



Welcome Synergy Families to the Start of Synergy's 2026-2027 season!

We are so excited to be back in the studio with you all, continuing our **mission** of *building a collaborative community – where educators, practitioners, and artists support and advocate for each other and for their students, where reciprocal mentorship and personal growth is central, and where health and wellbeing is a key component of artistic and embodied development.*

There are so many exciting things planned for the year. Our **Open House September 19th** will offer free classes to the community. Our new in-studio **mid-year show on December 19th**, followed by our holiday party is just another way we're celebrating the progress of our students, and our year will again culminate in a **spring recital in June 2026**. You'll also see us out in the **community**, performing at philanthropic fundraiser events, free library shows, and more.

We have a few new faces with us this year. We'd like to welcome Emma Cambley, who will be teaching our Musical Theater Dance class, as well as Lisa Irvine, who will be teaching the Thursday morning Preschool Enrichment Program and the daytime homeschool dance classes. In addition to them, our amazing **faculty** includes Lea Yanome, Amanda Naecker, Lacey Buckholz, Lauren Schreyer, Caroline Dudderar and Bella Sheckells. We're also thrilled to have Lea Yanome direct this year's SynergyComp team.

The Synergy Space teaching staff is focusing on a few key **themes** (among many others):

1. Igniting the passion within a dancer, especially in a newfound style, by celebrating the *joy of dancing*.
2. Acknowledging that vulnerability is okay, and that working through it and being willing to try hard things leads to *true confidence*.

We are beginning the third year in our new home at 519 Old Westminster Pike. Now that we're settled in, you'll notice even more additions to our **space**: photos of YOU decorating the walls, a fully furnished blackbox theater, more fun props for our tumbling and creative movement classes, and a fully furnished dressing room for our students.

We're excited for what this year will bring, as our community continues to grow and our mission continues to be seen through our faculty, parents, our partnerships with other organizations, and the thriving growth in our students. Ready to embark on another year of adventure in 3...2...1...

Emily Runkle
Synergy Space Director



2026-2027 Season Dates

Tuesday, September 8	Fall Session Classes Begin
Saturday, September 19	Fall Open House (free classes, bring a friend!)
Sunday, November 22- Sunday, November 29	Fall Break – No Classes
Monday, December 14- Saturday, December 19	Spirit Week!
Saturday, December 19	In-studio mid-year show (w/ SynergyComp preview) and holiday party
Saturday, December 19	Last Day of Fall Session Classes
Sunday, December 20 – Sunday, January 3, 2027	Winter Break – No Classes
Monday, January 4	Spring Session Classes Begin
Monday, January 18	MLK Day, Studio is OPEN, classes do run. Please let your teacher know if you will not be there
Sunday, March 21 – Sunday, March 28	Spring Break – No Classes
Monday, May 31	Memorial Day- No Classes
Monday, June 14	Tech Week for Spring Concert (usually Thursday, Friday and Saturday morning before the show)
Saturday, June 19	Spring Concert
Monday, June 14- Saturday June 19	Last Week of Classes



What to Expect at Your Child's First Dance Class!

The beginning of a child's dance journey is such an exciting time! We at Synergy aim to help guide both child and parent through the start of their dance training. We'd like to explain what you can expect to see at a dance class for children 3-7 (and younger for Mommy & Me participants!), what our policies are, what you can expect from us, and how you can best prepare your little dancer for a season of fun and exploration!

What IS a pre-ballet class? A pre-ballet class is a time of exploration, nurturing appreciation for movement and music, and the framework of learning to listen to instructions from a teacher. A pre-ballet class is *not* always tidy rows of tots doing fancy ballet steps on the first day, rather a time for responding to music, taking turns, and improving a child's coordination.

In a pre-ballet class (or a creative movement class) we will:

- Begin by greeting each child and guiding them into the studio by themselves.
- Use instructional songs that are engaging and easy for kids to follow.
- Start by getting our wiggles out (burns off a little energy at the beginning!).
- Stretch on the floor, while learning some basic anatomy (toes, heels, knees, etc.).
- Learn basic ballet steps, including basic foot and arm positions, plies, tendus, and passes.
- Increase our spatial awareness by moving in certain shapes and directions around the room.
- Refine our gross motor skills, such as kneeling, standing up, jumping, galloping.
- Incorporate music and rhythmic skills like clapping or stomping on to the music.
- Engaging our creativity as we pretend to dance like princesses, soldiers, snakes, flamingos, airplanes and more!

