PACIFIC NORTHWEST BALLET SCHOOL
PROFESSIONAL DIVISION
Laying the foundation for a professional career

Students invited to the Professional Division concentrate on perfecting technique and developing artistry through an intensive full-day, 40-week, comprehensive program. Professional Division curriculum includes technique, pointe, variations, men’s class, adagio, modern, choreography, repertory, pilates apparatus classes, essential barre, strength training, and seminars on such topics as nutrition, personal safety, and life skills. This 1 to 2-year program is designed to help students transition from student to professional dancer. PNB School assists students with career planning by offering workshops and resources on the audition/job search process, and through individual counseling/conferences. Selected Professional Division students may also have frequent opportunities to perform in Pacific Northwest Ballet productions throughout the year.

TO APPLY FOR THE PROFESSIONAL DIVISION
Participation in the Summer Course is required in order to be considered for admission into the PD program. Admission to the PD program is by invitation only, and students are notified of acceptance to the program before the end of Summer Course.

FINANCIAL ASSISTANCE
Students requesting tuition assistance (scholarships) for the 2017-18 school year must submit a completed Financial Aid form by July 1st. Our financial assistance application process utilizes the services of School and Student Service for Financial Aid (SSS). SSS does a comprehensive, standardized analysis of the information received and, upon completion, submits a report to PNB, which provides an estimated amount that your family can contribute toward educational expenses. The application form for SSS is called the Parent Financial Statement (PFS). The PFS form can be completed online at http://sssbynais.org/parents/apply/ for a non-refundable processing fee. PNB does not discriminate on the basis of race, color, nationality, sex, sexual orientation, or ethnic origin.

Pacific Northwest Ballet School has a limited amount of stipend assistance funds available for Professional Division students to provide supplemental income for living expenses. A separate Stipend Application must be submitted (in addition to the Financial Aid application) in order to be considered for stipend assistance.

Determination of Financial Aid and Stipend assistance is considered separately by the Financial Aid Committee.

HOUSING
Professional Division students are responsible for making their own housing arrangements during the school year, as PNB School does not have year-round housing available. Students often choose to live with a roommate; most roommate situations are established before the end of Summer Course. Many students have recommended searching online at Zillow.com to find prospective apartments in the vicinity of PNB (visit Zillow.com and click on "Rentals" for Seattle in the lower Queen Anne and/or Belltown neighborhoods. It shows available rentals, location, and cost).
ORIENTATION
Once accepted to participate in the Professional Division program, students attend an orientation with Peter Boal and Denise Bolstad, along with other key staff from the School and Company before the end of Summer Course. Each student receives a packet with paperwork outlining School policies/procedures and a number of forms to return to the School before classes begin (registration form, physical exam report, medical insurance info, etc.). A second orientation meeting is held after the school year begins in September, in which students meet members of PNB’s artistic and production staff, and review School policies, procedures, and expectations of Professional Division students. A third orientation meeting will be held in January to review end-of-the-year activities.

COMMUNICATION
Communication with the School is vital to the success of each student. Students should contact Ms. Bolstad or the School office with any and all questions, issues, concerns, etc. These often can be addressed by front desk staff. Students are welcome and encouraged to e-mail or call Denise Bolstad, the School’s Managing Director (denise@pnb.org), at any time throughout the school year to discuss day-to-day concerns (class work, schedule, absences, injuries, auditions, roommate issues, etc.). Ms. Bolstad is your primary contact throughout the school year.

Communication regarding schedules, schedule changes, and any/all events involving PD students will be posted on the PD bulletin board. Students are required to check the board daily for updates. Company rehearsals (if called) are posted on the Company bulletin board.

STUDENT CONFERENCES
Conferences with Mr. Boal and Ms. Bolstad are held in the fall/winter to discuss student progress, options for summer programs and the following school year, and job search, if applicable. A second conference will be held for second-year PDs.

CONSULTING STAFF
As the first ballet school in the United States to institute a consulting staff, PNB School takes pride in our leadership educating young dancers. Strong advisory and consulting programs are in place to assist and guide students and parents on an individual and group basis. The consulting staff includes Peggy Swistak (nutritionist), Toby Diamond (psychologist), Alan Woodle (podiatrist), and Henry Lu (physical therapist). Contact information for the consultants can be found on Page 7.

