

# BALLET RINCON

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# SUMMER INTENSIVE & PRIMARY SESSION 2021

# DANCER INFORMATION PACKET

# **Preschool Movement Workshop ~ Ages 3-4yrs**

June 18<sup>th</sup>, 25<sup>th</sup>, July 2<sup>nd</sup>

Preschool Ages 3-4 (Participants must be age 3 by August 31, 2021 to enroll.)

Friday

9:00am-9:45am ANNEX STUDIO

<b>Theme:</b>
Underwater Fantasy

For our youngest dancers, ages 3-4, our dynamic Preschool Movement Workshop (PMW) Summer Session returns! Come explore the wonders of the deep ocean blue this summer with Ballet Rincon's PMW Underwater Fantasy. Designed as a fun and theatrical primer for our preschool ballet and tap dance programs, PMW encourages girls and boys to explore dance in the world around them while discovering all the wonderful ways their own bodies can move.

## **Dress Code & Grooming Information:**

Children should wear simple, moveable, fitted clothing, such as a ballet or gymnastics leotard with tights or athletic shorts, and leather ballet shoes. Costume-looking dress is not allowed in class. Hair must be secured from face.

## **COVID-19 In-Studio Summer 2021 Protocol:**

- BR COVID-19 policies and procedures will be enforced to support the health and safety of our students and families. Complete COVID-19 guidelines are posted in our studios and on our website. You can find them at [www.ballet-rincon.com](http://www.ballet-rincon.com) in the drop down menu under 'Our Studios'.
- All BR personnel, students and parents must wear face coverings while inside or on studio premises. Face coverings are required for children ages 4 and up.
- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class.
- Students will be supervised by their instructor for the entirety of their PMW scheduled activity period.

**All Students:** Bring a bottle of water each day.

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# Fairy Tale Ballet Workshop ~ PreBallet

June 15<sup>th</sup> – July 1<sup>st</sup>

PreBallet Ages 4-5 (Participants must be age 4 by August 31, 2021 to enroll.)

Tuesday & Thursday

9:00am-10:00am ANNEX STUDIO

## **Fairy Tale Ballet Sample Daily Schedule**

9:00-9:30am	Ballet Technique
9:30-9:40am	Story Time
9:40-10:00am	Creative Choreography

This magical young children's program features BR's comprehensive PreBallet instruction intertwined with cherished classical ballet stories. Using the structure of the classical ballet class combined with the fantasy of fairy tales, basic ballet steps and French ballet terms are developed naturally within the young dancer's vocabulary. In addition, this workshop includes fairy tale story time, pantomime and creative choreography.

### **Dress Code & Grooming Information:**

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

### **COVID-19 In-Studio Summer 2021 Protocol:**

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- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class.
- Students will be supervised by their instructor for the entirety of their scheduled FTBW activity period.

**All Students:** Bring a bottle of water each day.

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# **Invitation to Beginning Ballet ~ Ages 8+ yrs**

June 18<sup>th</sup>, 25<sup>th</sup>, July 2<sup>nd</sup>

Beginning Ballet Ages 8+ yrs (Participants must be age 8 by August 31, 2021 to enroll.)

Friday

11:00am-12:00pam ANNEX STUDIO

## **Beginning Ballet 8+ Sample Daily Schedule**

11:00-12:00pm	ABT Ballet Technique Class
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For beginner dancers ages 8+ yrs, we offer our Invitation to Beginning Ballet program. This beginning ballet class will explore our Level 1, Level 2 and Level 3 American Ballet Theatre (ABT) National Training Curriculum®, culminating with leveling placement for the Fall 2021/Spring 2022 Session.

### **Dress Code & Grooming Information:**

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

### **COVID-19 In-Studio Summer 2021 Protocol:**

- BR COVID-19 policies and procedures will be enforced to support the health and safety of our students and families. Complete COVID-19 guidelines are posted in our studios and on our website. You can find them at [www.ballet-rincon.com](http://www.ballet-rincon.com) in the drop down menu under 'Our Studios'.
- All BR personnel, students and parents must wear face coverings while inside or on studio premises. Face coverings are required for children ages 4 and up.
- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled Beginning Ballet activity period.

