

Colorado Conservatory of Dance School Handbook 2020-2021

*We unleash individual potential and
invigorate community through dance.*

Contact Information

CCD Staff

Richard Cowden
Executive Director

Julia Wilkinson Manley
Artistic Director

Jenna Gragg
Production and Technical Manager

Kerry Healy
Administrator, Social Media Coordinator

Michael Hinton
Conservatory Manager

Rachel Long
Communications Coordinator

Julia Meng
Controller & Rehearsal Director

Rachel Newbury
Community Education Coordinator

Marnie Rundiks
Conservatory Docent

Momo Sakai
Administrator

Sue Sakai
Costume Supervisor

2020-2021 Performance Season

Sensory-Friendly Nutcracker – Dec 10, 2020

The Nutcracker – Dec 11, 12 & 13, 2020

DanceFound - TBD

Young Choreographers' Showcase – March
20 & 21, 2021

*Sensory-Friendly Cinderella and the Evil
Stepmother* – May 6, 2021

World Premiere:
*Dominic Walsh's Cinderella and the Evil
Stepmother* – May 7 & 8, 2021

Children's Ballet Gala – May 15, 2021

Ballet Expressions Gala – May 15, 2021

Primary-PPP Gala – June 5, 2021

Compass Coaching Premiers – June 19, 2021

Summer Moving Project – July 31, 2021

*All dates are subject to change due to COVID-19 Safety Protocols

Faculty

Julia Wilkinson Manley
Julia Meng

-with-

Carly Hambridge

Chris Harris

Kerry Healy

Jennifer Howard

Rae Johnson

Page Jenkins

Karin Johnson

Lizanne McAdams-Graham

Roberto Muñoz

Elizabeth Nesbitt

Maree ReMalia

Ashley Paige Romines

Momo Sakai

Jamie Schuler

Karen Shanley

Morgan Sicklick

Heather Sutton

Dominic Walsh

Board

Cindy Ward, *Chair*

David Manley, *Vice Chair*

Lauren Hafila, *Secretary*

Kelli Bentzinger, *Treasurer*

Angela Landrum, *Member*

Kristen Manning, *Member*

Joleen Mossoni Polk, *Member*

Timothy Schafer, *Member*

2020-2021 Season

38-Week Session

August 24, 2020-June 12, 2021

Fall/Spring Office Hours

Monday-Friday 10am-8pm

Saturday 8am-2pm

Main Contact Information

303.466.5685

info@ccdance.org

www.ccdance.org

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***Please know that all policies and practices are first guided by COVID-19 while under this current pandemic. Please visit our website at www.ccdance.org for all up to date information relating to performance dates, times, locations and current facility guidelines and procedures.**

Colorado Conservatory of Dance is a
501(c)3 non-profit organization.
Our Federal ID # is
46-2691115



About Us

Who we are

CCD believes in a better life through dance. We understand the importance, and scarcity, of high-quality arts education. We begin our contribution and dedication to better lives through dance in our Broomfield studios. We teach dance in a healthy, caring, and nurturing way by listening, seeing, and fulfilling the needs of all of our dance students—both children and adults. CCD gives the same great training and commitment to students who dance purely for the joy of it as it does to those who have career aspirations.

We continue our commitment beyond our Broomfield location through our thriving community programs. We seek to heighten education, deepen self-esteem, and further the art of dance in a fun and engaging way. We make a real and important impact for and with our community and enrich the future of arts education.

Move2Learn

We work with the faculty and administration at low-income schools in local communities to reinforce curricular goals—like gravity, electromagnetic waves, literacy, history, and more—through dance. These schools, many of which are deemed Title 1 schools because of the high percentage of students whose families are low-income, require a great deal of assistance from the federal government to make sure all kids meet the state academic standards.

In-school anti-bullying performances

In 2006, CCD Artistic Director Julia Wilkinson Manley partnered with Creating Caring Communities to build a dance-based syllabus and performance to help schools teach anti-bullying to their students. Since that time, CCD’s Anti-Bullying Programs have been performed for more than 35,000 elementary aged children.

Dance Classes for kids with special needs

Ballet Expressions, an inclusive dance program co-developed by dance movement therapist Heather Sutton, uses a specifically designed adaptive curriculum to provide children of all abilities with a therapeutic dance experience. Students gain increased body awareness, develop fundamental motor skills and flexibility, improve self-esteem, concentration and focus, and have fun expressing themselves creatively. Students have their very own performance at the end of the year in our CCD Studio Theatre.

Performances for those with special needs

CCD offers a sensory-friendly version of its acclaimed production of *The Nutcracker*. With gorgeous sets, choreography, and international guest stars, thousands of families come to enjoy our production every season. For many families who have a loved one with special needs, this holiday tradition can be a struggle, if not impossible.

Why we fundraise

Our fundraising efforts help to produce top-quality performances and support the programs described above so we can provide access to dance to as many members of the community as possible.

Faculty and Guest Teachers

Our faculty is comprised of dance experts who have extensive professional experience and/or advanced degrees in dance performance and pedagogy. For a full list of our faculty bios and guest teachers, visit <https://ccdance.org/faculty/>.

About Us

How you can support CCD

There are many ways you can support CCD: donating, attending our performances, Volunteering, becoming a Sponsor, or Advertising with Us! Check our website for all the ways you can support this growing non-profit organization.

Community Guild

Our Community Guild is a group of parents and adult students that work with CCD Staff to help create and maintain a caring and involved community. If you wish to be a part of this group of individuals, please contact Diane Scott at dianers@yahoo.com or Jennifer Howard at jenniferlane@gmail.com.

Mission

At Colorado Conservatory of Dance, we unleash individual potential and invigorate community through dance.