PNB School is committed to promoting the healthy emotional development of its students. First year Professional Division students are required to meet with Peggy Swistak, PNB’s Consulting Nutritionist, individually at the beginning of the School year to record weight, discuss eating habits and any other questions or concerns. Follow up appointments may be scheduled as needed. Our Consulting Psychologist, Toby Diamond, is available free of charge for short-term counseling, intervention services, and professional consultations to students who seek additional support in personal development or wish to discuss (in confidence) thoughts and concerns related to PNBS classes, academic school and/or family and social issues. Any information discussed with the Consulting Psychologist will be strictly confidential.

PILATES and STRENGTH TRAINING
Originally designed for PNB dancers and students, PNBConditioning uses the Pilates method to develop core strength and stability, promote long lean muscles, and increase flexibility. PD
students may sign up for free weekly apparatus sessions on a space-available basis. Please speak with School staff about scheduling sessions.

PD women participate in weekly Essential Barre classes; a 50 minute workout that integrates musical rhythms, small props, and ballet barre.

PD Men participate in a bi-weekly Strength Training Program to strengthen the upper body and core muscles in order to enhance partnering ability, shape and sculpt muscles, and avoid injury. Each class utilizes bodyweight, free weight, and mat exercises to focus on specific muscle groups in the chest, shoulders, back, arms, abdominals/core, and legs to gain the strength, power, and stability necessary for the physical demands of a professional male ballet dancer.

OPEN PROGRAM CLASSES

*Enrolled PDs* may take Open class free of charge during the academic school year (September-June), with approval from Managing Director; they may also take Open class at no charge during the interim weeks between spring and summer sessions, and between summer and fall sessions, again with approval from Managing Director.

*Graduates of the PD program* may take Open class during the interim weeks between spring and summer sessions, directly following their final year in the program. Fees will be based on financial assistance offered during the school year. They will be charged for Open classes during Summer Course, regardless of prior financial assistance. Exceptions may be made in extenuating circumstances, per the Managing Director.

ACADEMICS/EDUCATION

**High School Completion**
PNB recognizes academic education is an important component of a student’s life. All PNB School students are expected to have a plan in place to complete their high school education.

**PNB/Seattle University Educational Partnership**
Professional Division students have the unique opportunity to join PNB Company dancers in taking Seattle University Courses taught by SU faculty at the Phelps Center. Each academic year, Seattle University provides three courses for the partnership, one per quarter, generally meeting one night per week. Information on the PNB/SU Partnership will be available at PD orientation.

CAREER PLANNING

PNB School is firmly committed to providing as many career planning resources and job placement opportunities as possible to Professional Division students. A resume workshop/audition seminar is held in early December to help students begin the process of writing a resume and searching for a job in the dance field. Photographer contacts for audition portfolios are available to students, as well as an annual directory which provides extensive information on approximately 40 ballet companies in the United States, a useful resource in planning auditions. Individual counseling and advice on careers in dance and/or college dance programs are also provided.

**Artistic Director Visits:** Artistic Directors from ballet companies throughout the United States and Canada are invited each year to visit PNB in the winter months (typically January and February) to watch class and consider Professional Division students for positions with their respective companies. All PD students are expected to participate in these classes.

**Offsite Company Auditions:** Absences for company auditions outside of PNB must receive prior approval from the Managing Director and the Artistic office before any travel arrangements are made.
2016-17 Professional Division Job/College Placement
Total enrolled 2016-17: 32 Women 13 Men

Students received job offers or college acceptance for the 2016-17 year at the following organizations/universities:


PERFORMING EXPERIENCE

Company Rehearsals: PD students may be called to PNB Company rehearsals. If called, students are expected to attend all scheduled rehearsals, whether or not they are cast to perform. The School office must be notified if rehearsals conflict with School classes. School dress code is required in rehearsals (see page 10 for Dress Code information). A limited number of pointe shoes and/or ballet slippers will be provided for those PDs who are called to company rehearsals.

