



Stage One
DANCE STUDIO

SPRING
Recital

2024 Recital Information

SPRING RECITAL

COSTUMES

Costumes are given to you in a garment bag. Try your costume on once to make sure it fits! You are responsible for any alterations that need to be made. Once your costume is ready, put it back in the bag. DO NOT wash, play, or eat in your costumes. DO NOT wear your costume in and out of CPAC-change into your costume when you arrive at CPAC and change out of it when you leave. You may wear your costume out to get some pictures after your last performance!

CLASS ATTENDANCE

Class attendance is mandatory. Excessive absences will result in not performing in recital. Each dancer is allowed 3 unexcused absences spring semester.

HAIR AND MAKE-UP

You are responsible for having your hair and make-up ready on time. NO NAIL POLISH, EARRINGS OR JEWELRY ALLOWED ON THE STAGE.

You need:



AGE 2-2ND GRADE:

*All dancers should arrive at their call time at CPAC with hair and makeup complete. Change into your costume at the theatre.

Hair: Pull hair into a ponytail to the middle of the back of the head (including bangs). Slick hair down with gel or spray. Put the ponytail through the hole of a bun donut. Spread the hair around the donut making sure all of the donut is covered and secure with a ponytail holder. Take the loose ends and wrap around the base of the bun and secure with bobby pins. Cover entire bun with hairnet and use hairspray to secure. Dancers with short hair, please see instructor for acceptable variations of this style.

Make-up: Keep makeup simple! Use a rosy hued blush and lipstick to enhance dancers' natural features. A dark brown or black mascara is recommended by not required. NO GLITTER.

3RD GRADE AND UP:

Hair: Part hair on the right side and sweep into a low ponytail (including bangs). Wrap hair into a low bun. Use a hairnet (required) and bobby pins to secure. Dancers with short hair, please see instructor for acceptable variations of this style. All bangs must be pulled off the face.

Make-up: Apply foundation and powder for your skin tone. Use a neutral blush on the apples of the cheeks. Line eyes with dark brown liner, full on top, center to outer edge on bottom. Fill eyelid with brown shadow and use light brown cream shadow from eyelid crease up to the brow bone. Finish eyes with dark brown or black mascara on lashes. Use a rosy hued lipstick (no pink or red) and line lips with a neutral liner to keep your lipstick in place. Top with a clear gloss and you are ready to shine! NO GLITTER.

CPAC REHEARSALS

All dancers and parents will enter through the rear entrance of the building for all rehearsals and performances. No parents or dancers are permitted to enter through the front lobby doors. Parents will need to walk around the outside of the building to get to the auditorium for dress rehearsals and performances after drop-off and for pick-up after shows.

Class rehearsals, dress rehearsals, and performances at CPAC are mandatory for all dancers. You will not be allowed to perform if you miss your stage rehearsals.

Class rehearsals at CPAC are closed to viewing. Be on time and be prepared for your rehearsal. All dancers wait in the green room (it will be labeled) until a teacher comes to get the class. All dancers 4th grade and under must have a parent in the green room during class rehearsals.

Dressing rooms will be labeled by class for dress rehearsals and performances. Dress rehearsals are open to parents- we invite you to watch! During dress rehearsals and performances, the outside door to the dressing room area will remain locked for safety. Make plans to either watch the show in the auditorium or to stay in the dressing room. You cannot go back and forth.

NO FOOD OR DRINK IS ALLOWED IN THE AUDITORIUM or ON THE STAGE.





BACKSTAGE ETIQUETTE

The backstage area is not a playground. Good behavior is expected during this time. It will be crowded and it is up to each dancer to be respectful to each other and to the parent volunteers. Non messy snacks (crackers, etc) and WATER ONLY can be kept in the downstairs green room. No food allowed in dressing rooms. All areas are PEANUT/TREE NUT FREE zones.

Once the show begins, all dancers need to be in assigned dressing rooms with all doors opened. The Green Room is off limits during the run of the show.

No parents will be allowed to come onto the stage during performances. The stage area is very crowded and we have to keep it clear in order to keep the show running smoothly.

BOYS

The boys dressing room is located on the stage level. Boys are not permitted to enter the girls dressing room areas and girls are not permitted to enter the boys dressing rooms (this includes moms). Once in costume the boys will be taken down to the green room with a parent/studio volunteer to meet their class for line up. Boys need to be picked up after the show outside their dressing room.



