



buffa's



dance
studio



2022/23

Celebrating 43 Years of Dance Excellence!



**Hello Dancers and Families -
We are so excited to announce our
2022-2023 Dance Year!!!!**

2022-2023 Updates

Our lobby will continue to remain closed and our bathrooms and dressing rooms will be on an as-needed basis.
Please be on the lookout for new info regarding drop off and pick up!



Registration

Registration and payment remain all online for Classes with the JackRabbit portal. Please use the link below for the Jackrabbit Registration System. We are also available for questions at buffadance@msn.com. This system will register based on the number spots for each class. If a class is full - feel free register for another option or join the wait list (free).

[Link to Register \(NEW Students!\)](#)

[Link to Parent Portal \(Existing Accounts!\)](#)

please bookmark this page for easy access to your account!

Registration Instructions

New to BDS:

- Click [HERE](#) to register!
- Input family and dancer information.
- Create a password for your Jackrabbit Parent Portal — this will enable you to update billing information, add classes, etc.
- Once you have entered this information, you should select "Select Class." This will bring you to our class listing where you can select the classes each student wishes to take.
- For Multi-Student Families — Once the first student is complete, select "Add Another Student" and complete this same process for each dancer.
- Accept the Required Policies and Agreements by checking the boxes and digitally sign your name.
- Enter your credit card information (and/or) bank account information.
Important: Your enrollment will be considered complete at that time.
- If you have any questions, feel free to direct them to buffadance@msn.com

Existing Accounts:

- Go to your [Jackrabbit Parent Portal](#).
- Check your log-in message for your 2022-2023 Class Recommendations!
- Click the green "Find Classes" button.
- Choose classes you would like to enroll in per your recommendations
- Agree to policies for each class.
- If you have any questions, feel free to direct them to buffadance@msn.com.

Thank you so much for your continued support – we are so grateful for our students and parents who have supported Buffa's Dance Studio for 43 years in Burke!

~Melissa, Buffa and Buffa's Dance Studio

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 are expanded. The student will master a specific set of information, steps and movement sequences, while continuing to enhance improvisation, imagination 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, imagination 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 in a fun and upbeat class structure.

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.

Ballet Intensive Program I and II – (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.

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.





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. Upbeat music and tempos imbue an energetic style and add to the flow of class.



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.



Lyrical/Contemporary – (age 7+)

A mix between jazz, ballet and modern with an emphasis on drama and emotion and a freeing style. Teaches movement dynamics (high, medium, low space and differing tempos) and transition work from standing to floor work in varying degrees of difficulty based on level.





Musical Theater – (3rd grade-12th grade)

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

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.



Tap – (age 8+)

Emphasis placed on clarity of sounds, rhythm, timing, coordination and style. Skills progress through a barre or center warm up, center and across the floor progressions and a goal of precise footwork, energy and rhythm for the dancer.

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. Director's Approval Only.



Acro – (age 7+)

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. Please note that Acro dance and gymnastics are quite complementary, but they have differences. Since Acro dance is a form of dance, it values the aesthetic execution of a skill over the completion of a skill. It emphasizes proper dance technique that allows it to be seamlessly integrated into other genres of dance. The skills are meant to be performed on a dance floor (a hard wood sprung surface) which doesn't have the same rebound or spring as a gymnastics floor. Therefore, the approach to some skills is different from gymnastics. We will be using Acro mats for safety in learning and performing at the recital for skills that need extra precautions.

Jumps, Leaps, Tricks, Turns and Improvisation – (age 10+) - No Recital

Learn and improve jumps, leaps, turns, and special tricks along with working on flexibility. Incorporates improvisation work such as confidence, movement quality, movement choices and musicality.



Aerial Silks – (age 8+) - There will be pop up classes in Aerial Silks this year - emails and flyers will be sent.

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.

performing groups

Performing Groups are 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 for specifics on each group and to receive an info packet.

rhinestones



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. *Must be enrolled in at least one other dance technique class (Children's Class – DI5, DI6, PB7, TJ7 – or Technique Class - Ballet, Tap, Jazz, Lyrical/Contemporary, Hip Hop etc. depending on age).*

crystals

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. *Must be enrolled in at least two other dance classes (one of which must be a dance technique class such as Ballet, Tap, Jazz, Lyrical/Contemporary, Hip Hop etc.).*



diamonds



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 Director Placement only (please email to request) and *dancers must be enrolled in at least 4 other classes (including ballet and jazz).*

dance company

Dance Company – (grades 8-12)

An opportunity to be a part of a group with performances, conventions, competitions, and Choreographer's Showcase. Open by Director Placement only to selected dancers who exhibit above-average facility, talent, dedication, discipline, character, commitment, and love for dance and dancers *must be enrolled in at least 5 other classes (including ballet and jazz).*



ensemble



Ensemble – (grades 6-12)

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. Open by Audition Only to those in Advanced Ballet and Jazz classes who are also in Diamonds or Dance Company groups.