Company Performances and Family Matinee Performances: PD students perform in The Nutcracker. A select number of students may be cast in other productions throughout the season. Please refer to “Performance Rules for Professional Division Students” (page 7) and the “Message to all PDs from Wardrobe/Costumes” (page 8) for more information regarding Professional Division student performance expectations.

Petite Finale (May): Petite Finale Performances showcase the work of PNB School’s youngest students (ages 5-7). Following their performance, the students become part of the audience to watch Professional Division students perform brief excerpts from Company repertoire, followed by photo opportunities and a reception.

DanceChance Observation Day (June): Observation Day is an in-studio demonstration of classwork for friends and families of DanceChance students. A small number of PD students may be selected to perform excerpts from Company repertoire at Observation Day.

NEXT STEP: PD students may be selected to participate in NEXT STEP, a choreographic showcase where PNB School’s Professional Division students perform an all-premiere line up of works created just for them by PNB Company dancers. PNB School faculty member Kiyon Gaines is the NEXT STEP Coordinator for casting and rehearsals. This one-night-only performance on Friday, June 15th continues PNB’s commitment to bringing new works to the McCaw Hall stage. Not all PD students are cast in NEXT STEP.

PNB Annual School Performances, held at Marion Oliver McCaw Hall on Saturday, June 16, 2018: Professional Division students perform original choreographic works and excerpts from PNB’s repertory.

Teacher Assistants: PD students may be selected to assist with Children’s Division and Student Division classes. Teacher Assistants gain valuable experience working with PNB School instructors, learning to manage children in a classroom setting through demonstration and verbal instruction. Please see Ms. Siegel if you are interested in this opportunity.

SCHOOL POLICIES/PROCEDURES
A complete listing of School policies and procedures can be found in the PNB School Student Handbook, found online: www.pnb.org/PNBSchool/
**Attendance**
As stated in the School Handbook, students must call the School office (206.441.2435) prior to class if missing class due to illness. Injured students are expected to observe class, unless excused by School staff. Repeated absences (whether excused or unexcused) will result in a conference with the student and/or parents, and scholarship and/or partial stipend assistance may be withdrawn; chronic absenteeism may result in expulsion from the School.

- Any absence from class must be reported to the School office before class.
- Students must report to the Artistic staff (not the School) for any absence from a Company rehearsal in order to be excused. (This is separate from School classes).
- Absences will be excused only for illness, injury or family emergency.
- Absences for auditions or any circumstances for an extended period of time must receive prior approval from the Managing Director.

**Medical Issues/Injuries**
If an injury occurs (either in or outside of class), please do the following:

- Notify appropriate faculty immediately, then...
- Report immediately to the School office so that proper documentation can be made.
- Have your doctor fax a report on your injury to the School office in order to facilitate your recovery.
- We must receive written permission from your doctor or physical therapist allowing you to resume classes.
- Any student with an injury requiring limited participation in class or a significant leave of absence from PNBS must meet with the School Principal or Managing Director to set up a recovery plan before returning to classes.

*Physician referrals and contact information are listed on page 7.

**CAMERAS & PHOTOGRAPHY**

**PNB Photo Policy**
Photography and/or video recording of any kind are not allowed in the Phelps Center, the Francia Russell Center, nor at McCaw Hall without first obtaining written permission from PNB’s Media Relations Manager (or PNB School office for School-related events), notifying the dancers and/or students in advance, and – in the case of our union performers – getting approval for usage of said images, including internet or social media usage.

PNB prohibits photography and video recording for personal, educational or commercial use without written permission and/or accompaniment by PNB’s Media Relations Manager or other authorized PNB personnel. This applies to ALL still-camera and video photography (including cell phone cameras), anywhere in the building, whether involving company dancers, PNB School students, or PNBC Conditioning clients. If you notice someone taking pictures or filming in our hallways or studios and you don’t feel comfortable confronting them directly, please notify the front desk (Cheryl, Serni, Brian or the security guard) and/or company manager Michael Ann Mullikin or media relations manager Gary Tucker immediately.
Registration forms for all PNBS programs include an agreement which gives PNB School permission to take photos of students in classes and/or performances to use for purposes of promoting Pacific Northwest Ballet. If you have any questions, please contact Gary Tucker at 206.441.2426, 206.328.8825 (cell) or GTucker@PNB.org. Thank you!

