

SANGRE DE CRISTO SCHOOL OF DANCE Information Packet FALL 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 Fall 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. (mydanceworks.net). 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

Administrative Assistant

CONTACT INFORMATION

School of Dance office

Phone Number 719-295-7221

E-mail: schoolofdance@sdc-arts.org

Office Hours: M, T, W, Th 4p-7p, F 9a-4p, S 9a-2p

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 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

Creative Movement, Ages 3-4

Students learn basic forms of movement through creative games, songs, music and rhythmic patterns. Class etiquette is reinforced.

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.

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.

Hip-Hop 1, 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.

Hip-Hop 2, Ballet levels 4-8

This class is a blend of all kinds of different street dance styles. It combines hip-hop, popping, locking and waving to create a modern take on hip-hop. There will be a lot of energetic and funky moves.

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.

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.

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.

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 and Ballet 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

Prerequisite - Consent of Instructor

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

Prerequisite - Consent of Instructor

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.

Modern 1

Prerequisite - Enrolled in 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 2 and Jazz 2 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/Completion of Modern 2 and Jazz 2 coursework, 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 - Enrolled in level Ballet 2 or Ballet 3/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 - Enrolled in level Ballet 4 or Ballet 5, 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 - Enrolled in level Ballet 6-8, 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.

Broadway Jazz

Prerequisite - Enrolled in Ballet 3/Consent of Instructor

Broadway jazz is a blend of ballet, modern, and jazz that will teach the fundamentals of basic modern jazz dance whilst developing greater balance, coordination, flexibility and strength. Distinguished by the emphasis on exaggerated movements, high energy, and storytelling that one would see in a live or filmed musical production.

Tap 1 (ages 7-12)

An emphasis is placed on musicality, expression, and improvisation.

Tap is a rhythm class, where a student will use their feet and sometimes hands to create different rhythms to a piece of music, and oftentimes to no music at all. This class will challenge a student's memory as well as coordination.

ARTISTIC DIVISION

Partnering (open to Ballet Levels 6-8 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 6-8 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.

FINANCIAL INFORMATION

TUITION

Fall 2023 Tuition Rates

Hours of Class/Week	Hourly Rate	Installment Price [4 payments]	Full Semester Cost [16 weeks]
45 min	\$10.00	\$30.00	\$120.00
1	\$10.00	\$40.00	\$160.00
1.5	\$9.75	\$58.50	\$234.00
2	\$9.75	\$78.00	\$312.00
2.5	\$9.50	\$95.00	\$380.00
3	\$9.50	\$114.00	\$456.00
3.5	\$9.25	\$129.50	\$518.00
4	\$9.00	\$144.00	\$576.00
4.5	\$8.75	\$157.50	\$630.00
5	\$8.50	\$170.00	\$680.00
5.5	\$8.25	\$181.50	\$726.00
6	\$8.00	\$192.00	\$768.00
6.5	\$7.50	\$195.00	\$780.00
7+	\$7.00	\$196.00	\$784.00

Tuition Payment Schedule (August 21-December 16, 2023) 16 weeks

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

First payment: due by September 10th, 2023

Second payment: due by October 10th, 2023

Third payment : due by November 10th, 2023

Fourth payment: due by December 10th, 2023

Nutcracker Performance fee (\$50.00) is due by October 2, 2023 (if participating)

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 (only if your full amount per semester exceeds \$1500.00 after all applicable discounts)

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

****Participation in our performances is optional. If participating, the following performance fees must be paid by their due date****

Nutcracker Performance Fee: \$50.00 per participant (DUE: October 2, 2023)

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
- **Dropping classes:** the deadline to drop out of classes is **September 4, 2023**. No refunds/credits will be issued after that date. We will consider allowing students to swap classes if it doesn't jeopardize the enrollment .
- **Adding classes:** you can add more classes after the start of the semester only with instructor's permission. The charges for added classes will be reflected on your account.

IMPORTANT DATES

FALL SEMESTER

(16 weeks) **August 22-December 17, 2023**

Labor Day	(school closed)	Monday, September 4
Thanksgiving Break	(no classes)	November 20-26
Winter Break	(no classes)	December 18-January 7

SCHOOL OF DANCE: PERFORMANCES

24rd ANNUAL NUTCRACKER

Performance fee \$ 50.00 due October 2, 2023

Nutcracker Performances

Performance	Thursday, November 30, 2023	7:00 p.m.
Performance	Friday, December 1, 2023	7:00 p.m.
Performances	Saturday, December 2, 2023	2:00 p.m. & 7:00 pm.
Performances	Sunday, December 3, 2023	2:00 p.m.

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.

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 (\$6.00 flat shipping fee) or you can pick them up from The Assemble Dancewear store in Highlands Ranch.
- Assemble Dancewear will also have some inventory available at the store if you would like to go there in person or need to do the sizing.
- If you order your uniform from the website and some items don't fit correctly, you can go to the Assemble Dancewear Store to exchange them or send them back to Eurotard.
- We were notified that most of Eurotard items run true to size except ballet slippers. The recommendation is to order one size up.
- All the customers will get 20 % off the uniform items whether ordering from Eurotard or buying from Assemble Dancewear.
- We have a few sample sizes of the leotards in the office for your reference.

Assemble Dancewear
8800 S.Colorado Blvd. Unit F
Highlands Ranch, CO, 80126

Phone: 303-663-2066
E-mail: assembledancewear@yahoo.com

Website: assembledancewear.com

Hours:

Monday-By Appt. Only

Tuesday-10:00-7:00

Wednesday-10:00-7:00

Thursday-10:00-7:00

Friday-10:00-7:00

Saturday-10:00-7:00

Sunday-10:00-7:00

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 also be purchased at the following locations, but The Assemble Dancewear is the only location that specifically stocks our uniform: dancewearcornor.com, discountdance.com, amazon.com, allaboutdance.com