

VAM Studios

720 N. 35th Street, Suite 103

Seattle, WA 98103

(206) 826-0776

www.vamstudios.net

info@vamstudios.net



Welcome to the 2023-2024 Season!

WELCOME

VAM Studios is a multi-generational community that invites all dancers, dreamers, and world-shakers ages 3 and older to join ongoing classes ranging from beginner to master level. We offer classes in multiple dance styles including ballet, contemporary, jazz, hip-hop, and tap as well as conditioning and mindfully movement classes. Additionally, we offer workshops, camps, and master classes with dance industry professionals. We are also proud to share a range of inventive and entertaining shows with our community that combine dance genres in unexpected ways, giving our students opportunities to perform in a variety of venues. We are thrilled that you have decided to join us this year and can't wait to dance with you!

PROGRAMS

MINI

This division includes our Mini Tap, Discover Dance, Pre-Ballet, and Creative Movement classes, and is designed for students ages 3-7. These students will experience a joyful introduction to the world of dance in a supportive and caring environment, with gentle opportunities for in-studio performances. These classes are offered on the quarter system, and families should plan to participate in each quarter fully.

YOUTH & TEEN

Classes in this division are leveled from 1-6, and are designed for students ages 8-18. Dancers explore their craft and hone their technique in increasing depth, though the care and support of instructors and the community remains central to the work. Our faculty will guide students in enrolling in the correct classes in terms of levels and genres. These classes are offered on the semester system, and families should plan to participate in each semester fully.

VIP (VAM IN PERFORMANCE)

This production/performance group for dancers ages 13-19 offers the unique opportunity of developing a deeper understanding of the art of performance, while taking their dancing to a higher level. The VIP experience provides a pre-professional training environment, developing a repertoire of pieces across different genres to be shared with the community through performances and outreach events during the year. Additionally, dancers will have the chance to work on "behind the scenes" projects including show design, prop creation, production, set

design, and more. Participants will learn choreography, teamwork, production skills, commitment to excellence, and the discipline to accomplish challenging goals. The rewards of their hard work and dedication will be shared with the community with the goal of spreading joy and inspiring others. This holistic program requires a higher level of commitment from dancers, including participation in weekly classes representing a minimum of two different styles of dance in addition to VIP classes.

ADULT

Adult classes are offered across levels and genres. Dancers will grow in technique while connecting with a community of movers and having fun. These classes are all drop-in based and available for sign up through the VAM Studios Adult Classes Page. Please register for each individual class at least 24 hours in advance. Some adult sessions are available for virtual learning, this will be listed in the mindbody schedule as VIRTUAL. Class cards are available and provide discounted options for the students who attend classes regularly. All cards expire in 90 days, no refunds, and they are non-transferrable.

Drop in- \$20

5 class card- \$95

10 class card- \$175

20 class card- \$330

You can sign up for classes online through the VAM website (recommended option), through the Mindbody App, or in person at the VAM front desk. Please arrive at least fifteen minutes early if you choose to purchase a card in person on the same day of your class. All adults must create a Mindbody account through our website and agree to necessary waivers before attending their first class.

CLASS VIDEOS

We provide access to two powerful, supplemental video access tools: Video on Demand and VAM Studios' Patreon Video Archive. The Video on Demand is a month to month, fee based service that gives students access to the current week's videos of over a dozen classes including tap and conditioning classes to practice with. The VAM Studios' Patreon Video Archive is a monthly donation based service that provides access to a permanent archive of conditioning, tap, ballet, swing and more. There are full choreography breakdown and practice videos from slow to full speed, as well as warm-up and technique exercises videos.

Access for these services can be found here:

- Video on Demand (on the VAM Studios website): [Adult Classes Page](#)
- Patreon Video Archive: [VAM Studios Patreon Page](#)

While these classes are structured on a drop-in basis, some classes do build pieces of choreography over multiple sessions. Don't be discouraged if you come to class and don't know a piece that others seem to know! Pick up what you can and be confident that over time, you will

catch up! Additionally, please read class descriptions or consult with our staff when deciding which level of a class to try out.

WHAT TO EXPECT

WHAT TO BRING

Any necessary shoes, clothing, and water bottles with water only. For longer days, snacks may be needed, but please no consumption of food (including gum) or drinks other than water in the studios.

DROP OFF

For all classes, please enter the studio through our reception room at the front of the building on 35th Street. Once your dancer is ready for class, please be prepared to say goodbye! We do not allow guardians to accompany dancers in class. Since we do not have the space or capacity for regular class observation, there will be structured and announced opportunities for students to share what they are learning with their families, including in-studio performances for our youngest dancers and larger performances as students develop their skills (see PERFORMANCE OPPORTUNITIES below).

DURING CLASS

- Restrooms are available, however we ask dancers to use the restroom before class so that they can spend their time dancing! This especially applies to mini and level 1 classes.
- If you need your dancer during class time for any reason, please notify the desk staff and they will assist you.
- We do not allow regular class observation due to space and time constraints, however we will have intermittent opportunities to see how your dancers have learned and grown! Stay tuned for information on when these might occur.