Meet the Instructors

BDS 2022/23 Faculty

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 forty 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.

Karlyn Ankrom – 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. During her time as a student at Buffa's she was a member of the Dance Company, performed in various roles for the Burke Civic Ballet and was a teacher's assistant absorbing all she could from her teachers on how to properly run a dance classroom, skills she still uses today in her own classes. Karlyn was also a member and captain of the Lake Braddock Dance Team. She's so excited to celebrate another in her second home since the age of three. She is thrilled to have the privilege of teaching at Buffa's and sharing her love of the arts with tiny dancers all the way up to teens. 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.

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. Nickolai's 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.

Victoria Bartlett – Victoria is a Maryland native and a 2016 graduate of Goucher College in Baltimore, MD where she finished Magna Cum Laude with a BA in dance and a minor in psychology. Ms. Bartlett received the majority of her training at Glen Burnie, MD's Edna Lee Dance Studio where she later taught ballet/pointe, jazz, contemporary/lyrical as well as choreographed for the school. She was invited as a guest artist by Howard County Ballet in 2013-2015 to dance the Sugar Plum Fairy in The Nutcracker. Ms. Bartlett spent the 2016-2017 with the Charlottesville Ballet where she danced several corps de ballet roles. In 2017 she joined Manassas Ballet Theatre where she has danced the lead role of Lucy in Dracula and many other wonderful roles in ballets such as The Nutcracker, Swan Lake, and Sleeping Beauty. Ms. Bartlett is very excited to be teaching at Buffa's Dance Studio!

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 the Director of Advancement at Immanuel Christian School, where her two children, Aidan and Reagan, attend. She is also the Head Coach for the Immanuel Christian High School Dance Team. 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. Jen is excited to be back at Buffa's for another year!

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.

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 is going into her 13th season teaching and judging with NRG Dance Project on their 18 city US tour. She also choreographs for dance studios across the country. Emma apprenticed with Conteur Dance Company in Toronto, Canada and has had the privilege of teaching and choreographing throughout the United States, Australia and Canada including NRG Australia’s 5 city tour of Brisbane, Adelaide, Sydney, Perth and Melbourne. The past three years she has taught and judged at Australian Dance Festival in Sydney, Australia. Aside from dance, Emma is Fluid Yoga Certified and holds a Graphic and Digital Design Certification through The Parsons School. Emma was named by Dance Spirit Magazine as one of the top 15 competition dancers to watch, was a Cover Model Runner-Up and was featured in their “Flying Solo” article about her 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 Conteur’s “Fill in the Blanks” at The Winchester Street Theater in Toronto; Industry in Sydney, Australia; Cedar Lake Contemporary Ballet 360 and 180 Installations directed by Alexandra Damiani; 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. She is so excited to begin her sixth year on Faculty at BDS as the Director of Ensemble!

Moira Fagan – Moira started dancing at Buffas in 2003 and continued until graduating High School. During this time she was a member of their various competition groups to include Dance Company and Ensemble. Moira also participated in the annual Burke Civic Ballet’s production of the Nutcracker for many years as well as joined the Lake Braddock Dance Team. She then graduated with a Conservatory Degree in Dance Theatre from the American Musical and Dramatic Academy in New York. Moira is so excited for this upcoming year and can’t wait to join the wonderful faculty in sharing her love of dance with everyone!

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!

Hilary Tone Forslund— 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-Retter, 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 was a member of the Capitol Movement Dance Company in Washington, DC from 2013-2020, and completed three international tours with the company performing for US military 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, Hilary is the Managing Director of Communications for an education foundation. She lives in Hyattsville, MD with her husband, daughter, and rescue pets.

Karissa Grady – Karissa grew up at Buffa’s and loved her time in Dance Company and Ensemble! She is currently attending George Mason University with a major in Special Education and a minor in Dance. She has worked at the studio since she graduated from Robinson Secondary School in 2017 while also working with the Woodson Special Olympics teams. She can’t wait to share her love of dance and see her students grow this year!

