

SANGRE DE CRISTO SCHOOL OF DANCE

SUMMER 2023 - Information Packet

Dear New and Returning Dance Families,

This information packet contains course descriptions, financial information, dates, current general policies and information, and our uniform requirements for **SUMMER 2023 ONLY**.

Registration for the Summer 2023 semester is only open through Akada DanceWorks, which will also allow you access at any time to view your student(s)'s current class schedules and the tuition amounts due (however, our payment methods are still to contact the office with Visa, MasterCard, cash, and check; please **do not** try to pay through the website as that software is not currently set up).

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:

Class spots are only available on a first-come, first-served basis and will close once they have reached the class cap. It is also important to ensure that you are able to attend the classes you register for the entire semester, as drop-in classes are not an option for the summer.

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

Please register by **June 9**, as we will be canceling or combining classes as needed to meet enrollment requirements. Registering early provides students with better opportunities to retain all classes they register for.

Payment is expected by the end of the first week of class for all summer classes.

Half of the Summer Intensive Payment is expected at the beginning of the session.

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

Nanine Wainwright
Artistic Director

Oksana Milliken
Administrative Assistant

Sangre De Cristo School of Dance
Sangre De Cristo Arts & Conference Center
210 N Santa Fe Ave, Pueblo CO 81003

Phone: (719)295-7221
Email: schoolofdance@sdca-arts.org

SCHOOL OF DANCE COURSE OFFERINGS

“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

EARLY EDUCATION

Early Education classes at the Sangre de Cristo School of Dance use a syllabus based on the National Professional Teaching Standards for Dance Education. Students learn different kinds of coordination and begin to understand the use of space, timing, and energy with age-appropriate instruction for each class level.

Creative Movement , Ages 3-4

Students learn basic forms of movement through creative games, songs, music and rhythmic patterns as well as concepts of body and spatial awareness. Students also learn class etiquette that will serve them throughout their education.

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: 45 minutes (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 vary by semester. They are designed for children, teenagers, and adults that are trying to dance for the first time or are seeking a dance experience without the time commitment of the formal training within our school division. Generally considered beginner-level classes, introductory concepts of dance will be explored while surrounded by peers of a similar age and experience level.

Essentrics® Ages 14+

This dynamic, full-body workout is suitable for all fitness levels. It 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.

Open Ballet/Ballet Prep, Ages 12+

This class is specialized for students who have wanted to try ballet or dance in general but did not begin training at a young age. The curriculum will focus on the basic concepts of ballet at the barre but will include more free movement and center work than Ballet 1.

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.

SCHOOL DIVISION

School division classes within the Sangre de Cristo School of Dance begin at age 8 with Pre-Ballet and extend through our highest student level of Ballet 7. Students in Ballet 2 and above have the option to study several other styles of dance including modern, jazz, hip-hop, and character. Students in these classes will be assessed at the end of each school year to determine progress and problem areas within each individual's technique and practice.

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.

Hip-Hop 1, Ages 8-14

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".

Contemporary 3-4

Prerequisite - Completion of Modern 2/Consent of Instructor

This class offers a more advanced and fast-paced study of all modern styles with an 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.

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.

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.

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.

FINANCIAL INFORMATION

2023 Summer Tuition Rates			
Hours/ Week	Hourly Rate	3 Weeks	6 Weeks
45 min	\$10	\$22.50	\$45.00
1 hr	\$10	\$30.00	\$60.00
1.5 hrs	\$9.75	\$43.88	\$87.76
2 hrs	\$9.75	\$58.50	\$117.00
2.5 hrs	\$9.50	\$71.25	\$142.50
3 hrs	\$9.50	\$85.50	\$171.00
3.5 hrs	\$9.25	\$97.13	\$194.26
4 hrs	\$9.00	\$108.00	\$216.00
4.5 hrs	\$8.75	\$118.13	\$236.26
5 hrs	\$8.50	\$127.50	\$255.00
5.5 hrs	\$8.25	\$136.16	\$272.32
6 hrs	\$8.00	\$144.00	\$288.00
6.5 hrs	\$7.50	\$146.25	\$292.50
7 +hrs	\$7.00	\$147.00	\$294.00

Summer Intensive/Camp Rates :

1 week - \$150.00

2 weeks- \$ 300.00

SUMMER TUITION PAYMENT DATES

The monthly payments for the first 3 weeks of the Summer 2023 semester are due by June 15, 2023

The monthly payments for the second 3 weeks of Summer 2023 semester are due by July 15, 2023

FEES

Adult Ballet Program:

\$60.00 for 5 Class Punch Card

\$120.00 for 10 Class Punch Card

We can no longer offer the single drop-in option for this class, due to limited class sizes. Students need to purchase a punch card and complete a registration to reserve space.

