



2020 Summer Intensive

de la Dance Center

5141 Kennedy Ave
Cincinnati, Ohio 45213

Contacts:**De la Team - Tuition, Registration, and General Info**

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Office Phone: 513.871.0914

Meridith Benson, Academy Director - Program Curriculum

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REFUND POLICIES

We will refund payment for the Summer Intensive only if we can not hold the Intensive due to Corona Virus restrictions.

No refunds will be issued for amount of weeks signed up for. Once your down payment is made there will be no refund for changing the number of weeks that were previously committed to.

PLEASE READ THIS ENTIRE INFORMATION PACKET CAREFULLY

Parking Information

Free parking is available in our parking lot. There is ample space but parking is on a first come basis.

*Lobby/Parents

We ask Parents to stay out side of the lobby due to restrictions of numbers of people in one space. We are sorry for that inconvenience.

Curriculum

• Required classes for all levels of the Summer Intensive meet Monday through Friday. Students receive *about* 5 hours of instruction each day. A general schedule will be provided before the program begins. The weekly schedule will be posted the *prior* Friday. (We are unable to provide a detailed weekly schedule prior to the intensive.)

- Variations
- Pointe
- Contemporary
- Anatomy
- Stretch/Strength
- Drama
- Journaling
- History/videos
- Turns
- Jumps
- Seminars:
 - nutrition, anxiety/stress, physical therapy, core/strength training,

Summer Intensive Level Placement

Students accepted into the Summer Intensive will be placed in one of two levels - Intermediate or Advanced prior to the start of the program. **Level placement is at the sole discretion of the de la school director and will be final.**

Medical Care

- Students will be responsible for their own medical arrangements while at de la Dance Center Summer Intensive.
- Medications required while at the studio must be kept in the student's dance bag.
 - Clearly label inhalers/prescriptions with the student's full name.
 - Students requiring the use of an Epi-Pen for any severe allergy should make sure it is clearly labeled and directions are clear. **Please notify the Office in addition to this being indicated on medical forms.** (included with this packet)

General Information and Policies

- Dance Class Rules
 - Be on time - Make it a habit to arrive early to dance class **to stretch.**
 - Any dancer more than **10 minutes late** will be asked to sit out of class.
 - If you are late for class, please ask the teacher for permission to enter the class

- **No talking in class**, please raise your hand.
- Hair should be up at all times (see dress code for details)
- Follow directions of 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. for bathroom break, to get something in the dressing room, or to leave class early)
- No chewing gum.
- No food or drinks (except water) in studios.
- Always thank your teacher at the end of class with a bow/curtsy or a verbal thank you.

Safety Policies due to COVID -19

- Please come through the doors one at a time and distanced from each other.
- Temperatures will be taken as you enter the studio.
- There will be NO gathering in the lobby or lounges or dressing rooms.
- Put your bags and belongings in lounge and proceed to your place at the barres and stay.
- Stay 6 feet apart at all times.
- No touching each other or any other things in the studio.
- Please wash your hands frequently and use the hand sanitizer provided after touching anything.
- Please don't drink each others drinks.
- Lunch/snack for Group A will be eaten spread out away from each other in designated are. Please clean up after yourself

• **Lunch and Breaks**

- Meals/snacks are *not* provided for students.
- There will be a small snack bar for purchase of drinks and light snacks.
- 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.

• **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 dancers lounge.
- Please use cubbies provided to store clothes and other items.
- Do not wear lotion on bare legs . It makes the dance floor very slippery.

• **General Policies**

- Cell phones and other electronic devices must be turned off or to silent mode while in the studios.
- Please do not check your phones in class.
- 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 or the use of foul language is not considered acceptable behavior for de la students and will not be tolerated.
- Personal contact between couples must remain socially appropriate.

Attendance

- de la AP students are expected to take 5 weeks. No AP student is allowed less than 4 weeks of attendance in order to fulfill your AP status.
- To get the most of the intensive it is suggested you do not break up your dance weeks with a week off in the middle of the intensive. Please plan accordingly.
- Attendance is required in *all* scheduled classes for a student's assigned level.
- Attendance is monitored and excessive absences from class may result in expulsion from the program (with no refund).
- ALL de la AP students are expected full attendance or AP status in the Fall may be effected.
- 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. Much can be learned by watching. Refunds can not be given for inured dancers.**

Dress Code

- **Hair**
 - Dancers must always have their hair tight 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 their off their face and tightly clip it down.
- **Women**
 - Ballet - leotard of choice, light pink convertible tights, (tights worn inside the shoes and under the leotards, light pink technique shoes, and pointe shoes (if on pointe) NO skirts.
 - Contemporary- leotard, black or pink tights, short sleeve or long sleeve shirts
 - Variations - Any color leotard . Group A may wear skirts for Variations.
 - No cut-off or footless tights will be allowed in any class other than Contemporary.

- Uniforms must be respected. No extra clothes, no excessive jewelry or watches will be allowed.

- **Men**

- Ballet - 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, no excessive jewelry or watches will be allowed.

- We recommend Diana's Dancewear in Blue Ash, for your dance wear needs.

End of Intensive Demonstration - There will not be a class demonstration open to parents the last week of the intensive due to social distancing.

de la Dance Center Year-Round Opportunities

- Students who wish to be considered for the AP Academy Division (Levels 3 through 6) should schedule an appointment with Meridith Benson by e-mail regarding fall 2020 placement.