Vision

The Colorado Conservatory of Dance will be a responsible and stable national model of excellence in dance, health & wellness, and non-profit management.

Values

With direction, purpose, and intent, the Colorado Conservatory of Dance creates a healthy and generous environment where students, parents and community members are nurtured and encouraged to develop their most creative and fulfilled selves. We responsibly pursue our mission with high standards and high expectations. We value mentorship and partnership, and we believe that dance should be available and accessible to all.

Diversity, Equity, and Inclusion

Colorado Conservatory of Dance stands with black, brown, indigenous and LGBTQ peoples. We believe in respect for all voices, in the value of creativity, in the power of art, and in treating other humans with dignity and kindness. We will not be silent. We will use our platform and voice to change this world and end racism. CCD would like to acknowledge we reside on the traditional territory of the Arapaho, Ute, and Sioux Tribes. #BlackLivesMatter

Questions?

Visit our website at
ccdance.org
or email info@ccdance.org

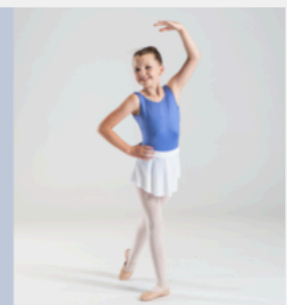


Tuition Information

Tuition Policy

- CCD's season begins mid-August and runs 38 non-consecutive weeks as outlined by the school calendar. Tuition is calculated in 10 equal monthly installments.
- Tuition is due the 1st of each month.
- Tuition received after the 5th of the month will result in a \$35 late fee.
- To un-enroll, the Front Desk must be notified by the 15th of the month prior to un-enrollment.
- Additional fees may be assessed each month the payment is overdue.
- Tuition installments can be paid by check, cash, or Visa/MasterCard. Other credit cards will not be accepted. Monthly auto-payments can be set up through DanceStudio-Pro or by contacting the front desk.
- Pay monthly installments by cash, check or ACH and receive a 3% discount.
- Returned checks will result in a \$35 charge.
- Accounts past due on the 10th of the month will result in immediate suspension from classes until finances are settled.
- All accounts must be current for a student to participate in any CCD production, performance or rehearsal.
- CCD will not refund or credit paid tuition. Exceptions may be made in the case of serious injury accompanied by a doctor's note.
- Punch Cards are non-refundable and may not be used after expiration date.

Pay monthly
installments by cash,
check, or ACH to
receive a 3% discount



Level Placement

Level Placement

- CCD believes in nurturing each student as an individual, carefully cultivating and crafting their education every step of the way. We believe in investing ourselves in each student, so they feel seen and cared about. To facilitate this, each student is individually assessed when they first start taking classes with us, and we continue to oversee their progress throughout the year, providing evaluations periodically to the dancer and their family.
- Our ballet training is based on a mixture of the English RAD system, the Italian Cecchetti method, and the French System. Our 'neutral', kinesthetically healthy technique builds great strength and versatility. Our students also sometimes study Progressing Ballet Technique, Anatomy, and History, in addition to Jazz, Modern, and Contemporary to build diversity in their technique and performances.
- Class placements are based on skill level and attainment of curriculum goals, rather than age.
- All placements are determined by the Artistic Director and/or the Artistic Leadership Team. Placement will continue to be monitored by the Artistic Director and the dancer's Faculty Advisor.
- Students may spend multiple years in each level before advancing to the next level.
- Students who do not take the recommended number of classes per week can expect to spend more time in each level in order to solidify technique.
- Summer placements will remain the same as the prior calendar year. Fall placements will come out in July.
- New in 2020-2021, CCD will pilot a "Faculty Advisor" program. Faculty Advisors will provide guidance to each student, making sure they are getting what they need from their classes, but also to make sure that they are taking the classes they will need to ultimately reach their personal goals.

To ensure the safety of ALL our dancers, please remember to wear street clothing when entering and exiting the building



School Policies & Info

We believe that dance is for everyone. In order to foster an environment where anyone feels welcome, we have set policies on student conduct and attendance. We also have some helpful clothing and hair guidelines, and we hope to answer any frequently asked questions.

Attendance & Punctuality

- Please submit an Absence Report online at <https://ccdance.org/report-an-absence/> to notify the front desk if a dancer will not be able to attend class.
- Please notify the front desk ahead of time if a dancer will be late or needs to be dismissed early. The front desk will notify the instructor.
- Due to risk of injury, students may be asked to observe if they arrive more than 10 minutes late to class. This is for your student's safety.
- Gala attendance requirements are strictly enforced and are outlined in our Gala information packet, which is distributed mid-January.
- Any missed classes are eligible to make up within 4 weeks of the absence for all enrolled students.
- Make-up classes may be made up in the same level or lower.
- No tuition credits or refunds will be given for absences or missed classes.
- Accelerate classes may be made up in Intermediate 1.

Observing Classes

- Minimal distractions are essential for an optimal classroom experience. Therefore, viewing windows are kept closed during all classes, with the exception of viewing weeks.
- Viewing weeks are the first full week of every month and are listed on our school calendar, as well as our monthly newsletter. Parents are welcome to observe through the observation windows during viewing weeks.
- Please "check in" from time to time, rather than standing at the window for the full length of the class to avoid crowding and blocked hallways.
- Do not pull chairs or other furniture up to windows.
- Our walls are not soundproof – please keep conversations quiet while observing.
- Artistic Director must give permission to videotape or photograph classes.