Discounts: 10% off for Art Center Members

Trial Classes for Summer 2023

Regular trial classes are available for the summer and must be arranged in advance.

Please contact us by phone or email to make these arrangements.

PAYMENT & CLASS CANCELLATION POLICY

- **Summer Monthly Payment Plan:** The Summer 2023 semester is split into 2 equal payments if the family is not paying for the full semester.
- Students are not allowed to attend classes when payment has not been received. **We will pull students from class if payment has not been 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 or combine classes that do not meet minimum enrollment needs
- 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 automatically in the form of a check

DANCE CLASSES: IMPORTANT DATES

Summer classes dates:

June 12-July 1, 2023

July 10-July 29, 2023

July 3-July 8, 2023- NO CLASSES

July 30-August 20, 2023 - NO CLASSES

Nutcracker auditions - July 28th and July 29th- time TBD

EVOLVE Dance Project Summer Intensive

June 12-June 23, 2023 (Ages 12+) 9am-4pm, Monday-Friday
(can choose one or both weeks)

Evolve Dance project Intensive performance- June 23, 2023

Dance, Music & Art Summer Intensive/Camp

July 10th-13th, 2023 (ages 6-8 years old)

10am-12pm, Monday-Thursday

July 17th-20th, 2023 (ages 9-12 years old)

10am-12pm, Monday-Thursday

SCHOOL OF DANCE: GENERAL INFORMATION

CONTACT AND LOCATION INFORMATION

School of Dance office

Phone Number 719-295-7221

E-mail: schoolofdance@sdca-arts.org

Office Hours:

The dance office usually opens half an hour before classes and remains open until half an hour after classes end for the day.

The Sangre de Cristo School of Dance is located on the first floor of the theater building, with the dance office located in the “box office”. Please use the contact information above for information regarding office hours, 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@sdca-arts.org or call the dance office to schedule an appointment.

SECURITY

While we do our best to minimize security issues, the Arts Center is a large complex located in downtown Pueblo. It is strongly recommended that parents walk their children to and from class. Until further notice, our doors remain locked to reduce traffic. In case of emergency, there is a buzzer outside of the blue door located between our south parking lot and front door or please contact the dance office.

An Arts Center staff member will always be present to make sure that all students are picked up from classes and rehearsals.

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

REPORTING ABSENCES AND TARDINESS

Please contact the office either by phone or email to report whether a student will be late or absent from class due to illness or some other valid reason.

Please note that we do not refund for missed classes.

ATTIRE

Students should wear outer clothing (sweat pants, jackets, etc.) over class tights/uniforms to and from classes. This is for several reasons: protection from the weather, prevention of wear and tear on uniforms, and general safety of students.

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 for class (hair pulled back into a clean tight bun, appropriate dress, and shoes, water bottle).

At this time, our lobby spaces and seating areas outside of the studios are closed.

Due to traffic concerns and limits on class sizes, we cannot allow family members to wait inside our buildings.

WHAT TO BRING TO CLASS

Students should be prepared for class with the following items:

- Only a small bag of belongings. No large dance bags and extra items.
- Uniform
- Water bottle - required, as our drinking fountains are currently closed except for our touchless water bottle refiller
- Street clothes (to be worn to and from class)
- Extra bobby pins and hair ties
- FOR ESSENTRICS: YOGA MAT

HAIR

Long Hair

- Ballet and Ballet-related classes: pulled back into a tight and neat bun secure enough to withstand head movement for turns
- Jazz/Modern/Contemporary/Hip-Hop: Students may wear ponytails, but need to be prepared to pull hair into a bun immediately if a ballet class follows.

Short Hair

- Must be pulled back away from the face, and secured with a headband or hairpins if needed to ensure that hair remains off the forehead, face, and back of the neck.

DRESS CODE/UNIFORM REQUIREMENTS

You can purchase your uniform from the Eurotard Website.
Please follow the link to get to the page with the specific items
for our school.

Uniform Shopping Link

<https://www.eurotard.com/v4/classes.aspx?studio=S-Sa7221>

You can also scan the QR code that will take you directly to the page.



Scan to shop your class dress code!

You can have your items shipped to you directly or you can pick them up from The
Dancer's Outlet store in Colorado Springs.
We have a few sample sizes of the leotards in the office for your reference.

The Dancer's Outlet/Assemble Dancewear

1820 Dominion Way

Colorado Springs, CO 80918

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

Phone: 719-596-8443

E-mail: TheDancersOutlet@gmail.com

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.

Other dancewear can be purchased at the following locations, but The Dancer's Outlet is the only location that specifically stocks our uniform: dancewearcorner.com, discountdance.com, amazon.com, allaboutdance.com