**Cell Phones**
The Phelps Center is a cell phone free zone, as phones are not allowed in the studios or restrooms.

**Internet / Social Media Policy**
When sending e-mails, private messages, or making comments to other PNB School students on social networking sites, students must abide by the following policies:
• Keep comments positive and respectful of staff, students and the program;
• Avoid use of obscenities, vulgar or sexual language;
• Avoid comments that are mean and/or threatening to or about other students or staff;
• Do not post pictures online that would embarrass or violate anyone’s privacy;
• Do not pose as another student online or spread false information about anyone;
• Absolutely no livestreaming of PNB classes/activities or students at any time whatsoever
• Avoid comments about anything against PNB School policy, such as drug or alcohol use, bullying, or sexual harassment.

It is the policy of PNB School to call the parents of students who post or send negative messages and share the content with them.

PNB students who violate any policies regarding the internet or other communication will face disciplinary action up to and including dismissal from the program; exclusion from attending PNB School in the future; and/or answering to police or other law enforcement authorities.

It is important to understand that EVERYTHING you post on the Internet is very PUBLIC and likely to STAY on the Internet indefinitely. All the major search engines index and archive the internet constantly. Please review what you intend to post carefully. Remember that you are not just sharing information with your friends, you are sharing it with anyone who looks for you OR one of your friends.

**Safe Place:**
PNB is an LGBTQ Safe Place.
Pacific Northwest Ballet School
Physicians and Consultants

PNB School students receive referrals to the physicians and service providers listed below. When calling to make an appointment, students should identify themselves as a student of Pacific Northwest Ballet School. It is advisable to check with your insurance provider and/or the providers listed below regarding what may or may not be covered under your insurance plan.

**Sports Medicine**
Steven Anderson, MD
3216 NE 45th Place, Suite 304
Seattle, WA 98105
PH: 206.523.1422

**General Medical Issues**
Doctors Express Urgent Care
Lower Queen Anne
610 1st Ave N
Seattle, WA 98109
PH: 206.283.7000

**Podiatry**
Alan Woodle, D.P.M.
8111 Greenwood Avenue N
Seattle, WA 98103
PH: 206.784.3144
FAX: 206.784.4956

Swedish Primary Care
2211 Queen Anne Ave N
Seattle, WA 98119
PH: 206.861.8500

**Nutritionist**
Peggy Swistak, M.S., R.D., C.D.
PH: 425.883.3281
pswistak@comcast.net
Available to meet at PNB School, free of charge

Dr. Nancy Kadel, MD
Available to meet at PNB School, free of charge

**Psychologist**
Toby Diamond, Ph.D.
PH: 206.323.1988
Available to meet at PNB School, free of charge

www.seattlespine.com

**Physical Therapy**
Henry Lu, PT, ATC
Velocity Physiotherapy
4501 Interlake Ave N, #8
Seattle, WA 98103
PH: 206.905.8575
FAX: 206.905.8554

UW Medicine
Belltown Clinic
2505 Second Ave, Ste 200
Seattle, WA 98121
PH: 206.443.0400
www.uwmedicine.org/uwpn

Dr. Karin Townson, DPT
Therapeutic Associates Queen Anne
100 W Harrison St, Ste 160
Seattle, WA 98119
PH: 206.352.0105

Dr. Terrence Cronin
Swedish Pediatric Specialty Care
751 NE Blakely Dr
Issaquah, WA 98029
PH: 425.313.7088

