

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 2025-2026 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>

If you have an account and /or need to change your password:

mydanceworks.net (customer login)

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.

2025/2026 Tuition: 8 monthly payments of \$44.00 per month
Fridays 10:15 -11:00 am

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

Pre-Ballet 1 // 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.

2025/2026 Tuition: 8 monthly payments of \$44.00 per month
Mondays : 4:00 -4:45 pm or Fridays : 10:15-11:00 am

Pre-Ballet 2 // 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.

2025/2026 Tuition: 8 monthly payments of \$44.00 per month

Mondays: 4:45 -5:30 pm or Saturdays: 10:15 -11:00 am

Pre-Ballet 3 // Ages 5-6

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.

2025/2026 Tuition: 8 monthly payments of \$53.00 per month

Tuesdays : 4:00 -5:00 pm or Saturdays: 9:15 -10:15 am

SCHOOL DIVISION

School division classes begin at age 7 with Ballet Level 1. It is strongly recommended that students studying in the school division attend all ballet classes recommended for the level. Precise technique and proper alignment are the foundations to dancing safely.

Ballet 1, Ages 7+

Prerequisite - Pre-Ballet 3 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.

2025/2026 Tuition: 8 payments of \$53.00

Tuesdays: 4:00-5:00 pm or Thursdays : 4:00-5:00 pm

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

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).

2025/2026 Tuition: 8 payments of \$96.00

Tuesdays: 5:00 -6:00 pm and Thursdays: 5:00 -6:00 pm.

Electives: Hip Hop 1A, 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).

2025/2026 Tuition: 8 payments of \$157.00 includes two Ballet classes and one Elective. Can take up to 3 electives

Mondays: 4:00-5:30 pm and Thursdays: 4:00-5:30 pm

Electives: Hip Hop 1A, 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.

2025/2026 Tuition: 8 payments of \$197.00 include three Ballet classes, Modern, Jazz, and one Elective.

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

Modern 1: Fridays : 10:00-11:00 am or Modern 2: Fridays: 1:30-2:30 pm

Jazz 1: Saturdays: 11:00 am-12:00 pm

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

Ballet 5-6

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.

2025/2026 Tuition: 8 payments of \$227.00 include four Ballet classes, Modern, Jazz, Character 2, and one Elective.

Ballet: Mondays: 5:30-7:00 pm, Tuesdays: 6:30-8:00 pm, Wednesday: 5:00-6:30 pm, Fridays 11:00 am -12:30 pm, Saturdays: 10:00 am-11:00 am.

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

Modern 1: Fridays : 10:00-11:00 am or Modern 2: Fridays: 1:30-2:30 pm

Jazz 1: Saturdays: 11:00 am-12:00 pm or Jazz 2: Saturdays: 12:00-1:00 pm

Character 2: Fridays: 2:30-3:30 pm.

Electives: Hip Hop 1B, Tap ½ (one elective is included in the package price, additional classes are \$10.00 per class per week)

Ballet 7 -8

Prerequisite - Ballet 6/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, Variations, Partnering, Jazz, Character classes are required.

2025/2026 Tuition: 8 payments of \$245.00 include five Ballet classes, Contemporary 3, Jazz, Variations, Partnering, Character, and unlimited Electives.

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

Variations: Tuesdays : 7:00-8:00 pm.

Partnering: Saturdays : 11:00 am-12:00 pm.

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

Jazz 2: Saturdays: 12:00-1:00 pm.

Jazz 3: Thursdays: 7:00 -8:00 pm.

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

Contemporary 3: Fridays : 2:30-3:30 pm

Character 2: Fridays: 2:30-3:30 pm.

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

Electives: Hip Hop 1 B, Gyrokinesis ® (17 +), Belly Dancing (with parental consent), Essentrics ® (17 +) , Adult Tap (16+)

SCHOOL DIVISION ELECTIVES

Character 1

Prerequisite - Ballet 3/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 Friday : 1:30-2:30 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 Fridays: 2:30-3:30 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 1A // Ages 7-10

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: 6:00-7:00 pm.

Hip Hop 1B // Ages 10+

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 Mondays: 5:30-6:30 pm.

Jazz 1

Prerequisite - Enrolled in level Ballet 3/Consent of Instructor

Students are expected to have reached at least Level 3 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 Saturdays: 11:00 am-12:00 pm.

Modern 1

Prerequisite - Enrolled in Ballet 3/Consent of Instructor

Students are expected to have reached at least Level 3 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 Fridays: 10:00-11:00 am.

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: 1:30-2:30 pm.

Tap 1-2 // 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: 9:00-10:00 am.

