BALLET ROCKLAND

Pre-Professional
Full-Time Program

2026/2027

All Ballet Rockland students receive quality training and equal, individualized attention in classes. While some students choose to learn the art of ballet for pure enjoyment, others pursue training with more ambitious goals in mind. To accommodate the needs of these aspiring students, we offer a pre-professional program.

The pre-professional program is optional but strongly encouraged for those seeking a more rigorous ballet education. Each level of the curriculum is carefully planned and includes a minimum number of weekly classes, guidance, and assistance with goal-setting and future planning, as well as connections with professional cross trainers, physical therapists, and nutritionists.
These mandatory classes are tailored to produce dancers with strong technique and muscle memory and give each student an opportunity to explore and expand their artistry, partnering abilities, and knowledge of ballet.

Pre-Professional students are offered more performance and workshop opportunities throughout the season. They are assisted with applications and auditions for recommended dance intensives, college dance programs, professional and company endeavors, and performance opportunities outside of Ballet Rockland.

Many hours of training and dedication are required to achieve a high level in any craft, and Ballet Rockland's pre-professional program is customized to each student's individual journey and goals. This personalization requires much attention, research, and time both in and outside of the studio by all Ballet Rockland faculty. While this program is intensive, we strive to help our students find balance in their lives and ensure they can achieve realistic dance goals in a healthy way.

As always, weekly classes for all ages are available for part-time students.

Information and Guidelines

Ballet Rockland Faculty takes the safety and training of its students very seriously. The key to a strong and successful outcome is consistency. There are many wonderful classes outside of Ballet Rockland that can complement a dancer's training; however, there are also many classes that offer conflicting techniques and inadequate training standards that can confuse students, cause irreparable bad habits, and potentially injure a student. It is crucial that dancers, parents, and Ballet Rockland faculty are all on the same page and working together as a cohesive team. This requires open communication. While Ballet Rockland supports its dancers having experiences outside of Ballet Rockland, students MUST consult with Ms. Tew before making decisions about their training. Taking classes outside of Ballet Rockland should be thoroughly discussed with Ms. Tew prior to doing so to ensure the best interests of the student and their training are met.

To maintain minimum requirements of the pre-professional program, attendance is mandatory in the assigned number of classes for each curriculum level. Please contact us if you are expecting to be late or absent. Dancers who are more than 5 minutes late will be asked to sit in class and take notes.

Pre-professional students are offered several opportunities to participate in performances throughout the school year. Performing in front of an audience enhances students' confidence and their self-expression and artistry while fostering a sense of teamwork and accomplishment. If a dancer commits to a performance, attendance at all rehearsals and performances is required unless otherwise discussed with Ms.Tew or the rehearsal director.

If a dancer sustains an injury, they must still attend class, observe, and take notes to continue their training while they recover.

Code of Conduct

Please initial each of the following signifying that you have read, understood, and agree to uphold the expectations of Ballet Rockland, LLC.

_____ Dancer must maintain consistent attendance, keep a positive attitude, participate to the best of their ability, and put forth 100% effort, energy, and enthusiasm.
_____ Dancer will be punctual. For safety and injury prevention, it is imperative that all dancers participate in the entire class. Dancer understands that if they arrive more than 5 minutes late, they will be asked to sit, observe, and take notes.
_____ Dancer will adhere to the dress code. This includes hair and attire. Dancers not adhering to the dress code cannot participate in class.
_____ Dancer is expected to demonstrate respect for all instructors, assistants, staff members, and fellow students, and dancer is expected to focus and pay attention to the teacher's instructions.
_____ Dancer will be friendly, warm, and welcoming to other dancers at the studio and in their classes. We encourage dancers to establish new friendships with their peers in their classes, and we enforce teamwork and fairness.
_____ A dancer observing a class in progress is expected to be quiet and courteous to the participants, teachers, and assistants.
_____ Dancer must treat studios, premises, and possessions of all other dancers with respect, care, and consideration. Dancer will neatly store belongings and respect the belongings of others.
_____ Dancer will clean any mess they create at the studio. No drinks, food, gum, or candy are allowed in studios or waiting rooms except during special programs. Water bottles are permitted.
_____ Parents: please do not try to talk to our teachers during class time. If you need to meet with an instructor, please call the studio to set up a time or send an email. It is important that teachers can perform their duties teaching class uninterrupted.
_____ **We have a zero tolerance policy regarding bullying. We are a drama-free studio and strive to maintain a healthy and safe environment for all our students and staff. Our policy also extends beyond the studio to include behavior on social media and at other venues. Instigating, participating in, and/or encouraging drama or bullying that impacts the ballet studio, its students, or staff and faculty will lead to immediate consequences up to and including expulsion.**

Failure to comply with this code of conduct may result in permanent expulsion from Ballet Rockland, LLC without refund.