**All Students:** Bring a bottle of water each day.

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# Primary Training Intensive (PTI) Ballet Level 1

June 14<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 1 Ages 5-7 (Participants must be age 5 by August 31, 2021 to enroll.)

Monday & Wednesday

9:00am-10:00am ANNEX STUDIO

## **PTI Level 1 Sample Daily Schedule**

9:00-9:45am	Ballet Technique
9:45-10:00am	Creative Choreography

For dancers ages 5-7, we offer our Primary Training Ballet Level 1 program. PTI Level 1 will include the American Ballet Theatre (ABT) National Training Curriculum® Ballet Level 1 class and a whimsical movement Story Block culminating with creative dance-retelling of the beloved children's tale, *The Little Red Hen*.

## **Dress Code & Grooming Information:**

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

## **COVID-19 In-Studio Summer 2021 Protocol:**

- BR COVID-19 policies and procedures will be enforced to support the health and safety of our students and families. Complete COVID-19 guidelines are posted in our studios and on our website. You can find them at [www.ballet-rincon.com](http://www.ballet-rincon.com) in the drop down menu under 'Our Studios'.
- All BR personnel, students and parents must wear face coverings while inside or on studio premises. Face coverings are required for children ages 4 and up.
- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled PTI Level 1 activity period.

**All Students:** Bring a bottle of water each day.

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# Primary Training Intensive (PTI) Ballet Level 2

June 14<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 2 Ages 6-9

Monday & Wednesday

10:15am-12:00pm ANNEX STUDIO

PTI Level 2 Sample Daily Schedule	
10:15-11:10am	Ballet Technique
11:10-11:15am	Break
11:15-12:00pm	Jazz Technique

## Dress Code & Grooming Information:

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. All other classes require girls' long hair in a secure ponytail. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**Jazz (Girls & Boys):** Leotard, full fitted T-shirt or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Girls Jazz Shoes: Slip-on jazz shoe in tan recommended. Boys Jazz Shoes: Slip-on jazz shoe in black recommended. Ballet slippers may be worn.

## COVID-19 In-Studio Summer 2021 Protocol:

- BR COVID-19 policies and procedures will be enforced to support the health and safety of our students and families. Complete COVID-19 guidelines are posted in our studios and on our website. You can find them at [www.ballet-rincon.com](http://www.ballet-rincon.com) in the drop down menu under 'Our Studios'.
- All BR personnel, students and parents must wear face coverings while inside or on studio premises. Face coverings are required for children ages 4 and up.
- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled PTI Level 2 activity period.

**All Students:** Bring a bottle of water each day.

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# Primary Training Intensive (PTI) Ballet Level 3

June 15<sup>th</sup> – July 1<sup>st</sup>

Ballet Level 3 Ages 6-9

Tuesday & Thursday

10:15am-12:00pm ANNEX STUDIO

## **PTI Level 3 Sample Daily Schedule**

10:15-11:10am	Ballet Technique
11:10-11:15am	Break
11:15-12:00pm	Jazz Technique

### **Dress Code & Grooming Information:**

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. All other classes require girls' long hair in a secure ponytail. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**Jazz (Girls & Boys):** Leotard, full fitted T-shirt or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Girls Jazz Shoes: Slip-on jazz shoe in tan recommended. Boys Jazz Shoes: Slip-on jazz shoe in black recommended. Ballet slippers may be worn.

### **COVID-19 In-Studio Summer 2021 Protocol:**

- BR COVID-19 policies and procedures will be enforced to support the health and safety of our students and families. Complete COVID-19 guidelines are posted in our studios and on our website. You can find them at [www.ballet-rincon.com](http://www.ballet-rincon.com) in the drop down menu under 'Our Studios'.
- All BR personnel, students and parents must wear face coverings while inside or on studio premises. Face coverings are required for children ages 4 and up.
- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled PTI Level 3 activity period.

**All Students:** Bring a bottle of water each day.

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# Primary Training Intensive (PTI) Ballet Level 4

June 14<sup>th</sup> – July 2<sup>nd</sup>

Ballet Level 4 Ages 8-12 (In-Studio Presentation Friday, July 2<sup>nd</sup>; Must attend all 3 wks to participate.)