Nikki Gambhir – Nikki’s dance journey began at Buffa’s where she started classes at age 3 and was later a Dance Company member and soloist with the BCB. Currently, she dances with the Laura Edwards Dance Company and District Tap, and formerly with Culture Shock DC, Tappenstance, and 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. She choreographed Wilson High School’s musical Hair, which won a Cappie award for Best Musical. Nikki has taught in MCPS for several years and was a teacher at Albert Einstein High School and at Bullis School in MD. She believes that the arts are essential to the community and is thrilled to teach at Buffa’s, where she hopes to nurture the artist in everyone.

Galle Mabalay – Galle began dancing at the age of four and then competitively at the age of six with Strictly Rhythm Dance Center where she learned and trained in various dance genres. At 12 she continued her training at Buffa’s Dance Studio while being active in Dance Company and Ensemble for six years. During her time at the studio, she participated in various competitions and performances, as well as assisting in dance classes and camps. Galle started choreographing in 2018 on her younger sister, Gaby, and now has worked with many other students at the studio. She has recently graduated from VCU with a B.S. in Exercise Science and a minor in Dance and Choreography. While at VCU Galle was a member of the Gold Rush Dance Team and was the vice president for the Fan Dance Company. This is Galle’s 10th year as part of the BDS family and she is beyond excited and grateful to share her knowledge, passion, and love of dance to the students as an instructor!





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.

Brienne Tyler – Brienne started dancing at Buffa’s when she was 5 years old. In high school, she was a member of Buffa’s Dance Company and captain for the Lake Braddock Golden Girls. During her time at UVA, Brienne continued dancing as a member of both the Virginia Dance Company and the University Salsa Club. With these groups, she had the opportunity to perform in showcases and at events on grounds such as Lighting of the Lawn and Pancakes for Parkinson’s. Brienne developed her love of teaching while choreographing at UVA, teaching lessons for the University Salsa Club, working as a summer teacher at Guidepost Montessori school, and tutoring students in computer science. Brienne graduated from UVA with a B.A. in Economics and Computer Science in 2021, and she enjoys social dancing Salsa and Bachata in her free time. She is excited to be returning to her BDS family!

Lisa Mitchell – Lisa’s background includes dance at Buffa’s since she was three 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 Rivenburg — Stephanie has been dancing at Buffa’s since she was 5 years old. From a young age beginning with tap and jazz, she had an excitement and love for the arts that she knew would carry through her adulthood. Stephanie went to James Madison University where she graduated with a degree in Media Arts and Design and two minors, in Dance and Communications. While at JMU, she was Captain and Choreographer of her sorority dance team each year for their Greek Sing performance, winning “Best Dance” with her Great Gatsby lead role and choreography her senior year. When she’s not dancing, Stephanie is a Recruiter for a Government Contractor and she is also training to be an Orangetheory Fitness Instructor in Fairfax, Virginia. She adores the talented staff, beautiful facility and unmatched atmosphere that Buffa’s Dance Studio provides and is excited to be going into her 8th year of teaching. Stephanie is thrilled to join fellow instructors in sharing their love for dance with younger dancers.

Sonia Siddiq – Sonia began her dance journey at Buffa’s at the age of 3. She later began working as a teacher’s assistant with Miss Melissa and Miss Lisa, where she found her passion for teaching. In high school, she was a Dance Company member at BDS and captain of Robinson’s dance team. Sonia attended Virginia Tech, where she danced and choreographed with the Contemporary Dance Ensemble for 4 years and was selected to dance in special events on campus, including the “Performance in Remembrance” at the Moss Arts Center in 2017. She continued teaching and choreographing at The Center of Dance for four seasons while living in Blacksburg. She graduated with a B.S. in Environmental Science in 2018, and upon moving back to Northern VA she returned to her BDS family and began working as a desk manager and instructor. She is so happy to be back and sharing her passion for dance with the BDS community!

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 continue to spread her love for the arts and dance! Her daughters, Ellie and Lucy, have become students at Buffa’s which has been the most special, full-circle moment. Their baby sister Ruby can’t wait to join her sisters too one day!



what you'll need - shoes & attire



Dance Movement 3/Pre-Ballet:

Top: Pink Leotard

Tights: Capezio (#1915C or #1916C) in Ballet Pink

Shoes: Pink Ballet 205C or 212C or similar

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

Top: Pink Leotard

Tights: Capezio (#1915C or #1916C) in Ballet Pink

Shoes: Pink Ballet 205C or 212C & Black Tap Capezio (#N625C)

Pre-Ballet Age 7:

Top: Pink Leotard

Tights: Capezio (#1915C or #1916C) in Ballet Pink

Shoes: Pink Ballet 205C or 212C or similar

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 (#EJ2C)

Acro/Jumps, Leaps, Tricks, Turns:

Top: Leotard

Bottom: Dance Shorts/Pants

Shoes: None

Lyrical/Contemporary:

Top: Leotard

Bottom: Dance Shorts/Pants

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

Ballet and Pointe:

Top: Black Leotard

Tights: Prima Soft (#101) in Ballet Pink no seam or Capezio (#1915C or #1916C) in Ballet Pink

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

Pointe Shoes: See Dance Supply Store for individualized fitting and approval thru Pointe teacher.