PARENT VOLUNTEERS

Parent volunteers are necessary in the dressing room area at the dress rehearsal and both shows. The Stage One staff will be busy on the stage and we depend on parents to make everything run smooth in the dressing rooms. Parent representatives for each class are required. Additional family members (siblings, friends, etc.) are not permitted in the dressing room areas.

Parent volunteers are responsible for helping with costume changes, bathroom breaks, keeping noise down, and overall entertainment and organization of the dancers! If you volunteer, you are volunteering to help all the dancers in your class. We could not do this without our awesome parents backstage- thank you for playing an important role in making recital an amazing experience for all involved!

Age 2-3

<https://www.signupgenius.com/go/5080945ACA62BA4FA7-48602517-age23#/>

Age 4-K

<https://www.signupgenius.com/go/5080945ACA62BA4FA7-48600538-spring#/>

1st-2nd Grade

<https://www.signupgenius.com/go/5080945ACA62BA4FA7-48602694-1st2nd>

3rd-4th Grade

<https://www.signupgenius.com/go/5080945ACA62BA4FA7-48602894-3rd4th>

Middle School, Focus, Boys

<https://www.signupgenius.com/go/5080945ACA62BA4FA7-48613758-middle>

RECITAL TICKETS ON SALE

MARCH 23

Tickets go on sale online only Saturday, March 23 at
8am for all shows.

Tickets go on sale by phone and in person on
Monday, March 25 at 9am.

All seats are \$10.

Tickets are available:
online at www.cpactn.com,
by calling the CPAC Box Office at 528-1313, or
by going the CPAC during business hours,
Monday-Friday 9-5.

TIGHTS AND SHOES

All Ballet and Pointe Classes- Pink full footed/convertible tights and pink ballet shoes, Boys black ballet shoe

Chasse, Saute, Releve Lyrical- Pink full footed/convertible tights and pink ballet shoes

Echappe and Glisse Lyrical- Tan full footed/ convertible, tan lyrical shoe

Tap, 4- Kindergarten, 1st-2nd and 3rd-4th- Tan full footed/convertible tights and black tap shoes

Hip Hop and Bop, 4-Kindergarten, 1st-2nd and 3rd-4th - Tan convertible tights and no shoes (if your costume has leggings, you do not have to wear tights)

Twirling Twos- Pink full footed/convertible tights and pink ballet shoes

Middle School Ballet/Lyrical- Pink full footed/convertible tights and pink ballet shoes

Middle School and High School Tap- Tan full footed/convertible tights (no socks) and black tap shoes

Middle School and High School Hip Hop- Tan full footed/convertible tights (no socks), black, gray, or white sneakers

Broadway Babies, 1st-2nd and 3rd-4th- Tan full footed/convertible tights and tan jazz shoes or character shoes

Middle School and High School SOPA- Tan full footed/convertible tights and tan jazz shoes or character shoes

Adult Tap- Black tap shoes and black socks

Adult Hip Hop- Black, gray, or white sneakers, socks to match shoes

STAGE ONE SPRING RECITAL

Cast A

Dress Rehearsal:

Wednesday, April 10 @ 6:30

Performances:

Friday, April 12 at 6:00

Saturday, April 13 @ 2:00

Pre-Ballet ages 2-3, Sat 9:00

Pre-Ballet ages 4-K, Fri 4:30

Pre-Ballet 4-K, Sat 9:30

Middle School Ballet/Lyrical

Middle School Hip Hop

Middle School Tap

Middle School SOPA

College Lyrical

High School SOPA

High School Ballet/Lyrical

High School Hip Hop

Teacher Assistant Piece

FOCUS CHASSÉ

FOCUS SAUTÉ

FOCUS RELEVÉ

FOCUS ECHAPPÉ

FOCUS GLISSÉ

Performance Team

Cast B

Dress Rehearsal:

Thursday, April 11 @ 6:30

Performances:

Saturday, April 13 @ 6:00

Sunday, April 14 @ 2:00

Pre-Ballet ages 2-3, Tues 6:15

Ballet 1st-2nd, Tues 4:45

Ballet 1st-2nd Tues 5:30

Ballet 1st-2nd Thurs 4:00

Tap 1st-2nd Fri 5:15

Hip Hop and Bop 1st-2nd Wed 4:30

Hip Hop and Bop 1st-2nd Fri 3:45

Broadway Babies 1st-2nd Fri 4:30

Super Hero Boys Class

High School Tap

Teacher Assistant Piece

FOCUS CHASSÉ

FOCUS SAUTÉ

FOCUS RELEVÉ

FOCUS ECHAPPÉ

FOCUS GLISSÉ

Performance Team

STAGE ONE SPRING RECITAL

Cast C

Dress Rehearsal:

