BALLET CNJ

SUMMER PROGRAMS



BalletCNJ

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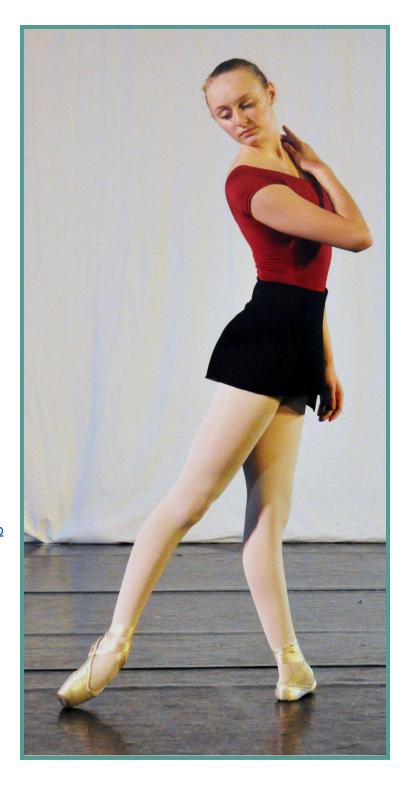
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SUMMER PROGRAMS

Summer Intensive - 2024

Overview

- July 8th August 10th
- Ages 10 19
- Monday Friday
- 9:30 am 3:30 pm
- NO Audition Required

BalletCNJ Summer Intensive is a full day program for aspiring ballet students. Students will be exposed to various styles and techniques to broaden their dance knowledge, while keeping a strong focus on pure classical ballet.

The program takes place and progresses over the period of 5 weeks, offering multiple daily classes. Students will have the flexibility to choose how many weeks of the program they would like to attend.

*BalletCNJ recommends students participate in all 5 weeks of the program to fully benefit from its progression in training. Students who do see the most improvement in their dancing, flexibility and strength.

No audition is required for this program. However, there are limited spots available to allow for more individual attention.

A non-refundable \$100 deposit is due at time of registration to secure your spot.

Pointe experience is not required, but it is a factor in level placement.

Classes Offered

Ballet Technique
Pointe / Pre-Prointe
Men's Class*
Character
Variations
Pas de Deux*
Conditioning
Jazz
Modern
Contemporary

BalletCNJ's Summer Intensive offers an array of classes to further students dance knowledge and movement vocabulary. The classes are designed to work together to supplement their ballet training, while encouraging students to explore different styles of dance.

Pointe/Pre-Pointe, Character, Variations, Men's* and Pas de Deux* classes will provide a deeper understanding of pure classical Ballet Technique. Conditioning classes will guide students through stretching and strengthening exercises to fine tune their bodies for more advanced movement, while preventing injuries. Jazz, Modern, and Contemporary classes will give students the opportunity to explore freedom of movement and to learn how to apply it to their classical performances.

^{*} Classes dependent on enrollment.

Educational Seminars

Students will have weekly Educational Seminars and explore the dancer lifestyle beyond the dance studio. These seminars will give students valuable information on topics like the history of dance and ballet, how to prevent injuries, dance resume writing, audition preparation, and more.

With a new topic each week, these seminars will give students the knowledge needed to take the next step in their dance journey with confidence.

Sample Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Ballet Technique	Jazz	Ballet Technique	Jazz	Ballet Technique	
(9:30 - 11:30 am)	(9:30 - 11:00 am)	(9:30 - 11:30 am)	(9:30 - 11:00 am)	(9:30 - 11:00 am)	
Pointe/Men's	Contemporary	Pointe/Men's	Contemporary	Pointe/Men's	
(11:30 - 12:30 pm)	(11:00 - 12:30 pm)	(11:30 - 12:30 pm)	(11:00 - 12:30 pm)	(11:00 - 12:00 pm)	
LUNCH BREAK					
Character	Ballet Technique	Variations	Ballet Technique	Pas de Deux/Variations	
(1:30 - 2:30 pm)	(1:30 - 3:00 pm)	(1:30 - 2:30 pm)	(1:30 - 3:00 pm)	(1:00 - 2:00 pm)	
Conditioning	Pointe/Men's	Conditioning	Pointe/Men's	Seminar	
(2:30 - 3:30 pm)	(3:00 - 3:30 pm)	(2:30 - 3:30 pm)	(3:00 - 3:30 pm)	(2:00 - 3:30 pm)	
Performance Workshop Offered in the last 3 weeks of the Summer Intensive (3:30 - 5:30 pm)					