Competition Class // Levels 5-8

This class is designed for students in ballet levels 5-8 who are interested in competing either locally or nationally. Ballet and dance competitions are a fabulous opportunity to showcase their skills and experience what the rest of the dance world has to offer. Students will receive coaching in this class on

their individual dances and advice on how to make the most of their competition experiences. This class will help them put their best foot forward!

Class meets once a week on Fridays : 3:30-4:30 pm.

Cost: \$10.00 per class

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

Ballet Transition // Ages 8-12

The goal of this class is to help students transition smoothly into the ballet level that best suits their technical proficiency and background. Students will focus on refining their foundational skills, enhancing their strengths and alignment, and cultivating confidence in vocabulary and combinations that are suitable for their level. To ensure that all students remain in the class that best fits their individual growth, the instructor will provide placement recommendations.

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

Adult Intermediate Ballet // Ages 18+

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 Wednesdays: 7:00-8:00pm.

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 Thursdays : 6:00-7:00 pm.

Adult Tap // Ages 18 +

Adult tap is a comprehensive collection of basic steps and techniques to learn and improve basic tap skills. You will learn a series of technique combinations that can be used in many styles of tap dancing, including musical theater, hoofing, and rhythmic tap. It's a fun way to improve rhythm while getting exercise.

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

Hip-Hop 1A // Ages 7-10

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: 6:00-7:00 pm.

Hip-Hop 1B // Ages 10 +

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 Mondays : 5:30-6:30 pm.

Tap 1-2 // Ages 8+

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: 9:00-10:00 am

Essentrics® // Ages 17+

A dynamic, full-body, rebalancing workout 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. The difficulty level is intermediate and this class incorporates standing, barre, and floor portions.

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

Gyrokinesis ® // Ages 17+

Gyrokinesis is a gentle yet powerful system that blends elements of yoga, dance, tai chi, and swimming into flowing, circular movements that awaken your spine, joints, and breath. This class is designed for all ages and abilities—no experience needed. Whether you're looking to increase mobility, improve posture, or simply feel more at home in your body, Gyrokinesis offers a supportive, uplifting environment to reconnect with movement and

yourself. Come as you are and leave feeling refreshed, aligned, and energized.

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

Adult Belly Dancing // Ages 16+ (with parental consent)

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 Saturdays : 12:00-1:00 pm.

Tuition Payment Schedule (August 18, 2025–May 30, 2026) 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.

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

First payment: due by September 6, 2025

Second payment: due by October 6, 2025

Third payment: due by November 8, 2025

Fourth payment: due by January 10, 2026

Fifth payment: due by February 7, 2026

Sixth payment: due by March 7, 2026

Seventh payment: due by April 7, 2026

Eighth payment: due by May 9, 2026

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**

Essentrics® - not eligible for punch card (paid directly to the teacher)- please inquire about the price

Belly Dancing - not eligible for punch card (paid directly to the teacher)- please inquire about the price

Gyrokinesis®

Adult Ballet Basics

Adult Intermediate Ballet

Adult Tap (16+)

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 18, 2025–May 31, 2026

Fall semester starts	August 18, 2025
Labor Day (school closed)	Monday, September 1
Thanksgiving Break (no classes)	November 24–November 30
Winter Break (no classes)	December 8–January 4
Warmup Classes for Nutcracker (levels 3-8)	December 8-14
Nutcracker in the Nutshell	November 18, 19
Nutcracker Performances	December 5-7 December 12-14
Spring Semester starts	January 5, 2026
President's Day (school closed)	February 16
*Spring Performance	TBA
Spring Break (no classes)	March 23-29
Memorial Day (school closed)	May 25
Spring Recital	May 30 2:00 pm May 31 2:00 pm
Last Day of Spring Semester	May 30

*This performance is for upper levels and by invitation only.

SCHOOL OF DANCE: PERFORMANCES

26th Annual Nutcracker Performances

Performance fee \$50.00 due September 20, 2025

Friday, December 5, 2025	7:00 p.m.
Saturday, December 6, 2025	2:00 p.m.
Sunday, December 7, 2025	2:00 p.m.
Friday, December 12, 2025	7:00 p.m.
Saturday, December 13, 2025	2:00 p.m.
Sunday, December 14, 2025	2:00 p.m.

Spring Performance - TBA

Performance fee \$50.00

Spring Recital

Recital fee \$40.00 due March 14, 2026

Saturday, May 30, 2026 2:00 pm

Sunday, May 31, 2026

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

assembledancewear@yahoo.com

Phone: 303-663-2066

E-mail:

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: dancewearcorner.com, discountdance.com, amazon.com, allaboutdance.com