Wednesday, April 17 @ 6:30

Performances:

Friday, April 19 @ 6:00

Saturday, April 20 @ 2:00

Pre-Ballet ages 2-3, Mon 4:45

Pre-Ballet, ages 2-3, Wed 5:15

Ballet 3rd-4th Tues 3:45

Ballet 3rd-4th Thurs 5:30

Tap 3rd-4th Thurs 4:45

Hip Hop and Bop 3rd-4th Wed 3:45

Hip Hop and Bop 3rd-4th Fri 4:30

Broadway Babies 3rd-4th Fri 3:45

Adult Ballet

Adult Tap

Adult Hip Hop

Teacher Assistant Piece

FOCUS CHASSÉ

FOCUS SAUTÉ

FOCUS RELEVÉ

FOCUS ECHAPPÉ

FOCUS GLISSÉ

Performance Team

Cast D

Dress Rehearsal:

Thursday, April 18 @ 6:30

Performances:

Saturday, April 20 @ 6:00

Sunday, April 21 @ 2:00

Pre-Ballet ages 2-3, Mon 3:30

Pre-Ballet ages 4-K, Mon 5:15

Pre-Ballet ages 4-K, Mon 4:00

Pre-Ballet ages 4-K, Tues 5:30

Pre-Ballet ages 4-K, Tues 4:45

Pre-Tap ages 4-K, Mon 5:00

Hip Hop and Bop ages 4-K, Fri 5:15

Hip Hop and Bop ages 4-K, Thurs 6:15

Hip Hop and Bop ages 4-K, Thurs 5:30

Teacher Assistant Piece

FOCUS CHASSÉ

FOCUS SAUTÉ

FOCUS RELEVÉ

FOCUS ECHAPPÉ

FOCUS GLISSÉ

Performance Team



Junior and Senior

PERFORMANCES

Saturday, April 13 at 2pm

Sunday, April 14 at 2pm

Saturday, April 20 at 2pm

Sunday, April 21 at 2pm

2024 CPAC Recital Rehearsal Schedule

The following rehearsals take place at the Cookeville Performing Arts Center and are MANDATORY.

Sunday, April 7

10:00-1:00	LOAD IN
1:00-1:30	FOCUS Releve
1:30-2:00	FOCUS Releve
2:00-2:30	High School SOPA
2:30-3:00	FOCUS Saute
3:00-3:30	FOCUS Saute
3:30-4:00	High School Ballet/Lyrical
4:00-4:30	FOCUS Chasse
4:30-5:00	FOCUS Chasse
5:00-5:30	High School Hip Hop
5:30-6:00	Middle School Ballet/Lyrical
6:00-6:30	Middle School Hip Hop
6:30-7:00	High School Tap
7:00-7:30	Middle School Tap
7:30-8:00	Middle School SOPA
8:00-8:30	Teacher Assistant Piece
8:30-9:00	Teacher Assistant Piece

Monday, April 8

4:00-4:30	Tap 1st-2nd Grade, Friday 5:15
4:30-5:00	Ballet 1st-2nd, Tues 4:45
5:00-5:30	Pre-Ballet age 2-3, Sat 9:00
5:30-6:00	Ballet 1st-2nd, Tues 5:30
6:00-6:30	Hip Hop and Bop 1st-2nd, Wed 4:30
6:30-7:00	FOCUS Echappe
7:00-7:30	FOCUS Echappe
7:30-8:00	FOCUS Echappe
8:00-8:30	FOCUS Echappe
8:30-9:00	College Lyrical

Tuesday, April 9

4:00-4:30	Ballet 1st-2nd, Thurs 4:00
4:30-5:00	Hip Hop 1st-2nd, Fri 3:45
5:00-5:30	Pre-Ballet age 4-K, Fri 4:30 and Sat
5:30-6:00	9:30 Pre-Ballet age 2-3, Tues 6:15
6:00-6:30	Broadway Babies 1st-2nd, Fri 4:30
6:30-7:00	Superhero Boys Class
7:00-7:30	FOCUS Glisse
7:30-8:00	FOCUS Glisse
8:00-8:30	FOCUS Glisse
8:30-9:00	FOCUS Glisse

Wednesday, April 10

4:00-4:30	Performance Team
4:30-5:00	Junior Piece
5:00-5:30	Seniors
5:30-6:00	Seniors
5:30	Call Cast A
6:30	Dress Rehearsal Cast A

