

# BALLET RINCON

---



# SUMMER INTENSIVE & PRIMARY SESSION 2023

# DANCER INFORMATION PACKET



# **Fairy Tale Ballet Workshop (FTBW) ~ PreBallet**

June 12<sup>th</sup> – June 21<sup>st</sup>

PreBallet Ages 4-5 (Participants must be age 4 by August 31, 2023 to enroll.)

Monday & Wednesday

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 (no attached skirt), 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.

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

---

# Primary Training Intensive (PTI) Ballet Level 1

June 12<sup>th</sup> – June 21<sup>st</sup>

Ballet Level 1 Ages 5-7 (Participants must be age 5 by August 31, 2023 to enroll.)

Monday & Wednesday

10:15am-11:30am ANNEX STUDIO

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

10:15-11:00am	Ballet Technique
11:00-11:05	Break
11:05-11:30am	Jazz Technique

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, a whimsical movement Story Block culminating with creative dance-retelling of the beloved children's tale *The Little Red Hen* and a Jazz Level 1 class exploring movement foundations and terminology of American Jazz.

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

**Ballet Girls:** Black leotard (no attached skirt), 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.

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

---

# Primary Training Intensive (PTI) Ballet Level 2 & 3

June 13<sup>th</sup> – June 29<sup>th</sup>

Ballet Level 2 & 3 Ages 6-9

Tuesday & Thursday

9:00am-10:30am ANNEX STUDIO

## **PTI Level 2 & 3 Sample Daily Schedule**

9:00-9:55am	Ballet Technique
9:55-10:00am	Break
10:00-10:30am	Jazz Technique

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

**Ballet Girls:** Black leotard (no attached skirt), 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.

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

---

# Primary Training Intensive (PTI) Ballet Level 4

June 12<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 4 Ages 8-12 (SI Recital June 30<sup>th</sup> – COMPLETE session participants only) \*

Monday – Friday

12:00pm-2:00pm ANNEX STUDIO

PTI Level 4 Sample Daily Schedule	
12:00-12:55pm	Ballet Technique
12:55-1:00pm	Break
1:00-1:30pm	Rehearsal
1:30-2:00pm	Jazz Technique

## Dress Code & Grooming Information:

**\* Recital Participants - Please also refer to Pages 11-13 for Recital Dancewear Requirements and Recital Dancewear Order Form; Purchase Required)**

**Ballet Girls:** Black leotard (no attached skirt), 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.

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

## Summer Intensive 2023 Recital Information:

- Our Summer Intensive Recital (Eligibility for Complete Intensive Students Levels 4-10 only) will be held on Friday, June 30<sup>th</sup>, at 6:30 pm, at the Vail Theatre of the Arts, on the campus of Empire High School.
  - The mandatory rehearsal for this performance will be held on Friday, June 30<sup>th</sup> at 3:00 pm.
  - The auditorium will open for seating at 6:00 pm.
  - General Admission recital tickets are \$14.00 if pre-purchased during office hours the week of June 26th, and \$16.00 if purchased at the door on June 30th.
-

# Primary Training Intensive (PTI) Ballet Level 5

June 12<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 5 Ages 8-12 (SI Recital June 30<sup>th</sup> – COMPLETE session participants only) \*

Monday – Friday

2:00pm-4:45pm ANNEX STUDIO

<b>PTI Level 5 Sample Daily Schedule</b>	
2:00-2:45pm	Jazz Technique
2:45-2:50pm	Break
2:50-4:00pm	Ballet Technique
4:00-4:45pm	Rehearsal

## Dress Code & Grooming Information:

**\* Recital Participants - Please also refer to Pages 11-13 for Recital Dancewear Requirements and Recital Dancewear Order Form; Purchase Required)**

**Ballet Girls:** Black leotard (no attached skirt), 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.

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

## Summer Intensive 2023 Recital Information:

- Our Summer Intensive Recital (Eligibility for Complete Intensive Students Levels 4-10 only) will be held on Friday, June 30<sup>th</sup>, at 6:30 pm, at the Vail Theatre of the Arts, on the campus of Empire High School.
  - The mandatory rehearsal for this performance will be held on Friday, June 30<sup>th</sup> at 3:00 pm.
  - The auditorium will open for seating at 6:00 pm.
  - General Admission recital tickets are \$14.00 if pre-purchased during office hours the week of June 26th, and \$16.00 if purchased at the door on June 30th.
-

# Advanced Training Intensive (ATI) Ballet Level 6

June 12<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 6 Ages 9-15 (SI Recital June 30<sup>th</sup> – COMPLETE session participants only) \*

Monday – Friday

3:30pm-6:30pm MAIN STUDIO

ATI Ballet Level 6 Sample Daily Schedule	
3:30-5:00pm	Ballet Technique
5:00-5:45pm	Ballet Rehearsal
5:45-6:30pm	Jazz

## Dress Code & Grooming Information:

**\* Recital Participants - Please also refer to Pages 11-13 for Recital Dancewear Requirements and Recital Dancewear Order Form; Purchase Required)**

**Ballet Girls:** Black leotard (no attached skirt), 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 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.