PICK UP

We have specific protocols for releasing our youngest students from their classes in order to ensure safety and help manage foot traffic in and out of the studio, particularly on busy Saturday mornings.

- For Mini and Level 1 classes in Studio A, students will be released directly to their families in the parking lot through the **green northeast door** from Studio A at the conclusion of class, so please plan to meet us there each week. We'll be very excited to see you!
- For Mini and Level 1 classes in all other studios, students will be escorted from their studio through the **east door** to meet their families in the parking lot. They will only be released to their adults, so please plan to meet us outside at the conclusion of classes. We will be so excited to tell you all about what we've learned each week!
- Students in youth classes are offered more independence in meeting their families after class, but we ask that dancers are picked up in the parking lot through the **east door**.

DRESS CODE

For youth program:

- *Creative Movement and Discover Dance*: Any color tights or leggings, any color leotard or form fitting top, ballet slippers or bare feet, (skirts and tutus optional).
- *Pre-Ballet*: Option 1: Pink tights, any color leotard, and pink ballet shoes (skirt or tutu optional). Option 2: Any color tight fitting t-shirt, black tights/leggings, white socks, and black ballet slippers. Hair: Long hair pulled back into a tidy bun.
- *Youth and Teen Ballet*: Option 1: Any color leotard, pink tights, and pink ballet slippers. Option 2: Any color tight fitting t-shirt, black tights/leggings, white socks, and black ballet slippers. Hair: Long hair pulled back into a tidy bun. [How to Make a Ballet Bun with Ella](#)
- *Contemporary*: Comfortable clothing that covers the body for floorwork, socks or bare feet, knee pads (optional).
- *Jazz and Musical Theater*: Any color leotard or form fitting top, tights or leggings, bare feet or jazz shoes.
- *Tap*: Comfortable clothing and tap shoes.
- *Hip Hop*: Comfortable clothing and clean dance sneakers (not street shoes).

NO JEANS OR STREET SHOES ALLOWED

For adult program:

Adult Ballet: Suggested attire is a leotard, tights, and ballet slippers. Any comfortable form fitting clothing with ballet slippers is permitted.

Adult Jazz: Any comfortable form fitting clothing with jazz shoes, bare feet, or ballet slippers.

Adult Contemporary, Hip Hop and Tap: See above for suggested attire.

PERFORMANCE OPPORTUNITIES

MINI PROGRAM

Mini dancers will experience a gentle introduction to the art of performance through our in-studio show in the spring. We transform our space into our VAM Theatre and welcome family and friends to a supportive and fun event that showcases our youngest movers. Date and time TBD.

YOUTH, TEEN, & ADULT

VAM Studios presents an annual showcase to give students a chance to share their skills, passion, and joy with family, friends, and community. These performances are truly inspiring; they create lifelong memories and experiences for the students, teachers, and audience members alike. The VAM Studios motto, DREAM-CREATE-INSPIRE, is fully realized through these performances from brainstorming ideas with the students in class (*Dream*), to the dedicated work of learning the dances (*Create*), to sharing it with the audience (*Inspire*). The entire process promotes an understanding of goal setting, dedication, teamwork, personal growth, and perseverance, as well as building each dancer's confidence and self-esteem. We invite students who take regular weekly classes at VAM to participate in the 2024 Spring Show.

While participation in the show is completely optional, we do require the following commitments in order to perform:

- Attending classes regularly to learn and improve choreography
- Attending in-studio full cast rehearsals (see dates below)
- Attending all tech/dress rehearsals at BPH (see dates below)
- Performing in all shows (see dates below)
- Payment of the performance production fee: \$85 per student, \$150 for families with two students, \$180 for families with three or more students

If you are interested in participating in this year's Spring Show, please carefully review the show agreement (available on the website, attached to the end of this document, as well as in-studio) as a family, ensuring that dancers and all associated grown-ups have a good understanding of the commitment. **We are asking dancers and families to decide whether they would like to participate in the show by October 31st in order for us to plan accordingly. Please complete and return the show agreement.**

IMPORTANT SHOW DATES

OCT 31	Show Agreements Due
FEB. 5	First day of Spring Semester
FEB. 10	First potential Saturday for rehearsals (TBD)
MAY 18 (3-6pm)	RUN-THROUGH/DRESS REHEARSAL at VAM STUDIOS
MAY 27	STUDIO CLOSED - MEMORIAL DAY HOLIDAY
JUN. 1 (12-9:30pm)	MANDATORY DRESS/TECH REHEARSAL & SHOW at BPH*
JUN. 2 (2pm calltime)	MANDATORY VAM SPRING SHOW at BPH*
JUN. 3	VAM Day Holiday - NO CLASSES
JUN. 16, 2024	Last Day of Spring Semester

Broadway Performance Hall is located at 1625 Broadway, Seattle, WA, 98122.

