

SANGRE DE CRISTO SCHOOL OF DANCE
2018-2019 Information Packet
Fall & Spring

Welcome to the Sangre de Cristo School of Dance!

This information packet contains all of the information you will need for classes being offered this Fall and Spring. To register, please fill out the paper registration packet or click the link below to register online **before or on the first day of class.**

The registration information we need is:

1. **Registration Form** (online or paper form)
2. **Student/Parent Policy and Agreement** (online or paper form)

Link to online registration: goo.gl/ccPp5M

We have implemented some changes for the upcoming 2018-2019 School Year that everyone should take note of. Classes on Monday-Thursday begin at 4:30 p.m. instead of 4:00 p.m. to accommodate changes in public school schedules. Some classes have been changed to an hour and a half, and an updated fee sheet for classes predicted to the half hour is provided below. A full set of classes is being run on Fridays, also to accommodate changes in public school schedules. Our Pre-Professional Division has been changed to Artistic Division, but still has the same goal of preparing students for a potential career in dance. We have added a different colored leotard option for Ballet levels 4-7 listed at the end of this document. Creative Movement for ages 3 and 4 is offered as a half hour class per Ms. Katie's preference.

The dance office will process registrations and send e-mail confirmations as registrations are received. Payment is expected by the **first class** for:

1. **\$25 Registration Fee** (annual fee for account maintenance)
2. **Tuition** (full amount or first monthly payment)

This fall we will jump right in with Nutcracker rehearsals after the first week of classes. Our Company show in the spring will be Alice's Adventures in Wonderland. At the end of the spring semester we will perform our annual spring recital, which will be gemstone and jewel themed this year.

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

Nanine Wainwright
Artistic Director

Ashley Minnich
Office Manager

Sangre De Cristo School of Dance
Sangre De Cristo Arts & Conference Center
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SCHOOL OF DANCE

COURSE OFFERINGS

EARLY EDUCATION

“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 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 use of space, timing, and energy with age-appropriate instruction for each class level.

Creative Movement, Ages 3 & 4

Our youngest class level, Creative Movement places emphasis on connecting ideas with movement, creative expression, and musicality. Creative Movement classes are offered as a half hour class for the 2018-2019 school year, per Ms. Katie's request.

Dance Exploration, Age 4 & 5

After moving up from Creative Movement, young dancers will experience a class that builds on the ideas explored in the younger class and places new emphasis on social and spatial awareness and character development.

Intro to Dance, Ages 6 & 7

Our Intro to Dance class is the most advanced Early Education class we offer for our younger students. It is designed to prepare students for entering the school division class of Pre-Ballet. This class focuses on body and rhythm awareness, pattern/pathway reproduction, and classroom etiquette.

OPEN DIVISION

Open division classes are designed for children, teenagers, and adults that are trying dance for the first time or are seeking a dance experience without the time commitment of the formal training within our school division. These are generally considered beginner level classes where introductory concepts of dance will be explored while surrounded by peers of a similar age and experience level.

Beginner's Hip-Hop, Ages 7-18

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".

Beginner's Tap, Ages 7-12

Beginner's Tap is an excellent way for dancers and non-dancers alike to fine tune their rhythm and poise through learning the basics of tap techniques. The focus of this class will be on rapid coordination of foot movement and weight-shifting. Styles that will be explored include rhythm tap and Broadway tap.

Strength and Flexibility, Ages 7-12

This class is designed for all current dance students and outside athletes to provide a dynamic workout aimed at toning and balancing the large muscle groups of the body. Whether you are a dancer or not, this class will prepare students for all athletic endeavors by improving general mobility, muscle strength and tone, fine motor awareness, and flexibility through a combination of strengthening and stretching exercises.

Teen Ballet, Ages 13 -17

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

Teen Tap - Ages 13-17

Beginner's Tap is an excellent way for those with or without prior dance experience to fine tune their rhythm and poise through learning the basics of tap techniques. The focus of this class will be on rapid coordination of foot movement and weight-shifting. Styles that will be explored include rhythm tap and Broadway tap.

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 development of muscular strength, flexibility, and motor control.

Yoga - Ages 11+

This class requires consent of the instructor. Yoga for Dancers is designed to help dancers develop mental and emotional skills that will assist them in challenging life situations throughout their dance careers and beyond. Focus is placed on breathing techniques and balanced muscle usage.

Dancerz, Ages 18+

The Sangre de Cristo Dancerz is a group composed of differently-abled individuals. Participants in this class will work together learning basic dance movements and develop choreography.

