

buffa's dance studio



handbook

2018-2019



buffa's dance studio, ltd.

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~~~~~Celebrating 39 years of Dance Excellence~~~~~

July 2018

Dear Students and Parents:

Although we are still enjoying the relaxing days of summer, we are already looking forward to another wonderful year of dance. We hope you plan on joining us for the excitement and fellowship that comes from dance education. As always, we at Buffa's will be striving to provide an enjoyable and rewarding dance experience.

This packet includes everything necessary to register for the 2018-2019 dance year. Since classes will be filled as registrations are received, we do recommend a prompt response if you have scheduling constraints. When making your class selection, please consider the appropriate level and age grouping, as well as the day and time most convenient for you.

**RETURNING STUDENTS**—your Current Information form (on the second page of this packet) lists the information that we have on file and has your class placement(s). Please check the information on that page and then make any changes/updates to the Registration Form.

To register:

1. Complete the Registration Form (one per student), retaining the copy for your records.
2. Read and sign the Contract/Agreement (one per family), retaining the copy for your records.
3. Mail or bring to Buffa's Dance Studio:
  - Registration Form(s) (*original copy*)
  - Agreement (*original copy*)
  - Returning Students – please send in Current Information form
  - Your check, made payable to Buffa's Dance Studio, to cover the registration fee and the first month's tuition payment (*you may use one check for all family members*)



## Summer Registration Hours

*Monday-Thursday 9am-Noon & 2pm-8pm and Friday 9am-4pm and  
Saturday from 9am-Noon.*

Thank you for choosing Buffa's Dance Studio for your dance instruction. If you have any questions concerning the registration process or proper class placement, please call us at 703-425-5599 or email us at buffadance@msn.com. We are here to help you determine the best placement and are looking forward to working with each of you as we share the joy of dance.

—Buffa's Dance Studio



Buffa's Dance  
Studio, Ltd



@buffadance



Buffa Dance



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## meet the instructors

**Buffa Hargett –** (*Owner, Director*) Buffa has a dance background that includes ten years in Europe and over forty years in the U.S. studying with Dothan Civic Ballet, Birmingham Civic Ballet and Ballet Russes in NYC. Influential instructors have included Alexandra Danilova, David Howard and John White. She has a B.S. from the University of Alabama where she was President and soloist with the University Dancers. Advanced teaching work and certifications include in-depth studies, workshops and seminars in the Cecchetti, Royal Academy of Dance and Vaganova methods of ballet. For over thirty-nine years, she has directed the studio and managed a staff of twenty-five dedicated professionals. She created the Burke Civic Ballet in 1993 with the goal of providing a community-based performing and educational outlet for students and adults. Teaching and sharing the joy of dance is her central goal, and the goal she has set for the studio. Her philosophy is that dance is for everyone; dance builds strong, flexible, disciplined bodies and minds, and enhances the total person — the creative, mental, emotional and social. Through her guidance, everyone at the studio spreads the love of the profession and reflects sincere caring for the students.

**Melissa Hargett –** (*Owner, Director*) Melissa graduated with honors from William & Mary with a BBA in Operations and Information Technology, a Minor in Dance and was President of Orchesis, the College Modern Dance Company where she was a soloist. She choreographed for University productions and studied Modern, Ballet, Dance Composition and Dance History. After graduating, Melissa was an Information Technology Specialist with IBM consulting with State Street Bank and Sallie Mae. Dancing at Buffa's since the age of three, she has been an assistant teacher, teacher and runs the Burke Civic Ballet's Nutcracker, as well as schedules and coordinates the studio's Competitions and Conventions with Dance Company, Diamonds, Crystals and Rhinestones year-long activities. In addition to teaching, work includes scheduling and coordinating over 125 classes per week and over 1800 students and developing and presenting shows throughout the year, especially the year end recitals. Further education includes Vaganova ballet seminars, University of the Arts program in ballet, Dance Teacher Conferences and numerous yearly conventions and Nationals. She was awarded "Excellence in Dance Education" by Hollywood Vibe Dance Convention and her pieces have received top honors at competitions such as NRG, DMI, NYCDA, Jump, Nuvo and The Dance Awards. Melissa feels so blessed to be able to continue Miss Buffa's vision of a studio where all dancers are welcome - recreational or competitive – and that all who dance here know they have a dance home with those who love and support them no matter where their future takes them.

