



The Studance Lab

presents

10/10!

HAPPENING ON JUNE 1st to 5th

SAVE THE DATE!

TICKETS

SAVE THE DATE!

ON SALE • FRIDAY • MAY 1ST



RECITAL HANDBOOK

Recital Dates: June 1-5, 2026

Location: West Point High School – 11620 W. Encanto Blvd. Avondale AZ 85392

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1. WELCOME TO RECITAL

This year's recital celebrates a major milestone for our studio — **10 years of movement, growth, and community.**

Our **10/10 Recital** represents the highest standard we strive for as dancers and as people. In dance, a "10 out of 10" score represents excellence — not because everything is perfect, but because it reflects **hard work, dedication, and heart.**

Throughout the performance, our dancers will take the stage across hip hop, breaking, ballet, jazz, contemporary, musical theatre, and more, showcasing the skills they've built through months of training.

From the youngest dancers stepping on stage for the first time to our advanced performers pushing their limits, this recital celebrates the journey of becoming your best.

Built on GRIT. Guided by Faith.

Join us as we celebrate ten incredible years of dance, discipline, creativity, and community at The Studance Lab.

Non-Performing Classes:

The following classes are not part of the recital:

- Acro 2 Thursday 4pm
 - Acro 3 Thursday 5pm
 - Adv. Money Moves Thursday 7pm
 - Adv Hip Hop Thursday 8pm
 - Blessed Fresh Friday 7pm
 - Dance Team Training Monday 8pm
 - LAB Elite_ Tn/Sr_Floor Barre Tuesday 6pm
 - LAB Elite_ Tn/Sr_Technique & Tricks Monday 7pm
 - LAB Elite_Mini/Jr_Floor Barre 2/3 Tuesday 4pm
 - LAB Elite_Mini/Jr_Turns and Technique Wednesday 3:30pm
 - LAB Elite_Pre/Pointe Wednesday 9pm
 - LAB Elite_Tn/Sr_Technique Wednesday 4:30pm
 - Money Moves 1/2 Thursday 6pm
 - The Company
 - Ascendance
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2. RECITAL TIMES, SHOWS, & LOCATION

All shows and dress rehearsals will be held at:

West Point High School – 11620 W. Encanto Blvd. Avondale AZ 85392

Classes are divided across three shows. Each class will perform in one show only (LAB ELITE classes may perform more than once):

Show 1

- **Show Day:** Wednesday, June 3rd, 2026
 - **Dancer Call Time:** 5:45pm
 - **Show Time:** 6:30pm

Show 2

- **Show Day:** Thursday, June 4th, 2026
 - **Dancer Call Time:** 5:45pm
 - **Show Time:** 6:30pm

Show 3

- **Show Day:** Friday, June 5th, 2026
 - **Dancer Call Time:** 5:45pm
 - **Show Time:** 6:30pm

3. TICKETS & TICKET PURCHASING

Tickets will be available for purchase online at www.studancelab.com/recital beginning **May 1, 2026**. Seating is reserved, so you can select your preferred seats at the time of purchase.

Tickets will become available for purchase on May 1 at the following times:

- Show 1: 10am
- Show 2: 10:30am
- Show 3: 11am
- **Ticket Prices:** Range from \$15 to \$40 depending on where you choose to sit.
- **Children Under 3:** Free if seated on a parent's lap.

Note: Please be considerate of other audience members by stepping outside if young children become distressed or disruptive.





4. DRESS REHEARSAL

DRESS REHEARSALS will be held at West Point High School Performing Arts Center and are mandatory for all participants. This allows dancers to get comfortable with the show flow and with their costumes, lights, and music. Each show has a designated dress rehearsal day and time.

- **Arrival Time:** See your dancers backstage ticket for check in time and location. Dancers will be checked in and dropped off BACKSTAGE for dress rehearsal. Students will be checked into the venue upon arrival by their responsible parent or guardian and will be supervised by our volunteers throughout the duration of the rehearsal. Students cannot leave the premises without being picked up by a parent/legal guardian by presenting the dancer's backstage ticket. (More on Backstage ticket: #10)
- **Pick Up:** We aim to have the dancers out at the designated pick-up time. Keep your phone number on file current as we will send out text messages if that time is delayed or early. Parents will form a line outside at their dancers' check in location and have their backstage ticket ready to present. Staff and volunteers will review the backstage ticket with the dancer and release the dancer to parents. Remain in line and please be patient as we safely dismiss all dancers to their guardian.
- **Dress Rehearsal Attire:** Please come in the assigned costume, with shoes and accessories as specified in the **Studio Pro (DSP) App** under **More > Costumes**. *If they have multiple routines*, dancers should arrive dressed in their first outfit with complete hair and makeup. See the line up online at studancelab.com/recital. If your dancer is in multiple routines, bring all costumes with you in provided garment bag.

