

# SANGRE DE CRISTO SCHOOL OF DANCE

## SPRING 2021 - Information Packet

Dear New and Returning Dance Families,

This information packet contains course descriptions, financial information, dates, current general policies and information, and our uniform requirements for SPRING 2021 ONLY.

Registration for the Spring 2021 quarters are only open through Akada DanceWorks (no paper or Google form this time), which will also allow you access at any time to view your student(s)'s current class schedules and the tuition amounts due (however, our payment methods are still to contact the office with Visa, MasterCard, cash, and check; please **do not** try to pay through the website as that software is not currently set up). After reviewing the class schedule and communicating with us regarding class options for your student, we will provide instructions on how to complete registration through DanceWorks.

We will be continuing with Zoom only classes until we have received clearance to continue in person learning at a sustainable rate. If and when we receive this communication we will notify active students. We are scheduling class a month at a time to return to keep the option of moving to an in person learning style open.

The pandemic response imposes restrictions on our operations that are likely to change throughout the semester. The guidelines and restrictions currently in place can be found later in this document.

Please register by **January 2nd**, as we will be cancelling or combining classes as needed to meet enrollment requirements. Registering early provides students with better opportunities to retain all classes they register for.

**Payment is expected by the end of the first week of class for:**

1. **\$25 Registration Fee** (annual family fee for account maintenance, unless paid in the fall)
2. **Tuition** (full semester amount or first monthly payment, see pg. 6 for updated information)

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

**Nanine Wainwright**  
Artistic Director

**Jasmine Watson**  
Office Coordinator

**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](mailto:schoolofdance@sdc-arts.org)

# **COVID-19 POLICIES AND RESTRICTIONS**

The situation regarding COVID-19 is evolving and ever-changing. As a county owned building, we operate strictly under county and health department guidelines and other governing bodies. Our open status can change quickly and without warning. Students registering for the spring quarter understand that there may be periods of closures in any given semester until further notice, depending on the state and country status regarding outbreaks. We, as an organization, are doing our best to mitigate risk so that we may continue to operate, and we ask for cooperation and support from those registering for the spring.

**The information and policies below are crucial for families to be aware of in order to attend classes at the Sangre de Cristo School of Dance for the Spring 2021 quarter should you be on campus at any time but all regularly scheduled classes will be through ZOOM ONLY until notified by the School of Dance office.** The following policies and procedures are being enforced at the Arts Center Campus.

- **EVERYONE ENTERING THE ARTS CENTER CAMPUS BUILDINGS WILL HAVE THEIR TEMPERATURE CHECKED**
  - **In addition, students will be health screened with questions regarding symptoms and exposure. More information will be in our policies.**
  - For those whose temperature exceeds 100.4F, we will provide space and some time for the individual to cool down. Temperatures can be re-taken up to 3 times, but individuals that continue to exceed 100.4F will be asked to leave campus.
- **FACE COVERINGS ARE REQUIRED FOR ANYONE 3 AND OLDER ENTERING AND LEAVING CAMPUS, INCLUDING ALL STUDENTS, PARENTS, VISITORS, AND STAFF.**
  - We operate under current government regulations and health and county guidelines regarding face coverings. The policies regarding masks are likely to change throughout the semester.
  - **Currently, only students under the age of 11 are allowed to remove their face covering once properly spaced in the dance studio.** Older students should expect to wear a face covering that covers the nose and mouth completely for the entirety of their Arts Center activities until further notice. As per county regulations, if you are uncomfortable or unable to wear a face covering while on campus we encourage you to attend the offered Zoom classes.
  - All students are expected to arrive and leave wearing face coverings, as well as when they are moving through or outside of the dance studio.
- **ALL MAKEUP CLASSES MUST BE ARRANGED AHEAD OF TIME WITH THE DANCE OFFICE.**
- **Always maintain a 6-foot distance between other individuals.** Our dance spaces have been marked to help serve this policy.
- Students are expected to wash and/or sanitize their hands often.
- Please respect staff and signs regarding off-limit and closed areas.

# SCHOOL OF DANCE COURSE OFFERINGS

*“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

**\*\*Early Education Ages 3-6 are cancelled for the Spring 2021 first quarter.**

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 curriculum 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 vary by semester. They 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. Generally considered beginner level classes, introductory concepts of dance will be explored while surrounded by peers of a similar age and experience level.

### **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.

## **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, hip-hop, and character. Students in these classes will be assessed at the end of each school year to determine progress and problem areas within each individual's technique and practice.

