

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 2024-2025 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 to 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@sdca-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@sdca-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 are locked, and all the families are provided with key cards. 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 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.

Class Offerings

Early Education Division

AGES 18 months -7 YEARS OLD

Placement in this division is based on the student's age **as of October 1** of the current school year.

Dance With Me // Ages 18 months-3 years old

Dance with Me is designed as an introduction to dance for our littlest dancers, aged 18 months-3 years old. Students and their adults participate in this class together. This class focuses on early coordination and motor skills, musicality, and balance. Class duration: 45 minutes, meets once a week.

2024/25 Tuition: 8 monthly payments of \$44.00 per month
Saturdays 9:15 -10:00 am

All children in Creative Movement and Pre-Ballet levels must be fully toilet trained and comfortable entering the classroom without an adult.

Creative Movement // Ages 3-4

Students learn basic forms of movement through creative games, songs, music and rhythmic patterns. Class etiquette is reinforced. Class duration: 45 minutes, meets once a week.

2024/25 Tuition: 8 monthly payments of \$44.00 per month

Fridays: 10:00 -10:45 am

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], meets once a week.

2024/25 Tuition: 8 monthly payments of \$44.00 per month

Fridays: 10:45 -11:30 am or Saturdays: 9:15 -10:00 am

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], meets once a week.

2024/25 Tuition: 8 monthly payments of \$53.00 per month

Mondays: 4:00 -5:00 pm or Saturdays: 10:00 -11:00 am

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. Class duration: 1 hour, meets once a week.

2024/25 Tuition: 8 payments of \$53.00

Tuesdays: 4:00-5:00 pm or Saturdays: 10:00-11:00 am

Electives: Hip Hop 1, Tap 1 (discounted price \$10.00 per class per week)

Introduction to Dance, Ages 8-10

This course is provided free to eligible students through a generous grant. Students must qualify for Title 1 benefits. Please call for more information. Basic dance structures and forms are introduced through ballet in this course. Students have the opportunity to participate in Nutcracker Ballet and will continue as Ballet 1 A in the spring semester. Class duration: 1 hour, meets once a week.

2024/25 Tuition: free for eligible students

Friday: 9:00-10:00 am

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. Class duration: 1 hour, meets twice a week (required).

2024/25 Tuition: 8 payments of \$96.00

Tuesdays: 4:00 -5:00 pm and Thursdays: 4:00 -5:00 pm.

Electives: Hip Hop 1, Character 1, Tap 1 (discounted price \$10.00 per class per week).

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. Class duration: 1.5 hours, meets twice a week (required).

2024/25 Tuition: 8 payments of \$157.00 includes two Ballet classes and one Elective.

Mondays: 4:00-5:30 pm or Tuesdays: 5:00-6:30 pm or Saturdays 12:00 -1:30 pm.

Electives: Hip Hop 1, Character 1, Modern 1, Jazz 1, Tap 1 (discounted price \$10.00 per class per week)

Ballet 4

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. Class duration: 1.5 hours, meets three times a week (required). Modern and Jazz classes are required.

2024/25 Tuition: 8 payments of \$197.00 include three Ballet classes, Modern, Jazz, and one Elective.

Ballet: Mondays: 6:30-8:00 pm, Wednesdays: 4:00-5:30 pm, Fridays 1:30 -3:00 pm.

Modern 1: Wednesdays: 5:30-6:30 pm or Modern 2: Fridays: 12:30-1:30 pm

Jazz 1: Fridays: 3:00-4:00 pm

Electives: Hip Hop 1, Hip Hop 2, Character 1, Tap 1, Yoga for Dancers (one elective is included in the package price, additional classes are \$10.00 per class per week)

Ballet 5

Prerequisite - Ballet 4/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. Class duration: 1.5 hours, meets four times a week (required). Modern, Jazz, and Character classes are required.

2024/25 Tuition: 8 payments of \$227.00 include four Ballet classes, Modern, Jazz, Partnering, Character 2, and one Elective.