SCHOOL DIVISION

School division classes within the Sangre de Cristo School of Dance begin at age 7 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. Class types can include modern, jazz, character, and additional classes that are not offered at any other school in Southern Colorado. Students in these classes are assessed at the end of each school year to determine progress and problem areas within each individual's technique and practice.

Pre-Ballet, Ages 7 & 8

Building on the skills learned in our Early Education program, Pre-Ballet formalizes classroom etiquette, builds attention span, and begins to develop muscular strength and neuromuscular awareness in preparation for Ballet 1.

Ballet 1, Ages 8+

Emphasis on alignment, placement, self-control, and ballet positions. This level marks the beginning of the 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 before becoming eligible for Ballet 1.

Ballet 2- Ages 8+

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 a given exercise. Emphasis on strengthening the instep and foot and introduction of exercises on demi-pointe.

Ballet 3 - Ages 9+

Prerequisite -Ballet 2 or Consent of Instructor

At this level students are working on strength and stability in center exercises on demi pointe. Turns and allegro with beats are also introduced.

Ballet 4-7, Ages 13+ (by consent of instructor)

Emphasis on strengthening stability in various positions and movements, delving into musicality and artistic expression, and further developing pointe work. The more difficult forms of adagio, allegro, and exercises *en pointe* are introduced to upper levels while continuing to polish the technique of complex turns. Ballet 4-7 classes are designed to develop graceful transitions and suppleness of movement while perfecting performance quality. Focus on development of exceptional technique, artistry, and individualism is also explored.

Pointe Technique, Levels 4-7

This class offers the opportunity for all who are en pointe to strengthen their basic technique for optimal function in variations and pas de deux.

Men's Ballet Technique, Ages 12+

This course focuses on the practice of movement specific to men's technique. Athletes can expect a dynamic class designed to strengthen and define the main muscle groups. The study of jumps, leaps, and turns specific to male dancers begins.

Modern 1, Ages 9+

This class has a prerequisite. 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. Graham, Limon, and Bartenieff Fundamentals are referenced as students learn floor work, weight shifting, and traveling, as well as practicing dynamic and expressive interpretations of movement.

Modern 2, Ages 12+

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. Graham, Limon, and Bartenieff fundamentals are referenced as students develop floor work, weight shifting, and traveling, as well as practicing dynamic and expressive interpretations of movement.

Contemporary 3, Ages 14+

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.

Jazz 1, Ages 9+

This class has a *prerequisite*. Students are expected to have reached at least Level 2 in ballet in order to take this class. Emphasis is placed on learning proper dance technique and terminology. Students will be exposed to various styles of jazz to develop a well-rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations.

Jazz 2-3, Ages 12+ (by 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. Advanced jazz students will be expected to take risks and explore their own unique style as combinations become increasingly more complex.

Character 2-Ages 10 +

Prerequisite - Character 1

Character Dance is the study of ethnic forms of dance as presented and interpreted 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 how to best honor that through their work.

ARTISTIC DIVISION

Pas de Deux/Partnering (Ballet 5-7)

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, Ages 14+

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. This class provides a study of classical and contemporary solo variations from famous ballets. Students are introduced to and gain an appreciation for the technical difficulty of solos as well as an opportunity to express their individual style and artistic ability.

Dance Advantage – 12 +

This course will empower students with strategies for getting the most out of their training and preventing injury. They will learn about biomechanics, essential motor skills, nutrition, cross-training, and how to manage rest/work balances to gain strength and technique most efficiently.

Composition - Ages 13 & up

Students learn to create choreography through the study of basic rhythmic, spatial, and dynamic materials in the designing of dance movement. Students will explore a variety of choreographic forms and philosophies, musical forms, as well as incorporating dramatic and stylistic elements. The class culminates in a choreography project.

FINANCIAL INFORMATION

Fall Semester: August 20-December 8, 2018 (15 weeks)

Spring Semester: January 7 - June 1, 2019 (20 weeks)

FEES

Yearly Family Registration Fee: \$25.00 (collected once a year)

Drop-In Rates:

****fee must be paid before attending class****

1 hour class \$12.00

1.5 hour class \$15.00

2 hour class \$18.00

Performance Fees: \$35.00 per student per production

Company Fee: \$20 per month/\$180 per year (for Levels 4-7 only)

Family Discount: 10% off each additional family member's tuition

****discount is given at tuition rates of equal or lesser value****

Tuition Discount: 5% off semester tuition if paid in full at time of registration

