

## Center for the Performing Arts – Ballet Intensive Program

### CLASS ATTENDANCE & UNIFORM POLICY

Since ballet is the hardest of all the dance disciplines in which to become proficient CPA requires that students registered for the ballet intensive program attend all of their classes each week, **unless they are seriously ill or injured**. This is a serious time commitment, not only for the student but also for the parents and should be reviewed & discussed carefully before registering for classes. Missing classes and rehearsals for social engagements is not permitted. Any absences will result with the student falling behind both in her class work as well as preparation for performances. In the event of serious illness or injury, the staff at CPA will work with the student to assist them in getting back on track to be able to perform at year's end, however, chronic absences from classes and/or rehearsals will result in the student potentially being removed from the choreography, and from the program if necessary.

The uniform policy for this program is as follows:

All levels will have a color coded dress code. Please email Jane if you are unsure of the appropriate color leotard and/or skirt.

All Ballet Intensive classes require clean pink tights (no rips/runs, please).

◦\*The required dance dresses will be available for purchase at CPA.

All students' hair **MUST** be worn in a bun, with hairnet and hairpins – **no exceptions!** If you are not sure how to make a bun, the ballet instructors will help your child learn to do this. The uniform and hair requirements are mandatory. It is part of the discipline of learning to be a responsible, mature dance student.

Notebooks are used in ballet class for vocabulary, corrections, dance history and choreography. Please purchase a (Mead) composition notebook for the first day of classes, and keep the notebook in your dance bag at all times.

### POINTE SHOE POLICY AND INFORMATION

All students interested in pursuing pointe are required to take a **minimum** of one year of Prepointe preparation, twice per week, in ballet. Summer ballet programs are available and strongly encouraged to help prepare the new ballet intensive student for pointe. Pointe work is quite difficult and can be painful, especially at the beginner level. Students with a good stretch to their foot, strong legs, ankles and back will be successful in progressing to pointe. These qualities are developed throughout the year in class, with rigorously repeated exercises; to develop the muscles needed to stand on pointe. As each student develops physically at different times it is impossible to predict an exact time frame to getting the approval to dance on pointe. Usually, the earliest age to start pointe work is 11 years old, provided all the preparatory work has taken place at CPA under the ballet intensive instructor's supervision. However, in some cases

students are much older than that when they are technically and physically ready for pointe. Parents will be notified of their child's progress and readiness to go onto pointe. Further instructions will be forwarded regarding types of pointe shoes to purchase, how to sew ribbons, how to protect their toes during pointe class, and where to purchase and be fitted for pointe shoes.

Please be advised that pointe work is not for every student. Some students find it too uncomfortable or painful to dance on pointe. At CPA, each student is encouraged to find the best way to express herself through dance whether it be with pointe work or our other dance programs offered in jazz, modern, hip hop, tap or ballet in soft slippers. We offer classes for every level of ability and commitment and encourage the student and parent to choose the appropriate class for their dance needs.

## **EXAMINATION INFORMATION**

For all students in the ballet intensive program, a written and practical examination is given once a year. These examinations serve a dual purpose; first to help the students learn to perform under pressure, as in an audition or performance; second for the instructor to gauge how well the students execute the steps learned during the year, and whether they have a grasp and understanding of the terminology and the written work as well. Students who pass both examinations with an average of 75 or better are promoted to the next level of difficulty for the following fall. A student who passes one exam and fails the other may be given a halfstep promotion, to be retained in her old class for one or more classes per week, as well as moving to the next level for one or more classes per week.

## **SYNOPSIS OF SYLLABI FOR BALLET LEVELS**

Level 1 (Beginning of Elementary Work): Introduces the correct placement of the body, legs, arms and head; correct execution of exercises facing the barre and in the centre; simple diagonal work is introduced, the 8 points of the studio and concepts of stagecraft are taught. Special attention is given to the coordination of head and arms for each exercise. The purpose of the first year is to build core strength in the torso and to develop the back, legs and feet. Approximate length of study for 2x per week class is 1 to 2 years.

Level 2 (Middle of Elementary Work): Continues with former exercises in increased number, as well as the addition of new exercises; halftoe work is introduced for some of these exercises; coordination between movements is stressed, and a greater concentration in centre work; pointe work is introduced for students with strong, welldeveloped turnout, arms, legs and feet. Approximate length of study for 2x per week class is 1-2 years.

Level 3 (End of Elementary Work): Increases the difficulty of exercises at the barre, and introduces the study of exercises on halftoe in the centre work; exercises are done en tournant (turning), tours on 1 leg are introduced, and the study of jumps from 2 feet to

one foot; pointe work is continued with more complicated exercises, including diagonal work and simple tours. Approximate length of study for 3x per week is 1 year.

Level 4 (Beginning of Intermediate Work): Introduces more complicated exercises at the barre with half and full turns on halftoe; the development of leg extensions and a smooth connection of movements of the arms, legs and body; centre work exercises continue on halftoe, with the addition of tours, tour lents and strengthening adagio exercises in preparation for the study of grand allegro (big jumps); pointe work becomes more complex, with the addition of enchainments from various classical ballet variations. Approximate length of study for 4x per week is 1 year.

## **SUMMER DANCE COMMITMENT**

Our Summer ballet intensive program runs for 4 weeks throughout the summer, and is an extension of our fall program. It is designed to allow our current students to maintain their level both technically and physically during the long summer break. For Level 1 & 2 students, a 4week minimum commitment to our Summer program is required in order for them to maintain their current level and advance to the next level with their class. For level 3 & 4 students, a 4 week commitment to the CPA Summer ballet intensive, or another approved ballet program\* is required. If a student is unable to attend our summer classes for the minimum requirement, they will be reevaluated before fall classes begin to determine where their level is at that time. After an evaluation, it is possible that they may need to start the new season at the previous level/class until they have regained their physical and technical level, and are strong enough to move on. This policy is for the student's physical well being, since it is impossible to proceed to the next level if no training has occurred for the entire 10week summer recess.