

# SANGRE DE CRISTO SCHOOL OF DANCE

## Summer 2024 Classes

*June 17-28,*

*July 8-20*

**EDP Youth Intensive (Ages 8-11)**

*June 10-14*

**EDP Summer Intensive (12+)**

*July 22–August 2*

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 2024 classes only**.

Please register for the Summer 2024 semester by **June 9** by going to your existing Danceworks account or set up a new account here:

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

For families with active accounts : can use **mydanceworks.net** (customer login). This link also allows you to reset your password.

Your Danceworks account will allow you to request new classes, see your student's current schedule and balances due, sign policies and waivers, and provide important student information.

We are unable to take online payments at this time, but you may call or visit the office to pay with Visa, MasterCard, cash, and check.

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. After **June 9**, as we will be canceling or combining classes as needed to meet enrollment requirements.

**Payment is due on the first day of each session. (June 17th and July 8th). Payment for summer intensives is due on the dates emailed to you in your registration confirmation.**

We hope you enjoy your summer dance experience!

**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@sdc-arts.org](mailto:schoolofdance@sdc-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.

#### **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.

## **Open Ballet/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".

### **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.

### **Open Pointe, Levels 4-8**

Students need to have the consent of their instructor and attend at least three ballet classes per week in addition to this class. . Those en pointe will learn basic pointe technique and perform exercises to increase strength and technique.

### **Pointe, Levels 6-8**

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**

**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 Dance, Levels 1 and 2.**

Character Dance is the study of folk world dance forms incorporated into classical ballet. This class enhances the students' understanding of complex rhythmic structures and origins of various dance forms.

**YOGA FOR DANCERS, Levels 4-8**

This yoga class focuses on refining flexibility, strength, alignment, and mindfulness to complement and elevate dance practice. Through a curated sequence of stretches, poses, and movements, it targets key areas to enhance range of motion, promote balance, and build stability, all crucial components for dancers looking to excel in their craft.

## FINANCIAL INFORMATION

<b>2024 Summer Tuition Rates</b>			
<b>Hours/ Week</b>	<b>Hourly Rate</b>	<b>2 Weeks</b>	<b>4 Weeks</b>
45 min	\$10	\$15.00	\$30.00
1 hr	\$10	\$20.00	\$40.00
1.5 hrs	\$9.75	\$29.25	\$58.50
2 hrs	\$9.75	\$39.00	\$78.00
2.5 hrs	\$9.50	\$47.50	\$95.00
3 hrs	\$9.50	\$57.00	\$114.00
3.5 hrs	\$9.25	\$64.75	\$129.50
4 hrs	\$9.00	\$72.00	\$144.00
4.5 hrs	\$8.75	\$78.75	\$157.50
5 hrs	\$8.50	\$85.00	\$170.00
5.5 hrs	\$8.25	\$90.75	\$181.50
6 hrs	\$8.00	\$96.00	\$192.00
6.5 hrs	\$7.50	\$97.50	\$195.00
7 +hrs	\$7.00	\$98.00	\$196.00

## **Summer Intensive/Camp Rates :**

**EDP YOUTH SUMMER INTENSIVE - \$150.00**

**EDP SUMMER INTENSIVE - \$200.00 (per week)**

## **SUMMER TUITION PAYMENT DATES**

Payment for the June session is due June 17, 2024

Payment for the July session is due July 8, 2024

## **FEES**

### **Adult Ballet Program:**

\$60.00 for 5 Class Punch Card

\$120.00 for 10 Class Punch Card

\$12.00 Single drop-in class

**Discounts:** 10% off for Art Center Members, except Summer Intensives.

**A free trial class is available for new students. Please call the School at 719-295-7221 to arrange in advance.**

## **PAYMENT & CLASS CANCELLATION POLICY**

- **Summer Monthly Payment Plan:** The Summer 2024 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 17-June 29, 2024**

**July 8-July 20, 2024**

**June 3-June 17, 2024- NO CLASSES**

**July 1-July 7, 2024 - NO CLASSES**

**July 20-August 17, 2024 - NO CLASSES**

**August 19, 2024- FALL SEMESTER STARTS**

**Evolve Dance Project Youth Summer Intensive -June 10–14, 2024**

(Ages 8-11, Ballet levels 2-3) 9am-2pm, Monday-Friday

**Evolve Dance Project Summer Intensive -July 22-August 2, 2024**

(Ages 12+, Ballet levels 4+) 9am-4 pm, Monday-Friday

July 22-August 2, 2024 (can enroll in one or two weeks)

*Evolve Dance project Intensive performance- August 2, 2024*



# **SCHOOL OF DANCE: GENERAL INFORMATION**

## **CONTACT AND LOCATION INFORMATION**

### **School of Dance office**

**Phone Number 719-295-7221**

**E-mail: [schoolofdance@sdc-arts.org](mailto:schoolofdance@sdc-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@sdc-arts.org](mailto:nan@sdc-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 downtown. It is strongly recommended that parents walk their children to and from class. For security purposes, our front doors are locked, and all the families are provided with key cards. You can use the buzzer on the purple door in case of emergencies. An Arts Center staff member will always be present to make sure that all students are picked up from class and rehearsal.

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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 (sweatpants, 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 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
- Yoga mat for Yoga for Dancers class

## **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

Phone: 719-596-8443

Colorado Springs, CO 80918

E-mail: [TheDancersOutlet@gmail.com](mailto:TheDancersOutlet@gmail.com)

Website: <https://www.thedancersoutlet.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](http://dancewearcorner.com), [discountdance.com](http://discountdance.com), [amazon.com](http://amazon.com), [allaboutdance.com](http://allaboutdance.com)