

# BALLET CNJ

## WINTER INTENSIVE

### *Program Information & Overview*

#### **PROGRAM OVERVIEW**

When: December 18th - December 22nd, 2023  
Monday - Friday  
5:00pm - 7:30pm

Where: BalletCNJ  
4 Tennis Ct,  
Hamilton Twp., NJ 08619  
(parking is available on premises)

#### **PROGRAM STRUCTURE & TUITION**

3 Separate levels

- Level 1 - ages 8-11
- Level 2 - ages 11-14
- Level 3 - ages 15 and up

Tuition (Full Program) - \$300

Tuition (Single Day) - \$65

#### **DRESS CODE & MATERIALS NEEDED**

- Girls
  - Black, simple design leotard
  - Ballet pink tights
  - Ballet shoes to match
  - Pointe shoes (if applicable)
  - Hair pulled back into a neat bun
- Boys
  - White fitted shirt (no loose fitting shirts)
  - Black tights
  - Black ballet shoes to match

## SAMPLE SCHEDULE & MATERIALS NEEDED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ballet Technique 5:00 - 6:30pm	Ballet Technique 5:00 - 6:30pm	Ballet Technique 5:00 - 6:30pm	Ballet Technique 5:00 - 6:30pm	Ballet Technique 5:00 - 6:30pm
Supplemental Class 6:30-7:30pm	Supplemental Class 6:30-7:30pm	Supplemental Class 6:30-7:30pm	Supplemental Class 6:30-7:30pm	Supplemental Class 6:30-7:30pm
Private Lesson 7:30-8:30pm	Private Lesson 7:30-8:30pm	Private Lesson 7:30-8:30pm	Private Lesson 7:30-8:30pm	Private Lesson 7:30-8:30pm

SUPPLEMENTAL CLASSES are determined by level placement and include: Pointe, Dance Conditioning, Dynamic Stretching, Men's Class (with sufficient enrollment), and Pilates.

- Materials Needed - Yoga mat and medium resistance Theraband

**\*A more detailed schedule will be sent closer to the program start date with level placement.**

## PRIVATE LESSON AVAILABILITY

There will be the opportunity for private lessons following the Winter Intensive each day from 7:30pm-8:30.

Availability is limited! Please see the directions below on how to schedule a private lesson:

- Send an email to [info@BalletCNJ.org](mailto:info@BalletCNJ.org) with your interest in a private lesson and which day you would like to schedule for
- Once your private lesson is scheduled, payment will be due.
- If the day you would like is not available, we will do our best to find an alternate option for you!
- Private Lesson Pricing: starting at \$80 per hour.

## HOW TO PREPARE FOR CLASS

- Please arrive 15 minutes early to warm up and stretch prior to class. Students who are late must respectfully and quietly wait for permission from the teacher in order to enter the class.
- Have a water bottle handy. Water bottles that can be closed are allowed.
- Students with no pointe shoes should be ready to do exercises in flat shoes.
- Please bring a Theraband of medium resistance and yoga mat everyday, even if it is not called for on the schedule. Teachers may choose to work on additional techniques that will require those materials.
- There will be cubbies available for students to store their belongings. Only items that are necessary for class should be brought in.
- Please follow the dress code as outlined above.
- Review classroom etiquette guidelines that will be provided via email.

## SCHOOL POLICIES & GUIDELINES

- Students should arrive 15 minutes prior to the start of his or her class. Students who are late must respectfully and quietly wait for permission from the teacher in order to enter the class.
- Students and parents should always be aware of the integrity and standard by which BalletCNJ operates. We strongly discourage the use of foul language and behavior on the premises. All students, parents, and visitors should be respectful to one another and help to create a positive environment.
- For any issues that may arise concerning students, parents, and teachers, BalletCNJ will be happy to set up a meeting in order to address a situation, create an understanding, and reach a suitable resolution. Specific conversations and conflicts should be addressed with the Directors/Teachers in a private matter and setting. BalletCNJ respects the privacy of all our students.
- BalletCNJ is not responsible for any lost or stolen items, however if an item is found it will be placed in a Lost and Found section or at the front desk for safe keeping.
- If inclement weather or any other circumstances should affect our regular class times and schedule, parents and students will be notified immediately of any changes. BalletCNJ will most likely follow the Hamilton Twp. Protocol on severe weather. Please check for email and/or website notifications.
- Gum, mobile devices, food, and beverages will not be allowed in the studios at any time. Closed water bottles are permitted.
- Students and parents may be suspended from classes or asked to leave the facility if they do not abide by the rules and/or display disrespectful behavior that jeopardizes the positive environment or other clientele.
- There are no deductions, refunds, or credits for missed classes. All payments are final. Please contact the front desk for further questions
  - Students who miss a class may come in for a ‘make-up’ class after Winter Break. Please contact the front desk to schedule this.
- In the case of returned check or insufficient funds, BalletCNJ will charge a fee of \$35.00
- School of Ballet Central New Jersey is not responsible for any person or student who may be injured in class or on the studio premises
- Any student enrolled or participating in any activity at the School of Ballet Central New Jersey acknowledges they are in good physical condition and are able to perform activities within the enrolled class or intensive. Any medical conditions must be made known prior to the start of class enrollment and are at the student’s own risk.
- The Party or individual responsible for the student participating is advised to provide medical insurance for the student or participant and will not hold the School of Ballet Central New Jersey and its agents, guests or employees liable in the event of any accident, injury or claim.
- In case of an emergency, and the emergency contact is not reachable, BalletCNJ will obtain emergency medical treatment or render aid for any injury that may occur while attending classes at the School of Ballet Central New Jersey or any related activities.