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

Jazz/Musical Theater:

Top: Leotard or appropriate dance top/tank

Bottom: Dance Shorts/Pants

Shoes: Caramel Jazz Slip-On Capezio (#EJ2C) or Tan Bloch Phantom (#S0473L) or Caramel So Danca (JZ43) or Similar

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

Hip Hop:

Top: Leotard, tank top, hoodie

Bottom: Dance Shorts/Pants/Sweatpants

Shoes: Levels Beginning/Int through II – Black Low Top Dance Sneaker Capezio (DS11) or (DS03) or similar; Levels III through V - Black Nike Sneaker or similar; Advanced Hip Hop Levels, Diamonds and Dance Company: Nike White AirForce 1s, Black Nike Sneakers or Adidas Superstars or similar (TBD) will be required – *please see Teacher first week for shoe style for 2022*

Tap:

Top: Leotard

Bottom: Dance Shorts/Pants

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

Advanced Tap and Boys/Men: Black Capezio CG17

Males:

Top: Tank top, shirt

Bottom: Basketball shorts, gym pants

Shoes: Black Ballet shoes S1C or similar, Black Tap Shoes CG17 or similar, Black Jazz Shoes S0401M or similar – other genres please see above in class specifics

dance supplies - where to buy

Local Dance Retail Stores:

Cinnamon Tree – (703) 435-3255
305 Spring Street
Herndon, Virginia 20170

Liesl Dancewear – (571) 659-2937
14073 Crown Court
Woodbridge, VA 22193

The Dance Shoppe – (703) 815-3205
6031 Centreville Crest Lane
Centerville, Virginia 20121

Robcyns – (703) 379-7800
3660 King St.
Alexandria, Virginia 22302

Via Telephone/Internet:

Discount Dance Supply
<https://www.discountdance.com>

Celebrating 43 Years!

As we begin our 43rd 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 additional 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 technical 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, music, choreography and subject matter.

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 we believe over-rehearsing diminishes artistry and leads to robotic, limited skill 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, attaining 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 believe in the process, not trophies.

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 43 years possible. We appreciate you sharing your children with us as we pursue our passion for dance and our belief in the lifelong positive enhancements of a dance education. Our teachers and staff are excited to begin the journey into our 43rd year and cannot wait for all the new dance magic to begin!

~Buffa and Melissa Hargett



buffa's dance studio ltd.

2022-2023 calendar

burke village center | 9570-h burke road | burke, VA 22015
www.buffas.com | 703-425-5599 | buffadance@msn.com

Thurs Sept 1

Competition Costumes and Choreography Fees Due for All Companies – Rhinestones, Crystals, Diamonds, Dance Company, Ensemble

Tue Sept 6

Fall 2022-2023 Begins

Sat Sept 10

Nutcracker Auditions

Fri Sept 30

Full Year Tuition Discount Deadline

Sat Oct 15

Costume Fee Deadline for All Classes

Mon Nov 7- Sat Nov 12

Parent's Days Week 1

Sat/Sun Nov 19, 20

Nutcracker Performances Scheduled

Tue Nov 22 - Sat Nov 26

Thanksgiving – CLOSED

Mon Nov 28 - Sat Dec 3

Parent's Days Week 2

Mon Dec 5 - Sat Dec 10

Parent's Days Week 3

Tue Dec 13 – Mon Jan 2

Winter Holidays – CLOSED

Mon Apr 3 – Sat Apr 8

Spring Holidays – CLOSED

Mon May 1

Last Day for Make Up Classes

Mon May 29

Memorial Day – OPEN

Thurs June 8

Last Day of Classes

May/June

Dress Rehearsals and Recitals - Dates TBD

July 5-Aug 15

Summer 2023 Six Week Session

Note: We are open for all Monday holidays. We do not close for FCPS Professional Development, School Planning, Staff Development or Workdays unless they coincide with dates closed listed above. Recital and Dress Rehearsal dates are dependent on Theater approval. All dates are subject to change.