Monday – Friday

12:15pm-2:15pm ANNEX STUDIO

## **PTI Level 4 Sample Daily Schedule**

12:15-1:15pm	Ballet Technique
1:15-1:20pm	Break
1:20-2:15pm	Jazz Technique

## **Dress Code & Grooming Information:**

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. All other classes require girls' long hair in a secure ponytail. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**Jazz (Girls & Boys):** Leotard, full fitted T-shirt or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Girls Jazz Shoes: Slip-on jazz shoe in tan. Boys Jazz Shoes: Slip-on jazz shoe in black.

**Girls -REQUIRED Items for In-Studio Presentation Participants:** Tan tights; Black jazz shorts.

**Boys -REQUIRED Items for In-Studio Presentation Participants:** See Instructor.

## **COVID-19 In-Studio Summer 2021 Protocol:**

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- All BR personnel, students and parents must wear face coverings while inside or on studio premises. Face coverings are required for children ages 4 and up.
- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled PTI Level 4 activity period.

**All Students:** Bring a bottle of water each day.

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# Primary Training Intensive (PTI) Ballet Level 5

June 14<sup>th</sup> – July 2<sup>nd</sup>

Ballet Level 5 Ages 8-12 (In-Studio Presentation Friday, July 2<sup>nd</sup>; Must attend all 3 wks to participate.)

Monday – Friday

2:30pm-4:30pm ANNEX STUDIO

## **PTI Level 5 Sample Daily Schedule**

2:30-3:40pm	Ballet Technique
3:40-3:45pm	Break
3:45-4:30pm	Jazz Technique

### **Dress Code & Grooming Information:**

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. All other classes require girls' long hair in a secure ponytail. No jewelry but small stud earrings allowed.

**Ballet Boys:** Fitted clean white crew neck t-shirt (tucked in), black tights and/or black shorts for class, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**Jazz (Girls & Boys):** Leotard, full fitted T-shirt or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Girls Jazz Shoes: Slip-on jazz shoe in tan. Boys Jazz Shoes: Slip-on jazz shoe in black.

**Girls -REQUIRED Items for In-Studio Presentation Participants:** Tan tights; Black jazz shorts.

**Boys -REQUIRED Items for In-Studio Presentation Participants:** See Instructor.

### **COVID-19 In-Studio Summer 2021 Protocol:**

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- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled PTI Level 5 activity period.

**All Students:** Bring a bottle of water each day.

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# Advanced Training Intensive (ATI) Ballet Level 6

June 14<sup>th</sup> – July 2<sup>nd</sup>

Ballet Level 6 Ages 9-15 (In-Studio Presentation Friday, July 2<sup>nd</sup>; Must attend all 3 wks to participate.)

Monday – Friday

3:30pm-6:00pm MAIN STUDIO

ATI Ballet Level 6 Sample Daily Schedule	
3:30-4:45pm	Ballet Technique
4:45-4:50pm	Break
4:50-6:00pm	AT Disciplines–Modern/Jazz; Rehearsal

## Dress Code & Grooming Information:

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. No jewelry but small stud earrings allowed.

**Ballet Boys:** Hanes Beefy-T fitted clean and pressed white crew neck t-shirt (tucked in), black tights and/or black shorts, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**AT Disciplines Girls – Modern/Jazz:** Leotard, full fitted T-shirt, or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Slip-on jazz shoe in tan required.

Hair: Long hair in a secure ponytail.

**REQUIRED Items for In-Studio Presentation Participants:** Tan tights; Black jazz shorts.

**AT Disciplines Boys – Modern/Jazz:** - Black Hanes Beefy-T shirt or full fitted T-shirt, black jazz pants or black jazz shorts, black tights or socks, black slip-on jazz shoe.

**REQUIRED Items for In-Studio Presentation Participants:** See Instructor.

## COVID-19 In-Studio Summer 2021 Protocol:

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- All BR personnel, students and parents must wear face coverings while inside or on studio premises.

Face coverings are required for children ages 4 and up.

- For classes with students ages five and under:

- Adult family representative must be present either in-studio or in lobby.