Ballet: Tuesdays: 6:30-8:00 pm, Wednesdays: 6:30-8:00 pm, Fridays 1:30-3:00 pm, Saturdays: 11:00 am-12:00 pm.

Modern, Jazz and Character class levels are based on the teacher's recommendation.

Modern 1: Wednesdays: 5:30-6:30 pm or Modern 2: Fridays: 12:30-1:30 pm

Jazz 1: Fridays: 3:00-4:00 pm or Jazz 2: Thursdays: 5:00-6:00 pm

Character 2: Tuesdays: 5:00-6:00 pm.

Partnering: Saturdays: 12:00-1:00 pm.

Electives: Hip Hop 2, Yoga for Dancers, Adult/Teen Open Ballet, Floorwork (one elective is included in the package price, additional classes are \$10.00 per class per week)

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. Class duration: 1-1.5 hours, meets five times a week

(required). Contemporary or Modern, Pointe/Variations, Partnering, Jazz, Character classes are required.

2024/25 Tuition: 8 payments of \$245.00 include five Ballet classes, Contemporary, Jazz, Pointe/Variations, Partnering, Character, and unlimited Electives.

Ballet 6: Mondays: 5:00 -6:30 pm, Tuesdays: 6:30-8:00 pm, Wednesdays: 4:00 -5:30 pm, Fridays 10:00-11:30 am, Saturdays: 11:00 am-12:00 pm.

Ballet 7-8: Mondays: 5:00-6:30 pm, Wednesdays: 4:00 -5:30 pm, Thursdays: 5:00-6:30 pm, Fridays 10:00-11:30 am, Saturdays: 11:00 am-12:00 pm.

Variations/Pointe: Mondays : 6:30-8:00 pm.

Modern, Jazz and Character class levels are based on the teacher's recommendation.

Jazz 2: Thursdays: 5:00-6:00 pm.

Jazz 3: Fridays: 11:30 am-12:30 pm.

Modern 2: Fridays: 12:30-1:30 pm

Contemporary 3: Thursdays: 4:00-5:00 pm

Classical Partnering: Saturdays: 12:00-1:00 pm.

Character 2: Tuesdays: 5:00-6:00 pm.

Character 3: Fridays: 12:30-1:30 pm.

Electives: Hip Hop 2, Yoga for Dancers, Floorwork, Essentrics ®, Belly Dancing (with parental consent).

SCHOOL DIVISION ELECTIVES

Character 1

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. It 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.

Class meets once a week on Mondays: 5:30-6:30 pm.

Character 2 (Prerequisite - Character 1 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. It 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 nuances of ballet.

Class meets once a week on Tuesdays: 5:00-6:00 pm.

Character 3 (Prerequisite - Character 2 or Consent of Instructor)

This class will focus on character-based solos and the more technically demanding character pieces, both repertoire and original works. Students will have the opportunity to create works in various character styles. Dancers will also examine and expand the basis for character dance based through exploration of various world traditional dance styles.

Class meets once a week on Fridays: 12:30-1:30 PM.

Hip Hop 1

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.

Class meets once a week on Tuesdays: 7:00-8:00 pm.

Hip Hop 2

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.

Class meets once a week on Thursdays: 6:30-7:30 pm.

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.

Class meets once a week on Fridays: 3:00-4:00 pm.

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.

Class meets once a week on Wednesdays: 5:30-6:30 pm.

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.

Class meets once a week on Fridays: 12:30-1:30 pm.

Floorwork

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.

Class meets once a week on Fridays: 3:00-4:00 pm.

Tap 1 // Ages 8-12

This class teaches rhythm and musicality through tap technique and combinations. It's a fun and energetic class that doesn't require any previous experience.

Class meets once a week on Fridays: 4:00-5:00 pm.

OPEN DIVISION

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

Tuition:

Registered students : 1-3 hours / \$12.00 per class per week, 4+ hours / \$10.00 per class per week

Punch card students: 5 classes/ \$60.00, 10 classes/\$120.00

Drop-in : \$15.00 per class

Introduction to Dance // Ages 8-10 (free for qualifying students, please contact us for more information)

This course is provided free to eligible students through a generous grant. Students must qualify for Title 1 benefits. Please call for more information. Basic dance structures and forms are introduced through ballet in this course. Students have the opportunity to participate in Nutcracker Ballet and will continue as Ballet 1 A in the spring semester.

