



Rules and Regulations

- No food or drinks (water may be brought into the studio only)
- No earrings or jewelry (stud earrings may be worn)
- No Nail Polish.
- No chewing gum.
- No one is allowed in the smaller studio except to use the restroom.
- Please try to be on time to class.
- No talking or horseplay during class, or the student will be asked to leave.
- Place all belongings neatly to the left wall to not block the doorway.
- Parents must wait outside the studio, in the waiting area. Parents are not permitted in the classroom.
- Please keep voices down outside the classroom as the dancers are working.
- It is not permitted to take dance classes outside of the City of Angels Ballet.
- Drop off/Pick up
 - Please be very cautious when dropping off and picking up your child at the studio. Hyperion Avenue is a very busy street, thus there are many dangers. Please try and turn down Scotland Street (or any other side streets) to drop off your child. The side streets are less busy and will provide for safer drop off/pick up. For younger dancers, an adult should accompany the child to and from the studio.
- Please treat the studio with respect. We are guests there.
- Dress Code: All dancers must come dressed and ready for class
 - All female dancers are required to wear pink ballet slippers (tied), pink tights and a black leotard. The hair must be worn away from the face in a secure ballet bun.
 - All male dancers are required to wear black tights or form fitting black shorts, white socks, white or black ballet slippers (tied) and a white t-shirt. The hair must be kept neat and away from the face.
- How to do a Ballet Bun
 - Pull hair back into a smooth tight ponytail at the crown of the head
 - Use a strong rubber band to secure the ponytail
 - Twist or braid the ponytail
 - Continue the twist around the base of the ponytail to create a cinnamon roll shape
 - Use several bobby pins or hairpins around the roll to secure.
 - A hair net can be added on top to secure any additional hair
- How to TIE Ballet Shoes
 - Elastic strings on the top of the ballet slipper are to be tightened to a comfortable amount.
 - Then tie the strings in a knot, cut the excess and tuck the tail ends into the shoe.
 - No bows should be left outside the ballet slipper.
 - Elastic must be sewn on the slipper to assure a secure fit for the dancer.

Please tear off this front page and keep it for your records. Please be sure to review the rules with your child. All other documents must be reviewed, signed and returned to a member of the City of Angels Ballet Staff prior to attending class.

2016/2017 Class Calendar

Please use our website school calendar at www.thecityofangelsballet.com for an up to date class schedule. It is recommended that you check this schedule on a regular basis as the schedule is subject to change at any time.

Traducción de Google *Normas y Reglamentos*

- No hay comida o bebida (agua pueden entrar en el estudio solamente)
- No hay pendientes o joyas (aretes pueden ser usados)
- No Esmalte de uñas.
- No goma de mascar.
- No se permite en el estudio más pequeño, excepto para ir al baño.
- Por favor, tratar de llegar a tiempo a clase.
- Se pedirá No se permite hablar ni juegue con ella durante la clase, o el estudiante que salir.
- Coloque todas las pertenencias perfectamente a la pared izquierda para no bloquear la puerta.
- Los padres deben esperar fuera del lado del estudio, en la sala de espera. Los padres no están permitidos en el aula.
- Por favor, mantenga la voz baja fuera del aula como los bailarines están trabajando.
- No está permitido tomar clases de baile fuera de la ciudad de Los Ángeles Ballet.
- dejar / recoger hasta

o Por favor, ser muy cauteloso al dejar y recoger a su hijo en el estudio. Hyperion Avenue es una calle muy transitada, por lo tanto hay muchos peligros. Por favor, tratar de bajar Escocia Calle (o cualquier otro calles laterales) para dejar a su hijo. Las calles laterales están menos ocupados y proporcionarán más seguro para dejar / recoger. Cuatro bailarines más jóvenes, un adulto debe acompañar al niño hacia y desde el estudio.

- Por favor, tratar el estudio con respeto. Somos huéspedes allí.
- Código de Vestimenta: Todos los bailarines deben venir vestidos y listos para la clase
 - o Se requiere que todos los bailarines de sexo femenino que llevar zapatillas de ballet de color rosa (empate), medias de color rosa y un leotardo negro. El pelo debe ser llevado lejos de la cara en un moño de ballet seguro.
 - o Se requiere que todos los bailarines que llevar medias negras o formar pantalones negros ajustados, medias blancas, zapatillas blancas o negras de ballet (atados) y una camiseta blanca. El pelo debe mantenerse limpio y lejos de la cara.
- ¿Cómo hacer un pan de ballet
 - Tire el pelo en una cola de caballo suave en la coronilla de la cabeza. Utilizar una fuerte banda de goma para fijar la cola de caballo. Torcer o trenzar la cola de caballo. Continuar el giro alrededor de la base de la cola de caballo para crear una forma de rollo de canela. Utilizar varias horquillas u horquillas del pelo alrededor del rodillo para asegurar. Una red de pelo se puede añadir en la parte superior para asegurar cualquier pelo adicional.
- Cómo atar los zapatos de ballet
 - Cuerdas elásticas en la parte superior de la zapatilla de ballet deben ser apretados con una cantidad cómoda.. Luego atar las cuerdas con un nudo, cortar el exceso y meter la cola termina en el zapato. No arcos deben dejarse fuera de la zapatilla de ballet. elástico debe ser cosido en la zapatilla para asegurar un ajuste seguro para el bailarín.

Por favor separe esta página y guardarla para sus registros. Por favor asegúrese de revisar las reglas con su hijo. Todos los demás documentos deben ser revisados, firmados y devueltos a un miembro de la ciudad de Los Ángeles El personal de ballet antes de asistir a clase.