**Tom Alexander –** Tom Alexander, native of Thomasville, NC resides in Washington DC. Tom teaches Jazz, Tap, Lyrical and Musical Theater as well as Judges and choreographs nationwide for Dance Makers Inc., Southern Association of Dance Masters, Chicago National Association of Dance Masters, Spark Intensives and Dance Teachers United. He began dancing at age 12 with Master Teacher, Ray Hollingsworth and has worked with stars such as Debbie Reynolds, June Allyson, Van Johnson, Anne Miller, Cyd Charisse, Dolly Parton, Rita Moreno, Marie Osmond, Ella Fitzgerald and Bob Hope. First professional experience, Tom danced in stage productions at Carowinds, Busch

Gardens, Tokyo Disneyland and Sanrio Puroland Theme parks. He has taught in Japan for Shojiku Kageki Dan and Osaka Kageki Dan National Dance Companies and performed, assisted his Artistic Directors and trained dancers for Crystal Cruises Luxury Cruise ship Productions, where he co-choreographed many lavish productions. Dance Studio Life Magazine has featured Mr. Tom in May/June and September/October 2014 issues in two articles about Judging Dance as well as describing how dance has changed in the 30 plus years he has been in this business. Also in 2014, Tom was commissioned by CNADM (Chicago National Association of Dance Masters) to choreograph a jazz piece that would open their banquet show honoring legendary dancer, performer Anne Reinking with their Artistic Achievement Award. CNADM awarded Tom the prestigious award of Artistic Achievement in 2017. Mr. Tom has taught for Buffa's Dance Studio Ltd in Burke, VA since 1984 and full time since 1996. Being a part of the DanceMakers Family since 1997, Tom takes pride in knowing that he is not only teaching dance steps, but giving valuable life lessons to all of his students in Responsibility, Discipline, Integrity, Respect, Dedication, Team Work and by paying back what was given to him countless times! Start Each Day with the mindset of Being GRATEFUL!

**Nickolai Balatsenko** – Nickolai was born in the Ukraine and began his study of ballet at the Kiev Academy of Ballet when he was 11 years old. His first professional position was with the National Ballet Usti in the Czech Republic, and then the Donetsk Ballet after touring with the Ballet Classique of Paris. In 1999, he moved to the United States and joined Washington Ballet. He later danced with Ballet Theatre of Maryland and Ballet Internationale in Indianapolis, Indiana. He also toured Seoul, South Korea with Universal Ballet and danced with Atlantic Southeast Ballet in Charleston, SC.

**Jennifer Baxter** – Jen's love of dance started at age three when she was a student at Buffa's Dance Studio. Her daughter started dancing at Buffa's at the age of three as well and it was such a wonderful moment for Jen to experience and share with her. Buffa's was such an important part of her growth and development as a young child and teen and she came back as an instructor to share those ideas, inspirations, ideals, discipline and self-awareness with other young dancers. Jen is currently a Communications Manager at Immanuel Christian School, where her children attend, and owns her own BAXMarketing business that provides integrated marketing solutions to individuals and small businesses. Jen received a Master of Arts in Integrated Marketing Communications from Emerson College, and a Bachelor of Arts in Communications and Psychology from Virginia Tech. She was a member of the Virginia Tech dance team, the High Techs, and was co-captain her senior year. She was also the assistant dance team coach at W.T. Woodson High School – where she was a member of both the Precisionettes dance team and varsity cheerleading squad.

**Linda Boyle** – Linda has been a part of Buffa's Dance Studio as a student, assistant instructor and instructor since the studio opened in 1980. In addition, she has worked with the Burke Civic Ballet since its inception in 1993. She was the head coach for the Lake Braddock Varsity Dance Team for 15 years. During the day she works full time for an event management company. Linda is proud to have seen her three daughters grow up dancing at the studio and in the Burke Civic Ballet. She is very pleased to be teaching at Buffa's and to continue passing on her love of the art to generations.