^{*} This is a sample schedule for your reference. Schedule is subject to change according to level placement.

Level Placement

BalletCNJ Summer Intensive offers 2 to 3 levels for proper student placement to maximize learning, improvement, and retention of material.

Initial Level Placement will be determined according to the student's age and experience, as answered in the registration form.

To ensure students benefit the most from the summer intensive and have the best learning experience, teachers will continuously observe the students and make adjustments accordingly. During the intensive, students may be asked to move to the next level, stay in their current level, or be asked to move to a lower level. BalletCNJ will be more than happy to discuss any concerns regarding a student's Level Placement.

Performance Workshop - 2024



- July 22nd August 10th
- Performance on August 10th
- Ages 10 19
- Monday Friday
- 3:30 pm 5:30 pm
- NO Audition Required

BalletCNJ understands that having stage time and performance opportunities are when students will learn and improve the most. The Performance Workshop brings together the work students have done in their classes during the Summer Intensive and displays what they have learned and how much they have improved.

As a celebration of the Summer Intensive, students will be showcasing their talents and progress in various pieces and will enjoy:

- Performing classical ballet pieces as well as original works.
- Working with choreographers on original pieces.
- Having the opportunity to work directly with BalletCNJ directors.
- And having the opportunity to be selected for solo roles, if chosen.

Students who wish to participate in the Performance Workshop are required to attend the last 3 weeks of the Summer Intensive. Students are not allowed to miss any days of the Performance Workshop. Missing a day may result in a change of casting for the performance.

Performance Information

- August 10th, (Time TBD)
- Performance is held at BalletCNJ Theater Studio

^{*} A detailed schedule with rehearsal and performance time will be provided leading up to the performance date.



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Invitational Intensive - 2024

Overview

- August 12th August 17th
- Ages 10 19
- Monday Saturday / 10:00 am 5:00 pm
- Audition Required

The BalletCNJ Invitational Intensive is an INVITATION ONLY program, offered to students who are invited or accepted through an audition. This program is designed for intermediate and advanced students who wish to improve their skills in preparation for competitions and other opportunities. Students will work on the elements that will showcase their strengths, while addressing their weaknesses to build a well-rounded dancer for optimal performance quality. There are limited spots available so students can receive personalized attention in technique, conditioning, and strength training. Younger or older dancers may be considered for this program at the Director's discretion.

Benefits

- Individualized attention
- Strong focus on ballet technique to prepare for competitions
- Work on flexibility and the strength needed to support it
- Explore new and different movement qualities to build stage presence
- Experience BalletCNJ's award winning training methods
- Opportunity to work directly with BalletCNJ Directors

Classes Offered

- Ballet Technique
- Pointe
- Movement Exploration
- Conditioning & Stretch
- Classical Variations

Audition Information & Requirements

Dancers will have 2 opportunities to audition: in person or online submission. All dancers are encouraged to audition in person, as that will provide BalletCNJ with a better representation of who you are as a dancer. Online Audition Submission will be accepted as long as there are spots available after the in-person audition.