Dr. Lisa Apple
Revitalize Movement
3514 SE Center St
Snoqualmie, WA 98065
PH: 206.930.7476
lisa@revitalizeempt.com
www.revitalizeempt.com

www.theseattlegym.com
PERFORMANCE RULES FOR PROFESSIONAL DIVISION STUDENTS

- Professional Division students called to Company rehearsals are expected to attend all rehearsals and to know their parts perfectly whether or not they are cast to perform. ANY ABSENCE FROM REHEARSAL MUST BE REPORTED TO DOUG FULLINGTON IN THE ARTISTIC OFFICE at 206.441.2445 and/or Doug Fullington’s cell: 206.619.0255- not the School. (Absences from classes are reported separately.) During performance week all absences must be reported to Doug Fullington. In the event Doug Fullington is not available during performance week, please contact Lauren Kirchner: Lkirchner@pnb.org or 206.441.2427

No formal letters of agreement will be issued. PD students will be paid for Company performances in which they appear. Checks will be available in the School Office on the Friday following the run of the performance. Checks for The Nutcracker will be available once during the run and once at the end of the run.

- All understudies must be at the theatre and signed in at half-hour before each performance. If you are going to be late, you must call backstage at 206.774.4958 before half-hour to let Stage Management know. PDs who are late more than once will be reported to the artistic staff. You will be required to stay in the theatre until the last ballet or movement you are understudying has started. Attending class and leaving before half-hour and without checking with the proper authorities is never permissible. DO NOT EVER LEAVE THE THEATRE BETWEEN SIGNING IN AND THE PERFORMANCE. Signing in for anyone other than yourself is also never permissible.

- Being "ready" to perform includes having shoes (sewn, dyed, etc) and make-up available.
- For on-stage rehearsals, girls must wear regulation dress code (including pink tights) to assist the lighting designer.

BACKSTAGE INFORMATION

- All students are required to have a current backstage pass which you will get from Stage Management at the beginning of the season. If you lose your pass it is $5.00 for a new one.
- PD students are welcome backstage during performances. Please check in with Stage Management.
- Do not stand or sit in front of the booms in the wings.
- No eating backstage or in the house.
- Keep dressing rooms clean.
- PDs are not allowed to have guests backstage for any show.
- No animals are ever allowed in the theater.
- If the theater ever needs to be evacuated for an emergency, you should leave via the closest exit and find the Stage Manager outside the Stage Door and to your right or the nearest PNB manager to check in and make sure you are accounted for.

TICKETS

- Any PD student may have one ticket for all the regular season shows (Nutcracker excluded) starting 90min. prior to the show at the McCaw Hall.
- The ticket is to be used by the student only and not to be given away. If the ticket is not used please return it back to the box office. The Box Office has a list of PD students and must check your ID. If you are going to watch a show from the house and you are an understudy for it, you must bring your ticket to Stage Management prior to the show, so they can note your seat location in case you are needed during the performance.
- PD tickets are on a space available basis.
MESSAGE TO ALL PD’S FROM WARDROBE/COSTUMES

COSTUME FITTINGS: Please pay attention to the schedule board downstairs at the Phelps Center, the sign-in board at McCaw Hall or on your dressing room door for notices regarding costume fittings. If you see your name listed please report to Costumes or Wardrobe as soon as possible, even if you need to schedule the fitting for another day. Fines will be issued for repeated missed fittings.

If you are learning a role or have been added to a rehearsal list please speak with someone from Costumes or Wardrobe to check if you need to see us for a fitting. Sometimes you know before we do!

IN THE THEATER

HAIR: Ladies - You are responsible for your own hair unless you are required to wear a wig. Please be sure to have a large supply of hair pins, hair nets, gels & sprays so that your hair is neat – i.e. no ‘wispies’! If you are unsure of the placement of your bun, please speak to one of us. The same is true for headpieces. We will try to provide you with instructions on the correct way to wear your headpiece. Please ask if you are unsure.

Gentlemen – you also need to be responsible for how your hair looks on stage. We encourage you to keep your hair trimmed, but not very short. “Buzz” cuts don’t look good on stage in classical ballets like Nutcracker. If your hair is too long it can look very messy. Learn to use a styling product to control your hair and keep it neat.