## meet the instructors *(continued)*

**Emma Bradley** – Emma grew up and trained at Buffa's Dance Studio where she fell in love with dance and the power that movement has to transform lives – as it has hers, and for which she is truly grateful. Emma apprenticed with Conteur Dance Company in Toronto, Canada under the direction of Eryn Waltman and taught master classes at OIP Dance Center in Toronto. For the past 5 years, she has had the privilege of teaching and choreographing throughout the United States on faculty with NRGDanceProject, NRGDanceProject Australia, Australia Dance Fest in Sydney, and at studios across the United States. In 2012, Dance Spirit Magazine named her one of the top 15 competition dancers to watch. She was featured in the NRG/MSA Youtube Project and in 2015 Dance Spirit Magazine's article "Flying Solo" on her solo choreography. Her training includes American Ballet Theater, The Kirov Academy of Ballet, Exploring Ballet with Suzanne Farrell, Cedar Lake Contemporary Ballet 360, BodyTraffic and Sidra Bell Dance New York. Performance experience/work includes Capezio 125th Anniversary Gala at City Center in NYC, Dizzy Feet Foundation Gala at Dorothy Chandler Pavilion in Los Angeles; Bright Lights Shining Stars Gala at Skirball Center in NYC, choreographed by Andy Pellick; and Cedar Lake Contemporary Ballet 360 Installation 2013, directed by Alexandra Damiani. She is so excited to begin her second year on Faculty at BDS!

**Joshua Burnham** – Joshua was born in Lake Tahoe, CA and started his ballet training at Santa Cruz Ballet under the direction of Robert Kelly and Diane Cypher. He continued his training in Washington State at Mid Columbia Ballet under Debra Rogo. At age 13, he received full scholarships to San Francisco Ballet, American Ballet Theatre, Pacific Northwest Ballet, and Houston Ballet. In 2004, he joined San Francisco Ballet where he performed in such ballets as Helgi Tomasson's Meiston's Mozart, and Balanchine's Stars and Stripes and The Four Temperments. In 2006, Mr. Burnham joined Cincinnati Ballet where he danced many lead roles. He has worked with choreographers Jorma Elo, Val Caniparoli, Mark Morris, Trey McIntyre, James Kudelka, and Twyla Tharp. In 2009-2011, he performed with Ballet Theatre of Maryland dancing such roles as Romeo in Romeo and Juliet and the Cavalier in The Nutcracker. In May 2012, Mr. Burnham became a principal dancer with Manassas Ballet Theatre.

**LeeAnn Bushar** – LeeAnn grew up in Lawrenceville, NJ where she danced at a competitive studio for 15 years. She graduated from George Mason University in 2013 with a degree in Tourism and Events Management. While at Mason she was a member of the Masonettes, the George Mason Dance Team, which ranked Top 3 in the nation the three years they competed while she was there. LeeAnn is excited to be able to teach at Buffa's and to share her love for dance with her students.

**McKena Driscoll** – McKena attended Lake Braddock Secondary School and graduated from George Mason University where she was a member of the Masonettes Dance Team and Nat Pack Nationals Dancers. She is currently a teacher in FCPS and coaches the Lake Braddock Varsity Dance Team. McKena is excited to share her love of dance and ballet with her students.

**Laura Fong** – Laura grew up in Pittsburgh, PA where she was part of a competitive dance company and also trained at Point Park University and Carnegie Performing Arts Center. In 2005, Laura was cast as the lead dancer in the Pittsburgh Civic Light Opera's rendition of A Little Night Music. She received her BFA in Dance from George Mason University in 2008, where she performed in many works including those by modern dance choreographers Paul Taylor, Susan Marshall, Patrick Corbin, and Kate Skarpetowska. After graduating, Laura moved to New York City where she worked and trained at the American Musical and Dramatic Academy, Dance New Amsterdam and Broadway Dance Center. Since returning to Northern VA, she has performed locally with dance companies such as Dancevert and DancEthos. Laura has taught at Buffa's Dance Studio since 2009, and her choreography has won top awards at national and regional competitions for choreography, high score, critics choice, high voltage and most entertaining, among others. Laura is inspired by the many talented dancers, teachers, and choreographers at Buffa's! She is thankful to be a part of this wonderful studio and share her love of dance!

**Nikki Gambhir** – Nikki currently dances with Culture Shock DC and Tappenstance, and formerly with Classical Repertory Dance Theatre. She is a former director of Hip Hop company DCypher Dance, and founding director of youth Hip Hop company Urban Impact. Nikki has performed with Cirque du Soleil, with the Broadway cast of Hairspray at the White House, and as a backup dancer for 80's pop star Tiffany, the Flaming Lips, and Kicking Daisies. She has choreographed and performed for the National Cherry Blossom Festival Parade, the White House Easter Egg Roll, and National Dance Day with Nigel Lythgoe. Nikki was a guest choreographer at Georgetown University and Oberlin College. Television appearances include BET's 106 & Park and she was a featured dancer in the Bollywood movie, Ta Ra Rum Pum. Wilson High School's musical which she choreographed, Hair, won a Cappie award for Best Musical. She was also a teacher at Albert Einstein High School in MD. Nikki is thrilled to teach at Buffa's where she began dancing at the age of 3 and was later a Dance Company member and soloist with the BCB. She believes that the arts are essential to the community and hopes to nurture the artist in everyone.

