

# **SANGRE DE CRISTO SCHOOL OF DANCE**

## **Information Packet**

### **SPRING 2023**

Welcome to the Sangre de Cristo School of Dance!

This information packet contains information on classes, performances, fees, and policies for the School of Dance SPRING 2023 session.

To register and save a spot in class, please complete either the online registration at a link provided below or request and turn in a paper copy to the dance office. Your place in class is reserved on a first-come, first-served basis. Those seeking a place in classes that sell out early may be asked to pay a registration fee to reserve a place in class.

Online registration is available through your Danceworks account. This portal also gives you access to our policies & waivers, your account balance, and provides for us information such as guardian contact information, allergies, etc. If you are new to our studio, follow the link that best suits your needs:

general login: <https://app.akadadance.com/customer/login?schoolId=AK603966J>

new account: <https://app.akadadance.com/customer/login?schoolId=AK603966J&c=1>

activate account: <https://app.akadadance.com/customer/login?schoolId=AK603966J&a=1>

The school of dance office will process registrations as they are received and will close classes as they reach capacity. To ensure a slot in a class, we recommend that you register at your earliest opportunity.

Welcome back to our returning students and welcome to the new members of our dance family!

**Nanine Wainwright**

**Artistic Director**

**Oksana Milliken**

**Office Coordinator**

#### **CONTACT INFORMATION**

**School of Dance office**

**Phone Number 719-295-7221**

**E-mail: [schoolofdance@sdc-arts.org](mailto:schoolofdance@sdc-arts.org)**

**Office Hours: M, T, W, Th 4p-7p, F 9a-4p, S 9a-12p**

The School of Dance office is located on the first floor of the theater building in the “box office”. School of Dance staff is usually in the office 30 minutes before and after all classes. Please use the contact information above for information regarding tuition, fees, class schedule, rehearsal schedules, etc. Hours during Spring Break and Summer Session may differ.

If you need to speak with Artistic Director Nanine Wainwright, please email her at [nan@sdc-arts.org](mailto:nan@sdc-arts.org) or call the dance office ( 719-295-7221 ) to schedule an appointment.

## **POLICIES AND PROCEDURES**

### **SECURITY**

While we do our best to minimize security issues, the Arts Center is a large complex located downtown. It is strongly recommended that parents walk their children to and from class. For security purposes, our front doors may be locked after 8:00 p.m. If you find the lobby doors locked you may ring the bell at the purple door near Studio 1 for access. An Arts Center staff member will always be present to make sure that all students are picked up from class and rehearsal.

If anyone sees suspicious behavior, please let an Arts Center staff member know so they may contact security to investigate.

### **REPORTING ABSENCES**

Please contact the office either by phone or email to **report class absences** due to illness or another reason. Makeup classes for missed classes can be arranged with the School of Dance.

**Please note that we do not refund for missed classes.**

### **ETIQUETTE (for students and parents)**

**Please remember the following things during class:**

- No gum allowed
- Do not touch the mirrors
- Do not hang on the barre
- Be aware of other dancers and the space around you
- Do not touch other dancers
- Listen when the teacher or other dancer is speaking
- Ask the instructor for permission to leave the classroom for water or the bathroom (water/bathroom breaks will be provided during the class)
- Thank your instructor and your parents at the end of class

#### **Parents:**

Please make sure your child is on time and prepared (hair pulled back into a clean tight bun, appropriate dress and shoes). Parents are welcome to stay at the School

of Dance with their students if they wish. Our lobby and spaces outside of our studios have seating for parents. If the parent wishes to remain in the studio, please observe the following etiquette rules:

- Exit the studio to talk, text, eat, or drink (other than water)
- Silence phones completely (vibration mode is audible and a distraction) -
- Praise/guide/discipline your child outside of class time

### **WHAT TO BRING TO CLASS**

**Students should be prepared for class with the following items:**

- Uniform as outlined in the dress code for the selected classes
- Water bottle (recommended)
- Street clothes (to be worn to and from class to prevent damage to uniform)
- Extra bobby pins and hair ties

### **OUTSIDE ATTIRE**

Students should wear outer clothing (pants or skirts, shirts, jackets, etc) over class tights/uniforms to and from classes.