### **EED 7/Pre-Ballet, Age 7-8**

Progressively more complex coordination, motor skills, conceptualization, musicality and ballet arts are introduced for each age group according to the students' developmental needs. 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 2-3, Ages 10+**

*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 4, Ages 11+**

*Prerequisite - Ballet 3 or 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 the instructor).

### **Ballet Levels 5-7**

*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.

### **Hip-Hop 1, Ages 8-12**

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".

### **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 the strength, flexibility, and musicality developed in Modern 1. 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 3-4**

*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**

*Prerequisite - Completion of Jazz 1/Consent of Instructor*

Building on Jazz 1 curriculum, focus is placed on 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.

### **Jazz 3-4**

*Prerequisite - Completion of Jazz 2/Consent of Instructor*

Focus is placed on 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.

## **ARTISTIC DIVISION**

### **Pathways in the Arts (open to Ballet Levels 4-7, or consent of instructor)**

Students will explore the possibilities of careers in dance and the arts, as well as how to keep dance a vibrant part of your life while you are pursuing another career. Students will learn about developing their brand as an artist, applying to college programs, securing a job, and learn the legal and financial aspects of the business of dance. In this class we emphasize the importance of building a life, not just a living, in the arts or any other career path they may pursue.

### **Gyrokinesis®, Ages 11+**

The Gyrokinesis® Method is an exercise system originally designed for dancers, but has widespread usage among non-dancers as well. Professional athletes practice this method to increase their range of motion and functional strength through rhythmic, flowing movement sequences. It balances increased freedom of movement and greater clarity and peace of mind. These exercises can be adapted to fit anyone's ability, including those recovering from injury and those living with a disability.

### **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.

### **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.

### **Performance Technique, Levels 5-7**

*Prerequisite - Ballet 5/Consent of Instructor*

This class is designed to equip students with a variety of tools to maximize their performance potential and stage presence. Students will learn mental techniques and strategies for enhancing their performance, learn how to develop artistry, study how to portray a character and how to reach an audience through movement.

## **FINANCIAL INFORMATION**

ALL ZOOM Classes will cost the flat rate of \$5 per class per week.

**Please note:** Tuition rates are subject to change pending return to in-person learning.

## **SPRING TUITION PAYMENT DATES**

The payment due dates for this quarter will be the first week of each month.

**1st Payment:** January 4-9, 2021

**2nd Payment:** February 1-6, 2021

**3rd Payment:** March 1-6, 2021

## **FEES**

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

### **Adult Ballet Program:**

\$60.00 for 5 Class Punch Card

\$120.00 for 10 Class Punch Card

**We can no longer offer the single drop in option for this class**, due to limited class sizes. Students need to purchase a punch card and complete a registration to reserve space, as we can only accept ten students per class for the spring semester.

### **Trial Classes for Spring 2021**

Regular trial classes are not available for the spring. Students wishing to try class before registering may request a Zoom link for classes that are not full in order to try a class before registering.

Additionally, families and students are welcome to schedule a meeting with the artistic director for a discussion of classes, trial assessment, and tour of our dance space.

Please contact us by phone or email to make these arrangements.

## **PAYMENT & CLASS CANCELLATION POLICY**

- **Spring Monthly Payment Plan:** The Spring 2021 quarter will be charged per class per month. Tuition costs may change pending a return to in-person learning.
- Students are not allowed to attend classes when payment has not been received. **We will pull students from class if a payment has not been made.**
- We reserve the right to cancel or combine classes that do not meet minimum enrollment needs
- 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 or credit for future classes.

## **DANCE CLASSES: IMPORTANT DATES**

<b>SPRING QUARTER</b>	(11 weeks)	Jan. 4-Mar. 20, 2020
Campus Closure (President's Day)	(School Closed)	Monday, Feb. 15, 2020
Spring Break	(no classes)	March 21-28, 2020

## **REGARDING SPRING PERFORMANCES**

At this time, it is our intention to hold our annual spring productions. However, in these uncertain times, many changes will have to be implemented in order for us to accommodate current policies and restrictions due to COVID-19. Further communication regarding our spring performances will be provided to enrolled students at a later date.



# **SCHOOL OF DANCE: GENERAL INFORMATION**

## **CONTACT AND LOCATION INFORMATION**

### **School of Dance office**

**Phone Number 719-295-7221**

**E-mail: [schoolofdance@sdca-arts.org](mailto:schoolofdance@sdca-arts.org)**

### **Office Hours (spring and fall):**

**The dance office will have varying hours depending on COVID-19 regulations.**

The Sangre de Cristo School of Dance is located on the first floor of the theater building, with the dance office located in the “box office”. Please use the contact information above for information regarding office hours, 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](mailto: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. Until further notice, our doors remain locked to reduce traffic due to COVID-19 concerns. In cases of emergencies, there is a buzzer outside of the blue door located between our south parking lot and front door or please contact the dance office.