**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.

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

## Summer Intensive 2023 Recital Information:

- Our Summer Intensive Recital (Eligibility for Complete Intensive Students Levels 4-10 only) will be held on Friday, June 30<sup>th</sup>, at 6:30 pm, at the Vail Theatre of the Arts, on the campus of Empire High School.
  - The mandatory rehearsal for this performance will be held on Friday, June 30<sup>th</sup> at 3:00 pm.
  - The auditorium will open for seating at 6:00 pm.
  - General Admission recital tickets are \$14.00 if pre-purchased during office hours the week of June 26th, and \$16.00 if purchased at the door on June 30th.
-



# Advanced Training Intensive (ATI) Ballet Level 7

June 12<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 7 Ages 12-16 (SI Recital June 30<sup>th</sup> – COMPLETE session participants only) \*

Monday – Friday

12:15pm-3:15pm MAIN STUDIO

<b>ATI Ballet Level 7 Sample Daily Schedule</b>	
12:15-1:00pm	West African/American Ballroom - Rhythm
1:00-2:30pm	Ballet Technique/Pointe
2:30-3:15pm	Ballet Rehearsal

## Dress Code & Grooming Information:

**\* Recital Participants - Please also refer to Pages 11-13 for Recital Dancewear Requirements and Recital Dancewear Order Form; Purchase Required)**

**Ballet Girls:** Black leotard (no attached skirt), 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 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:** Leotard, full fitted T-shirt, or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts.  
Hair: Long hair in a secure ponytail.

**AT Disciplines Boys:** - Fitted clean and pressed black crew neck t-shirt (tucked in), black jazz pants or black jazz shorts.

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

## Summer Intensive 2023 Recital Information:

- Our Summer Intensive Recital (Eligibility for Complete Intensive Students Levels 4-10 only) will be held on Friday, June 30<sup>th</sup>, at 6:30 pm, at the Vail Theatre of the Arts, on the campus of Empire High School.
  - The mandatory rehearsal for this performance will be held on Friday, June 30<sup>th</sup> at 3:00 pm.
  - The auditorium will open for seating at 6:00 pm.
  - General Admission recital tickets are \$14.00 if pre-purchased during office hours the week of June 26th, and \$16.00 if purchased at the door on June 30th.
-

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

June 12<sup>th</sup> – June 30<sup>th</sup>

Ballet Level 8-10 Ages 13-18 (SI Recital June 30<sup>th</sup> – COMPLETE session participants only) \*

Monday – Friday

8:30am-12:15pm MAIN STUDIO

<b>ATI Ballet Level 8-10 Sample Daily Schedule</b>	
8:30-10:15am	Ballet Technique/Pointe
10:15-11:15am	Ballet Rehearsal
11:15-12:15pm	West African/ American Ballroom-Rhythm

## Dress Code & Grooming Information:

**\* Recital Participants - Please also refer to Pages 11-13 for Recital Dancewear Requirements and Recital Dancewear Order Form; Purchase Required)**

**Ballet Girls:** Black leotard (no attached skirt), 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 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:** Leotard, full fitted T-shirt, or full fitted tank top. Tights, jazz pants, capri jazz pants or full-coverage dance shorts.

Hair: Long hair in a secure ponytail.

**AT Disciplines Boys:** - Fitted clean and pressed black crew neck t-shirt (tucked in), black jazz pants or black jazz shorts.

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

## Summer Intensive 2023 Recital Information:

- Our Summer Intensive Recital (Eligibility for Complete Intensive Students Levels 4-10 only) will be held on Friday, June 30<sup>th</sup>, at 6:30 pm, at the Vail Theatre of the Arts, on the campus of Empire High School.
  - The mandatory rehearsal for this performance will be held on Friday, June 30<sup>th</sup> at 3:00 pm.
  - The auditorium will open for seating at 6:00 pm.
  - General Admission recital tickets are \$14.00 if pre-purchased during office hours the week of June 26th, and \$16.00 if purchased at the door on June 30th.
-

■ ■ ■ **Summer Intensive 2023 Recital Dancewear Order Form (for Girls)** ■ ■ ■  
**Required for SI Complete Participants Levels 4-10**

**SI Recital Dancewear Purchase:**

**Due Date: April 3<sup>rd</sup>, 2023.** Orders received **after April 3<sup>rd</sup>** will incur a **\$15 Late Fee.**

SI Recital Dancewear Purchase for Summer Intensive 2023 will be done **Online Only** through the BR Family Account Module using: <https://www.thestudiodirector.com/balletrincon/portal.jsp>

Please measure and select dancewear size carefully! Once size has been selected, enter BR Family Account Module and select 'Triple-bar' to access Full Menu.