5. COSTUMES, SHOES & HAIR REQUIREMENTS

Recital Costume Guidelines

Costumes are provided for all members and will be distributed prior to Photo Day. These are **loaner costumes** and must be returned immediately after the performance.

Costume Pick-Up Instructions:

- You will receive an **email notification** once your class costumes are ready for pick-up.
- A **Loaner Costume Release Waiver** must be completed in your **Studio Pro Portal**.
- Parents/Legal Guardians must **sign off that costume was picked up** in person at the studio. Dancers 16 and older may sign off on their costume pick up.
- You have **48 hours** to try on the costume at home to ensure proper fit.
- If your costume does **not fit**, please email our Costume Director at contact@studancelab.com with a **photo showing the issue**.
- We will work with you to provide a solution or an exchange if needed.

Show Day Costume Guidelines:

- **Costumes will be left at the auditorium** after your dancer performs.
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- **Bring a change of clothes:** All dancers must change into **black bottoms** and their **Recital T-Shirt** after their performance. Recital T-Shirts are provided based on the size submitted in your recital participation google form.
 - Dancers are **not permitted to leave the facility wearing a Studance Lab costume.**
 - A **\$100 restocking fee** will be automatically charged if any costume leaves the premises after the show.

Required Attire & Grooming:

- All dancers must wear **skin-tone undergarments** (nude leotard OR nude sports bra, and nude spandex shorts). Parents are responsible for providing this.
- Hair and makeup instructions specific to each class can be found in the **Studio Pro (DSP) App:**
 - **More > Costumes**
 - **No jewelry or accessories** are allowed.
 - **No hair or face glitter** is permitted.

6. GROOMING & MAKEUP

Stage lights can wash out facial features, so stage makeup is essential:

- **Required Makeup for Girls:** Foundation, blush, eyeliner, mascara, brown tone eyeshadow, and red lipstick (Maybeline Superstay: Dancer).
- **Young Dancers:** Apply as much makeup as they allow you to.
- **Boys:** No makeup necessary. Style hair, prim and proper!

Hair & Makeup Tutorial: Available at studancelab.com/recital.

Dancers must show up to dress rehearsal and show day with hair and makeup done and ready to go. Touch ups will be applied backstage by a team of volunteers to anyone who is not up to par.

7. RECITAL PROCEDURES

To ensure a smooth and safe recital experience:

- **Check-In & Check-Out:** Dancers must be checked in and out by a parent/guardian using the backstage ticket.
 - **Backstage Access:** Only Studance Lab staff and registered volunteers are allowed backstage.
 - **Personal Belongings:** Avoid bringing valuables, especially electronics. Phones and devices are not allowed backstage.
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- **Itty Bitty Dancers** will be released immediately after their performance.
 - **Tiny Tots/Minis/Youngstars** will be dismissed at intermission and encouraged to watch the rest of the show from the audience.
 - All other dancers will remain backstage for the entire show and will do a final bow! They will be dismissed at the end of the show.

8. WHAT TO BRING TO RECITAL

Each dancer should bring:

- **Food & Drink:** Pack dry snacks and a disposable water bottle only. Avoid messy or staining foods, fast food, soda, and nut products. LABEL your snacks and water.
- **Costumes for Multiple Routines:** Dancers with two or more routines should bring their provided **labeled garment bag** with costumes steamed/ironed and hanging. Older dancers with multiple routines should also pack makeup, dance shoes, tights, socks, and a nude camisole in their garment bag. If you have a **portable costume rack**, please bring it, as hanging space is limited.
- **Medication:** Any medication should be packed, clearly labeled, and with instructions if needed. Upon arrival, parent should speak with staff member to review medication needs.
- **Itty Bitty, Tiny Tots, Mini's & Youngstar:** Only bring a disposable, labeled water bottle.
- **Bring your change of clothes in a your provide labeled costume garment bag:** black bottoms, recital t shirt and change of shoes.
- **NO ELECTRONICS**

9. BACKSTAGE TICKETS

Backstage tickets will be distributed the week before the show. This ticket will specify your check-in location and must be presented by whoever is picking up the dancer. If the ticket is lost, the studio manager will be called to verify identification before releasing the dancer.