Thursday, April 11

5:30	Call Cast B
6:30	Dress Rehearsal Cast B

Friday, April 12

5:00	Call Cast A
6:00	Performance Cast A

Saturday, April 13

10:45-11:30	Hip Hop and Bop age 4-K, Thursday 6:15 and Friday 5:15
11:30-12:00	Hip Hop and Bop age 4-K, Thursday 5:30
1:00	Call Cast A
2:00	Performance Cast A
5:00	Call Cast Cast B
6:00	Performance Cast B

Sunday, April 14

1:00	Call Cast B
2:00	Performance Cast B

Monday, April 15

4:00-4:30	Pre-Ballet age 4-K, Monday 4:00
4:30-5:00	Pre-Tap age 4-K, Monday 5:00
5:00-5:30	Pre-Ballet age 2-3, Monday 4:45
5:30-6:00	Pre-Ballet age 2-3, Monday 3:30
6:00-6:30	Ballet 3rd-4th, Tuesday 3:45
6:30-7:00	Ballet 3rd-4th, Thursday 5:30
7:00-7:30	Tap 3rd-4th, Thursday 4:45
7:30-8:00	Adult Tap
8:00-8:30	Adult Ballet
8:30-9:00	Adult Hip Hop

Tuesday, April 16

9:30-10:30	TTU Ballet 2
4:00-4:30	Pre-Ballet age 2-3, Wednesday 5:15
4:30-5:00	Pre-Ballet age 4-K, Tuesday 4:45
5:00-5:30	Pre-Ballet age 4-K, Monday 5:15
5:30-6:00	Pre-Ballet age 4-K, Tuesday 5:30
6:00-6:30	Hip Hop 3rd-4th, Wednesday 3:45
6:30-7:00	Broadway Babies 3rd-4th, Friday 3:45
7:00-7:30	Hip Hop 3rd-4th, Friday 4:30

Wednesday, April 17

5:30	Call Cast C
6:30	Dress Rehearsal Cast C

Thursday, April 18

5:30	Call Cast D
6:30	Dress Rehearsal Cast D

Friday, April 19

5:00	Call Cast Cast C
6:00	Performance Cast C

Saturday, April 20

1:00	Call Cast C
2:00	Performance Call Cast C
5:00	Call Cast D
6:00	Performance Cast D

Sunday, April 21

1:00	Call Cast D
2:00	Performance Cast D

***CALL-** This is the time all dancers should arrive at CAPC. Teachers will begin taking head counts at this time.

***DRESS REHEARSAL-** Full costume, hair, and make-up. All dancers must stay in the dressing rooms for the entire show. You must change into your costume after you arrive at CPAC. You are responsible for having this ready- be prepared.

***PERFORMANCE-** This is the time the show begins. All dancers should be settled in dressing rooms along with parent volunteers. If you are watching the show, please stay in the auditorium. Parents will not be allowed to enter the backstage area during performances.



TINY TOTS

DANCE CAMP

Age 2-4

**DANCERS EXPLORE RHYTHM, COORDINATION,
& CREATIVITY WHILE BUILDING CONFIDENCE.**

JUNE 17-18 | 9:00-10:15AM | \$45

MORE INFO : WWW.STAGEONEDANCER.COM



MINI DANCE INTENSIVE

Age 4-8

**HIGH ENERGY CLASSES IN
LYRICAL, BALLET, HIP HOP**

JUNE 24-28 | 9-11AM | \$120

MORE INFO : WWW.STAGEONEDANCER.COM



JUNIOR DANCE INTENSIVE

Age 8-12

**HIGH ENERGY CLASSES IN
LYRICAL, BALLET, HIP HOP, AND MUSICAL THEATRE
JUNE 24-28 | 9AM-NOON | \$180**

MORE INFO : WWW.STAGEONEDANCER.COM



FOCUS BALLET INTENSIVE

Age 9-18

**SPECIALIZED TRAINING IN
BALLET, LYRICAL, AND POINTE**

JUNE 17-21 | 12-4PM | \$225

MORE INFO : WWW.STAGEONEDANCER.COM



DANCER'S NIGHT OUT



Join us for a Beach themed dance
class, snack, and fun craft!