# **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 also 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.

### **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.

### **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.

### **Conditioning and Wellness for Dancers, Ages 10+**

Dance conditioning is a practice that focuses on strengthening, toning, and stretching different parts of the body. Within the different genres of dance, students use a plethora of body parts and muscles. The goal of dance conditioning is to provide a regimen of exercises for the development of a dancer's physical endurance, strength, flexibility, and coordination.

## **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.

## **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 en 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.

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**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.

### **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.



## **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.

## **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.

# FINANCIAL INFORMATION

## TUITION

### Spring 2023 Tuition Rates

Hours of Class/Week	Hourly Rate	Installment Price [5 payments]	Full Semester Cost [20 weeks]
45 min	\$10.00	\$30.00	\$150.00
1	\$10.00	\$40.00	\$200.00
1.5	\$9.75	\$58.50	\$292.50
2	\$9.75	\$78.00	\$390.00
2.5	\$9.50	\$95.00	\$475.00
3	\$9.50	\$114.00	\$570.00
3.5	\$9.25	\$129.50	\$647.50
4	\$9.00	\$144.00	\$720.00
4.5	\$8.75	\$157.50	\$787.50
5	\$8.50	\$170.00	\$850.00
5.5	\$8.25	\$181.50	\$907.50
6	\$8.00	\$192.00	\$960.00
6.5	\$7.50	\$195.00	\$975.00
7+	\$7.00	\$196.00	\$980.00

## **Tuition Payment Schedule ( January 3-May 27, 2023) 20 weeks**

**Registration Fee ( \$25.00) for new students is due with first payment and Non-refundable**

**First payment: due by January 10th, 2023**

**Second payment: due by February 10th, 2023**

**Third payment : due by March 10th, 2023**

**Fourth payment: due by April 10th, 2023**

**Fifth payment: due by May 10th, 2023**

### **DISCOUNTS**

**SDC Membership:** 10% off full cost of tuition for families with a current Sangre de Cristo Arts Center membership

**Family unlimited rate:** \$375 per month

### **FEES**

**Registration Fee:** \$25.00 (collected once per academic year)

**Adult Ballet Program:** 5 class punch card: **\$60.00** & 10 Class Punch Card: **\$120.00**

**Spring Performance Fee :** \$50.00 per participant ( participation for intermediate/advanced students by invitation only)

**Recital Performance Fee:** \$ 40.00 per participant ( open to all enrolled students)

## **PAYMENT & CLASS CANCELLATION POLICY**

- Semesters can be paid in full of the first month, or in monthly payments, by the 10th day of the month.
- If payment is not received by the due date, the student will not be allowed to attend class until a payment is made.
- If a new student wishes to enroll after a free trial class, payment (either in full or the first monthly payment) is due by the next class
- We reserve the right to cancel classes that do not meet the minimum number of enrollees
- We reserve the right to combine like classes to meet the minimum number of enrollees
  - Enrollees of canceled classes will be notified via e-mail and/or phone call
- If a class is canceled for which payment has already been made, a refund will be processed in the form of a check

## **IMPORTANT DATES**

### **SPRING SEMESTER                      (20 weeks)    **January 3-May 27, 2023****

President's Day	(school closed)	February 20
Spring Break	(no classes)	March 20-26
*Spring Performance ( Peter Pan/ Smoke Screen) April 1-2		
Hot Fudge Sunday		April 23
Spring Recital		May 19-20
Last Day of Spring Semester		May 27

\*This performance is for upper levels and by audition only.

**Auditions** will be held January 7, 2023 1:00 pm, Studio 1.

## **DRESS CODE/UNIFORM REQUIREMENTS**

The Dancer's Outlet/Assemble Dancewear in Colorado Springs is kindly stocking our specific uniform requirements (leotards, tights, and shoes) listed below. We recommend purchasing items from them. Mention that you are a Sangre de Cristo School of Dance student to receive a discount on our specific uniform requirements listed below. They are also happy to ship your order to you if you do not have the opportunity to visit them in person.