The purpose for dance classes for young children is to provide a creative outlet, a place to move and burn off a little energy, a way to refine gross and fine motor skills and an opportunity to start learning *how to learn*. They'll also develop spatial awareness and cooperation around our other dance friends. In addition to some of the foundational ballet steps, you will also see many elements that *don't* look like ballet! This is because at 3, 4 and 5 years old children are still discovering how their bodies move and react to the world around them. For example, you may see your child crawling around like a bear during dance class, which strengthens arms, improves coordination of four limbs moving together, and ignites creativity as dancing actors!



Each task we give our little students has a reason behind it. Feel free to ask us about it at the end of class. We'll also pick a theme and dance objective for each month and include them in a monthly email, so that you have an idea of the skills your young one is working on.

Policies:

- Dancers should enter class on their own, once the teacher or teacher's assistant has come into the lobby and invites them in.

- Dancers may bring their water bottle into the studio and set it in the designated place each week. We will give periodic water breaks.

- If a dancer needs to use the restroom, a teacher's assistant will escort them out of the studio and show them where the restroom is (or connect them with their parent if the little one still needs parental help in going to the restroom/re-dressing)

- Synergy Space asks that parents allow their children to get settled in class for at least the first 10 minutes before watching in the observation window. This is tremendously helpful in getting these young children used to their new class setting and their teacher.**

- If a child cries in the beginning of class, our policy is to connect them with a teacher's assistant, for some one-on-one comfort and continue class, to see if the child can adjust. If a child cries for more than 15 minutes, we will bring them to their parent in the lobby. If a child wants to try joining class again, our teacher's assistant will come get them and guide the child back in!

***Please note it is totally normal for some children to have a little separation anxiety at the beginning of a dance class, especially for the first week or two. We'd also like to note that it is usually resolved after 2-4 weeks!*

Pre Ballet & Ballet / Tap Combo classes Dress code:

Girls: leotard and tights of any color, ballet shoes, tap shoes. Boys: White t shirt and black shorts or pants, black ballet shoes, tap shoes. Hair should be pulled away from face into a bun or neat ponytail.

Hip-hop Tumble

Dancewear or comfortable clothing that the dancer can have full range of motion in (no jeans) and sneakers. Hair should be pulled away from face.



Synergy Inclement Weather/Makeup Policy 2026-2027

While Synergy uses Carroll County Public Schools as a guideline for studio closures due to inclement weather, Synergy will make the final call for studio closures and class cancellations. Synergy will send out an email and post on our social media accounts within a reasonable timeframe should the studio need to close due to weather.

If a class is canceled due to weather more than 1 time per season, a makeup class will be scheduled. The date and time will be announced by email. Students must RSVP within 48 hours of the announcement.



STUDENT HANDBOOK



Policies

GENERAL:

Communication protocol | Communication directly with the studio by email or phone is preferred. 410-205-4926 or info@synergy-space.org. Text messaging with Directors or Collaborators is discouraged except in the event of emergency or extenuating circumstances.

Student Privacy | No student, family, their accounts, registration, participation, leveling, or other personal information will be discussed, under any circumstances, with anyone other than that student and/or their parents/guardians by Synergy Space Directors, Administration, Collaborators, Teachers, or Contracts without express written consent.

Security | Synergy requires all students under 18 to have an adult with them when renting the space.

Emergency Procedure | In the event of an emergency, students should follow the instruction of the Synergy teachers (or emergency responders). Synergy instructors have been briefed on the specific plans for various emergencies. Students should be familiar with the multiple entrances/exits around Synergy Space. Synergy will conduct a "drill" the second week of classes in September, which includes going through emergency exits, locating fire alarms, and learning the code word for an emergency lockdown situation.

Conduct and Language | Synergy takes gossip and negative talk very seriously and such behavior is not tolerated in our studios, lounges, or waiting areas. If there is a problem, please bring it to the attention of one of the Synergy Directors as soon as reasonably possible. Please do not discuss the abilities of any students other than oneself. Our directors and weekly class teachers will abide by this and we expect the same from our students. No bullying. (This includes any social media activity, group chats, etc. Any negative conversation regarding other students, studios, etc is taken VERY seriously by Synergy management.

Conflict Resolution | *Dancers and parents are expected to be solution and growth oriented and handle all situations accordingly.* Parents are prohibited from reprimanding dancers who are not their own. Any issues or concerns regarding a situation need to be immediately brought to the Director's attention. Parents are also encouraged to communicate any concerns with the parent(s) of any other involved dancers. Above all, it is the role of all parents, the Director, Synergy teachers and owners to handle all situations in a manner that is calm, rational, communication and solution-oriented, and ultimately in the best interest of all dancers. In the event of need for a student meeting, all parents of involved dancers must be present.

Attendance Expectation | Students are expected to be present on time and for the full duration of every class. If a dancer arrives more than 5 minutes after class has begun, they should politely ask the teacher permission to join class, as is courteous to do so in a dance setting.