Audition Fee - \$35

In-Person Audition

- April 25th, 2023
- 5:00 7:00 pm
- Audition registration deadline April 23rd, 2024

Online Audition Submission

- Audition Registration Deadline August 2nd, 2024
- Required Material for Submission
 - 1st arabesque picture, de côté
 - o Tendu in second position picture, en face
 - o Relevé in second position (en pointe, if applicable), en face
 - YouTube Video link of most recent performance: Classical and/or Contemporary
- For picture, video, dress code guidelines, please (<u>CLICK HERE</u>) to visit the audition page for full information

GENERAL PROGRAM INFORMATION

Student Drop-off, Pick-up & Late Arrival Policy

Drop-off

Parents and guardians will be able to drop off students to BalletCNJ programs as early as 30 minutes prior to the start of the program. BalletCNJ encourages parents and students to arrive no later than 15 minutes to the start of their first class to allow for ample time to get ready. Once a class has started, all students who are late may be asked to observe class.

In the case a student must be dropped off earlier than 30 minutes, please communicate with the front desk with ample notice so arrangements can be made accordingly.

Pick-up

Parents and guardians will be expected to pick up their dancers on time. A 30 minute grace period following the end of programs will be given to allow students to gather their belongings and to be picked up. In case a parent/guardian will be late for pick-up, please make sure to contact the front desk via email or phone call so we may plan accordingly.

Late Arrival

Students who arrive late to class may be asked to observe. This is highly dependent on the work the teacher will be doing with the class. This is done to ensure the flow of the class is not disrupted, and to make sure the student who is late does not risk any injuries. Students who arrive late are not eligible for make-ups. BalletCNJ encourages parents and students to arrive no later than 15 minutes to the start of their first class to allow for ample time to get ready.

Student Wellness Policy

Upon registration, BalletCNJ will require a suitable and easily reachable emergency contact. This person will be contacted in the event of any severe injuries, illness, or if the student is showing any concerning symptoms.

Keeping all students' health and well being in mind, students will not be permitted in class if they have an injury or illness, or they may be asked to leave if they show any concerning symptoms. If the student is out for any injuries, illness, or for showing concerning symptoms, the individual must provide a doctor's note stating that they are permitted to return to classes.

BalletCNJ takes the well being and health of every student very seriously. In the case students display any concerning symptoms, whether from an injury or illness, immediate notification should be sent to BalletCNJ front desk via email with an explanation of the situation.

Locker Room & Locker Rentals

BalletCNJ offers lockers for rental during the summer programs. Students are encouraged to acquire a locker during their time in the Summer Programs. This avoids items needed for class being forgotten and makes getting ready in the morning easier for the student and their family.

There is a limited number of lockers available. Lockers will be rented on a first come first served basis.





\$15 per week

*Please <u>CLICK HERE</u> to review BalletCNJ's Summer Program Locker Room Rules & Guidelines.

Lunch Break

Students will have a supervised lunch break daily during BalletCNJ's Summer Programs. They will have access to BalletCNJ's lounge and kitchenette areas. They will also be able to get fresh air on our outside patio equipped with lunch tables, and picnic tables for additional seating.

Food and beverages will not be provided. Students are asked to bring their own lunch, snacks, and beverages to sustain energy and hydration throughout the day.

Our kitchenette provides access to a refrigerator to keep perishable food items cold and a microwave to heat up their lunch, if necessary. Water bottles will be available for purchase (\$1.00 per bottle) at the front desk.

Note: Since there are no food establishments in the immediate vicinity, and considering the school is located near busy intersections, students MUST come prepared to stay in the facility during the lunch break.







Absences & Make-ups

In the case of a student being absent from the Summer Intensive, absence notice of no less than 24 hours must be given via email to info@BalletCNJ.org.

- Make-ups are only allowed for the Summer Intensive weeks. A student will be permitted to make up a
 missed day of the Summer Intensive in a week for which they are not registered.
- Make-ups must be completed during the Summer Intensive.
- Students are not permitted to miss any days of the Performance Workshop or the Invitational Intensive. Therefore, make-ups are not allowed.
- There will be no credit, refund, or discounts for missed days.

Class Attire & Supplies

- * No warm-ups allowed in class.
- * Excessive jewelry is not allowed.
- * Hair must always be neat and away from the face.

