

SANGRE DE CRISTO SCHOOL OF DANCE
2019-2020 Information Packet
Fall & Spring

Welcome to the Sangre de Cristo School of Dance!

This information packet contains all of the information you need for the School of Dance and for classes being offered for the Fall/Spring 2019-2020 school year.

To register and save a spot in class, please complete either the online registration at the link provided below or turn in a paper copy to the dance office **before or on the first day of class**.

Link to online registration: <https://bit.ly/2xWbiNe>

The dance office will process registrations as they are received and will close classes as they reach the maximum capacity. It is recommended to register early to ensure a spot in class. **FOR CLASSES THAT FILL QUICKLY, WE WILL REQUIRE PRE-PAYMENT OF THE REGISTRATION FEE AND FIRST MONTH'S TUITION TO SECURE THE STUDENT'S PLACE.**

We will notify you after registration if this is necessary to reserve your spot. Otherwise, payment is expected by the end of the **first class** for:

1. **\$25 Registration Fee** (annual fee for account maintenance, unless paid in the spring)
2. **Tuition** (full amount or first monthly payment)

CHANGES FOR THE 2019-2020 YEAR

- Students must be 4 years old to participate in Nutcracker
- Nutcracker Fee is now \$50.00 for each participant
- Early Education classes are now separated out by each age.
- No more Company fees. Individual performance fees will be assessed for each performance in which the student participates.

This fall we will jump right in with Nutcracker rehearsals after the first week of classes. Our Company show in the spring will be The Wonderful Wizard of OZ (this performance is by invitation of the artistic director only and for the more senior dancers.) At the end of the spring semester we will perform our annual spring recital.

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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Phone: (719)295-7221
Email: schoolofdance@sdc-arts.org

SCHOOL OF DANCE COURSE OFFERINGS

EARLY EDUCATION (AGES 3-7)

“Dance is a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social and cognitive attributes have only recently begun to be appreciated.”

-National Dance Education Organization

Early Education classes are offered separately for each age group of 3, 4, 5, 6, 7 year olds for the 2019-2020 year.

Early Education Courses description:

Progressively more complex coordination, motor skills, conceptualization, musicality and ballet arts are introduced for each age group according to the students’ developmental needs. Classes are not focused on creating “a dance” except by way of teaching students to chain steps together for memory and rhythmic skills. Class curricula is based on the National Professional Teaching Standards for Dance Education that focuses on developmentally appropriate material to emphasize and encourage aspects of musicality important for dance later in life.

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. All options below may not be offered every semester.

Beginner's Hip-Hop, Ages 7-12

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".

Conditioning for Dancers, Ages 10+

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.

Youth Ballet, Ages 8-12

This class is designed for young students who are new to the world of dance. Curriculum will focus on basic ballet techniques and practicing movements necessary to build successful future dancers including barre work, center work, and across the floor movement, in addition to allotting some class time to exploring the basics of other genres of dance.

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.

Exploring Dance - Improvisation/Composition, Ages 7-13

Students learn to create movement and expression through exercises and analysis. Curricula will follow principles of dance to develop coordination, motor skills, conceptualization, and musicality.

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.

Dancerz, Ages 18+

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

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, character. 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, Age 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 9+, with consent of instructor

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 10+ with consent of instructor

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 3-4, Ages 11+ with consent of instructor

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 5-7, with consent of instructor only

Prerequisite - 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 the development of exceptional technique, artistry, and individualism is also explored.

Boy's/ Men's Ballet Technique, with consent of instructor

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

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. 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

Prerequisite - Completion of 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. 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

Prerequisite - Completion of Modern 2/Consent of Instructor

This class offers a more advanced and fast paced study of all modern styles with emphasis on contemporary movement. Focus is placed on the details of technique, consistency, and expression along with further mastery of turns, jumps, falls, and floor work.

Jazz 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 learning technique and terminology as exposure to various styles of jazz dance is explored. Curriculum is based on ballet technique layered with jazz movement and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations.

