



HELEN THATCHER WHITE GALLERIES
BUELL CHILDREN'S MUSEUM
JACKSON CONFERENCE CENTER
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COURSE OFFERINGS

EARLY EDUCATION (Ages 3-7)

"Dance is a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social and cognitive attributes have only recently begun to be appreciated."

-National Dance Education Organization

Dance With Me, Ages 18 months to 3 years old

This class focuses on early coordination and motor skills, musicality, and balance. Class duration: 45 minutes

Pre-Ballet 1, Ages 4-5

This class focuses on simple coordination and beginning concepts of ballet, coordination, spatial awareness, and class etiquette. Class duration: 1 hour [30 minutes Ballet, 15 minutes tap]

Pre-Ballet 2, Ages 6-7

This class focuses on forming the bridge between early education and formal ballet training. Students will continue to develop their coordination and musicality and start to develop focus and self-discipline. Class duration: 1 hour [45 minutes Ballet, 15 minutes tap]

OPEN DIVISION

Open division classes are designed for children, teenagers, and adults who are trying dance for the first time or are seeking a dance experience without the time commitment of the formal training of our school division.

Hip-Hop, Ages 8+

In this class, students will be introduced to the basics of a variety of hip-hop styles including street, basic breaking, beginning level tutting, free-form, and lyrical.

Adult Ballet, Ages 18 +

A welcoming and vibrant community environment for those who always wanted to try ballet or those who are returning to dance. Emphasis will be placed on the development of muscular strength, flexibility, and motor control.

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Ballet Prep/Open Ballet Class - Ages 12+

This class is for young dancers who are transferring from another dance form or environment and need to acclimate before being placed in the leveled program, or for dancers of all levels and ages who want to hone their skills.

Dancerz, Ages 18+

The Sangre de Cristo Dancerz is a group composed of differently abled individuals. Participants in this class learn choreography that is presented on stage at Sangre de Cristo Arts Center and in other public presentations throughout the community.

Gyrokinesis[®], Ages 12+

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method that coordinates movement, breath and mental focus.

Essentrics[®] Class

A dynamic, full-body workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned, and pain-free body.

SCHOOL DIVISION

School division classes begin at age 8 with Ballet Level 1. It is strongly recommended that students studying in the school division attend ballet classes a minimum of 3 times per week. Precise technique and proper alignment are the foundations to dancing safely.

Ballet 1, Ages 8+

Prerequisite - Pre-Ballet 2 or Consent of Instructor.

Emphasis on alignment, placement, self-control, and ballet positions. This level marks the beginning of formal training in the art of ballet. Students begin practicing their turnout, formal barre work (plies, tendus, jetes, and ronde de jambe in their most basic forms) and begin to find stability and balance in the center of the room. Students must have pre-ballet or previous ballet experience.

Ballet 2

Prerequisite - Ballet 1 or Consent of Instructor.

Exercises learned in Ballet 1 are now performed in greater quantity and complexity at faster tempos. Students are expected to maintain consistent alignment throughout an exercise. Emphasis on strengthening the instep and foot and introduction of exercises on demi-pointe.

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Ballet 3

Prerequisite - Ballet 2/Consent of Instructor

At this level students are working on strength and stability in center exercises on demi pointe. Allegro work is faster and more complex. Turns and allegro with beats are also introduced. Students will begin pre-pointe work and progress to pointe as they attain the requisite strength and maturity.

Ballet 4-5

Prerequisite - Ballet 3/Consent of Instructor

Emphasis on strengthening stability in various positions and movements, delving into musicality and artistic expression, and further developing pointe work. Importance is placed on developing graceful transitions and suppleness while working to perfect performance quality.

Ballet 6-8

Prerequisite - Ballet 5/Consent of Instructor

The more difficult forms of adagio are introduced while continuing to polish the technique of turns and more advanced forms of allegro (jumps). Further development of combinations in adagio, allegro, and exercises on pointe, with the use of both classical and contemporary music. The main focus is on the development of exceptional technique, artistry, and individualism.

Pre-Pointe/Pointe

Students need to have the consent of their instructor and attend at least three ballet classes per week in addition to this class. Pre-Pointe/Pointe class will focus on preparatory exercises to strengthen dancers for pointe work. Those in pointe will learn basic pointe technique beginning at the barre.

Pointe

Students in this class must attend at least three ballet classes per week in addition to this class. Specific pointe exercises are practiced to increase dancers' strength and precision.

Boy's/Men's Ballet Technique

Prerequisite - Consent of Instructor

This course focuses more on the development of the jumps and turns usually employed in men's variations. Athletes can expect a dynamic class designed to strengthen and define the main muscle groups.