BALLET

- LADIES Black Camisole leotard, convertible pink tights, pink ballet slippers, and hair in a neat bun.
- MEN Convertible black tights (footed with white socks), a white tight-fitted shirt, and white ballet shoes to match socks. If no socks, wear black shoes.

POINTE

• Pointe shoes must be sewn with ribbons and elastic. (Plan ahead as some girls go through several pairs in a short period of time) Pointe classes will be offered daily for students already en pointe!

CONDITIONING

• Dancers must provide their own exercise mat and students may be asked to bring the following: two therabands (one of least and the other of most resistance), and a tennis ball.

CONTEMPORARY/MODERN

Barefoot (Socks and other articles of dancewear may be worn if permitted by the teacher).

JAZZ

- LADIES Convertible tights and black jazz shoes. Black leggings are recommended.
- MEN Convertible black tights and black jazz shoes. Black jazz pants are recommended.

CHARACTER

- LADIES Pink tights and black leotard, black character skirt (24" in length), and black character shoes with 1.5" heel.
- MEN Black tights, white tight-fitted shirt, and black character shoes or black jazz shoes.

TUITION

Program	Tuition	
Summer Intensive	\$475 per week	
Performance Workshop	\$300	
Invitational Intensive	\$650	

Summer Intensive

- The Summer Intensive takes place and progresses over 5 weeks.
- A non-refundable \$100 deposit will be collected when you submit your registration to secure your spot.
- Tuition for EACH week is \$475.
- Students are encouraged to attend all 5 weeks to benefit from its progression in training.
- Full tuition is due by July 1st.

Performance Workshop

- The Performance Workshop takes place during the last 3 weeks of the Summer Intensive.
- Tuition is \$300 for ALL 3 weeks of the Performance Workshop.
- Students are required to participate in the last 3 weeks of the Summer Intensive to qualify for the Performance Workshop.
- Full tuition is due by July 1st.

Invitational Intensive

- Students must audition to be accepted into this program.
- Tuition is \$650 for the entire Invitational Intensive.
- A non-refundable \$35 audition fee will be collected when you submit your audition registration.
- Students are encouraged to audition in person. However, online audition submission will be available.
- Full tuition is due by August 1st.

Please <u>CLICK HERE</u> to review BalletCNJ's Tuition Policy.

REGISTRATION & PAYMENT

Registration

Summer Intensive & Performance Workshop

How to Register

- 1. Go to ADD LINK
- 2. Fill out the registration form in its entirety.
- 3. Select how many weeks of the summer intensive you plan to attend.
- 4. To select the Performance Workshop, you must also select the last 3 weeks of the Summer Intensive.
- 5. To submit your registration, you will be prompted to pay the \$100 non-refundable deposit.
- 6. After you submit your registration, BalletCNJ will contact you with a follow-up call during the time you selected in the registration form to answer any questions you might have and finalize payment.

Invitational Intensive

How to Register

- 1. Go to ADD LINK
- 2. Select whether you will be auditioning in person or submitting your audition material online.
- 3. Select the program for which you will be auditioning (Invitational Intensive).
- 4. Fill out the registration form in its entirety.
- 5. To submit your registration, you will be prompted to pay the \$35 non-refundable audition fee.
- 6. After you submit your registration, BalletCNJ will contact you during the time you selected in the registration form to answer any questions you might have.

Payment Plans

BalletCNJ offers customizable payment plan options for Summer Programs that are flexible and work with you and your budget.

- Payment plans are offered at a very low financing rate of 3%.
- Payment plan installments are collected automatically on the day of your choosing.
- Full tuition for Summer Programs must be paid by the due date stated under the <u>Tuition Section</u>. This means, the sooner you start your payment plan, the more options you will have.
- Registration deposit and audition fees will still be collected when submitting your registration.

If you would like to take advantage of BalletCNJ's payment plans, select the payment plan option in the registration form. During your follow-up call, we will go over payment plan details and options available to you.

Please **CLICK HERE** to review BalletCNJ's Payment Plan Policy.

