

**SANGRE DE CRISTO SCHOOL OF DANCE
SUMMER CLASSES 2019 - INFORMATION PACKET**

Welcome to the Sangre de Cristo School of Dance!

This information packet contains all the information you will need for our classes being offered in June and July 2019! To register, please view our paper registration form or complete the online registration at the link provided below:

Link to online registration: <https://bit.ly/2Hgh8OM>

On the pages below is a full catalog of classes offered for the summer, tuition fees, class etiquette rules, and our summer dress code.

Registration is open continuously throughout the summer; however we will be cancelling or combining classes based on enrollment. Families will be notified by e-mail or phone of cancellations, and will also receive confirmations that their selected class(es) will run. After reviewing our summer information, please complete registration as soon as possible.

June class notifications will be sent by Friday, June 7th.

July class notifications will be sent by Friday, July 5th.

Summer tuition will be collected on the first day of the class. School of Dance registration fees are waived for the summer semester, but will be charged in the fall if the student continues to attend classes in August.

The School of Dance is located in the theater box office (the lobby on the ground floor). Regular office hours during the school year are 3:30-8:30 Monday-Friday and 8:30-12:30 on Saturday. Hours during breaks and the summer semester may differ. Please call for hours.

Please use the contact information below to get in touch with us if you have other questions or concerns!

Nanine Wainwright
Artistic Director

Ashley Minnich
Office Assistant

Sangre De Cristo School of Dance
Sangre De Cristo Arts & Conference Center
210 N Santa Fe Ave
Pueblo, CO 81003

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

SUMMER CLASSES 2019

OVERVIEW

For 2019, our summer semester is split into two 3-week sessions. Classes will run Mondays- Thursdays. The School of Dance is closed on Fridays, Saturdays, and Sundays during June and July.

Session 1 (3 weeks)

June 10-27

Session 2 (3 weeks)

July 8-25

COURSE OFFERINGS

****Regarding Early Education Classes**

For summer 2019, Ms. Katie is taking a break from her Early Education classes and will only be offering Early Education camps! Please see our camp information packet for details!

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 7-13

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".

Strength and Flexibility, Ages 7-12

This class is designed for younger students to bring awareness to the body and provide a workout aimed at toning and balancing the large muscle groups of the body. Students should expect an improvement in 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 combined with Ballet 2 for the summer semester. 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.

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 learning basic dance movements and develop choreography.

SCHOOL DIVISION

School division classes begin at age 7 with Pre-Ballet and extend through our highest student level of Ballet 7. Ballet 2 students have the option to study other styles of dance such as jazz, modern, and character.

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.

Ballet 2-3, Ages 9+ (by consent of instructor)

In this class, students are expected to maintain consistent alignment throughout given exercises and begin to improve strength in the lower body, feet, and back. Coordination between movements is introduced. The study of pirouettes and pointe begins (as permitted by instructor).

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.

Modern 1/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. Modern 1 and Jazz 1 are combined for the summer semester.

Modern: 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.

Jazz: 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.

Modern 2/Contemporary 3, Ages 12+ (by consent of instructor)

Focus is placed on self-expression and further building of strength, flexibility, and musicality. Floor work, qualitative movement, improvisation, inversions, and beginner partnering skills are explored. Graham, Limon, and Bartenieff fundamentals are referenced as students build on the concepts taught in Modern 1. The contemporary portion of 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 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.

SUMMER TUITION & FINANCIAL INFORMATION

Fees for classes are determined by how many hours of class per week the student is taking:

Hours/ Week	Arts Center Member Rate		Non-Member Rate	
	Half Summer (3 weeks)	Full Summer (6 weeks)	Half Summer (3 weeks)	Full Summer (6 weeks)
1 hr	\$25.50	\$51.00	\$28.50	\$57.00
2 hrs	\$48.00	\$96.00	\$54.00	\$108.00
3 hrs	\$67.50	\$135.00	\$76.50	\$153.00
4 hrs	\$84.00	\$168.00	\$96.00	\$192.00
5 hrs	\$97.50	\$195.00	\$112.50	\$225.00
6 hrs	\$108.00	\$216.00	\$126.00	\$252.00
7 hrs	\$115.50	\$231.00	\$136.50	\$273.00
8+ hrs	\$120.00	\$240.00	\$144.00	\$288.00

Drop-In Rate: \$12.00 per class (must be paid before class begins)

Family Discount (for classes only): 10% off each additional family member's tuition
(discount is given at tuition rates of equal or lesser value)

**Class fees for entire summer semester are due on the first day of class.
Students will not be allowed to attend class until tuition has been received.
We accept cash, checks, Visa, and MasterCard.**

PAYMENT & CLASS CANCELLATION POLICY

- If a new student wishes to register after a free trial class, payment is due after the class
- We reserve the right to cancel/combine classes to fulfill enrollment requirements.
- 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 and mailed to the address on file
- There is no drop/withdrawal period for the summer session

DRESS CODE/UNIFORM REQUIREMENTS

The Dancer's Outlet/Assemble Dancewear in Colorado Springs 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 the 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/>

For students continuing from the fall and spring, please continue to use the class uniform from the 2018-2019 year. For new students, generic items are listed. If the student wishes to continue in the fall, they will need the Fall 2019 uniforms. They have been listed underneath the generic requirements, should you wish to purchase the actual class uniform for the summer.

Boys/Men

- Fitted t-shirt (unless otherwise noted)
- Sweat pants or black Microfiber footed tights (unless otherwise noted)
- Dance belt (if necessary)
- BALLET: ballet shoes (black preferable)
- HIP-HOP: white soled sneaker
- HIP-HOP: loose fitting clothing
- JAZZ: Jazz shoes
- Dance belt (if necessary)
- Other dancewear if you have it

Girls/Women

Open Division

Child/Teen

- Solid colored leotard
- Pink ballet tights
- General pink ballet slipper
- Sports bra, if appropriate
- Black leggings
- 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
- Other dancewear if you have it

School Division

Pre-Ballet through Ballet 7

- Solid colored leotard
(Fall requirement: SO DANCA LILAC SL-07 child or SL-06 adult)
- Pink tights
(Fall requirement: SO DANCA TIGHTS TS82 PINK)
- General pink ballet slipper
(Fall requirement: 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

SCHOOL OF DANCE: GENERAL INFORMATION

CONTACT INFORMATION

School of Dance office

Phone Number 719-295-7221

E-mail: schoolofdance@sdca-arts.org

The 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.

If you need to speak with Artistic Director Nanine Wainwright, please e-mail her at nan@sdca-arts.org or call the School of Dance office and she will be notified.

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 located between the parking lot and the front door.

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.

HAIR

Female

- Hair pulled back into a tight and neat bun secure enough to withstand head movement for turns.
- 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.

ATTIRE

Students should wear outer clothing (sweat pants, jackets, etc) over tights/uniforms to and from classes. This is for several reasons: protection from weather, prevention of wear and tear on uniforms, and general safety.

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. 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 when entering or leaving to prevent damage to the uniform)