- Adults must wear face coverings.

- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.

- Students will be supervised by their instructor for the entirety of their scheduled activity period.

**All Students:** Bring a bottle of water each day.

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# Advanced Training Intensive (ATI) Ballet Level 7

June 14<sup>th</sup> – July 2<sup>nd</sup>

Ballet Level 7 Ages 9-15 (In-Studio Presentation Friday, July 2<sup>nd</sup>; Must attend all 3 wks to participate.)

Monday – Friday

12:15pm-3:15pm MAIN STUDIO

ATI Ballet Level 7 Sample Daily Schedule	
12:15-2:00pm	Ballet Technique
2:00-2:05pm	Break
2:05-3:15pm	AT Disciplines–Stage Craft/Modern/Jazz/Hip Hop

## Dress Code & Grooming Information:

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. No jewelry but small stud earrings allowed.

**Ballet Boys:** Hanes Beefy-T fitted clean and pressed white crew neck t-shirt (tucked in), black tights and/or black shorts, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**AT Disciplines Girls – Modern/Jazz/Hip Hop:** Leotard, full fitted T-shirt, or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Slip-on jazz shoe in tan required. Sneakers may be worn for Hip Hop (clean pair).  
Hair: Long hair in a secure ponytail.

**REQUIRED Items for In-Studio Presentation Participants:** Tan tights; Black jazz shorts.

**AT Disciplines Boys – Modern/Jazz/Hip Hop:** - Black Hanes Beefy-T shirt or full fitted T-shirt, black jazz pants or black jazz shorts, black tights or socks, black slip-on jazz shoe. Sneakers may be worn for Hip Hop (clean pair).

**REQUIRED Items for In-Studio Presentation Participants:** See Instructor.

## COVID-19 In-Studio Summer 2021 Protocol:

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  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled activity period.

**All Students:** Bring a bottle of water each day.

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# Advanced Training Intensive (ATI) Ballet Level 8-10

June 14<sup>th</sup> – July 2<sup>nd</sup>

Ballet Level 8-10 Ages 13-18 (In-Studio Presentation Friday, July 2<sup>nd</sup>; Must attend all 3 wks to participate.)

Monday – Friday

9:00am-12:00pm MAIN STUDIO

ATI Ballet Level 8-10 Sample Daily Schedule	
9:00-10:30am	Ballet Technique
10:30-10:35am	Break
10:35-12:00pm	AT Disciplines–Stage Craft/Modern/Jazz/Hip Hop

## Dress Code & Grooming Information:

**Ballet Girls:** Black leotard, pink tights, pink ballet slippers. Hair: Long hair must be pinned securely in a bun for class. Short hair must be secured from face. No jewelry but small stud earrings allowed.

**Ballet Boys:** Hanes Beefy-T fitted clean and pressed white crew neck t-shirt (tucked in), black tights and/or black shorts, black ballet shoes. Hair: Short hair must be trimmed from face and neck. Long hair must be secured in a ponytail for class.

**AT Disciplines Girls – Modern/Jazz/Hip Hop:** Leotard, full fitted T-shirt, or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts. Slip-on jazz shoe in tan required. Sneakers may be worn for Hip Hop (clean pair).  
Hair: Long hair in a secure ponytail.

**REQUIRED Items for In-Studio Presentation Participants:** Tan tights; Black jazz shorts.

**AT Disciplines Boys – Modern/Jazz/Hip Hop:** - Black Hanes Beefy-T shirt or full fitted T-shirt, black jazz pants or black jazz shorts, black tights or socks, black slip-on jazz shoe. Sneakers may be worn for Hip Hop (clean pair).

**REQUIRED Items for In-Studio Presentation Participants:** See Instructor.

## COVID-19 In-Studio Summer 2021 Protocol:

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- For classes with students ages five and under:
  - Adult family representative must be present either in-studio or in lobby.
  - Adults must wear face coverings.
- Students may arrive no earlier than 5 minutes before their scheduled class. Please collect your dancer promptly at the end of their scheduled activity period.
- Students will be supervised by their instructor for the entirety of their scheduled activity period.

**All Students:** Bring a bottle of water each day.

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