You will receive one backstage ticket. This 1 ticket will be used for both dress rehearsal and show day. Hang on to it!

10. FINALE

One of the highlights of the recital is the **Finale**, where all dancers take a final bow together. This moment is a great way to celebrate teamwork and the joy of performance. All dancers, level 1 and higher, will remain backstage for the entire show to participate in the finale and will be dismissed immediately following the finale closing of curtains.

11. VOLUNTEERS

Our recital wouldn't be possible without the help of dedicated volunteers. Volunteer tasks include backstage supervision, check-in/check-out, merchandise sales, setup, and cleanup.

- **Training:** Volunteers are required to attend Dress Rehearsal for guidance on their roles.

Sign up on studancelab.com/recital

12. JUNE TUITION

Tuition for June will not be prorated and will cover the recital and rehearsal period. Dancers with unpaid tuition will not be able to participate in the recital. There will be regularly scheduled classes June 8-20th.

The Studance Lab will be closed for Summer break between June 20-July 5. Classes will resume July 6th, 2026. All dancers are auto-enrolled into the next season.

13. DVDS & PHOTOGRAPHY

Personal recording is allowed as long as you remain mindful and respectful of those around you. Must be off to the side and not blocking the view of any other guests. NO FLASH. Professional videographers and photographers will capture all performances.

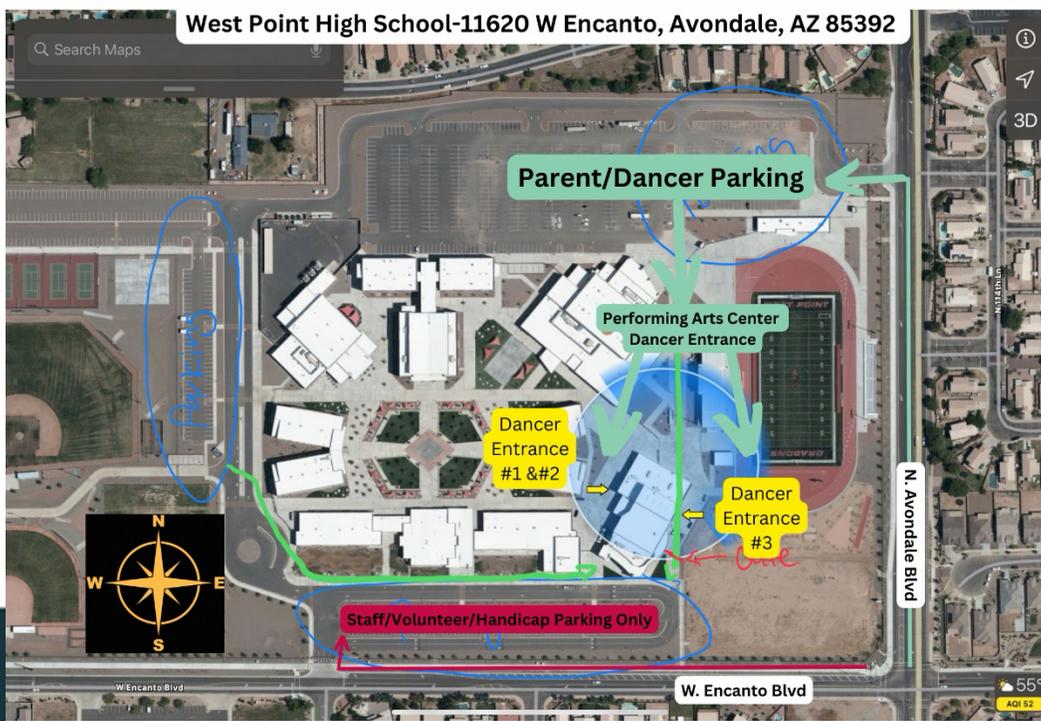
- **Digital DVDs:** Available for purchase online at studancelab.com/recital. These DVDs are digital and will be emailed to you for download. This recital DVD is included in the dancer's membership. Purchase is not required for the parents of the dancer.