June | 8th & 22nd | 6-8 pm



Register at
stageonedancer.com

\$20

APRIL 29-MAY 23

4 Week Session

AGE 2-4

BALLET, MON 4:30-5:00
BALLET, TUES 5:30-6:00

AGE 4-7

BALLET/TAP COMBO
MON 5:00-6:00
BALLET/HIP HOP COMBO
TUES 4:30-5:30

AGE 8-12

COMPOSITION
THURS 4:30-6:00
LEAPS, TURNS, & JUMPS
THURS 6:00-7:00

AGE 13-UP

COMPOSITION
THURS 6:00-7:30
LEAPS, TURNS, & JUMPS
THURS 5:00-6:00



JUNE 3-JUNE 27

4 Week Session

AGE 2-4

BALLET, MON 5:00-5:30
BALLET, TUES 6:00-6:30

AGE 4-7

BALLET/TAP COMBO
MON 5:30-6:30
BALLET/HIP HOP COMBO
TUES 5:00-6:00

AGE 8-12

BALLET/LYRICAL
MON 5:00-6:30
LEAPS, TURNS, & JUMPS
MON 6:30-7:30
TAP
TUES 5:00-6:00
HIP HOP
TUESDAY 6:00-7:00

AGE 13-UP

BALLET/LYRICAL
MON 6:30-8:00
LEAPS, TURNS, & JUMPS
MON 5:30-6:30
POINTE
MON 8:00-9:00
TEEN/ADULT TAP
TUES 6:00-7:00
TEEN/ADULT HIP HOP
TUES 5:00-6:00
ADULT BALLET 18-UP
TUES 7:00-8:00





Enrollment opens Saturday, March 23 for the 2024-25 season!

Here's a peak at the schedule!

Age 2-4

- Creative Movement, Monday 4:45-5:15
- Creative Movement, Tuesday 5:30-6:00
- Creative Movement, Wednesday 4:00-4:30
- Creative Movement, Wednesday 4:45-5:15
- Creative Movement, Wednesday 5:30-6:15
- Creative Movement, Thursday 5:00-5:30

Age 4-6

- Ballet, Monday 4:00-4:45
- Ballet, Monday 5:15-6:00
- Ballet, Tuesday 4:45-5:30
- Ballet, Tuesday 6:00-6:45
- Hip Hop, Tuesday 4:00-4:45
- Hip Hop, Thursday 5:30-6:15
- Tap, Monday 4:45-5:30
- Ballet/Hip Hop Combo, Thursday 4:00-5:00
- Ballet/Tap Combo, Friday 5:30-6:30

Age 6-8

- Ballet, Monday 4:00-4:45
- Ballet, Monday 5:30-6:15
- Ballet, Thursday 4:00-4:45
- Hip Hop, Thursday 4:45-5:30
- Tap, Friday 4:00-4:45
- Musical Theatre/Jazz, Friday 4:45-5:30

Age 9-11

- Ballet, Thursday 5:30-6:15
- Hip Hop, Thursday 6:15-7:00
- Musical Theatre/Jazz, Friday 4:00-4:45
- Tap, Friday 4:45-5:30

Age 12-up

- Ballet/Lyrical Combo, Tuesday 5:15-6:15
- Hip Hop, Tuesday 6:15-7:15
- Musical Theatre/Jazz, Wednesday 4:00-5:00
- Tap, Wednesday 5:00-6:00

Age 15-up

*Placement- at least 2 years required in previous level required.

- Ballet/Lyrical Combo, Tuesday 5:15-6:15
- Hip Hop, Wednesday 6:00-7:00
- Musical Theatre/Jazz, Wednesday 5:00-6:00
- Tap, Wednesday, Wednesday 4:00-5:00

Adult

- Ballet 1, Wednesday 6:00-7:00
- Ballet 2, Wednesday 7:00-8:00
- Tap, Wednesday 7:00-8:00
- Hip Hop,

Focus Ballet/Pointe/Lyrical Program, age 8-up

- Placements for the 2024-25 season take place April 28-May 7

Performance Team Class Requirements, age 6-11

- Enrollment in 1 Ballet class per week for the 2024-25 season
- Enrollment in at least 1 elective class for the 2024-25 season: Hip Hop, Musical Theatre/Jazz, or Tap

Competitive Team Class Requirements, age 9-up:

- Summer Focus Intensive, June 17-21
- Enrollment in Focus program for the 2024-25 season
- Enrollment in at least 2 elective classes for the 2024-25 season: Hip Hop, Musical Theatre/Jazz, or Tap



Enrollment is open for next season!
Placements held April 29-May 7.



Are you
interested in
joining our
Focus program?



Open to dancers 8-up.

Ballet. Pointe. Lyrical.