The undersigned has read, understood, and agrees to follow the guidelines and code of conduct above.

_____ _____
Dancer Signature Date

_____ _____
Parent/ Guardian Signature Date

Level A1 Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:45-6:00 Ballet		5:00-5:30 Cross Training		7:15-8:30 Ballet	11:15-12:15 Ballet
		5:30-6:30 Ballet			

Full school year: $4,800+ $25 registration fee

Select one below

____ Payment in full due at registration by September 14

____ 4 Installments: 1st installment of $1,200 + $25 due by September 14; 2nd installment of $1,200 due by November 9; 3rd installment of $1,200 due by January 11; final installment of $1,200 due by March 8.

____ 7 Installments: 1st installment $1,200 + $25 due by September 14; 6 installments of $600 due by the 1st of each month starting November 1 and ending April 1.

____ Suggest a payment plan below for consideration. We are very serious about training our dancers and are happy to work out a plan that is fair to the studio and the family.

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_____

• The amount above covers the entire 2026-27 season and is due regardless of any changes in the dancer's or family's circumstances after registration.
• Tuition is not refundable under any circumstances. In the event we are forced into another quarantine, classes will maintain the same schedule and continue virtually.
• A recurring $30 fee will be charged every 10 days for late payments unless other prior arrangements have been made directly with Ms. Tew in writing.
• Dancer will not be allowed to continue taking classes if payment is past due beyond the next payment installment.
• Should a dancer's family fall under financial hardship, an open line of communication is required. A payment plan can be arranged to bring tuition account current.

_____ _____

Parent Signature Date

Level A2 Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 Cross Training	5:00-6:30 Ballet	5:00-6:30 Ballet	5:30-7:00 Ballet	7:15-8:30 Ballet	
6:00-7:30 Ballet	6:30-7:30 Pre-Pointe		7:00-7:45 Beginner Pointe		
7:30-8:15 Pointe					

Full school year: $8,640 + $25 registration fee

Select one below

____ Payment in full due at registration by September 14

____ 4 Installments: 1st installment of $2,160 + $25 due by September 14; 2nd installment of $2,160 due by November 9; 3rd installment of $2,160 due by January 11; final installment of $2,160 due by March 8.

____ 7 Installments: 1st installment $2,160 + $25 due by September 16; 6 installments of $1,080 due by the 1st of each month starting November 1 and ending April 1.

____ Suggest a payment plan below for consideration. We are very serious about training our dancers and are happy to work out a plan that is fair to the studio and the family.

_____

_____

• The amount above covers the entire 2026-27 season and is due regardless of any changes in the dancer's or family's circumstances after registration.
• Tuition is not refundable under any circumstances. In the event we are forced into another quarantine, classes will maintain the same schedule and continue virtually.
• A recurring $30 fee will be charged every 10 days for late payments unless other prior arrangements have been made directly with Ms. Tew in writing.
• Dancer will not be allowed to continue taking classes if payment is past due beyond the next payment installment.
• Should a dancer's family fall under financial hardship, an open line of communication is required. A payment plan can be arranged to bring tuition account current.

_____ _____

Parent Signature Date

Level B1 Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 Cross Training	5:00-6:30 Ballet	5:00-6:30 Contemporary	5:30-7:00 Ballet	4:45-6:15 Ballet	
6:00-7:30 Ballet	6:30-7:30 Pointe	6:30-8:00 Ballet	7:00-7:45 Pointe	6:15-7:15 Pointe	
7:30-8:30 Pointe		8:00-8:45 Beginner Pointe			

Full school year: $11,520 + $25 registration fee.

Select one below

____ Payment in full due at registration by September 14

____ 4 Installments: 1st installment of $2,880 + $25 due by September 14; 2nd installment of $2,880 due by November 9; 3rd installment of $2,880 due by January 11; final installment of $2880 due by March 8.