Use of Facility

- Use the dressing rooms for changing – do not change in the restrooms.
- You may use the dress code with which you identify. A gender-neutral bathroom/changing area is available and belongings may be stored in our general-purpose lockers.
- Parents of young dancers, please help your dancers change in the dressing rooms – do not change in the lobby or hallway.
- Dads with daughters and moms with sons who need help dressing – please use the family restroom for changing in order to avoid discomfort and embarrassment of other students.
- If your teacher is not in the studio, wait quietly in the hallway until he/she arrives.

School Policies & Class Size

Food & Drink

- Please be sure to eat healthy meals and snacks prior to arriving for class.
- You may bring food and drinks into the dressing room as long as you clean up all crumbs, papers, and spills and throw away any trash.
- No gum, candy, or food inside the studios.
- No drinks except for water bottles inside the studios.
- Healthy snacks are available for purchase at the front desk.

Personal Belongings

- Keep all personal belongings in tidy order and keep the dressing room and lobby neat.
- Mark all belongings (including shoes and dance bags) with your full name.
- Do not use, take, or touch others' belongings without permission.
- Leave all valuable items and large amounts of money at home to avoid any risk of loss or theft.
- Colorado Conservatory of Dance is not liable for lost, stolen, or damaged personal property.

We are committed to every student. To ensure that we provide the highest quality dance instruction and attention, we limit our class sizes. Classes with fewer than 6 students may be cancelled.

Maximum Class Sizes

- Dance with Me – 10 children & their caregivers
- Ballet Expressions – 10 students
- Early Dance Division – 10 ballet students; Tap – 15 students
- Primary Division – 15 students
- Intermediate, Advanced/PPP Division Ballet – 20 students
- Accelerate! – 20 students
- Classes incorporating more than two levels – 25 students

**Viewing Week
is the first full week
of each month***

*As we adhere to the COVID-19 Safety Protocols, our lobby will be closed.



School Policies Continued

Student Expectations

- To create an optimal learning environment, allow your teacher to facilitate an orderly process. It's helpful for dancers to raise their hands to ask questions or make an observation.
- Conduct yourself at all times in a positive, cooperative way and follow the rules of the school.
- Give your full attention to the teacher in class without socializing.
- Refrain from hanging or leaning on barres, touching the mirrors and touching the stereo equipment.
- Students may not enter a studio without the permission of a teacher.
- You may not sit down or leave the studio without the instructor's permission.
- Please use the restroom before and after class to avoid leaving class for bathroom breaks.
- Show respect and encouragement for all fellow dancers in the school.
- Act as a role model for younger dancers.
- No running through hallways.
- Do not use, touch, or play with others' belongings without permission.

Lost and Found

- Unclaimed clothing items are collected nightly and added to the lost and found box, located in the female dressing room, as that is where there is adequate space to do so. If you do not use this dressing room, please ask the front desk to check for you.
- Valuable items and pointe shoes are held at the front desk.
- Unclaimed items will be donated to charity monthly.

Accessories

Watches, bracelets, necklaces and large earrings are a safety hazard and are not permitted in class – small, secure earrings are okay. Students who wear necklaces, bracelets, or other jewelry to class will be asked to remove it. CCD is not responsible for jewelry removed during class, so it is best to leave it at home.

Entering and exiting the building

Even though we are all very comfortable wearing dance wear here in our building, dancers should always enter or leave the facility wearing street clothes, as not doing so can attract unsavory characters to our beloved facility. Please, for your dancer's personal safety, and that of our entire CCD Community, be sure he/she wears street clothes and shoes over his/her/their dance wear or changes in the dressing rooms.

Warm-Up Clothes

Warm-ups and other clothes cover up students' instruments and make it hard for teachers to see their technique and physical needs. Therefore, no warm-ups, skirts, shorts, shirts or street wear in any ballet class. Warm-ups and other clothing are allowed for floor work in classes like Body Conditioning and Pilates, and they may be permitted by jazz, modern, and contemporary teachers in certain circumstances.

Community Programs

Move2Learn Elementary School Partnerships

Colorado Conservatory of Dance's Title 1 Elementary Partnerships bring curriculum integrated arts education experiences to nearly 4,000 students in seven public schools in high-need neighborhoods each year. CCD's 8-10 session residencies reach two separate grade levels at each school which we partner with, providing the opportunity for students to gain confidence through an in-depth process that merges dance with each school's specific curricular priorities.

After-School Ballet

Colorado Conservatory of Dance strives to extend its mission of providing a better life through dance into its community by offering world-class ballet training to local elementary schools. These year-long weekly classes cover the fundamentals of ballet while providing students with an understanding of the art forms roots and vocabulary. Students will then have the opportunity to participate in a culminating performance created specifically for their individual group.

Anti-Bullying Programs

Since 2006, Colorado Conservatory of Dance has presented interactive performances using dance to engage elementary-aged children in thoughtful and engaging conversation about bullying. These presentations have taken many forms – from ballets based on classic children's books such as *The Ugly Duckling*, *Madeline Stands Tall*, and *Have you Filled a Bucket Today*, to an original anti-bullying program titled *It All Starts Somewhere* choreographed by student choreographer Sarah Jannsen. Since its inception, our anti-bullying programs have been seen by over 30,000 school children across the Denver metro area.

Mount Saint Vincent Home

Colorado Conservatory of Dance works with Mount Saint Vincent Home, a Denver-based treatment center for children with severe behavioral and emotional challenges due to mental illness, trauma, abuse, or neglect. Students learn methodical, forgiving, ballet technique in combination with creative movement for self-expression, and these dancers get to perform 2-3 times per calendar year.

Through our Community Education Programs, we strive to further our vision of unleashing individual potential and invigorating our community through dance with excellence and inclusion.