2016/2017 Clase Calendario

Por favor utilice nuestro calendario escolar sitio web en www.thecityofangelsballet.com para un horario de clases hasta la fecha. Se recomienda que compruebe esta programación en un regularmente como la programación está sujeta a cambios en cualquier momento.



Contact Information Form
Formulario de contacto información

Student Name/nombre del estudiante

Date of Birth/ Fecha de Nacimiento

Age/Edad

Parent Name/nombre del padre

Address/ Domicilio

City/Ciudad

Zip Code/Zona Postal

Email Address/ dirección de correo electrónico

Phone number/número de teléfono

Emergency Contact/contacto de emergencia

Phone Number/número de teléfono

School/ Escuela

Teacher/ Maestro

How did you hear about the City of Angels Ballet? / Cómo se enteró de la City of Angels Ballet?

Model Release/ Modelo de Liberación

Students Name/ nombre del estudiante:

I have no objection to my child being included in photographs, slides, or video taken at the City of Angels Ballet class, rehearsals or performances. All such materials shall become the sole and exclusive property of the City of Angels Ballet.

I understand that any photography or observation of class or rehearsal will be done only under supervision of the Artistic Director and or City of Angels ballet staff.

No tengo ninguna objeción a que mi hijo sea incluido en las fotografías, diapositivas o video tomado en la ciudad de Los Angeles Ballet de clases, ensayos y actuaciones. Todos estos materiales serán propiedad única y exclusiva de la ciudad de Los Angeles Ballet.

Yo entiendo que cualquier fotografía o la observación de la clase o el ensayo se llevará a cabo sólo bajo la supervisión del Director Artístico y Ciudad de los Angeles o el personal de ballet.

Parent Signature/ Firma del Padre (student signature if over 18)

Date/ Fecha



Release of Liability

Note: Completion of this form in advance is required for all students/dancers. If the participating student is under 18 years of age, the students' legal guardian or parent must also complete this form.

All Parents or guardians of minors, participating in physical activity (ballet class) shall sign a statement waiving such claims.

Release and Indemnification: I, the undersigned, am fully aware and understand that ballet training is physically demanding and that physical injury may occur, I acknowledge my understanding that I may be requested to engage in activities during such ballet training which may involve physical strain and/or exertion and accordingly, I further represent and warrant to you that my physical health is good and I have neither knowledge nor notice of any condition or the symptoms thereof which might prevent me from engaging in any such activities which might be aggravated or affected thereby. I voluntarily agree to participate in such ballet training, which activities therein will include, but not be limited to, jumping, gliding, stretching, running and balancing. I voluntarily agree to assume (for myself, my personal representative, signs, executors, administrators, heirs and the next of kin), the entire risk of any loss, damage or injury to me, my property arising out of my participation in such ballet training. My assumption is of the entire risk of any loss, damage or injury to me or my property in this ballet training no matter how that loss, damage or injury is caused, by negligence or otherwise. I understand that I will not be permitted to participate in the ballet training unless I voluntarily assume all risk or loss, damage or injury to me in this ballet training by placing

My initials here: _____ *Initials of parent/legal guardian here:* _____.

I understand and agree that all rights under section 1542 of the Civil Code of California and similar law of any state or territory of the United States are hereby expressly waived. Said section reads as follows:

"1542. Certain claims not affected by general releases. A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor."

I release and discharge the City of Angels Ballet ("CAB"), its officers, employees, directors, servants and all others affiliated with CAB, and any parent, subsidiary, affiliate or division of the foregoing from and against any and all liabilities, claims, actions, damages, expenses and losses of any kind caused by, in conjunction with, or arising out of any injury or damage to myself or my property in any way resulting from my participation in the ballet training. I agree to indemnify, defend and hold harmless CAB and its officers, employees, directors, servants and all others connected to CAB, and any parent, subsidiary, affiliate or division of the foregoing and all other, from and against any and all liabilities, claims, actions, damages, expenses and losses of any kind caused by, in connection with or arising out of my participation in the ballet training.



I HAVE READ AND UNDERSTOOD THE ABOVE PROVISIONS AND AGREED TO BE BOUND THEREBY.

Student/Dancer Signature (Hereinafter referred to as Student/Dancer)

Name (Print)

Street Address

City, State, Zip Code

Date

Note to Minors: Contestants under the age of 18 must have this form co-signed by a parent or legal guardian.

I hereby acknowledge that I am Student's/Dancer's Parent and/or legal guardian and, if so required, I will cooperate in obtaining court approval of the above Release Agreement and any and all other agreements necessary to satisfy the intent of the Release Agreement. I acknowledge that I have read and understood the terms of the Release Agreement, and I agree that I will assist Student's/Dancer's in complying with all the terms and conditions continued therein. I further agree that I will not raise any objection to any terms and conditions of the Release Agreement of Student's/Dancer's compliance therewith and that I will not in any way frustrate the purposes of the Release Agreement.

Parent/ Legal Guardian Signature

Name of Parent/ Legal Guardian (PRINT)

Phone Number

Date

Si esta liberación de responsabilidad se está traduciendo a usted tenga a mano la señal de testigo / Traductor aquí.

Testigo/Traductor

Fecha

NOTE: PLEASE KEEP US ADVISED IN WRITING OF YOUR CURRENT ADDRESS, PHONE NUMBER AND EMAIL ADDRESS WHEN APLICABLE. YOU CAN EMAIL INFORMATION TO INFO@CITYOFANGELSBALLET.COM.