



Summer Intensive 2024

de la DANCE CENTER

5141 Kennedy Ave
Cincinnati, Ohio 45213

Contact Information:

de la Team - Tuition, Registration, and General Info

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Meridith Benson, Academy Director - Program Curriculum

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Refund Policy

There will be NO refunds issued for any reason.

PLEASE READ THIS ENTIRE INFORMATION PACKET CAREFULLY.

Curriculum

Required classes for the Summer Intensive are held Monday through Friday (Tuesday through Thursday for Ballet 2), 9:30A.M. to 4:30P.M. Students receive **about** six hours of instruction each day. A general schedule will be provided before the program begins, and the weekly schedule will be posted the prior Friday. We are unable to provide a detailed weekly schedule before the intensive begins.

Dance Classes

- Ballet Technique
- Pointe
- Variations
- Pas de Deux (for Level A)
- Contemporary
- Stretch/Strength
- Drama/Mime
- Turns/Jumps
- Character
- Porte de bras

Seminar Classes

- Anatomy
- Dance History
- Video Analysis and Discussion
- French Terms/Vocabulary/Definitions
- Hair
- Makeup
- Journaling

Level Placement

Students accepted into the Summer Intensive will be placed in one of two levels— Level A and Level B—prior to the the start of the program. This is done to facilitate maximum growth during the program. **Level placement is at the sole discretion of the de la school directors and is final.**

Medical Care

Students are responsible for their own medical arrangements while at de la DANCE CENTER Summer Intensive.

- Required medications must be kept in the student's dance bag.
- Clearly label inhalers and prescriptions with the student's full name.
- Students requiring the use of an Epi-Pen for a severe allergies should ensure that it is clearly labeled and that directions are clear. **Please notify the office by indicating this on a medical form (available upon request).**

Dance Class Rules

- Be on time—make it a habit to arrive early to dance class **to warm up and stretch.**
- Any dancer more than **ten minutes** late will be asked to sit out of class.
- If you are late for class, please ask the teacher for permission before entering the class.
- **No talking in class**—please raise your hand.
- Hair should be neatly up at all times. (See dress code for details.)
- Follow the directions of the instructor.

- No leg- or body-warmers are allowed.
- No sitting in class unless you have been given permission by the teacher.
- Always ask for permission to leave class (i.e. to use the restroom, to get something from the dressing room, to leave class early).
- No chewing gum.
- No food or drinks (except water) in the studios at any time.
- Always thank your teacher at the end of class with a bow/curtsy or a verbal thank you.

Dress Code

Hair

- Dancers need to have their hair neatly up and away from their faces. Please wear hair in bun for class, using hair nets and pins. Girls that have short hair must find a way to pull it off their faces and tightly clip it down.

Girls

- Ballet Technique - black leotard, light pink convertible tights (worn inside the shoes and under leotards), light pink technique shoes, and pointe shoes (if on pointe), NO skirts please
- Variations - same as Ballet Technique with skirts allowed
- Character - character shoes (low heel), character skirts (long)
- Contemporary - black leotard, black or pink tights, short-sleeve or long-sleeve shirt, shorts or leggings (No cut-off or footless tights will be allowed in any class other than Contemporary.)
- Uniforms must be respected. No extra clothes and no excessive jewelry or watches will be allowed.

Boys

- Ballet Technique - tight-fitting white shirt, black tights or shorts, white socks, and black technique shoes
- Contemporary - tight-fitting white shirt, black tights or shorts
- Uniforms must be respected. No extra clothes and no excessive jewelry or watches will be allowed.

Lunch and Breaks

- Dancers will be given a 30- to 45-minute lunch break.
- Meals/snacks are **not** provided for students.
- It is recommended that students bring small lunch coolers from home. Refrigeration is not available for lunches.
- Students are not permitted to leave for lunch because of time constraints.
- There will be a short break between afternoon classes to prepare for last class.
- There will be a small snack bar for the purchase of drinks and light snacks.

Personal Belongings

- Keep personal belongings with you at all times for safe keeping. de la DANCE CENTER will not be responsible for any loss or theft. Lost and Found is located in the Pilates Room.
- Please use provided cubbies to store clothes and other items.

Attendance

Please note, this year, attendance is required at all four weeks of the intensive. As the dancers are progressing, there is much to learn, and an uninterrupted period of dancing over the summer is a huge benefit to their training.

- Attendance is required in **all** scheduled classes for a student's assigned level.
- Attendance is monitored, and excessive absences from any class may result in expulsion from the program (with no refund).
- Students should report all injuries, illnesses, or absences from any class to info@deladanceter.com.
- If you are injured you are still expected to attend the classes and observe, as much can be learned by watching. Refunds can not be given for injured dancers.

General Policies

- Cell phones and other electronic devices must be turned off or to silent mode while in the studio. Please leave phones in bags outside of the studio.
- Consumption of illegal substances or alcohol will not be tolerated while a student is in the de la DANCE CENTER Summer Intensive program.
- Students are expected to extend common courtesy and respect at all times. Disrespect, intolerance, and the use of foul language are not considered acceptable behavior for de la students and will not be tolerated.
- Do not wear lotion on bare legs as it makes the dance floor very slippery.

End of Intensive Demonstration

There will be a class demonstration open to parents the last week of the intensive.

de la DANCE CENTER Year-Round Opportunities

Students who wish to be considered for the Academy Division (Ballet 2 through Intermediate/Advanced Ballet) should schedule an appointment with Meridith Benson by e-mail to determine placement for the Fall Semester.