Performance Opportunities

CCD believes in valuable, life-changing art through dance, and our 2020-2021 season will bring that belief to the forefront with a diverse, stirring, and inspiring blend of productions featuring the region's finest young performers. The Conservatory is the home of the future of American dance, and our performance season gives audiences the rare opportunity to see tomorrow's greatest dancers—today.

Due to the current climate of COVID-19, we strive to be able to continue to offer these performances for our students and patrons. If humanly possible, CCD will uphold our "the show must go on" ethic by leveraging our collective creativity and spirit of innovation to provide performance opportunities however we can—live, reduced audience size with social distancing, outdoor, streaming, video, or anything else we can dream up to keep our dancers dancing. That said, we ask for your patience and flexibility—all performance dates, times, and locations are subject to change depending upon our ability to ensure the health and safety of all involved.

Nutcracker Suite – December 10 (Sensory-Friendly), 11, 12 & 13, 2020

We are planning a reimagining of our traditional *Nutcracker* with a slightly smaller cast size and scope in order to accommodate as many dancers as possible while allowing for gathering-size regulations that limit the size of our audience, as well as promoting effective, safe social distancing among the cast. But rest assured, this year's version will be as stirring and luscious as ever.

DanceFound – Early Spring Performance

This show allows professionals, amateurs, and adult dance enthusiasts to express themselves through the art they love, and to share it with the world through a beautifully curated performance.

Young Choreographers Showcase – March 20 & 21, 2021

Innovative dance works created by the choreographers of tomorrow.

World Premiere: Dominic Walsh's *Cinderella* – May 6 (Sensory-Friendly) 7 & 8, 2021

Step into an enchanted, heart-warming retelling of this centuries-old tale, with a sumptuous new production choreographed by world-renowned choreographer Dominic Walsh. Spanning both classical and contemporary styles of ballet, this revolutionary approach to a classic story explores poignant themes of hope, courage, and survival as it dives deep into not only the magic of the tale, but the very human factors that find its characters struggling to navigate a challenging, morally ambivalent world. Truly spell-binding storytelling from a master of the craft.

Children's Ballet Gala – May 15, 2021

Children's Ballet students are invited to perform for friends and family in a celebration of their accomplishments at the end of the season. Our youngest performers gain their first back-stage and on-stage experience in a short, entertaining performance in CCD's Studio Theatre, followed by a celebration with friends, family and teachers.

Performance Opportunities

Ballet Expressions Gala – May 15, 2021

Our Ballet Expression students are invited to perform for friends and family in a celebration of their accomplishments at the end of the season. This performance is held in CCD's Studio Theatre, followed by a celebration with friends, family and Heather Sutton.

Gala – June 5, 2021

Each spring, dancers at all levels come together for a celebration of the tremendous work they've put in throughout the year. Rather than a typical "dance recital," CCD uses its Gala performances to showcase the development of each dancer involved, to heap praise upon the accomplishments of dancers, volunteers, and families, and to send our graduating students into the world with love and joy. We also host a very special Gala at CCD's Studio 1 performance space for Ballet Expressions and Children's Ballet students.

Summer Moving Project – July 31, 2021

CCD's Summer Intensive training programs are renowned for providing pre- and early professional dancers with the opportunity to present innovative and challenging work to a community audience through our Summer Moving Project. This one-of-a-kind performance gives audience members the chance to witness the emergence of the next generation of great American dancers in the intimate environs of the Broomfield Auditorium.

Performances for those with special needs

CCD is proud to offer sensory-friendly performances of both our *Nutcracker* and *Cinderella* productions this season. These performances allow audience members with special needs to attend in an environment that's curated just for them—lower sound levels, dim lighting in the house throughout the performance, and plenty of space to move around as they see fit. We only offer half the seats in the audience—and for free or significantly discounted ticket prices—so the experience can be freeing, enjoyable, and memorable to our guests of honor.

Did you know that students ages 7 and up are eligible to audition for CCD's *Nutcracker Suite*?



General Hair Guidelines

General Philosophy

Our hair requirements are a part of our dress code and are based on classical standards for ballet training. Improper hairstyles are not only messy, they actually interfere with training. Students feel pride in themselves when their hair is neat and done well.

Expectations

- Girls/ladies hair should be pulled away from the face into a secure bun. No bangs. Short hair must be kept from the face using barrettes or pins. Headbands are not allowed until the Advanced Division.
- Students in Children's Ballet and Primary 1 & 2 may wear their hair in ponytails.
- For boys/men, hair should be neat and away from the face. Long hair must be pulled into a ponytail. Bangs must be secured back.
- We recommend keeping a separate bag with a brush/comb, bobby pins, elastics, clips and hairnets in the dancer's dance bag, along with hairspray/gel.
- Girls with short hair need to pull hair back with clips – headbands are not permitted until the Advanced Division.
- When hair is long enough to put into a ponytail, it must be put into a bun.
- Students will be asked to correct hairstyle violations prior to class.
- If there are ongoing concerns with student hair, he/she will be asked to sit out of class when not in code.

Needing Help?

- We know it can be tricky learning to put hair in a bun, and we are happy to help you. Just ask at the front desk.
- Times before and after class can be very busy for the front desk, so please leave adequate time for help with hair.
- While we are happy to help, you are responsible for your hair.
- Please do not make a habit of depending on staff to do your hair.