****5% discounts are not available after 8 weeks of the semester have passed****

PAYMENT & CLASS CANCELLATION POLICY

- Semesters can be paid in full on the first day of class or in monthly payments.
- Monthly Payment Plan: Payment is due at the beginning of sessions in 4 week increments. Tuition payment dates are listed below.
- If payment is not received, the student will not be allowed to attend class until a payment is made. **We reserve the right to pull students from class if a 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 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 cancelled classes will be notified via e-mail and/or phone call
- If a class is cancelled for which payment has already been made, a refund will be processed automatically in the form of a check

School of Dance
2018-2019 Tuition Rates

(rates in parentheses are non-member pricing)

| Hours of Class/Week | Monthly Member Rate (Nonmember Rate) | Fall Semester - 15 weeks 5% discount already applied (Nonmember Rate) | Spring Semester - 20 weeks 5% discount already applied (Nonmember Rate) |
|---------------------|---|---|---|
| 0.5 | \$17 (\$19) | \$60.56 (\$67.68) | \$80.75 (\$90.25) |
| 1 | \$34 (\$38) | \$121.12 (\$135.37) | \$161.50 (\$180.50) |
| 1.5 | \$51 (\$57) | \$181.68 (\$203) | \$242.25 (\$270.75) |
| 2 | \$64 (\$72) | \$228 (\$256.50) | \$304 (\$342) |
| 2.5 | \$80 (\$90) | \$285 (\$320) | \$380 (\$427.50) |
| 3 | \$90 (\$102) | \$320 (\$363) | \$427.5 (\$484) |
| 3.5 | \$105 (\$119) | \$374 (\$424) | \$498.75 (\$565.25) |
| 4 | \$112 (\$128) | \$399 (\$456) | \$532 (\$608) |
| 4.5 | \$126 (\$144) | \$449 (\$513) | \$598.50 (\$684) |
| 5 | \$130 (\$150) | \$463 (\$550) | \$638.50 (\$734.50) |
| 5.5 | \$137 (\$159) | \$486.50 (\$588) | \$679 (\$767) |
| 6 | \$144 (\$168) | \$513 (\$611.50) | \$702 (\$798) |
| 6.5 | \$149 (\$175) | \$544 (\$635) | \$721 (\$831) |
| 7 | \$154 (\$182) | \$553.50 (\$652) | \$735 (\$888) |
| 7.5 | \$157 (\$187) | \$565 (\$670) | \$748 (\$901) |
| 8+ | \$160 (\$192) | \$570 (\$684) | \$760 (\$912) |

TUITION PAYMENT DATES

FALL

- 1st Payment: August 20-25
- 2nd Payment: September 17-22
- 3rd Payment: October 15-20
- 4th Payment (**covers 3 weeks**): November 12-17

SPRING

- 1st Payment: January 7-12
- 2nd Payment: February 4-9
- 3rd Payment: March 4-9
- 4th Payment: April 8-13
- 5th Payment: May 6-11

SCHOOL OF DANCE: DATES TO REMEMBER

| | | |
|-------------------------|-----------------|--------------------------|
| FALL SEMESTER | (15 weeks) | Aug. 20-Dec. 8, 2018 |
| SPRING SEMESTER | (20 weeks) | Jan. 7-June 1, 2019 |
| Labor Day | (School Closed) | Monday Sept. 3, 2018 |
| Thanksgiving Break | (no classes) | November 18-25, 2018 |
| Winter Break | | Dec. 10 2018-Jan. 6 2019 |
| Spring Break | (no classes) | March 17-24, 2019 |
| Memorial Day | (School Closed) | Monday May 27, 2019 |
| End of Year Assessments | | May 27-June 1, 2019 |

**Monday classes will be assessed on Monday, May 20th due to Memorial Day Closure

SCHOOL OF DANCE: GENERAL INFORMATION

CONTACT INFORMATION

School of Dance office

Phone Number 719-295-7221

E-mail: schoolofdance@sdc-arts.org

Office Hours (spring and fall):

Monday-Friday

4:00-8:30 p.m.

Saturday

8:30 a.m.-12:30 p.m.

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 Thanksgiving Break, Winter 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 to schedule an appointment.

SECURITY

While we do our best to minimize security issues, the Arts Center is a large complex located in downtown Pueblo. It is extremely recommended that parents walk their children to and from class. For security purposes, our front doors may be locked after 8:30 p.m. School of Dance entrance after this time can be through the blue door with a peep hole and a buzzer located between the parking lot and the front door. 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 e-mail to report class absences due to illness or some other valid reason. Makeup classes for missed classes can be arranged with the School of Dance. **Please note that we do not refund for missed classes.**

ATTIRE

Students should wear outer clothing (sweat pants, jackets, etc) over class tights/uniforms to and from classes. This is for several reasons: protection from 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 another 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 student 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

HAIR

Female

- For ballet classes, hair must be pulled back into a tight and neat bun secure enough to withstand head movement for turns.
- Students may wear ponytails for Jazz and Modern/Contemporary
- Short hair must be pulled back with a headband and hairpins to make sure that hair remains off the forehead, face, and the back of neck.