**Alison Hall** – Alison graduated from the University of Maryland with a BA and has a MS in Exercise Science and Health Promotion. She is NASM Personal Training and AFAA Group Exercise Certified, and she has had additional training in Pilates, yoga, speed and agility, and youth fitness.

**Jamee Lyons** – Jamee danced and was a long time member of Buffa's Dance Company throughout high school. She graduated from East Carolina University and was a music teacher in Fairfax County before transitioning to Professional School Counselor in 2005. Jamee's daughter Charlotte is a second generation Buffa's Dancer and she is excited to share her love of dance with her students!!

## meet the instructors *(continued)*

**Lisa Mitchell** – Lisa’s background includes dance at Buffa’s since she was 3 years old and cheerleading at Robinson High School where she graduated in 1998. She holds a degree from Radford University where she majored in English and minored in dance with a concentration in ballet, jazz and pointe. Further education includes an Elementary Education teaching license from George Mason University in 2002. She has taught for many years in the Prince William County School System as well as with Flint Hill. Lisa underwent an in-depth training program with Buffa and has been teaching classes at Buffa’s for over a decade.

**Stephanie Patterson** – Stephanie graduated from James Madison University in May 2014 with a degree in Media Arts and Design and a minor in Communications. While at JMU, she was co-captain and choreographer of her sorority dance team each year for their Greek Sign performance, winning “Best Dance” with her Great Gatsby lead role and choreography her senior year. Stephanie has enjoyed dancing at Buffa’s ever since her first jazz and tap classes in first grade. She adores the talented staff, beautiful facility and unmatched atmosphere that Buffa’s Dance Studio provides. Stephanie is thrilled to join fellow instructors in sharing their love for dance with younger dancers.

**Florian Rouiller** – Florian is a dance teacher, choreographer, and performer who has worked extensively across three continents. Mr. Rouiller has an MFA in Dance from the University of Maryland, where he choreographed and performed the original productions while continuing extensive performance with local dance companies outside the university. He began his dance career with training at the prestigious John Cranko School in Stuttgart with a BFA, and performed with the Stuttgart Ballet in productions such as Sleeping Beauty and Giselle. Upon immigrating to the United States, he danced with Merce Cunningham Dance Company as an apprentice, Ohio Ballet, Joffrey Ballet of Chicago, Milwaukee Ballet, Ballet Chicago, Ballet International Eldar Aliev, Ballet Metropolitan de Caracas and Ballet Contemporanea de Caracas in Venezuela, as well as Goteborg Ballet in Sweden. Performing soloist and principal roles and working with choreographers such as Alonzo King, Jiri Kylian, Simon Dow, Robert North, Jorma Uotinen, Jean-Paul Comelin, Lynne Taylor Corbett to name a few. He has also performed with many companies throughout the United States and taught extensively, including at the Kirov Academy in Washington DC, the Washington Ballet School, City Dance Ensemble, and other schools throughout the Washington DC area. In the DC area, he has performed with City Dance Ensemble, Dana Tai Soon Burgess, Lucy Bowen McCauley and Karen Reedy.

**Sonia Siddiq** – Sonia grew up dancing at Buffa’s and began working as a teacher’s assistant as soon as the possibility arose. She has worked with children ages 3-10 yrs introducing dance movement and basic ballet technique while choreographing for her high school dance team. When she attended Virginia Tech she danced and choreographed with the Contemporary Dance Ensemble for 4 years and participated in special events on campus including the Performance for Remembrance at the Moss Arts Center. She continued teaching at The Center of Dance while living in Blacksburg and is so excited to be back!



**Katie Storch** – Katie graduated from George Mason University in the Spring of 2014 with a degree in Tourism and Events Management and a minor in Psychology. While at Mason she was a member of the Masonettes, the George Mason Dance Team, which ranked Top 3 in the nation all four years that she was with them. She started dancing at Buffa's when she was 4 years old and has found it hard to leave ever since. She is ecstatic to be able to now teach her own students at the studio she has called home for so many years, and feels honored to be able to spread her love for the arts and dance!