CCD's YouTube Hair & Gala Makeup Videos

- CCD Bun: https://www.youtube.com/watch?v=Qhp1kA_84hI
- CCD AirBun: <https://www.youtube.com/watch?v=g3hasR5E0NE>
- CCD Gala Makeup: <https://www.youtube.com/watch?v=3ChBVnJTMiY&t=188s>
- CCD Gala Makeup for Boys: <https://www.youtube.com/watch?v=nIV9kwD8hfo>

General Dress Code Guidelines

General Philosophy

- CCD is dedicated to providing the highest quality dance education within an environment that creates and nurtures artists. We have a well-defined dress code which allows for our magnificent faculty to do their best work by being able to see the full form of the dancers they are working with. Additionally, our dress code leotard is designed specifically for CCD students to find and use proper placement. We believe this leotard is an incredible tool to add to our faculty's "tool box." As an organization committed to diversity and equity, we are adapting former standard dress codes to be more inclusive. CCD will continue to evolve our dress code so every human who wants to dance finds a home at CCD.
- Please check each Division section or webpage for our Dress Code. All items can be purchased or ordered through Boulder Body Wear.
- Skirts may not be worn in class unless specifically noted.
- Avoid designs on any boys or young men's t-shirts.
- Students will be asked to correct dress code violations prior to class.
- If there are ongoing concerns with a student's attire, he/she will be asked to sit out of class when not in dress code.
- Please visit your student's specific division webpage to read specifics for each class your student will be enrolled in. Help avoid an uncomfortable situation for your dancer by explaining these aspects of the ballet dress code ahead of time and arrive to class in proper attire. This will also prepare them for our year-end Gala and other performances as they progress.

A special note for girls and ladies

Girls' tights serve as underwear beneath their leotards, be sure to buy dance tights which have a cotton crotch. Underwear inhibit movement and are not allowed under tights. We know this can be a bit of a surprise for younger dancers, but they adjust quickly.

A special note for boys and men

Boys and men should always wear dance briefs or a dance belt under their tights. These items serve the same purpose as a jockstrap and protect a male dancer from injury. You can purchase dance briefs and dance belts from Boulder Body Wear.

A special note for our transgender students

You may use the dress code with which you identify. A gender-neutral bathroom/changing area is available and belongings may be stored in our general-purpose lockers.

**CCD students
receive 20%
discount at Boulder
Body Wear**



Adult Classes

Adult Classes

From the fundamentals of ballet to advanced technique, CCD offers a wide range of classes to fit a busy schedule. Enroll in unlimited classes, or sign up for our flexible and easy punch card system. We offer a variety of classes and times to fit your schedule. Our adult program runs August through July.

Performance Opportunity

Each year, our adult students are given the opportunity to perform in our annual production of DanceFound. This performance allows adult dancers, from beginner to professional, to express themselves through the art they love, and share it with the world through a beautifully curated performance. DanceFound is currently an annual performance. If you are interested in this opportunity, please let the front desk know, so you can be added to our DanceFound email list.

Adult Dress Code

There is no formal dress code for adults. We recommend comfortable dance or exercise apparel that allows free movement. Ballet shoes are recommended for ballet class and jazz shoes for jazz class. For women, it is also helpful to have your hair pulled back from the face.

Please visit <https://ccdance.org/adult-program/> for all class times and tuition for Adult Ballet classes.

To register for classes, sign into your DSP account. Upon registration, you will pay a one-time \$35 Registration Fee.



Ballet Expressions

General Philosophy

Ballet Expressions is an inclusive program with a specifically designed adaptive curriculum, which provides children of ALL abilities with a therapeutic dance experience. Students are given the tools for a successful exploration of dance while being in a safe environment. Students will gain increased body awareness, develop fundamental motor skills, improve self-esteem, concentration and focus, while having fun expressing themselves creatively. Classes are taught by Heather Sutton – a registered dance/movement therapist with degrees in Special Physical Education & Motor Development and Somatic Counseling Psychotherapy.

Each 30-45 minute class is based on age and ability, determined by the instructor. All classes are held on Thursday afternoons.

Each May, students are invited to participate in a year-end Gala celebration performance held at CCD. Students will be able to perform for their friends and family to celebrate their achievements in dance. Gala information will be distributed in January 2021.

Ballet Expressions Dress Code

There is no formal dress code for Ballet Expressions. We recommend comfortable dance or exercise apparel that allows free movement. Ballet shoes are recommended for Ballet Expressions 1-5 and jazz shoes are recommended for jazz class. Hair should be pulled back from the face.

To enroll in Ballet Expressions, please call 303.466.5685 or email info@ccdance.org to be put in touch with Heather Sutton. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10.

Please visit <https://ccdance.org/adaptive-dance-program/> for all class times and tuition for Ballet Expressions.

Save the date!
Ballet Expressions
Gala performance
will be held on
May 15, 2020*

*All dates are subject to change due to COVID-19
Safety Protocols



Dance with Me

Placement

Ages 1, 2 and their caregivers

You and your toddler will build connections while bopping, wiggling and dancing in a safe and fun environment. This early-learning dance class teaches toddlers and caregivers body rhythms and musicality based on national standards for early childhood development. Classes run in 8-week sessions during the school year with 6-week sessions around Thanksgiving and in the summer.

Recommended Classes

1 class per week

Class Size

Maximum of 10 students with their caregivers

2020-2021 Sessions

Classes run in 8-week sessions (except Turkey & Summer):

- **Fall Session:** September 5 - October 24
- **6-week Turkey Session:** November 7-21 & December 5-19
- **Winter Session:** January 9 – February 27
- **Spring Session:** April 3 - May 22
- **6-week Summer Session:** June 26 - July 31

All Dance with Me classes are held on Saturdays at CCD from 10:00-10:45am

Dance with Me Tuition

- 8 Week Session \$129
- Turkey/Summer 6 Week Session \$98
- Pay by cash, check or ACH to save 3%.