An Arts Center staff member will always be present to make sure that all students are picked up from classes and rehearsals.

If anyone sees suspicious behavior, please let an Arts Center staff member know so they may contact security to investigate.

## **REPORTING ABSENCES AND TARDINESS**

Please contact the office either by phone or email to report whether a student will be late or absent from class due to illness or some other valid reason.

In regards to COVID-19, students who answer “yes” to either the health screening question, or exhibit a fever of 100.4F after 3 re-tests, will be sent home.

Makeup classes for missed classes will be available **by Zoom only** due to class size restrictions, and must be arranged through the dance office. **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 for class (hair pulled back into a clean tight bun, appropriate dress and shoes, water bottle).

At this time, our lobby spaces and seating areas outside of the studios are closed.

Due to traffic concerns and limits on class sizes, we cannot allow family members to wait inside our buildings.

## **WHAT TO BRING TO CLASS**

### **Students should be prepared for class with the following items:**

- Only a small bag of belongings. No large dance bags and extra items.
- Uniform as outlined in the dress code for the selected classes
- Water bottle - required, as our drinking fountains are currently closed except for our touchless water bottle refiller
- Street clothes (to be worn to and from class to prevent damage to uniform)
- Extra bobby pins and hair ties
- FOR GYROKINESIS: YOGA MAT

## **HAIR**

### **Long Hair**

- Ballet and Ballet-related classes: pulled back into a tight and neat bun secure enough to withstand head movement for turns
- Jazz/Modern/Contemporary/Hip-Hop: students may wear ponytails, but need to be prepared to pull hair into a bun immediately if a ballet class follows.

### **Short Hair**

- Must be pulled back away from the face, and secured with a headband or hair pins if needed to ensure that hair remains off the forehead, face, and back of the neck.

# **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](mailto:TheDancersOutlet@gmail.com)

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

Uniform requirements for the 2020-2021 year are the same as last year.

**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](http://dancewearcorner.com), [discountdance.com](http://discountdance.com), [amazon.com](http://amazon.com), [allaboutdance.com](http://allaboutdance.com)

# **EARLY EDUCATION AGE 7**

## **Girls**

- Black jazz pants or ankle length leggings
- So Danca Lilac Leotard SL-07  
CHILD
- So Danca Canvas Slipper SD16C  
PINK

## **Boys**

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

# BALLET

## ADULT BALLET

### **Women**

- Leotard or close fitting shirt
- Ballet slippers
- Leggings or tights
- You may wear dancewear if you have it

### **Men**

- Close fitting shirt
- Socks/black ballet slipper
- Sweatpants/leggings
- You may wear dancewear if you have it

## PRE-BALLET – LEVEL 3

### **Girls/Women**

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

### **Boys/Men**

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

## LEVELS 4-7

### **Girls/Women**

- Leotard options:
  - So Danca Lilac Leotard SL-07 child or SL-06 adult
  - Eurotard 44819 Women's in Purple
  - Motionwear 2535, 2572, 2736 in 474/Plum
- So Danca Tights TS82 PINK
- So Danca Canvas Slipper SD16 PINK

### **Boys/Men**

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

# HIP-HOP

## **All Students**

- White soled sneaker
- Loose fitting clothing

# MODERN/CONTEMPORARY

## **Girls/Women**

- A solid colored leotard (with a sports bra if appropriate)
- Black leggings, PLAIN with no print

- Black leggings/sweatpants
- White t-shirt
- Dance belt (if necessary)

## **Boys/Men**

# JAZZ 1-4

## **Girls/Women**

- Solid colored leotard (w/ sports bra if appropriate)
- Black leggings, PLAIN with no print
- Bloch Jazz Shoe SO401 in Black

## **Boys/Men**

- Black leggings/sweatpants
- White t-shirt
- Dance belt (if necessary)
- Bloch Jazz Shoe SO401 in Black

# OTHER LEVEL 4-7 ELECTIVES

## **Girls/Women**

- Solid colored leotard
- Black leggings
- Ballet: Pink ballet tights
- Ballet: General pink ballet slipper

## **Boys/Men**

- Black close-fitting sweatpants/leggings
- Fitted t-shirt
- Socks/black ballet shoes