Students in Ballet 2 and above have the option to study other styles of dance including modern, jazz and character: class descriptions below.

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Modern 1

Prerequisite - Ballet 2/Consent of Instructor

Students are expected to have reached at least Level 2 in ballet in order to take this class. Emphasis is placed on alignment, balance, strength, and flexibility to enhance proper dance technique. Cunningham, Horton and Hawkins techniques are referenced as students learn floor work, weight shifting, and traveling, as well as practicing dynamic and expressive interpretations of movement.

Modern 2

Prerequisite - Modern 1/Consent of Instructor

Focuses on self-expression and further building of strength, flexibility, and musicality. Floor work, qualitative movement, improvisation, inversions, and beginner partnering skills are covered throughout the year. Cunningham, Horton and Hawkins are referenced as students develop floor work, weight shifting, and traveling, as well as practicing dynamic and expressive interpretations of movement.

Contemporary 3-4

Prerequisite - Completion of Modern coursework, previous level/Consent of Instructor This class offers a more advanced and fast paced study of all modern styles with emphasis on contemporary movement. Focus is placed on the details of technique, consistency, and expression along with further mastery of turns, jumps, falls, and floor work.

Contemporary Ballet 6-8

Prerequisite - Ballet 5/Consent of Instructor This class is a fusion of classical ballet and modern dance. It allows students to work on artistry, coordination, and fluidity.

Jazz 1

Prerequisite - Ballet 2/Consent of Instructor

Students are expected to have reached at least Level 2 in ballet in order to take this class. Emphasis is placed on learning technique and terminology as exposure to various styles of jazz dance is explored. Curriculum is based on ballet technique layered with jazz movement and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations.

Jazz 2

Prerequisite - Completion of Jazz 1/Consent of Instructor

Focus is placed on learning and improving jazz dance techniques such as body isolations, performance quality, and developing intricate rhythms and patterns. Class curriculum is based on ballet technique layered with traditional jazz styles and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations.

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Jazz-3-4

Prerequisite - Completion of Previous Level/Consent of Instructor

Advanced jazz students will be expected to take risks and explore their own unique style as combinations become increasingly more complex.

ARTISTIC DIVISION

Partnering (open to Ballet Levels 5-8 only with Consent of Instructor)

Prerequisite - Consent of Instructor

This class will focus on the technique of classical pas de deux as well as explore the weight-sharing and lifting techniques of contemporary dance partnering. In addition to learning the techniques needed to support, turn, and lift a partner; students will also learn the skills to carefully coordinate the shape and timing of their movement with their partner.

Classical Variations (open to Ballet Levels 5-8 only, with consent of instructor)

Prerequisite - Ballet 5 and above/Consent of Instructor

This class has a **prerequisite**. Students are expected to have reached at least Ballet Level 5 or have consent of the instructor to take this class. Students learn the various solos presented throughout the classical ballet repertoire. Ballet history and the context of the variations in the storyline are discussed. This class requires strong pointe technique.

Contemporary Floor Work

Prerequisite - Modern 2/Consent of Instructor

This class focuses on the dancer's relationship with the floor. The movement patterns involve releasing energy, going with gravity, and moving in and out of the floor efficiently. This class will train in coordination, strength, perception, and alertness.

Character 1, Ages 10+

Prerequisite - Ballet 2/Consent of Instructor

Character Dance explores how classical ballet has presented and interpreted folk dance and other classical dance forms in the classical repertoire. Character dance encourages exuberant expression, greater understanding of line, and complex rhythmic structures. Most importantly, character dance requires the student to think about the cultural context of the dance and the responsibility of honoring that through their work. Character Dance Level 1 will focus on the basic forms presented at the barre and center exercises designed to increase understanding of different styles. Students will be introduced to the character dances in the classical ballets and their importance to the repertoire.

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Character 2, Ages 13+ or consent of instructor

Character Dance explores how classical ballet has presented and interpreted folk dance and other classical dance forms in the classical repertoire. Character dance encourages exuberant expression, greater understanding of line, and complex rhythmic structures. Most importantly, character dance requires the student to think about the cultural context of the dance and the responsibility of honoring that through their work. Character Dance Level 2 will focus on the repertoire of character dances in the classical ballets and explore the ways in which character dance informs the future nuances of ballet.

Acting for Dancers, Ballet Levels 5-8 or consent of instructor

This class is designed to help develop the dancer as an artist. We will explore a range of emotions and character traits to learn to express ourselves and ideas more clearly on stage.

Improvisation, Ballet Levels 6-8 or consent of instructor

This class is the first stage of composition. Improvisation goes through various skill sets so the dancers can expand their movement vocabulary and find their own unique artistry.

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