Male

- Hair must be pulled back away from the face.

DRESS CODE/UNIFORM REQUIREMENTS

The Dancer's Outlet/Assemble Dancewear in Colorado Springs and Castle Rock is kindly stocking our specific uniform requirements (leotards, tights, and shoes) and we recommend purchasing items from them. Mention that you are a student for the Sangre de Cristo School of Dance to receive a discount on specific uniform requirements listed below! Their hours change from month to month, so please contact them or visit their website for more information.

The Dancer's Outlet/Assemble Dancewear

1820 Dominion Way

Phone: 719-596-8443

Colorado Springs, CO 80918

E-mail: TheDancersOutlet@gmail.com

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

Uniform requirements for the 2018-2019 year are the same as last year with the exception of the addition of a new leotard for students levels 4-7 and older students (you may wear either the lilac or the purple Eurotard). New students have a month from the first day of class to obtain the uniform requirements. Uniforms are a necessary part of the School of Dance classes and are sometimes used for performances.

Other dancewear can be purchased at the following locations, but Assemble is the only location that specifically stocks our uniform or is offering a discount:

www.dancewearcorner.com

www.discountdance.com

www.amazon.com

www.allaboutdance.com

PERFORMANCES

**** ALL GIRLS/YOUNG WOMEN will need need the SO DANCA TIGHTS TS82 PINK that are listed below.**

**** ALL GIRLS/YOUNG WOMEN in levels Pre-Ballet or above will need: CAPEZIO LEOTARD NUDE 3532C or 3532 (this will be worn under their costume).**

**** Other performance attire will be announced as needed.**

BOYS/MEN

Early Education

- **Black close fitting sweatpants**
- **White t-shirt**
- **Socks/black ballet shoes**

Open Division

(hip-hop, tap, strength/flexibility, teen ballet, yoga, adult ballet)

Child/Teen

- **Black close-fitting sweatpants/leggings**
- **Fitted t-shirt**
- **Socks/black ballet shoes**
- **For tap: lace-up tap shoe**
- **For hip hop: white soled sneaker**
- **For hip hop: loose fitting clothing**

Adults

- **Close fitting shirt that won't rise up when bending forward**
- **Socks/black ballet slipper**
- **Sweatpants/leggings**
- **You may wear dancewear if you have it**

School Division

(ballet, modern, contemporary, jazz)

- **Black microfiber footed tights**
- **White t-shirt**
- **Dance belt (if necessary)**
- **Jazz shoes**

GIRLS/WOMEN

Early Education

- **Black ankle length leggings (or jazz pants if you already have them)**
- **So Danca Lilac Leotard SL-07 CHILD**
- **So Danca Canvas Slipper SD16C PINK**

Open Division

Child/Teen

- Solid colored leotard
- Pink ballet tights
- General pink ballet slipper
- Sports bra, if appropriate
- Black leggings
- For tap: lace up tap shoe
- For hip hop: white soled sneaker
- For hip hop: loose fitting clothing

Adults

- Leotard or close fitting shirt that won't rise up when bending forward
- Ballet slippers
- Leggings or tights
- You may wear dancewear if you have it

School Division

Pre-Ballet through Ballet 3

- So Danca Lilac Leotard SL-07 child or SL-06 adult
- So Danca Tights TS82 PINK
- So Danca Canvas Slipper SD16 PINK

Ballet 4 through Ballet 7

- So Danca Lilac Leotard SL-07 child or SL-06 adult
- OR Eurotard 44819 Women's Camisole Leotard in Purple
- So Danca Tights TS82 PINK
- So Danca Canvas Slipper SD16 PINK

Modern 1/2/Contemp 3

- A solid colored leotard (with a sports bra if appropriate)
- Body Wrappers Capri Pant BWP019 (Child) or BWP219 in Black

Jazz 1, 2, 3

- A solid colored leotard (with a sports bra if appropriate)
- Body Wrappers Capri Pant BWP019 (Child) or BWP219 in Black
- Bloch Jazz Shoe S0473G or S0473L in Black

Character

- A solid colored leotard
- So Danca Tights TS82 Pink

- **So Danca Black Character Shoe CH02 Suede Sole**
 - If you already have black character shoes, you may continue to use them
- **Body Wrappers Character Skirt, Black 511**