Dance with Me Dress Code

There is no formal dress code for Dance with Me. Below are our recommendations for both children and adults attending this class:

- Dance or exercise apparel
- Ballet shoes
- Hair pulled back from face

To register for classes, sign into your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10.

Early Dance Division

Children's Ballet 1 & 2

Placement

Ages 3 & 4

Through games, play, and imagination exercises, your little dancers will learn to skip, march and gallop along with the basics of ballet, rhythm, and counting. Children's Ballet 2 begins in the fall, while Children's Ballet 1 begins in the spring.

Brain/Body Boogie is a fun, imaginative class which increases body awareness and physicality through intentionally directed free moving exercises. Students will build strong body/brain connections by exploring the world around them and inside themselves.

Children's Ballet Gala will be on Saturday, May 15, 2021. Gala information will be distributed in January.

Recommended Classes

1-2 classes per week

Class Size

Maximum of 10 ballet students

Children's Ballet 1 & 2 Dress Code

Girls – Capezio Leotard Style #3946c – flesh-tone tights and canvas ballet flats to match as close to the student's natural skin tone as possible.

Boys – Body Wrappers white shirt #B400, Body Wrappers black ballet tights (B90), with black canvas ballet flats.

Please visit <https://ccdance.org/early-dance-division/> for all class times and tuition for Children's Ballet classes.

To register for classes, sign in to your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10.

Save the date!
Children's Ballet Gala
performance will be held
on May 15, 2021*

*All dates are subject to change due to COVID-19 Safety Protocols



Primary 1 & 2

Placement

In Primary 1 & 2, your student will develop musical awareness, rhythm, and coordination through the fundamentals of ballet, creative movement, acting, and games. Appropriate for beginners ages 5-8. Primary 2 begins August 17, 2020. Primary 1 begins January 4, 2021.

Brain/Body Boogie is a fun, imaginative class which increases body awareness and physicality through intentionally directed free moving exercises. Students will build strong body-brain connections by exploring the world around them and inside themselves.

Recommended Classes

1-2 classes per week.

Class Size

Maximum of 15 students

Primary 1 & 2 Dress Code

Girls – Capezio Leotard Style #3946c – flesh-tone tights and canvas ballet flats to match as close to the student's natural skin tone as possible. Long hair must be pulled away from the face into a secure bun. No bangs, Short hair must also be kept from the face using barrettes or pins. Headbands are not allowed.

Boys – Body Wrappers white shirt #B400, Body Wrappers black ballet tights (B90), black canvas ballet flats, hair. Hair should be neat and away from the face. Long hair must be pulled into a ponytail. Bangs must be secured back.

Please visit <https://ccdance.org/primary-division/> for all class times, tuition, and remaining dress code for our Primary Division.

Please visit <https://ccdance.org/primary-division/> for all class times and tuition for all Primary class information.



Primary 3

Placement

In Primary 3, students will continue to build on their knowledge of ballet's fundamentals and learn more complex movements at the barre and across the floor. Appropriate for approximately ages 6-8.

Brain/Body Boogie is a fun, imaginative class which increases body awareness and physicality through intentionally directed free moving exercises. Students will build strong body-brain connections by exploring the world around them and inside themselves.

Recommended Classes

1-2 classes per week.

Class Size

Maximum of 15 students

Primary 3 Dress Code

Girls – Capezio Leotard Style #3946c – flesh-tone tights and canvas ballet flats to match as close to the student's natural skin tone as possible. Long hair must be pulled away from the face into a secure bun. No bangs, Short hair must also be kept from the face using barrettes or pins. Headbands are not allowed.

Boys – Body Wrappers white shirt #B400, Body Wrappers black ballet tights (#B90), black canvas ballet flats, hair. Hair should be neat and away from the face. Long hair must be pulled into a ponytail. Bangs must be secured back.

Please visit <https://ccdance.org/primary-division/> for all class times, tuition, and remaining dress code for our Primary Division.

To register for classes, sign in to your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10.

Save the date!
Primary Division will perform
in the 11am Gala Performance
on June 5*

*All dates are subject to change due to COVID-19 Safety Protocols



Intermediate 1 & 2

Placement

Ages 6-12 years of age, based on skill and years of training

Intermediate 1

Students in Intermediate 1 will build their skills and knowledge of dance and classical ballet by learning awareness of their arms, head, and body placement along with more complex movements of the feet and legs.

Intermediate 2

Students in Intermediate 2 begin adding basic turns and jumps to their movement vocabulary while they build strength, control and awareness of the carriage of their bodies.

Recommended Classes

2-4 ballet classes per week, with Intermediate Power, Flight, and Turns (formerly boys class) as optional. There is not a pre-requisite in order to take Jazz, Modern, or Somatics & Improvisation.

Class Size

Maximum of 20 students

Intermediate Dress Code

Girls – Motionwear Leotard Style #2200 in Iris – flesh tone tights and canvas ballet flats to match as close to the student's natural skin tone as possible. Long hair must be pulled away from the face into a secure bun. No Bangs. Short hair must also be kept from the face using barrettes or pins. Headbands are not allowed.

Boys – Motionwear grey shirt #7207, Body Wrappers black ballet tights (#B90), black canvas leather ballet flats, and hair should be neat and away from the face. Long hair must be pulled into a ponytail.

Please visit <https://ccdance.org/intermediate-division/> for all class times, tuition, and remaining dress code for our Intermediate Division.

**Intermediate through PPP
levels will perform at the
2pm & 6:30pm Gala
performances on
Saturday, June 5***

*All dates are subject to change due to COVID-19 Safety Protocols



Intermediate 3

Placement

Ages 8-12 years of age, based on skill and years of training

Intermediate 3

In Intermediate 3, emphasis is placed on strength, flexibility and rhythm, as well as mastery of the basic skills, body placement and classical positions.