**Hilary Tone** – Originally from Los Angeles, Hilary has been dancing since the age of three and teaching since she was 19, from California to Arizona and now the DC area. She is a product of Retter's Academy of Dance under the direction of Darryl Retter and Linda Bernabei-Rette, and was a member of the nationally-ranked Rhythm Machine Dance Company for six years. She has trained with such greats as Brian Friedman, Laurie Johnson, Gregg Russell, Marla Bingham, Suzy Miller, and Andy Blankenbuehler. She was also an assistant at Tremaine Dance Convention, NYCDA, and DanceMakers Inc., and Captain of the Santa Clara University Dance Team for two years. She has been a member of the Capitol Movement Dance Company in Washington, D.C. since 2013, and has toured with Capitol Movement to perform for U.S. military overseas in Italy, Turkey, Djibouti, Bahrain, and Kuwait. Hilary feels incredibly fortunate to have been part of the Buffa's dance family since 2012, and appreciates the opportunity to share her love of dance and its many life lessons with her students. She holds a Bachelor's degree in Communication and Spanish from Santa Clara University and a Masters of Public Diplomacy from USC. By day, she is the Director of Communications for DC Public Schools.

**Bryana Trupo** – Bryana began dancing at the age of 3 in her home state of New York. She continued her study of dance into college where she was a member of the SUNY Geneseo Dance Ensemble and Geneseo Knightline Dance Team. She taught classes at local dance studios for five years during this time. Bryana has a degree in Childhood and Special education, taught in Fairfax County public schools and currently teaches preschool. Bryana shares the love of dance with her daughter, Chloe, who is a student at Buffa's. Bryana is thrilled to return to teaching dance.

**Karlyn Williams** – Karlyn was a member, choreographer and president of the Mozaic Hip Hop Dance Team at James Madison University performing at various venues in the area. She taught hip hop and jazz for three years in Harrisonburg, VA. She has been an assistant and substitute teacher at Buffa's Dance Studio for eight years and was also a member of the Dance Company. Karlyn also performed in various roles for the Burke Civic Ballet and was a member and captain of the Lake Braddock Dance Team. Buffa's has been a second home to Karlyn since the age of three. She is thrilled to have the privilege of teaching at Buffa's. When she's not getting creative in the studio, she's getting creative behind the computer running her own social media and digital marketing agency.

# dance supplies

## Where To Buy!

### Via Telephone/Internet:

Discount Dance Supply

<http://www.discountdance.com>

### Local Dance Retail Stores:

#### Cinnamon Tree

(703) 435-3255

1108 Herndon Parkway

Herndon, Virginia 20190

#### Liesl Dancewear

571-659-2937

13985 Hedgewood Dr. Suite #141

Woodbridge, VA 22193

[www.lieslshop.com](http://www.lieslshop.com)

#### Heather's Dancewear Boutique

(703) 331-5964

8759 Mathis Avenue

Manassas, Virginia 20110

#### The Dance Shoppe

(703) 815-3205

14215G Centerville Square

Centerville, Virginia 20121

#### Robcyns

(703) 379-7800

3660 King St.

Alexandria, Virginia 22302

## What You Will Need!

### Shoes & Attire

#### Dance Movement Age 3:

**Top:** Pink Leotard

**Tights:** Capezio (#1916C) in Ballet Pink

**Shoes:** Pink Ballet 201C or similar

#### Advanced Dance Movement Age 4, Dance I Age 5, Dance II Age 6:

**Top:** Pink Leotard

**Tights:** Capezio (#1916C) in Ballet Pink

**Shoes:** Pink Ballet & Black Tap Capezio (#N625C)

#### Pre-Ballet Age 7:

**Top:** Pink Leotard

**Tights:** Capezio (#1916C) in Ballet Pink

**Shoes:** Pink Ballet

*\*\*\*Pre Ballet—hair must be in a bun or pinned back if too short for a bun\*\*\**

#### Tap/Jazz Age 7:

**Top:** Leotard

**Bottom:** Dance Shorts/Pants

**Shoes:** Black Tap Capezio (#N625C) &

Caramel Jazz Slip On Capezio (#EJ2/EJ2C)

#### Modern/Lyrical/Contemporary:

**Top:** Leotard

**Bottom:** Dance Shorts/Pants

**Shoes:** Dance Paws (#DPP)/Foot Undeez (#H07/H07C) or bare feet

#### Ballet:

**Top:** Black Leotard

**Tights:** Prima Soft (#101) in Ballet Pink  
no seam

**Shoes:** Pink Ballet Split-Sole Capezio (#2037W) or So Danca (SD16 or SD16C)

*\*\*\*Ballet attire is mandatory—hair must be in a bun or pinned back if too short for a bun\*\*\**