Illness | Synergy expects students and parents to use best judgment regarding attendance in cases of illness. No one should attend if they have a fever, or flu/cold like symptoms.



Engagement/Participation | Students are expected to be attentive, contributing, and actively engaged in all class experiences.

Decorum/Eating & Beverages in class | Students are expected to use proper dance classroom etiquette within the class. No food or drink allowed in the studio with the exception of water. No gum.

Phone and Technology use in class | Synergy has a zero tolerance policy for Apple watches (or similar smart watches), and students must remove them before entering class. Phones, tablets, and laptops may only be used during discussion classes to look up relevant information for the class topics, to take notes, utilize the calendar, or to record combinations at the end of class with the permission of the teacher. Phone calls (except in case of emergency), text messaging, and/or social media use is never appropriate during class time. Phones should be kept in the student dressing room, not in the dance studios during class times.

ATTENDANCE POLICY:

Active physical and mental engagement is the primary work of Synergy dance classes. As such, registered dancers are expected to attend every class, prepared and on time. Excessive absences for any reason will not be acceptable unless in extenuating circumstances. Please report absences to the office via email as soon as reasonably possible: info@synergy-space.org. If a student is unable to participate in class due to illness, injury or any other reason, he/she is expected to attend and observe class. (Please use discretion as to degree of illness. We do understand that sometimes attendance during times of illness is out of the question.)

Performing students must attend all in-studio, stage and dress rehearsals for performances. (Students will be excused for emergency situations only.)

Two late arrivals for class or rehearsals counts as one absence. "Late Arrival" is qualified as after the teacher has commenced instruction; not to begin before scheduled start time of the class.

Dance students arriving more than 15 minutes late may be asked to observe due to risk of injury, per teacher discretion. If a dance student enters class consistently late (2x or more in a row) Synergy will contact their parents to notify them of the issue. Synergy teachers may also reserve the right to ask that student to observe.

OBSERVING/SITTING OUT:

If a student is unable to participate in class due to illness or injury, but is capable of attending, he/she is expected to attend and observe. (Please use discretion as to degree of illness.) When observing, students are still expected to participate in class discussion. Additionally, any students sitting out will need to write and turn in their observations at the end of class. (Consider questions such as- what is the purpose of this exercise? How would you approach this exercise? What are you seeing in your fellow dancers? What advice could you provide? What do you struggle with? Any other ideas or insight.)

INCLEMENT WEATHER:



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If a class is canceled due to weather more than 1 time per season, a makeup class will be scheduled. The date and time will be announced by email. Students must RSVP within 48 hours of the announcement.

Dress Code

(Collaborators may use discretion to personalize their classes dress code if they see fit)

Pre Ballet & Ballet / Tap Combo classes: Girls: leotard and tights of any color, ballet shoes, tap shoes. Boys: White t shirt and black shorts or pants, black ballet shoes, tap shoes.

Ballet: (BEA uniform)

WearMoi Skirted Leotard, which can be found on Discount Dance or on the WearMoi site (child sizes available as well)

Level 1: French blue- style "Ballerine", "Ardesia" or "Balkala"

Level 2: Lilac- any style except "Azurea" or "Camelia"

Level 3: Black- any style except "Azurea" or "Camelia"

No Jewelry except small earrings. No claw clips.

Modern: Solid colored, fitted bottoms such as spandex shorts or leggings and fitted tops. Solid color crew socks or bare feet at the teacher's discretion. Hair should be secured away from face.

Jazz: Solid colored, form fitting clothing such as a leotard, form fitting tops, spandex shorts or leggings.

Acceptable footwear includes jazz shoes, foot undies/paws, bare feet – no socks. Hair should be secured away from face.

Tap: Solid colored, form fitting clothing such as a leotard, form fitting tops, spandex shorts or leggings. Tap shoes must be lace-up. Please ensure that tap screws are tight before class. Hair may be worn in bun, ponytail or braid.

Hip-hop: Outfit may reflect personal style with the ability to move freely, nothing excessively baggy. Shoes also should not be worn into the studio off the street.

Musical Theater & Teen Dance Classes: Solid colored, form fitting clothing such as a leotard, form fitting tops, spandex shorts or leggings. Acceptable footwear includes jazz shoes, foot undies/paws, bare feet – no socks. Hair should be secured away from face. Musical Theater teacher may ask for character shoes to be worn if the material calls for it.

Conditioning: Comfortable athletic clothing that allows for full range of motion. Street shoes may be worn, but must be designated indoor shoes only, to prevent wear and tear on marley floors. Hair may be worn as desired and as is suitable for the class

