



## SUMMER INTENSIVE SCHEDULE & CLASS DESCRIPTIONS

### JUNIOR DIVISION SUMMER INTENSIVE (AGES 12-15)

*All classes are conducted in accordance with the National Standards for Dance Education.*

The Junior Division Summer Intensive is strategically designed to advance the artistic and technical skills of intermediate/advanced/pre-professional dancers ages 12 to 15 with at least 3 years of training in ballet and modern. The Intensive runs from 11am to 6pm Monday through Friday for a period of three (3) weeks. **Students may participate in one, two or three weeks of the Intensive.** All programs conclude with a student concert, wherein participants showcase work developed over the course of the Intensive; **only students who attend the full three-week Intensive may participate in the final student concert.** The weekly Intensive schedule is as follows:

#### **MONDAY, JULY 5 – FRIDAY JULY 23, 2010**

11:00 AM – 12:30 PM: Intermediate/Advanced Ballet (Mon, Wed, Fri) with Optional Pointe (Tue, Thur)

This class progressively moves through the full range of exercises that require larger, more expansive movements that test the student's strength and stability. Higher extensions, multiple *pirouettes*, *petit allegro* with *batterie*, *grand allegro* and quick transfer of weight and the power of the legs and body are emphasized. Pointe work for (approved) female students is available during the last half-hour of class on Tuesdays and Thursdays. Female students not yet ready for pointe and male students participate in exercises that develop ankle strength and balance during the last half-hour of class on Tuesdays and Thursdays. **Dress:** Black ballet attire with ballet slippers; pointe shoes (for approved female students). No jewelry and hair pulled away from face.

12:30 – 1:30 PM: Intermediate/Advanced Horton or Graham-based Modern

**Horton:** The warm-up in this level includes exercises to stretch and strengthen the legs, hips and spine. The center floor-work includes studies which require the dancers to remember long sequences of movements, counts and dynamics. The combinations of movements across the floor will musically and technically challenge the dancer to learn movement quickly. The combinations include material just introduced as well as vocabulary learned in the other levels. Performance aspects of dance are emphasized. **Graham:** This class continues to build strength with an awareness of the torso as the center and initiator of all movement. Spiral, contraction and release exercises become longer and more complex, using the legs more often. Opposition and weight shifts are emphasized, building a stronger movement vocabulary, increased dynamic range and more control. Standing work in the center develops more stamina, balance, control, flexibility and expanded sense of movement through extended combinations with contraction and release, leg extensions, *plié* series and shifts of weight. Longer traveling combinations use difficult rhythms and contracting spirals along with more complicated movement phrases that call for dramatic expressiveness, use of weight and musicality. Performance aspects of dance are emphasized. **Dress:** All black dance attire; footwear is not required. No jewelry and hair pulled away from face.

1:30 – 2:15 PM: Lunch with dance film, dialogue or presentation

During lunch, students rest and dine while expanding their cultural understanding of dance through unique film presentations, artistic dialogues and special performances from professional dancers. **Dress:** All black dance attire; footwear is not required. No jewelry and hair pulled away from face.

2:15 – 3:45 PM: Rotating disciplines of contemporary, jazz, hip hop, cultural dance and specialty movement labs

Students will participate in intermediate/advanced classes, labs and workshops focused on creative, technical and academic disciplines. In addition to participating in contemporary, jazz, hip hop and cultural dance (African, Indian, Spanish) workshops, students will expand movement vocabulary, improve confidence and further develop performance quality through choreography, improvisation and partnering labs. Supplemental dance history lessons foster the student's understanding of the origin of ballet, modern, jazz and other dance forms. **Dress:** All black dance attire; socks/sneakers for hip hop and jazz shoes for jazz, barefoot for all other disciplines. No jewelry and hair pulled away from face.

CONTINUED →

### 3:45 – 4:30 PM: Body Conditioning and Flexibility

This class is based on the Pilates exercise method of mind/body control. The emphasis is on alignment, placement, posture and injury prevention. The class is conducted with gentle music, utilizing rhythmical repetitions and flowing movements. Concentration on body awareness, anatomy, correct body usage and breath control result in a strong, toned and fully functioning body. The class includes a guided flexibility routine based on the principles of the Alexander Technique and Somatic Release, wherein students learn self-stretching and self-massage techniques. **Dress:** All black dance attire; footwear is not required. No jewelry and hair pulled away from face.

### 4:30 – 6:00 PM: Concert Preparation

Students use this time to integrate concepts and skills learned during the day into a final showcase, to be formally presented at the end of the Intensive. This class is led by the artistic director and structured as a professional company rehearsal. **Dress:** All black dance attire; footwear is not required. No jewelry and hair pulled away from face.

### 7:00 PM Friday, July 23, 2010 at the Winter Park Playhouse in Winter Park, FL: Final Student Concert

Students who have completed the entire three-week Intensive may participate in the final concert, wherein work developed over the course of the Intensive will be publicly showcased. Students will also receive final evaluations at this time. There are no additional costs or fees to participate. Tickets to the concert are \$10 and will be made available to friends, family and the general public at the top of each Intensive. **Dress:** All black dance attire; footwear is not required. No jewelry and hair pulled away from face. **Makeup:** Natural earth tones, applied for stage.

#### **TUITION AND FEES**

One-time registration fee (all students): \$20  
Any single week: \$160  
Any two weeks: \$320  
All three weeks: \$450

Call (407) 695-8366 to inquire about family discounts.

Tuition Policy: Tuition and fees must be paid in full prior to attendance. Missed days from intensives cannot be made-up and tuition is non-refundable.

#### **REGISTRATION**

Students may register for one or more weeks in each three-week Dance Camp in any of the following ways:

**ONLINE:** [www.TheCenterForDance.org](http://www.TheCenterForDance.org)

**PHONE:** (407) 695-8366

**MAIL:** Download registration forms and materials at [www.TheCenterForDance.org](http://www.TheCenterForDance.org) and mail with payment.

**IN PERSON:** Visit The Center for Contemporary Dance at 3580 Aloma Avenue #7, Winter Park FL 32792. Administrative hours: 2-8pm Mon-Thu, 10am-3pm Sat.

#### **WHAT TO BRING**

Bottled drinking water will be provided by The Center. Students should bring the following each day of the Intensive:

1. Bagged lunch and healthy snacks\*
2. Towel
3. Notebook/journal
4. Several changes of dance clothes
5. Any necessary personal items, including toiletries and medications

\*There is a 7-11 less than one block from The Center where students may purchase snacks/lunch during break time.

#### **WHAT TO WEAR**

Students should wear all black dance attire to the Intensive. Acceptable black dancewear includes:

1. Women: Leotards, tights and wrap skirts (ballet).
2. Men: Form fitting t-shirts, tank tops and pants (ballet)
3. Men/Women: Choice of form fitting t-shirts, tank tops, pants, leotards, unitards, etc. (all other disciplines)
4. Footwear: Nude/black ballet slippers for ballet; pointe shoes (women approved for pointe); socks/sneakers for hip hop; jazz shoes for jazz; all other disciplines are conducted barefoot though foot thongs may be used.