____ 7 Installments: 1st installment $2,880 + $25 due by September 14; 6 installments of $1,440 due by the 1st of each month starting November 1 and ending April 1.

____ Suggest a payment plan below for consideration. We are very serious about training our dancers and are happy to work out a plan that is fair to the studio and the family.

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_____

• The amount above covers the entire 2026-27 season and is due regardless of any changes in the dancer's or family's circumstances after registration.
• Tuition is not refundable under any circumstances. In the event we are forced into another quarantine, classes will maintain the same schedule and continue virtually.
• A recurring $30 fee will be charged every 10 days for late payments unless other prior arrangements have been made directly with Ms. Tew in writing.
• Dancer will not be allowed to continue taking classes if payment is past due beyond the next payment installment.
• Should a dancer's family fall under financial hardship, an open line of communication is required. A payment plan can be arranged to bring tuition account current.

_____ _____

Parent Signature Date

Level B2 Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 Cross Training	5:00-6:30 Ballet	5:00-6:30 Contemporary	5:30-7:00 Ballet	4:45-6:15 Ballet	11:15-12:45 Ballet
6:00-7:30 Ballet	6:30-7:30 Pointe	6:30-8:00 Ballet	7:00-8:00 Pointe	6:15-7:15 Pointe	
7:30-8:30 Pointe		8:00-9:00 Pointe	8:00-8:45 Repertoire	7:30-8:30 Gym	

Full school year: $14,400 + $25 registration fee.

Select one below

____ Payment in full due at registration by September 14

____ 4 Installments: 1st installment of $3,600 + $25 due by September 14; 2nd installment of $3,600 due by November 9; 3rd installment of $3,600 due by January 11; final installment of $3,600 due by March 8.

____ 7 Installments: 1st installment $3,600 + $25 due by September 14; 6 installments of $1,800 due by the 1st of each month starting November 1 and ending April 1.

____ Suggest a payment plan below for consideration. We are very serious about training our dancers and are happy to work out a plan that is fair to the studio and the family.

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• The amount above covers the entire 2026-27 season and is due regardless of any changes in the dancer's or family's circumstances after registration.
• Tuition is not refundable under any circumstances. In the event we are forced into another quarantine, classes will maintain the same schedule and continue virtually.
• A recurring $30 fee will be charged every 10 days for late payments unless other prior arrangements have been made directly with Ms. Tew in writing.
• Dancer will not be allowed to continue taking classes if payment is past due beyond the next payment installment.
• Should a dancer's family fall under financial hardship, an open line of communication is required. A payment plan can be arranged to bring tuition account current.

_____ _____

Parent Signature Date

Level C1-D Training Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 Cross Training	5:00-6:30 Ballet	5:00-6:30 Contemporary	5:30-7:00 Ballet	4:45-6:15 Ballet	11:15-12:45 Ballet
6:00-7:30 Ballet	6:30-7:30 Pas de deux/ Variations	6:30-8:00 Ballet	7:00-8:00 Pointe	6:15-7:15 Pointe	
7:30-8:30 Pointe	7:30-8:30 Pointe	8:00-9:00 Pointe	8:00-8:45 Repertoire	7:30-8:30 Cross Training	

Full school year: $15,360 + $25 registration fee.

Select one below

____ Payment in full due at registration by September 16

____ 4 Installments: 1st installment of $3,840 + $25 due by September 14; 2nd installment of $3,840 due by November 9; 3rd installment of $3840 due by January 11; final installment of $3,840 due by March 8.

____ 7 Installments: 1st installment $3,840 + $25 due by September 14; 6 installments of $1,920 due by the 1st of each month starting November 1 and ending April 1.

____ Suggest a payment plan below for consideration. We are very serious about training our dancers and are happy to work out a plan that is fair to the studio and the family.

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_____

• The amount above covers the entire 2026-27 season and is due regardless of any changes in the dancer's or family's circumstances after registration.
• Tuition is not refundable under any circumstances. In the event we are forced into another quarantine, classes will maintain the same schedule and continue virtually.
• A recurring $30 fee will be charged every 10 days for late payments unless other prior arrangements have been made directly with Ms. Tew in writing.
• Dancer will not be allowed to continue taking classes if payment is past due beyond the next payment installment.
• Should a dancer's family fall under financial hardship, an open line of communication is required. A payment plan can be arranged to bring tuition account current.

_____ _____

Parent Signature Date