Recommended Classes

2-4 ballet classes per week, with Intermediate Power, Flight, and Turns (formerly boys class) as optional. There is not a pre-requisite in order to take Jazz, Modern, or Somatics & Improvisation.

Class Size

Maximum of 20 students

Intermediate Dress Code

Girls – Motionwear Leotard Style #2200 in Iris – flesh tone tights and canvas ballet flats to match as close to the student's natural skin tone as possible. Long hair must be pulled away from the face into a secure bun. No Bangs. Short hair must also be kept from the face using barrettes or pins. Headbands are not allowed.

Boys – Motionwear grey shirt #7207, Body Wrappers black ballet tights (#B90), black canvas leather ballet flats, and hair should be neat and away from the face. Long hair must be pulled into a ponytail.

Please visit <https://ccdance.org/intermediate-division/> for all class times, tuition, and remaining dress code for our Intermediate Division.

To register for classes, sign in to your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10.

Accelerate! Division

Placement

9 years and above

A program unique to CCD, Accelerate! is specifically designed to help pre-teens and teens jump into ballet through an accelerated learning process. Before they know it, they are prepared to integrate into our Intermediate Division.

Recommended Classes

1-2 classes per week. If students wish to enroll in Jazz or Somatics & Improv, students are required to take 2 ballet classes per week.

Class Size

Maximum of 20 students

Accelerate! Dress Code

Young Ladies – Motionwear leotard style #2200 in Iris – Flesh-tone tights and canvas ballet flats to match as close to the student's natural skin tone as possible.

Young Men – Motionwear grey shirt #7207, Body Wrappers black ballet tights (B90), black canvas ballet flats, hair is short or neatly pulled back.

Please visit <https://ccdance.org/accelerate-division/> for all class times, tuition and remaining dress code for our Accelerate! Division.

To register for classes, sign in to your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10.



Advanced Division 1 & 2

Placement

Ages 10-14 years of age, based on skill and years of training

In **Advanced 1 Pre-Pointe**, students heighten their strength, control, speed and mental acuity through the introduction of more complex combinations, turns, jumps and balances. Students in this level begin preparing for future pointe work by taking a specialized Pre-Pointe class, which focuses on strength and kinesthetic awareness.

In **Advanced 2 Beginning Pointe**, students begin to transition to our more advanced syllabus, taking on more complex turns, and big jumps, while refining their movements and building stamina. Female students at this level may study Beginning Pointe, if approved by Lead Faculty.

Recommended Classes

It is recommended for Advanced Ballet 1 dancers to take 3-4 ballet classes per week. The requirement is three ballet classes and 2 corresponding pre-pointe classes. There isn't a pre-requisite to take Somatics, Jazz or Modern. Two Ballet classes per week is needed for Contemporary and Power, Flight and Turn. Taking Advanced/PPP Power, Flight and Turns class is recommended for all men.

It is recommended for Advanced Ballet 2 dancers to take 3-5 ballet classes per week. In order to take Beginning Pointe, you are required to take three ballet classes and three beginning pointe classes. Two Ballet classes per week is needed for Contemporary and Power, Flight and Turn. Taking Advanced/PPP Power, Flight and Turns class is recommended for all men.

Class Size

Maximum of 20 students.

Dress Code

Please see Advanced 3 & 4 page for our basic dress code.

Please visit <https://ccdance.org/advanced-division/> for all class times, tuition, and remaining dress code information for our Advanced Division.

Advanced dancers in
Advanced 1 and above are
eligible to join CCD's
Studio Company



Advanced Division 3 & 4

Placement

Ages 12-20, based on skill and years of training

For students in **Advanced 3**, their attention turns to "the whole picture" as they gain a comprehensive understanding of how their upper body and lower bodies work together. They learn complex combinations quickly and focus their energies on strength, refinement, confidence and risk-taking.

In **Advanced 4**, this challenging level offers students the opportunity to push themselves with advanced technique.

Other available classes may include Pas de Deux, Jazz, Modern, Contemporary, Compositions, and Men's Class.

Recommended Classes

3-6 ballet classes per week. In order to take pointe, dancers are required to take three ballet classes and three corresponding pointe classes each week. Taking non-ballet classes is recommended, but not required. Taking Advanced 3/4/PPP Power, Flight & Turn class is recommended for all men.

Class Size

Maximum of 20 students

Advanced Dress Code

Ladies – Baltogs "Maria" Aleksandra leotard in black/navy (MW547/ME547c) with flesh toned tights to match as close to the student's natural skin tone as possible, with flesh toned canvas shoes.

Men – Ballet Rosa unitard "Conrad" in marine/black with black socks, Ballet Rosa leotard "Endo" in marine with black tights, or Wear Moi unitard "Elan" in black/navy and black socks with black canvas ballet flats.

Please visit <https://ccdance.org/advanced-division/> for all class times, tuition, and remaining dress code for our Advanced Division.

To register for classes, sign in to your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10

Pre-Professional Program

Placement

Ages 14-24 years of age, based on skill and years of training

Students in this program often plan to go on to college programs or professional careers in dance. For entry into this program, students are required to study six days per week. Attendance in specific classes and absences are taken into consideration before applying to this program. Classes are challenging and highly motivating, and students have high expectations for themselves and the quality of their work. They are pushed to move beyond their comfort zone and make personal discoveries in their artistry and technique. Contract required. Dancers at this level are required to take six ballet classes per week.