Class meets once a week on Fridays: 9:00-10:00 am.

Open Ballet Class // Ages 10-12

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.

Class meets once a week on Fridays: 11:30 am-12:30 pm.

Open Ballet Teen/Adult // Ages 13+

This class provides a re-entry for dedicated dancers returning after an absence, those transferring from other programs who would like acclimation,

or those who prefer not to enroll in the leveled program.

Class meets once a week on Wednesday: 6:30-7:30 pm.

Adult Ballet Basics //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.

Class meets once a week on Tuesdays: 6:00-7:00 pm.

Adult Open Modern // Ages 18 +

Join us to explore creative movement! A fresh, always changing, way to exercise and keep your body moving. We will focus on creative expression and isolations of major muscle groups. All bodies and skill sets welcome! Dress for freedom of movement and come play!

Class meets once a week on Thursdays: 6:00-7:00 pm.

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.

Class meets once a week on Tuesdays: 7:00-8:00 pm.

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.

Class meets once a week on Thursdays: 6:30-7:30 pm.

Tap 1 // Ages 8-12

This class teaches rhythm and musicality through tap technique and combinations. It's a fun and energetic class that doesn't require any previous experience.

Class meets once a week on Fridays: 4:00-5:00 pm.

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.

Class meets once a week on Wednesdays: 5:30-6:30 pm.

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.

Class meets once a week on Fridays: 9:00-10:00 am.

Adult Belly Dancing // Ages 18+

Join us to experience this beautiful and captivating style of Middle Eastern dancing, which gives women a platform for empowerment and self-expression. Using uplifting and healing techniques, this class will cover steps, movements, and postures for the entire body. Every skill level is welcome.

Class meets once a week on Thursdays: 7:00-8:00 pm.

Tuition Payment Schedule (August 19, 2024–June 1, 2025)
35 weeks (can be paid in full or in 8 installments)

Payments can be made in person or over the phone by credit card, cash or check.

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

First payment: due by **September 1, 2024**

Second payment: due by **October 1, 2024**

Third payment: due by **November 1, 2024**

Fourth payment: due by **January 6, 2025**

Fifth payment: due by **February 1, 2025**

Sixth payment: due by **March 1, 2025**

Seventh payment: due by **April 1, 2025**

Eighth payment: due by **May 1, 2025**

DISCOUNTS

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

Family unlimited rate: 8 payments of \$450 (only if your full amount per school year exceeds \$3600 after all applicable discounts)

FEES

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

Drop-in fee: \$15.00 per class

****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

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 in the first month, or 8 installment payments, by the 1st day of the month, with the exception in January.
- 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:** Dropping classes is usually accepted only if there is a physical impossibility, like a doctor's recommendation that a student not dance due to an injury, or the family moving away from the area. Any other problems that cause a student to wish to drop need to be discussed with the director and/or teacher. There may be a suitable alternative path or resolution.
- **Adding classes:** you may add more classes after the start of the semester with the class instructor's permission. The charges for added classes will be reflected on your account.

IMPORTANT DATES

August 19, 2024–June 1, 2025

Labor Day	(school closed)	Monday, September 2
Thanksgiving Break	(no classes)	November 25-December 1
Winter Break	(no classes)	December 9-January 5
Nutcracker in the Nutshell		November 19, 20, 23
Nutcracker Performances		December 5-8
President's Day	(school closed)	February 17
*Spring Performance (Where the Wild Things Are)		March 21-22
Spring Break	(no classes)	March 24-30
Memorial Day	(school closed)	May 26
Spring Recital		May 31 2:00 pm

DRESS CODE/UNIFORM REQUIREMENTS

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: dancewecorner.com, discountdance.com, amazon.com, allaboutdance.com