BALLETCHJ SCHOOL POLICIES & GUIDELINES

School Policy

- All payments are non-refundable.
- 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.
- 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.
- BalletCNJ requests that parents and students communicate to the school about any absences, schedule conflicts, injuries, or illness with ample notice.
- Students are responsible for making up any missed classes and must notify the front desk. In some cases, students may be asked to provide a note written by his or her doctor or guardian. BalletCNJ permits dancers to take a class of the same level/style. Class make-up in other levels/programs must be approved by directors/teachers.
- Any and all missed classes must be made up during the current program.
- 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.
- In the case of a regular teacher's absence from his or her class, experienced and sufficient substitute teachers will carry on with classes and curriculum.
- 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 must wear appropriate dance attire suitable for their class. Classes will require proper form
 fitting attire for placement and alignment. Hair must be worn neatly and secured away from the face.
 Please, refer to our dress code guidelines information packet.
- 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.
- Individuals responsible for students are advised to provide medical insurance for the student or
 participant. In the case of emergencies where responsible parties/emergency contacts are not
 available, BalletCNJ will seek out medical treatment and/or render medical aid. A first aid kit will be
 available for any individuals on the premises. Students are advised to carry any prescribed medicine or
 medical devices that they may need during an emergency at all times.

Summer Program Tuition Policy

- All payments are non-refundable.
- Full Tuition payment is due by the first day of July for Summer Intensive and for Performance Workshop.
- Full Tuition payment is due by the first day of August for the Invitational Intensive.
- BalletCNJ will allow a 7 day grace period on tuition. If tuition is not paid by this time, it will be subject to a \$25.00 late fee.
- In the case of returned checks, insufficient funds, or unsuccessful transactions, BalletCNJ will charge a fee of \$25.00.
- If a student decides to drop, change programs, or in the case of a student leaving any program before its completion, BalletCNJ requires to be notified 30 days in advance. If notification isn't received at that time, parties will be billed the next tuition installment.
- There are no deductions, refunds, or credits for missed classes.
- Discounts are not allowed to be combined. Individual students are allowed 1 discount, whichever may be highest. Scholarship students are not eligible for additional discounts.
- An adjustment fee of \$25 will be charged for any credit card payment that is declined and/or unsuccessful.

Payment Plan Policy

- BalletCNJ requires families to sign up for Auto Pay in order to be eligible for Payment Plans. Auto Pay allows for your card information to be securely stored in an encrypted system with the credit card processing company.
- BalletCNJ does not store any financial information.
- Payment plans are offered at a very low financing rate of 3%.
- Upon signing up for Auto Pay and Payment Plans, you will gain access to your BalletCNJ account via the parent portal.
- In your Parent Portal account, you will be able to manage, update, and change the card on file whenever needed.
- Payment Plans are automatically debited on the day of your choosing from the card used to sign up for Auto Pay.
- Registration deposit and audition fees will still be collected when submitting your registration.
- An adjustment fee of \$25 will be charged for any credit card payment that is declined and/or unsuccessful.

Classroom Etiquette Guidelines

Classroom Etiquette are guidelines that make sure students benefit the most from their classes. These rules and guidelines are expected of all students. Teachers are encouraged to teach any new student who appears to not know these rules and expectations. Parents and guardians are encouraged to go over Classroom Etiquette with their dancers. If necessary, a group email or a handout can be sent to parents and students for further clarification.

Guidelines

Be on time - Being on time for class means you are at your spot and ready to start at least 5 minutes prior to the start of class

Warm up and stretch prior to class - Once in the classroom, make sure to bring your focus to the purpose of class. Warm up, stretch, and do any exercises to get ready for the start of class.

No talking during class - Avoid any distractions to yourself and others by talking out of place. You are always encouraged to ask questions pertaining to the class and the current exercise. Raise your hand and wait for the teacher to acknowledge you. Any unrelated questions or comments are not appropriate.