Jazz 2-3

Prerequisite - Completion of Jazz 1/Consent of Instructor

Focus is placed on learning and improving jazz dance techniques such as body isolations, performance quality, and developing intricate rhythms and patterns. Class curriculum is based on ballet technique layered with traditional jazz styles and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations. Advanced jazz students will be expected to take risks and explore their own unique style as combinations become increasingly more complex.

Character 1-2, Ages 10 +

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 honoring that through their work.

ARTISTIC DIVISION

Pas de Deux/Partnering (open to Ballet Levels 5-7 only)

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.

Character/Classical Variations (open to Ballet Levels 5-7 only, or 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 alternate between character dance and classical variations - learning classical and character repertoire as well as character style applied to the relevant classical variations.

Social Context and Meaning in Dance (open to Ballet Levels 5-7)

This seminar style course will study current dance events, dance and social media, the emotional content of dance, and building aesthetics in current times.

FINANCIAL INFORMATION

2019-2020 Tuition Rates (rates in parentheses are non-member pricing)			
Hours of Class/Week	Monthly Member Rate (Nonmember Rate)	Fall Semester - 14 weeks 5% discount already applied (Nonmember Rate)	Spring Semester - 20 weeks 5% discount already applied (Nonmember Rate)
0.5	\$18 (\$20)	\$59.85 (\$66.50)	\$85.50 (\$95)
1	\$36 (\$40)	\$119.70 (\$133)	\$171 (\$190)
1.5	\$51 (\$57)	\$169.58 (\$189.50)	\$242.25 (\$270.75)
2	\$62 (\$70)	\$206.15 (\$232.75)	\$294.50 (\$332.50)
2.5	\$80 (\$90)	\$266 (\$298.67)	\$380 (\$427.50)
3	\$90 (\$102)	\$299.25 (\$339.15)	\$427.5 (\$484)
3.5	\$105 (\$119)	\$349.07 (\$395.73)	\$498.75 (\$565.25)
4	\$112 (\$128)	\$372.40 (\$425.60)	\$532 (\$608)
4.5	\$126 (\$144)	\$419.07 (\$478.80)	\$598.50 (\$684)
5	\$130 (\$150)	\$432.13 (\$513.33)	\$638.50 (\$734.50)
5.5	\$137 (\$159)	\$454.07 (\$548.80)	\$679 (\$767)
6	\$144 (\$168)	\$478.80 (\$570.73)	\$702 (\$798)
6.5	\$149 (\$175)	\$507.73 (\$592.67)	\$721 (\$831)
7	\$154 (\$182)	\$516.60 (\$608.53)	\$735 (\$888)
7.5	\$157 (\$187)	\$527.33 (\$625.33)	\$748 (\$901)
8+	\$160 (\$192)	\$532 (\$638.40)	\$760 (\$912)

FEES

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

Adult Ballet Program: \$120.00 for 10 Class Punch Card

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****

Nutcracker Performance Fee: \$50.00 per participant

DUE: Saturday, August 31 2019

Company Production Fee (by invitation of artistic director only): \$75.00 per participant

DUE: Saturday, February 1 2020

Spring Recital Fee: \$35.00 per participant

DUE: Saturday, March 21 2020

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

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 the semester separated into 4 week pay periods. A tuition payment schedule is provided below
- If payment is not received, the student will not be allowed to attend class until a payment is made. **We will 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

TUITION PAYMENT DATES

Fall Semester: August 19 - November 23, 2019 (14 weeks)

Spring Semester: January 6 - May 30, 2020 (20 weeks)

FALL

1st Payment: August 19-24

2nd Payment: September 16-21

3rd Payment: October 14-19

4th Payment (**covers 2 weeks**): November 11-16

SPRING

1st Payment: January 6-11

2nd Payment: February 3-8

3rd Payment: March 2-7

4th Payment: April 6-11

5th Payment: May 4-9

IMPORTANT DATES

FALL SEMESTER	(15 weeks)	Aug. 19-Dec. 7 2019
SPRING SEMESTER	(20 weeks)	Jan. 6 -May 30, 2020
Labor Day	(School Closed)	Monday Sept. 2, 2019
Thanksgiving Break	(no classes)	November 24-30, 2019
Winter Break		Dec. 8, 2019-Jan. 5, 2020
Spring Break	(no classes)	March 23-27, 2020
Memorial Day	(School Closed)	Monday May 25, 2020
End of Year Assessments		May 11-May 16, 2020