MAKEUP: You need to invest in your own makeup. If you are unsure of what you should own, please ask one of us. Ladies, you should have 2 choices of lip color, one more muted. You should have false eyelashes - and a backup pair. Please stay away from blue eye shadows – smoky shades are preferred. Men should use simple base, eye liner and a basic lip color. If you have any questions about how to do your makeup or how it looks please ask one of us. We have a professional makeup artist who we can bring in if needed.

EARRINGS & JEWELRY, BODY ADORNMENTS: All ladies should own at least one pair of small rhinestone earrings. For Nutcracker you will need to wear your own small to medium rhinestones. Please remove all personal jewelry (other than earrings for the ladies) when appearing on stage. Tattoos, if revealed by a costume, should be covered.

WHILE IN COSTUME:
- No Gum
- Do not sit or lie down in costume
- No eating or drinking
- Never put make-up on in costume
- No smoking
- Hands off: oils from hands will soil costume fabrics

AFTER PERFORMANCE: You are responsible for making sure that your costume pieces are returned to the hanger or placed in the laundry as directed. Because of our tight time schedule we ask that you take off your entire costume, including tights, before removing your makeup, visiting with friends, etc.

We appreciate your help. We know that you work hard and if there is something that you don’t understand or that is not working the way that you think it should, please speak to one of us in the Wardrobe. THANK YOU!
PROFESSIONAL DIVISION DRESS CODE

Women:
- **Black Leotard** for Technique, Pointe, Pas de Deux, and Extended Curriculum classes;
- **White Leotard** and white pointe skirt for Variations class
- Pink tights
- Pink technique shoes
- Pointe shoes (Freed preferred; personal fittings are scheduled each fall); Gaynor Minden offers special order shoes/tights in additional colors to complement a range of skin tones
- Leotard Guidelines: No excessively low or criss-crossed backs, sparkle, Lycra, contrast or patterned materials. Same color velvet allowed as edge trim on leotards.
- PNBS Logo Leotards: PD Women have the option (not required) to order PNBS Logo leotards in black or white: Style number 2604. PNBS Logo Leotards may be purchased through Empire Dance Shop. Leotard order forms are available in the School office and on PNB School’s website.

  Empire Dance Shop
  Phone: 888.445.8848
  Fax: 509.838.6929
  Email: service@empiredanceshop.com

- #2604
- #7207

Men:
- Short-sleeved or tank-style white or black leotard or white or black tight-fitting t-shirt
- Black or gray tights (no short, cut-off tights)
- White dance socks
- White or black technique shoes
- PNBS Logo Men’s Dance Shirt: PD Men have the option (not required) to order white fitted dance shirts with the PNBS logo through Empire Dance Shop: Style number 7207

Additional guidelines (both Men and Women):
- Shoes should be neatly sewn with like color thread. NO safety pins.
- No cut off tights. Any holes should be mended with same color thread.
- Hair should be clean and combed (Men), neatly pulled off of face and secured using pins and a hair net (Women). For Open Studio performances, hair must be appropriate for the ballet and of performance quality.
- Jewelry should be minimal: small earrings and watches at the teachers' discretion. NO facial jewelry (nose rings, etc.).
- Extended curriculum dress code requirements mandatory as announced.
- No "extra stuff" in any class; i.e. warm-ups, t-shirts, rubber pants, legwarmers, sweaters, etc.

Dress Code for Extended Curriculum
- Flamenco & Character
  - Women: character shoes, character (full, knee length, any color) skirts
  - Men must wear some type of shoe/boot with a 1/2 to 1 inch heel (we suggest checking out your local thrift store for appropriate shoes). No exceptions.
- Jazz - jazz or technique shoes, black tights allowed for women, jazz shoes are optional
- Modern - technique shoes or bare foot, black tights allowed for women
- Pas de Deux – black tights allowed for women
- Seminars and Music - street clothes
CONTACT INFORMATION
School Office  206.441.2435
School Fax  206.441.2430
School Email  pnbschool@pnb.org
Web Site  www.pnb.org
Stage Mgmt., McCaw Hall  206.774.4958
Doug Fullington, Assistant to the Artistic Director  206.441.2445  dougf@pnb.org
cell: 206.619.0255
PNB Main Desk (Cheryl Gunder)  206.441.9411