VAM 2023-24 IMPORTANT DATES

<i>July 10 - August 20, 2023</i>	SUMMER SEMESTER
<i>August 21 - September 3, 2023</i>	Interim Class Schedule
<i>September 4 - 10, 2023</i>	1 Week Break
<i>September 11, 2023 - February 4, 2024</i>	FALL SEMESTER
<i>November 23 - 24, 2023</i>	Native American Heritage Holiday
<i>December 18, 2023 - January 2, 2024</i>	Winter Holiday Break
<i>February 5 - June 23, 2024</i>	SPRING SEMESTER
<i>April 8 - 14, 2024</i>	Spring Break
<i>May 27, 2024</i>	Memorial Day Holiday
<i>June 1 - 2, 2024</i>	VAM SPRING SHOW
<i>June 3, 2024</i>	VAM Day Holiday
<i>June 21, 2024</i>	Last Day Of Spring Semester
<i>June 22, 2024</i>	Fremont Solstice Parade - NO CLASSES
<i>June 24 - 30, 2024</i>	Interim Class Schedule
<i>July 1 - 7, 2024</i>	1 Week Break
<i>July 8 - August 18, 2024</i>	SUMMER SEMESTER
<i>August 19 - September 3, 2024</i>	Summer Break



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PLEASE RETURN TO THE
FRONT DESK BY
OCTOBER 31, 2023

2024 SPRING SHOW PARTICIPATION AGREEMENT

TWO SHOWS

SATURDAY, JUNE 1st at 7:30pm

SUNDAY, JUNE 2nd at 3:00pm

VAM SPRING SHOW

VAM Studios presents an annual showcase to give students a chance to share their skills, passion, and joy with family, friends, and community. These performances are truly inspiring; they create lifelong memories and experiences for the students, teachers, and audience members alike. The VAM Studios motto, DREAM-CREATE-INSPIRE, is fully realized through these performances: from brainstorming ideas with the students in class (*Dream*), to the dedicated work of learning the dances (*Create*), to sharing it with the audience (*Inspire*). The entire process promotes an understanding of goal setting, dedication, teamwork, personal growth, and perseverance, as well as building each dancer's confidence and self-esteem. We invite students who take regular weekly classes at VAM to participate in the 2024 Spring Show. **We plan to livestream the shows so your family and friends around the world can share the experience!**

PARTICIPATION IN THE SHOWS

Participation in VAM's Spring Show is completely optional. If you plan on participating in the show, you must be able to participate in both performance days, and agree to the terms and mandatory dates of this agreement.

There are three 1 hour time slots on Saturdays for rehearsal classes starting at 1pm, 2pm, and 3pm. You may or may not need to attend any of these classes, your weekly class instructor will coordinate these Saturday times with you. The fee for these classes is the same as regular adult class drop in or class card prices.

VAM STUDIOS SPRING SHOW PARTICIPATION TERMS

- 1. PARTICIPATION FEE:** **\$85 Per student,**
 \$150 Families with 2 students, OR
 \$180 Families with 3 or more students

2. AGREE TO MANDATORY DATES LISTED UNDER “IMPORTANT DATES” BELOW

IMPORTANT DATES

FEB. 5 First day of Spring Semester
FEB. 10 First potential Saturday for rehearsals (TBD)
MAY 18 (3-6pm) RUN-THROUGH/DRESS REHEARSAL at **VAM STUDIOS**
MAY 27 STUDIO CLOSED - MEMORIAL DAY HOLIDAY
JUN. 1 (12-9:30pm) **MANDATORY DRESS/TECH REHEARSAL & SHOW at BPH***
JUN. 2 (2pm calltime) **MANDATORY VAM SPRING SHOW at BPH***
JUN. 16, 2024 Last Day of Spring Semester
**BPH - BROADWAY PERFORMANCE HALL - 1625 Broadway, Seattle, WA, 98122*

VIDEO OF THE SPRING SHOWCASE

VAM performances are professionally recorded by Nicolas Teeuwen. Digital downloads of the production are available for purchase for \$20 (includes both shows). Copies must be reserved **before** May 31, 2024 through email at ntmedia@outlook.com. Please include your name and the subject “**VAM JUNE 2024 Show Video**”. Payment can be sent via PayPal at n_tbone@hotmail.com, as well as Venmo or Zelle at 206-407-7699.

DETACH AND RETURN BOTTOM FORM TO FRONT DESK

VAM SPRING SHOW PARTICIPATION AGREEMENT FORM: (Please print clearly)

Dancer name(s): _____
Phone: _____ Email: _____
Parent(s) name: _____
Parent(s) phone & email: _____

CHECK BOX BELOW TO CONFIRM PARTICIPATION:

Student plans to participate in the Spring Show

There is a required production fee of:
\$85 Per student
\$150 Families with 2 students OR
\$180 Families with 3 or more students

Speak to your instructor at the beginning of the semester to find out if your class will be learning a dance for the show.

I have read and agree to the VAM Studios Spring Show participation terms listed above:

Dancer signature: _____ Date: _____

Parent signature: _____ Date: _____