### Jazz/Musical Theater:

**Top:** Leotard

**Bottom:** Dance Shorts/Pants

**Shoes:** Caramel Jazz Slip-On Capezio (#EJ2/EJ2C) or Bloch Phantom (#S0473L) or So Danca similar shoe

*\*\*\*Black Jazz shoes may be required for the recital\*\*\**

### Hip Hop:

**Top:** Leotard, Tank top, hoodie

**Bottom:** Dance Shorts/Pants/Sweatpants

**Shoes:** Levels Beginning - I/II - Black Low Top Dance Sneaker Capezio (DS11) or (DS03) or similar

Levels II/III-V - Black Combat Type Boot

*\*\*\*Advanced Hip Hop Levels and Dance*

*Company: Black Nike Sneakers or Adidas Superstars may be required\*\*\**

### Acro/Jumps, Leaps, Tricks, Turns:

**Top:** Leotard

**Bottom:** Dance Shorts/Pants

**Shoes:** None

### Tap:

**Top:** Leotard

**Bottom:** Dance Shorts/Pants

**Shoes:** Tan Bloch Tap-On (#S0302L or G)

*\*\*\*Advanced Tap: Black Capezio CG17\*\*\**

### Boys:

**Top:** Tank top, shirt

**Bottom:** Basketball shorts, gym pants

**Shoes:** See individual genre – Ballet and Tap Shoes should be in Black



## celebrating 39 years!

As we begin our 39<sup>th</sup> anniversary year, we would like to thank all the dancers and families who have allowed us to be part of your dance education and shared in our passion for spreading the love of dance throughout our community. Miss Buffa created the studio in the Fall of 1980 as a place to share her background of arts education through her love of teaching dance. She founded the studio on the philosophy that dance is for everyone: it builds strong, flexible, disciplined bodies and minds and in so doing, enhances the total person: the creative, the physical, the mental and the social.



Throughout the years, our highly qualified instructors, who all possess a secondary education and/or have professional dance experience, have taught and inspired our young dancers and have guided them with the goal of a lifelong love of dance and the arts.

We are so proud that our alumni have careers such as doctors, accountants, lawyers, social workers, teachers, actors, nurses, physical therapists, government, military, dancers and dance educators, and have used their dance education to further enhance their post secondary careers.

Our fine-tuned dance curriculum, carefully constructed for each age group and genre, has been a proven success as illustrated by our highly technically trained and artistic dancers. We use age-appropriate material, music and technical building blocks to construct a dance education plan that considers the whole child and their emotional and physical development.

Our children's programs use props, imagination games, improvisation and creative movement to establish the beginning basics of ballet, tap and jazz technique without diminishing the creative wonder that is in every child. We use their love of movement to build memory sequences, rhythm, patterns and physical awareness in space.

Our beginning and intermediate programs employ age and developmentally appropriate curriculum building blocks to teach technical skills that are built upon with each level. In ballet, we begin with pliés, tendus and chassés and move to petit allegro, grand allegro and emphasize timing, directional changes and transitions that take a beginner student to an intermediate level.

Our advanced programs use multiple ballet classes per week to provide the basis for dance. We also provide well-rounded program offerings of pointe, jazz, lyrical, tap, modern,

contemporary. Progressions across-the-floor use multiple turns, jumps, patterns in space, level and rhythm changes to challenge the dancer. These lead to dancers capable of intricate spacing, dynamics and choreography, who can combine the technical training and physical side of dance with the artistic.

In our performing companies, our goal is to take our solid technical education and add more performing opportunities.

Our Rhinestones and Crystals explore multiple genres and learn team work, personal responsibility as well as experience a dance convention and present their dances in competition. We believe that dance at this age should be presented in an environment where learning is positive, rewarding and exciting, and are strongly opposed to non-age-appropriate costuming and music.

Diamonds, Dance Company and Ensemble are for dancers wanting more in-depth curriculum, technical difficulty, and performing experiences. Our priority is technical training and rehearsing pieces an appropriate amount, as over-rehearsing diminishes artistry and leads to robotic dancers. Our dancers excel as they are introduced to new choreography and skills in class rather than only the material presented in their competition dances.

Our goals for competition and conventions are for our dancers to be taught by other professional master teachers in class and further learn from them as judges, using their critiques to provide feedback for evaluation and improvement. We continue to instill in our dancers that the trophies earned are not the goal, but rather, the over-arching goal is the relationships they form with the master teachers and their contemporaries, the scholarships they win to help them further their dance education and the experience they gain from presenting and performing their pieces. Teamwork, time management, accountability, making lifelong friends, achieving goals, making commitments, organizational skills and technical, artistic and personal growth are the primary reasons we use dance competitions and conventions as part of our well-rounded educational plan for our dancers.