SCHOOL OF DANCE: PERFORMANCES

20TH ANNUAL NUTCRACKER

General Auditions	Saturday August 24, 2019
Performance Fee Due	Saturday, August 31 2019

Nutcracker in a Nutshell Performances

Performance (Tours Only)	Wednesday November 20	9am, 10:30am, 12pm
Performance (Tours Only)	Thursday November 21	9am, 10:30am, 12pm
Performance (General Public)	Saturday November 23	1 p.m.

Nutcracker Performances

Performance	Thursday December 5, 2019	7:30 p.m.
Performance	Friday December 6, 2019	7:30 p.m.
Performances	Saturday December 7, 2019	2:00 p.m. & 7:30 p.m.
Performance	Sunday December 8, 2019	2:00 p.m.

SANGRE DE CRISTO BALLET COMPANY PRESENTS:

THE WONDERFUL WIZARD OF OZ

Performance	Friday April 17, 2020	7:30 p.m.
Performance	Sunday April 19, 2020	2:00 p.m.

DANCERZ PRESENTS: HOT FUDGE SUNDAY

Performance	Sunday April 26, 2020	2:00 p.m.
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SPRING RECITAL

Performance	Friday May 22, 2020	7:30 p.m.
Performance	Sunday May 24, 2020	2:00 p.m.

SCHOOL OF DANCE: GENERAL INFORMATION

CONTACT INFORMATION

School of Dance office

Phone Number 719-295-7221

E-mail: schoolofdance@sdca-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@sdca-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 strongly 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 email 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 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 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, but need to be prepared to pull hair into a bun immediately if ballet class follows.
- 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 is kindly stocking our specific uniform requirements (leotards, tights, and shoes) listed below. We recommend purchasing items from them. Mention that you are a Sangre de Cristo School of Dance student to receive a discount on our specific uniform requirements listed below! They are also happy to ship things to you to save a trip to Colorado Springs.

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 2019-2020 year are the same as last year except for the changes in the nude leotard, the jazz shoe, the character shoe, and the addition of another leotard for Ballet Levels 5-7 students.

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 or is offering a discount: dancewearcorner.com, discountdance.com, amazon.com, allaboutdance.com

PERFORMANCES

**** ALL GIRLS/YOUNG WOMEN need SO DANCA TIGHTS TS82 PINK and the required class shoes.**

**** ALL GIRLS/YOUNG WOMEN in levels Pre-Ballet or above will need the following nude leotard to be worn under costumes: Eurotard 95707/C or 44821 (has built in cups).**

- If you already have a nude leotard, please continue to use it.

**** 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, conditioning for dancers, youth/teen/adult ballet)

Child/Teen

- Black close-fitting sweatpants/leggings
- Fitted t-shirt
- Socks/black ballet shoes
- 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: Bloch Jazz Shoe SO401 in Black

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

(hip-hop, conditioning for dancers, youth/teen/adult ballet)

Child/Teen

- Solid colored leotard with sports bra, if appropriate
- Ballet: Pink ballet tights
- Ballet: General pink ballet slipper
- Black leggings
- For hip hop: white soled sneaker and 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
- Eurotard 44819 Women's Camisole Leotard in Purple
- **LEVEL 5-7 ONLY: Motionwear 2535, 2572, 2736 in 474/Plum**
- 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)
- Black leggings, PLAIN with no print

Jazz 1, 2, 3

- A solid colored leotard (with a sports bra if appropriate)
- Black leggings, PLAIN with no print
- Bloch Jazz Shoe SO401 in Black

Character 1, 2, 3

- A solid colored leotard
- So Danca Tights TS82 Pink
- Character Shoes: So Danca CH50 OR Capezio 550 (if you already have black character shoes, you may continue to use them)
- Body Wrappers Character Skirt, Black 511