14. CONTACT INFORMATION

For any additional questions or assistance during recital week, please contact us:

- **Phone:** (623) 932-1505
- **Email:** contact@studancelab.com

15. NAVIGATING THE FACILITY



16. RECITAL 101 VIRTUAL PARENT MEETINGS

RECITAL 101 PARENT MEETING (VIRTUAL): In this meeting, we will discuss what it means to perform in our annual recital and what to expect during the next couple of months:

- Thursday, March 19 @ 6:15pm
- Thursday, March 26 @ 6:15pm
- Thursday, April 2 @ 6:15pm
 - Important Dates
 - Location
 - Where to find recital information
 - Tickets
 - Class Structure
 - Costume (Undergarments & Shoes)
 - Music & Video
 - Hair & Makeup
 - Picture Day

Book



RECITAL 101 PARENT MEETING PART 2 (VIRTUAL): In this meeting we will discuss dress rehearsal and show day expectations:

- Thursday, April 9 @ 6:15pm
- Thursday, April 16 @ 6:15pm
- Thursday, April 23 @ 6:15pm
 - Location
 - Dates
 - Times
 - Intermission
 - Finale
 - Dancer's Backstage Ticket
 - Backstage expectations for dancers
 - Dismissal process
 - Expectations for parents.

FINAL RECITAL 101 PARENT MEETING (VIRTUAL): In this meeting we will refresh our memory of what recital week will look like and open the floor for any last-minute questions.

- Thursday, May 28 @6:15pm



FAQ

HOW LONG IS THE SHOW?

Shows are approximately 1 hour and 30 minutes with a 10-15 minute intermission.

WILL MY CHILD BE WAITING BACKSTAGE FOR HOURS?

- Dancers (ages 3-7) will remain backstage for approximately 2 hours from the time they get checked in to the time they are picked up. They are released at intermission.
- Itty Bitty Dancers will remain with their parent backstage for approximately 45min-1 hour. Dancer and parent are released immediately after their stage performance.
- All students are supervised backstage and kept busy

IS THERE AN INTERMISSION OR FOOD?

- There is a 10-15 minute intermission for the audience. Only Tiny Tot, Minis and Youngstar dancers may be picked up at intermission. There will not be food during this time. No food or drink allowed in the auditorium. Water bottles only.
- Dancers are welcome to bring disposable dry snacks if they become hungry while backstage.

AM I ALLOWED TO STAY BACKSTAGE WITH MY CHILD?

Only approved staff and volunteers are welcome backstage. Parents are encouraged to enjoy the show from the audience **or sign up to volunteer backstage.**

CAN I LEAVE THE VENUE ONCE I DROP THEM OFF?

Yes, you can leave during rehearsal. Be back on time for pick-up.

CAN I PURCHASE A VIDEO AFTERWARD?

Professional videos will be available for purchase/download at studancelab.com/recital

Recital Quick Reference Timeline:

- March/April: Costume distribution
- May: Tickets on sale, Photo Week
- June: Dress rehearsal week and Show Day!

HOW CAN MY DANCER BE THE MOST PREPARED FOR SHOW DAY THEY CAN BE?

- Dancing to Music by memory: Their class music will be posted on your Studio Pro portal app under Shared Files>Music
 - Video recording- Some teachers may allow parents to come into class to record dance so that dancer can practice at home
 - 1 on 1 Privates- Scheduling private with teacher to review choreography.
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DANCE BAG CHECKLIST

Pack all items in a labeled dance bag or garment bag.

- Garment Bag
 - All assigned costumes (steamed, ironed, labeled)
 - Dancers should arrive in costume. If they only have one routine, they will still bring their garment bag with a change of clothes.
 - Recital T-Shirt & Black Bottoms
 - Required change of clothes after performance
 - Dance Shoes
 - Correct footwear for each style (labeled)
 - Refer to DSP Portal under More > Costumes
 - Nude Undergarments
 - Dancers should be wearing this at all times.
 - Nude leotard or sports bra and Nude spandex shorts
 - Dry Snacks & Water
 - Non-messy snacks (crackers, granola bars, fruit snacks)
 - Disposable, labeled water bottle (no soda or juice)
 - Medication (if needed)
 - Clearly labeled with instructions
 - Must be reviewed with staff at check-in
 - Extras for ages 8+ (Optional)
 - Tissues, band-aids, feminine products, deodorant
 - Book or quiet activity (no electronics)
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PARENT CHECK-IN / OUT ESSENTIALS

- Backstage Ticket
 - One ticket per dancer (required for check-in and pickup)
 - Same ticket is used for both Dress Rehearsal and Show Day
- Photo ID
 - In case ticket is lost and verification is needed
- Phone
 - Ensure your number is up to date in your Studio Pro Portal
 - Keep volume on for possible updates