We also offer our students a professional ballet performance with our yearly Nutcracker. Dancers from age 3 to professionals present the holiday classic at a professional theater and it has been an area favorite for over 25 years. Our dancers fine tune their ballet technique and performance skills and enjoy the camaraderie that leads to an amazing final product for our entire community to enjoy.

Thank you for entrusting your child's dance education to Buffa's. We highly value your support and thank you for making these 39 years possible. We appreciate you sharing your children with us as we pursue our passion for dance and our belief in the positive enhancements of a dance education. Our teachers and staff are excited to begin the journey into our 39th year and cannot wait for all the new dance magic to begin!

*—Buffa and Melissa Hargett*

# buffa's dance studio class descriptions

## CHILDREN'S CLASSES

### Dance Movement – (age 3)

An introduction to the world of dance using basic steps, music, singing, props, instruments, stories and creativity to activate the imagination, increase body awareness, enhance socialization and establish a sense of joy through movement.

### Advanced Dance Movement – (age 4)

An accelerated program advancing the Dance Movement skills and introducing age-appropriate ballet and tap technique. Strong emphasis on musical awareness, personal and stage space, sequencing, memory, and creativity.

### Dance I – (age 5)

Dance Movement skills and age-appropriate technique in ballet, tap and jazz are amplified. The student will master a specific set of information, steps and movement sequences, while continuing to reinforce improvisation and creativity.

### Dance II – (age 6)

Dance Movement skills and age-appropriate technique in ballet, tap and jazz. The student will master a specific set of information, steps and movement sequences, while continuing to enhance improvisation and creativity.

### Pre-Ballet – (age 7)

Introduction to the world of ballet using Royal Academy of Dance outlines. Emphasis on establishing the critical basics of alignment, positions and proper coordination of feet, legs and arms, and movement through space. Mime, improvisation and creativity help mold a blossoming artist.

### Tap/Jazz – (age 7)

Instructs an age-appropriate skill set in both Tap and Jazz. Focus on musicality, rhythm, timing, clarity, coordination, sequencing, and spatial/stage awareness.

## ACRO

### (age 7+) No Recital

Cartwheels, bridges, headstands, hand stands proceeding to working on backbends and ups without assistance, focusing on building strength and getting comfortable with being upside down and then proceeding to front walk overs, chin stands, elbow stands, walk overs focusing on control, strength, and flexibility and then proceeding to scissor walkovers, tinsikas, hand walks, more in depth flexibility, control, and strength movements. **NEW for 2018! Progress reports and additional June Parent's Days for Acro**

## ACTIVE FLEXIBILITY

### (age 10+) No Recital

Designed for both hyper-mobile dancers looking to control their flexibility and for dancers looking to safely gain better splits, bridges/chest stands, and tumbling, this class focuses on

increasing the extensibility and neuromuscular efficiency of muscles through active flexibility and end-range control training. A typical class includes a dynamic warm-up, soft tissue preparation (foam rolling), and muscle activation and strengthening. The class also focuses on strengthening the core “powerhouse” muscles necessary for body control and stability.



## **AERIAL SILKS**

(age 8+) **No Recital**

Perform aerial acrobatics while hanging from silks fabric. Climb the suspended fabric and wrap, suspend, fall, swing, and spiral your body into and out of various positions. Increases upper body strength, core stability and flexibility. **NEW for 2018! Additional June Parent’s Days for Aerial Silks**

## **BALLET**

**Ballet – (age 8+)**

Classes stress correct alignment, technique, terminology, fluidity, epaulement, port de bras and flexibility combined with strength and style. Goal is a sensitive, intelligent, professional stage performance.

**Ballet Core Program – (age 9+ - level divisions on schedule) - No Recital**

Class focused on building strength and flexibility with the goal of improving ballet technique. Uses core work vocabulary, and progress reports to keep students focused and improving. **NEW for 2018! Progress reports and additional June Parent’s Days for Ballet Core Program**

**Ballet Intensive Program – (age 12+ - level divisions on schedule) - No Recital**

Class focused on building additional strength and flexibility with the goal of improving ballet and pointe (for girls) technique. A focused classroom environment works on improving individuals posture, stamina, recall and body placement plus additional work en pointe. **NEW for 2018! Additional June Parent’s Days for Ballet Intensive Program**

**Ballet Class Series – (Advanced Ballet Levels)**

As a part of its mission to advance the art of ballet in the local community, Burke Civic Ballet is providing an opportunity for dancers to receive training from guest ballet instructors. Dates TBA - cost is \$25 per class. Enrollment forms will be available at Buffa’s Dance Studio.

