerbund, bowtie
	Tap I	LP	burgundy hat
	Tap I Teen	LP	hat with green band
<b>HIP HOP</b>	Tap II	HP	feather hair clip, black gloves
	Tap II Teen	HP	
	Tap III	HP	
	Tap IV	HP	
	Tap V	LP (FRI), HP (SAT)	white gloves, black bowtie
	Mini Hip Hop Fri	HP	gold hair tie clip
	Mini Hip Hop Sat	HP	silver hair tie clip
	Hip Hop Beg Fri 3:45	HP	
	Hip Hop Beg Fri 5:45	LP	
	Hip Hop Beg Sat	HP	
	Hip Hop Beg Teen	HP (FRI), LP (SAT)	white bandana, combat boots
	Hip Hop Int	HP	
	Hip Hop Int Teen	HP	
	Hip Hop Int/Adv	HP	
	Hip Hop Adv	HP	
	Hip Hop Adv Teen	LP (FRI), HP (SAT)	

## REQUIRED SHOES FOR JUNE SHOW

**Acro & Tiny Tumbling:** Barefoot

**Pre-Ballet & Adv. Pre-Ballet I-II:** Full sole pink ballet shoes

**Ballet I-II:** Full sole pink ballet shoes

**Ballet III-V & Teen:** Split sole pink ballet shoes

**Contemporary:** Barefoot

**Hip Hop:** White sneakers (Excluding: Beginning Teen, Advanced & Beginning Saturday)

Hip Hop Beg. Teen: Combat boots (provided)

Hip Hop Adv: Black sneakers

Hip Hop Beg Sat: Black sneakers

**Jr. Jazz/Tap:** Girls - black patent leather Mary-Jane tap shoes, Boys - Black Oxford tap shoes

**Jazz I-II:** Full sole tan jazz shoes (split sole is okay)

**Jazz III-V & Teen:** Split sole tan jazz shoes (Excluding: Jazz III Teen)

Jazz III Teen: Black jazz shoes

**Lyrical I:** Tan foot undeez/ paws

**Lyrical II:** Tan foot undeez/ paws or turners

**Lyrical III-V & Teen:** Tan turners

**Tiny Tap:** Girls - Black patent leather Mary-Jane tap shoes, Boys - Black Oxford tap shoes

**Tap I-II:** Girls - Black Mary-Jane tap shoes (non-patent leather), Boys - Black Oxford tap shoes

**Tap III-V & Teen:** Black Oxford tap shoes



Dance shoes may be purchased at any dancewear store. We recommend Dance Theatre Shop in Downtown San Mateo or through the online store link on our website. Go to [www.heartbeatdanceacademy.com/policies-dresscode](http://www.heartbeatdanceacademy.com/policies-dresscode) and click the button "online store".



# THE LAST DAY OF CLASSES IS SATURDAY, JUNE 8<sup>TH</sup>

Registration will open again in August to start September.

Until then, join us for some fun

## SUMMER DANCE CAMPS!

### ALL CAMPS:

- Run Mon-Fri, 9am-2pm with an option to add extended care.
- Include daily snacks, dance props, age appropriate arts & crafts and a HBDA Summer Camp T-Shirt!
- Include a pizza party for all dancers each Friday. Dancers should bring a healthy lunch Mon-Thurs.
- End with an open performance for families and friends on each Friday, 1:30-2:00pm.

### EXTENDED CARE

(all ages) 8:30-9:00am & 2:00-5:00pm

Open to all participants of HBDA camps. Dancers have the option of games, outdoor play, snacks, movies and more!

### Ages 4-7

#### PRINCESS BALLET CAMP July 8 - 12

Is your prince or princess ready to dance their way into fairytale royalty and magic? Bring your dancer's dreams to life with visits from princesses such as Elsa, Ariel, Jasmine, Snow White and Cinderella! Each day's activities will center on the story of a different ballerina princess.

#### MAGICAL KINGDOM DANCE CAMP August 5 - 9

Join us on an exciting adventure through the magical lands of unicorns, mermaids, dragons, fairies and more! Dancers will explore new worlds while learning the fundamentals of dance.

### Ages 8-18

#### MUSICAL THEATRE DANCE CAMP July 29 - Aug 2

Dreaming of becoming a Broadway star? Learn new skills and dance routines set to popular Broadway shows in this star-studded camp! This camp is great for both beginner and experienced dancers.

### INTENSIVE DANCE CAMPS

Improve your skills, flexibility, and technique in our summer intensive dance camps! These camps include instruction in Jazz, Contemporary/Lyrical, Ballet, Dance Conditioning, Acrobatics, Hip Hop, and student choreography. Each intensive will feature guest teachers and HeartBeat faculty and will focus on improving flexibility, technique, skills, and endurance. We focus on individual attention, growth, and improvement for every dancer.

#### BEGINNING INTENSIVES

June 24 – 28, July 22 - 26  
Ages 8-18, HBDA Levels I-II  
0-2 years dance experience

#### INTERMEDIATE INTENSIVES

July 22 – 26, August 5 - 9  
Ages 11-18, HBDA Levels II-IV  
3-4 years dance experience

#### INT/ADV INTENSIVE

June 24 – 28  
Ages 11-18, HBDA Levels III/IV-IV  
4+ years dance experience

### Ages 5-9

#### DIVA DANCE CAMP July 29 - Aug 2

Bring your inner diva to life and learn moves to the latest pop music in the dance styles of Jazz, Lyrical, and Hip Hop! Dancers will also have exciting activities such as prop making and arts & crafts.

#### HIP HOP & TUMBLING CAMP July 22 - 26

Learn the latest hip hop moves and styles from our fantastic teachers! Dancers will learn new skills, from freezes to cartwheels, in this fun Hip Hop/Tumbling combo camp.