Late arrival - If for some reason you are late for class and class has already started, quietly step into class and wait by the door for permission from the teacher to come in and join the class. If a student is extremely late and has missed the proper warm up for class, teachers reserve the right to have the student sit out and observe the remainder of class. This is done to prevent any injuries.

Use the restroom before class - Make sure you use the restroom before coming into class. You should avoid leaving the class to not miss any exercises or corrections.

Leaving the classroom - If you must leave class, make sure you finish any exercise given. Do both right and left sides of the exercise. Once the exercise is finished, raise your hand and politely ask the teacher to leave. Returning into the classroom, you should wait by the door until the current exercise is finished and then join back in for the next exercise.

Water bottles and other items - You are allowed to bring a water bottle with you to class that can be closed. Also make sure you have everything you need for that particular class (e.g. floor mats, pointe shoes, etc.). The goal is: once you are in class, you should not leave unless it is absolutely necessary.

Body Language - Your body language is very important in class. Dance is an art form that uses body movement as a medium of communication. Crossing your arms, slouching, leaning on the walls or barres, watching the clock, yawning, etc., are all behaviors that make you seem uninterested and bored and are very rude in a classroom setting. Make sure you always have your best attitude for class.

Corrections - Every BalletCNJ teacher wants to make sure students do their best and corrections are a very important aspect of improving. As teachers move on with class and exercises, they will give corrections and explain movements. Students are expected to listen and participate in class by practicing those corrections when given. Corrections should be seen as a compliment, not as negative criticism. When corrections are given, it is because the teacher fully believes the students are ready to apply such corrections.

Taking turns in class - When taking turns during class in different groups, students should be respectful of those dancing and quietly wait for their turn to go. You are encouraged to practice any corrections given, go

over the exercise, and watch the other groups. However, make sure you are not in the way of anyone who is dancing or distracting them or the teacher.

No Outside Clothing or Electronics in the Studio - No outside clothing or electronics including phones, earbuds, etc. will be permitted in the studios. Please keep all warmups, jackets, sweats, electronics, etc. in the cubbies/locker rooms when in class.

Must Be Appropriately Dressed and Ready at the Start of Class - Once class begins you must be appropriately dressed and ready. Your hair must be pulled back neatly with no whisps. You should only have the accessories necessary for class. This includes mats, shoes, and a tennis ball, etc. Be sure you know what is required for the class and have it with you when you arrive.

Locker Room Rules & Guidelines

- All lockers are property of BalletCNJ, and locker use is a privilege.
- It is recommended that no valuables be stored or left in the dressing room during a student's class.
- BalletCNJ is not responsible for any items lost, stolen, or damaged.
- To maintain a healthy and sanitary environment, students may not leave food in the dressing rooms or leave used dance or street attire in their lockers.
- Use of a locker by a person other than to whom it is assigned is forbidden. No sharing is allowed.
- Misuse of a locker will result in termination of locker privileges without refund.
- BalletCNJ reserves the right to open a locker without the consent of the person to whom the locker is registered in instances where locker procedures are being abused or in the case of an emergency situation.
- Flammable materials, dangerous chemicals, explosives, or weapons of any kind are strictly prohibited inside the lockers.
- Perishable items, illegal or controlled substances, such as drugs or alcohol, are strictly prohibited inside the lockers.
- Students are not permitted to affix anything to the interior or exterior of their lockers. Any decoration must be removable.
- Your belongings must fit in your locker do not leave items on benches in the locker rooms.
- Students must empty out and clean their lockers at the end of their summer session (last Friday of classes).
- Any items left in lockers will be disposed of as garbage.
- Locker rental fee of \$15 per Summer Program week is due upon locker registration.
- Locks are provided by BalletCNJ. No personal locks are allowed to be used.
- In case a BalletCNJ lock is misplaced, lost, or not returned to BalletCNJ at the end of the term, there will be a \$75 replacement fee charged to the student's account.
- ALL PAYMENTS ARE FINAL AND NON-REFUNDABLE