# buffa's dance studio class descriptions *(continued)*

## HIP HOP

(age 7+)

One of the most current dance styles; offers a variety of movements from old school, new school, street, funk, jazz and free style. Using age-appropriate music, emphasis is placed on interpretation and style.

## JAZZ

(age 8+)

Each successive level adds steps, walks and combinations. Class includes warm-up, stretching, isolations, jazz walks, turns, pirouettes, across-the-floor patterns, and combinations.

## JUMPS, LEAPS, TRICKS, TURNS

(age 11+) No Recital

Learn and improve jumps, leaps, turns, and special tricks along with working on flexibility.

## LYRICAL/CONTEMPORARY

(age 7+)

A mix between jazz, ballet and modern with an emphasis on drama and emotion.

## MODERN

(age 8+)

Learn basics from many styles and methods and focus on technique, weight, isolation, suspension, and release. By experimenting, students will push their boundaries of expression through movement and improvisation. Student choreography will be explored through props, problem solving and teamwork.

## MUSICAL THEATER

(age 8+)

Concentrates on Broadway style dance techniques as well as singing and theatre work.

## POINTE

**Pre-Pointe – (age 11+) - No Recital**

A mandatory precursor to pointe work where dancers work on developing strength, placement and balance. Course is a dance year in length, uses ballet shoes, and does not participate in recital. Ballet levels II and up with Director's Approval only. Year culminates in a Pre Pointe test in which the testing material is worked on weekly.

**Pointe – (age 12+)**

By invitation only and must also be enrolled in a ballet class. Emphasizes proper placement, correct usage of pointe shoe in cooperation with entire body, and sequential progression of technique.



## TAP

(age 8+)

Emphasis placed on clarity of sounds, rhythm, timing, coordination and style.

## PERFORMING GROUPS

Designed for students who desire to be a part of a specialty dance group with additional performance, competition, convention, and choreography opportunities. Please email [buffadance@msn.com](mailto:buffadance@msn.com) for specifics on each group and to receive an info packet.

### Rhinestones – (grades K-3)

Program includes further instruction in Jazz, Lyrical, Jazz Funk and Musical Theater in preparation for performances and competitions. Builds team spirit, confidence and encourages artistry and joy through dance.

### Crystals – (grades 3-8)

Program includes further instruction in Jazz, Lyrical, Contemporary, Hip Hop and Musical Theater in preparation for performances and competitions. Builds team spirit, confidence and encourages artistry and joy through dance.

### Diamonds – (grades 6-12)

Program includes further instruction in Jazz, Lyrical, Contemporary, Hip-Hop and more in preparation for performances and competitions. Builds team spirit, confidence and encourages artistry and joy through dance. Open by invitation only (please email to request) and dancers must be enrolled in at least 5 classes.

### Dance Company – (grades 8-12)

An opportunity to be a part of a group with performances, conventions, competitions, and Choreographer's Showcase. Open by invitation only to selected dancers who exhibit above-average facility, talent, dedication, discipline, character, commitment, and love for dance.

### Ensemble – (grades 7-12)

Pre-professional training program offering technique, conditioning and extra performance opportunities that will give serious dancers an inside look at what it takes to be in a company/professional atmosphere.



# buffa's dance studio

## 2018-2019 Calendar

|                  |                                |
|------------------|--------------------------------|
| Sept 4 .....     | Fall 2018 Begins               |
| Sept 8 .....     | Nutcracker Auditions           |
| Sept 10 .....    | Competition Costume Fees Due   |
| Nov 1 .....      | Costume/Recital Fee Deadline   |
| Nov 17, 18 ..... | Nutcracker Performances        |
| Nov 19-24.....   | Thanksgiving (closed Tues-Sun) |
| Dec 3-8.....     | Parent's Days                  |



Dec 17-Jan 6 ..... Winter Holidays (closed)  
April 15-April 21 ..... Spring Holidays (closed)  
May 27 ..... Memorial Day (OPEN)  
June 1,2..... Dress Rehearsal (Mandatory)  
June 13..... Last Day Classes  
June 14,15,16..... RECITALS  
July 8-Aug 16..... Summer 2019

**Contact Info:** [BuffaDance@msn.com](mailto:BuffaDance@msn.com)  
703-425-5599





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