Courses for the Pre-Professional Program include: Advanced Pointe, Ballet Technique, Coaching, Contemporary, Composition, Power, Flight and Turns, Jazz Technique & Anthropology, Modern, Progressing Ballet Technique (PBT), Restorative Yoga, Strength & Injury Prevention, Technique Intensive, and Variations/Gala. Taking Advanced 3/4/PPP Power, Flight & Turn class is recommended for all men.

Advanced Dress Code

Ladies – CCD Custom Motionwear style #2679 in cobalt/black (available only at Boulder Body Wear) with flesh toned tights to match as close to the student's natural skin tone as possible, with flesh toned canvas shoes.

Men – Ballet Rosa unitard "Conrad" in marine/black with black socks, Ballet Rosa leotard "Endo" in marine with black tights, or Wear Moi unitard "Elan" in black/navy and black socks with black canvas ballet flats.

Please visit <https://ccdance.org/pre-professional-program/> for all class times, tuition, and remaining dress code information for our Pre-Professional Program.

To register for classes, sign into your DSP account. Upon registration, each student will pay a \$35 Registration Fee, and siblings will pay \$10

**Receive a 5% discount by
paying for the Half Year
Installment if paid in full
by August 8 and
January 5**



*We unleash individual potential and
invigorate community through dance.*

www.ccdance.org

Colorado Conservatory of Dance
3001 Industrial Lane #12
Broomfield, CO 80020
303.466.5685



COVID-19 Health & Safety Protocols

These policies and procedures apply to all individuals who enter the CCD facilities are in effect until further notice. They will be adjusted as conditions permit based upon guidance from the Broomfield County Department of Public Health, the Colorado Department of Public Health and Environment, and the US Centers for Disease Control.

Please check our website for the latest Health & Safety Protocols at <https://ccdance.org/>

What to expect at CCD

- Students should plan on arriving at least 10 minutes prior to your class and make arrangements to be picked up immediately upon the class's completion.
- Parents must wear masks when exiting vehicles and approaching the CCD facility to drop off or pick up dancers.
- Upon arrival, your temperature will be taken at a safe distance via forehead or wrist. Anyone with a reading of 100.4 degrees Fahrenheit will not be permitted in the facility.
- Anyone with a temperature reading between 100.4 and 101 degrees Fahrenheit will be given the opportunity to retake their temperature after a brief rest period.
- All individuals wishing to enter the facility will be required to sign a waiver acknowledging their understanding of these policies, avowing they are currently not showing any symptoms of the COVID-19 virus, and releasing CCD from any liability associated with being exposed to the virus while at the facility.
- You will be required to wear a mask at all times while inside the facility. This includes during classes, breaks, bathroom trips, and any other activities.
- Masks must be worn correctly and fully cover the individual's entire mouth and nose at all times.
- You must maintain at least six feet of social distancing space between yourself and all other individuals while either inside the facility, or outside during breaks.
- There may no physical contact between any two or more individuals.
- Locker and changing rooms will not be available.
- Bathrooms breaks will be provided, but only a limited number of students at a time will be permitted to use the facilities.
- Gathering or congregating in common areas is prohibited at all times.
- The failure to observe all protocols will result in immediate sanction under CCD's "three strikes" policy, under which dancers who are found to be in violation of said protocols three times will be prohibited from the CCD facility for a period of no less than two weeks (during which time they are free to participate in online classes).

What to bring

- At least two masks, if not more, as they are likely to become damp with perspiration and uncomfortable.
- Ample water – we recommend a gallon-sized container if possible either with a built-in straw, or with straws in tow. Water will be available for refill, but only during scheduled bathroom breaks.
- Hand sanitizer (required) and disinfecting wipes (when available) – dancers will be asked to assist in the daily sanitizing procedures for studios when possible.
- Reliable athletic shoes for outside activities.

COVID-19 Health & Safety Protocols continued

What CCD will provide

- Our best effort to maintain a safe and healthy environment with constant cleaning and sanitization of all studios and common spaces.
- Faculty members who have been fully trained in current health, safety, and disease prevention procedures.
- CCD Faculty and Staff will abide by these procedures too, and will not come to the facility if they exhibit symptoms associated with the COVID-19 virus
- Class sized not to exceed current public health orders (currently nine students and one faculty member per studio).
- Access to live classes alongside in-studio students for those who feel safer dancing at home.
- Access to portable oxygen.

STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, AND PLEASE REPORT THIS TO CCD SO WE CAN MONITOR AND CONTACT TRACE.

- Cough
- Shortness of breath
- Fever over 100.4 degrees Fahrenheit
- Unusual fatigue
- Chills
- Muscle or body aches (beyond what is normal for your level of exertion)
- Sore throat
- New loss of taste or smell
- Congestion or runny nose not caused by seasonal allergies
- Nausea or vomiting
- Diarrhea

In the event of positive COVID-19 cases at CCD

- Should we receive a report of one confirmed positive case, any studios or common spaces inhabited by that individual will be placed on an immediate 14-day shutdown and industrially cleaned before re-opening with guidance from public health officials.
- Two confirmed positive cases in the facility represent an "outbreak" according to CDPHE guidelines and will result in the immediate close of the entire CCD facility until further notice and a return to fully remote instruction.

THIS IS A TEAM EFFORT! IF WE ALL BAND TOGETHER TO FOLLOW THESE GUIDELINES, WE GREATLY REDUCE THE HEALTH RISKS TO DANCERS, FACULTY, FAMILIES, AND STAFF AS WELL AS MAXIMIZING OUR CHANCES TO RETURN FULLY TO IN-PERSON ACTIVITIES. AS SUCH, VIOLATIONS OF THESE PROTOCOLS WILL RESULT IN THE IMMEDIATE DISMISSAL OR SUSPENSION OF THOSE INDIVIDUALS.