**Their hours change from month to month, so please contact them or visit their website for more information.**

### **The Dancer's Outlet/Assemble Dancewear**

1820 Dominion Way Phone: 719-596-8443

Colorado Springs, CO 80918 E-mail: [TheDancersOutlet@gmail.com](mailto:TheDancersOutlet@gmail.com)

Website: <https://www.thedancersoutlet.com/>

Uniform requirements for the 2022-2023 year are similar to the past few years with a few additions and modifications. The Dancer's Outlet has a list of our uniform items.

**New students have a month from the first day of class to obtain the uniform requirements. Uniforms are a requirement as a student of the Sangre de Cristo School of Dance, and will sometimes be used for performances.**

## **PERFORMANCES**

**ALL STUDENTS** need **class tights and class shoes.**

**ALL GIRLS/YOUNG WOMEN in levels Pre-Ballet or above** will need the following flesh tone leotard to be worn under costumes: Eurotard 95707/C or 44821. If you already have another flesh tone leotard, you may continue to use it.

**\*\* Other performance attire will be announced as needed.**

# Dress Code for Classes

## HAIR

- For ballet classes, long hair must be pulled back into a tight and neat bun secure enough to withstand head movement for turns.
- Short hair must be pulled back with a headband and hairpins to make sure that hair remains off the forehead, face, and the back of neck.
- Students may wear ponytails for Jazz and Modern/Contemporary, but need to be prepared to pull hair into a bun immediately if ballet class follows.

## **BOYS/MEN**

### Early Education

- Black close-fitting sweatpants or leggings
- White t-shirt
- Socks or black ballet shoes

### Open Division Classes

#### **Child/Teen**

- close-fitting sweatpants/leggings
- Fitted t-shirt
- Socks or ballet shoes
- For hip hop: white-soled sneaker
- For hip hop: loose-fitting clothing

#### **Adults**

- Close-fitting shirt that won't rise up when bending forward -
- Socks or ballet slippers
- Sweatpants or /leggings
- You may wear dancewear if you have it

## **School Division**

*(ballet, modern, contemporary, jazz)*

- Black microfiber footed tights
- White t-shirt
- Dance belt
- Black ballet shoes
- Jazz: Bloch Jazz Shoe SO401 in Black

# **GIRLS/WOMEN**

## **Early Education**

- Black ankle-length leggings (or jazz pants if you already have them) -  
So Danca Lilac Leotard SL-07 CHILD
- So Danca Canvas Slipper SD16C PINK

## **Open Division**

*(hip-hop, conditioning for dancers, youth/teen/adult ballet)*

### **Child/Teen**

- Solid colored leotard
- Ballet: Pink ballet tights
- Ballet: So Dance Canvas Slipper
- Black leggings
- For hip hop: white-soled sneaker and loose-fitting clothing

### **Adults**

- Leotard or close-fitting shirt that won't rise up when bending forward -  
Ballet slippers
- Leggings or tights
- You may wear dancewear if you have it

## **School Division**

### **Pre-Ballet through Ballet 3**

- So Danca Lilac Leotard SL-07 child or SL-06 adult
- So Danca Tights TS82 or Bloch TO981 (flesh tones in both also acceptable) -

- So Danca Canvas Slipper SD16
- **Pre-Ballet 1 and Pre-Ballet 2 students will need tap shoes**

### **Ballet 4 through Ballet 8**

The following two leotard options:

- So Danca Lilac Leotard SL-07 child or SL-06 adult
- Eurotard 44819 Women's Camisole Leotard in Purple

Tights and shoes:

- So Danca Tights TS82 or Bloch TO981 (flesh tones in both also acceptable)
- So Danca Canvas Slipper SD16

### **Modern 1/2/Contemp 3**

- A solid-colored leotard
- Black leggings, PLAIN with no print

### **Jazz**

- A solid-colored leotard
- Black leggings, PLAIN with no print
- Bloch Jazz Shoe SO401 in Black

### **Character**

- A solid-colored leotard
- So Danca Tights TS82 or Bloch TO981 (flesh tones in both also acceptable) - Character Shoes: So Danca CH50 OR Capezio 550 (if you already have black character shoes, you may continue to use them)
- Body Wrappers Character Skirt, Black 511