Look for Section titled **Online Store.**

Select '**Search On-line Store**'

This will take you to the On-line Store section:

- Pick from the list of items: Dancewear
- Or Search: Dancewear by Type (Leo; Skirt; Leggings)

Payment of Dancewear **required** to complete Online ordering process. (Email confirmation will be sent).

Leotard Style Selection: **\*\*REQUIRED\*\*** - purchase through BR online store is required

**SI Complete Levels 4 – 10**

**Style: Classic Pinch Front Camisole Leotard**

**Price: Child \$28    Adult \$32**

**Size Selected: (Circle One)**

Child:    SC        MC        LC        XLC

Adult:    PA        SA        MA        LA        XLA    XXLA



Accessories Selection (Skirt & Leggings): **\*\*REQUIRED\*\*** - purchase through BR online store is optional\*

\*must be like style, in good repair and approved by instructor first week of SI classes.

**SI Complete Levels 4 – 10**

Style: Ballet Wrap Skirt

Price: Child \$20    Adult \$24

Size Selected: (Circle One)

Child: SC/MC    LC/XLC

Adult: SA/MA    LA/XLA



**SI Complete Levels 4 – 10**

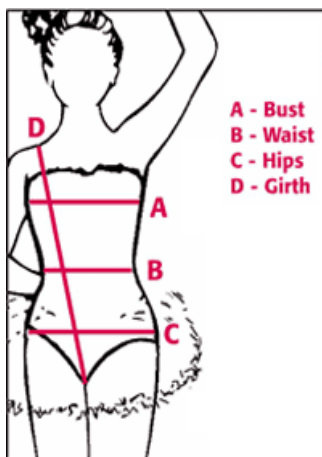
Style: Performance Leggings

Price: Child \$36    Adult \$40

Size Selected: (Circle One)

Child: SC    MC    LC    XLC

Adult: SA    MA    LA    XLA



**A - Bust**  
**B - Waist**  
**C - Hips**  
**D - Girth**

Bust: Measure across back and around fullest part of bust.  
 Waist: Measure around the natural waist.  
 Hips: Measure around the widest part of the hips.  
 Girth: Measure from the center of one shoulder, down through crotch, and back up to same shoulder. (A complete circle.)  
 Inseam: Measure down the inside of leg from the crotch down to the bottom of the ankle.

**FEMALE MEASUREMENTS**

	T/XSC	SC	MC	LC	XLC	XXLC	PA	SA	MA	LA	XLA	XXLA
BUST	21-23	24-26	27-29	30-32	33-35	35-37	31-33	33-35	35-37	38-40	41-43	44-48
WAIST	18-20	21-22	23-24	25-26	27-30	31-34	24-26	24-26	27-29	30-32	33-35	36-42
HIPS	22-24	25-27	28-30	31-33	34-37	38-40	32-34	34-36	37-39	40-42	43-45	46-51
GIRTH	37-39	40-43	44-48	49-52	53-55	56-58	53-57	55-58	59-61	62-64	65-67	68-70
INSEAM	18	20	25	28	28	28	30	31	32	33	33	33

**• Summer Intensive 2023 Recital Dancewear Recommendations (for Boys) •**  
**Required for SI Complete Participants Levels 4-10**

We recommend that boys dancewear be purchased from Discount Dance Supply or similar style. You may choose to wear already purchased dancewear. It must be in good repair and approved by the instructor the first week of Summer Intensive classes. See recommendations below.

**Recital Top: Color Black**     [https://www.discountdance.com/dancewear/style\\_N7085.html](https://www.discountdance.com/dancewear/style_N7085.html)  
**Men's Short Sleeve Shirt**     **Style: N7085**



**Recital Pants: Color Black**     [https://www.discountdance.com/dancewear/style\\_LUB304M.html](https://www.discountdance.com/dancewear/style_LUB304M.html)  
**Men's "Emanual" Microfiber High Waist Dance Legging**     **Style: LUB304M**