SCHOOL STAFF
Peter Boal, Director
Denise Bolstad, Managing Director  206.441.2433  denise@pnb.org
Abbie Siegel, School Principal
Meg Potter, Assistant Principal
Wendy Casper, Assistant to the Managing Director
Emily Gordillo, School Supervisor
Jennifer McLain, DanceChance Manager
Lauren Kirchner, DanceChance Coordinator
David Jensen, Summer Residence Director
Andrea Abercrombie, Pilates Coordinator
Briana Boche, Associate Registrar
Katharine Grimm, Associate Registrar
Bethany Pruitt, FRC Operations Coordinator
Amy Barkley, Administrative Assistant
Ian Hill, Administrative Assistant
Jennifer Rudsit, Administrative Assistant

CONSULTING STAFF
Dr. Toby Diamond, Ph.D.  Psychologist  206.323.1988
Peggy Swistak, M.S., R.D., C.D  Nutritionist  425.883.3281
Dr. Alan Woodle, D.P.M.  Podiatrist  206.784.3144
Henry Lu, P.T., A.T.C.  Physical Therapist  206.905.8575
Nancy J. Kadel, MD  Orthopaedic Surgeon  206.861.8200
Karen Clippinger  Kinesiologist
Doug Fullington  Dance Historian
PROFESSIONAL DIVISION STUDENTS
A Typical Day

The Professional Division schedule consists of multiple daily classes Monday through Friday beginning at 8:30am and Saturday at 11:30. Students may also be called to rehearsals for School and/or Company productions. PDs will get a 30-minute lunch break each day. Check with the School office if you don’t see a break in your schedule, and we make sure you get one.

School class times are set each week. Rehearsals, Pilates, and time for the gym may vary from day to day. Students are responsible for managing their daily schedules. Check with the School if you are unsure about your schedule.

PDs work on some Sundays. Refer to the monthly calendar for days off.

A day may look like this for a PD (please note: items in italics are just examples and may vary).

**PD I (SAMPLE SCHEDULE)**

- **Tuesday** 8:30-10:00 Technique
- **Tuesday** 10:05-11:00 Women Modern
- **Tuesday** 11:05-2:00 Company rehearsals, if called
- **Tuesday** 2:00-3:00 Mat
- **Tuesday** 3:00-3:30 Break for lunch
- **Tuesday** 3:30-6:00 Company rehearsals, if called
- **Wednesday** 7:30-8:30 Seattle Gym

In addition to classes, and rehearsals, PD students need to schedule themselves for the following:

- **Pilates/PNBC Conditioning**: 2x a week
- **Seattle Gym**: 2x a week
  
  Gym Hours: Mon-Thurs, 5:30am-10:00pm
  Fri, 5:30am-9:00pm
  Sat/Sun, 7:30am-7:30pm
HEALTH AND WELLNESS
Additional Information

*These additional articles provide some great advice for PD students.*

**Keep your Energy Up: Eat and Stay Hydrated!**

The Professional Division schedule consists of multiple daily classes Monday through Friday beginning at 8:30am and Saturday at 11:30. Students may also be called to rehearsals for School and/or Company productions. PDs will get a 30-minute lunch break each day. Check with the School office if you don’t see a break in your schedule, and we make sure you get one.

Please come to the studio prepared for the day. It is wise to pack a lunch, in the event you are called to a rehearsal and don’t have time to leave the building. Make sure you always have a high protein snack (protein bar, nuts, etc) in your dance bag at all times.

Check out the attached article, “Eating Right on a Dancer’s Budget” for some great shopping tips.

**Tips for Surviving Cold and Flu Season**

PD students will have the opportunity to receive a flu shot prior to Nutcracker season. More information will be posted for PD students later in the fall. “Advice for Dancers: Cold Season Survival Strategies” provides information on good preventative measures to stay healthy.

**Living with Roommates**

For many PDs, this may be your first time living with a roommate for a long-term basis (more than a 5-week summer program). This last article, “Living with Roommates,” includes smart suggestions for establishing ground rules and what to do if you find yourself in a difficult situation with your roommate.