

COLORADO CONSERVATORY of DANCE

2022 Summer Handbook June 20 - July 30, 2022



Summer Moving Project 2022, *Schubert Masquerade* by Dominic Walsh
Photo by Amanda Tipton Photography

[Colorado Conservatory of Dance](https://www.ccdance.org)

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[Family Portal](https://www.ccdance.org/family-portal)

Welcome to Colorado Conservatory of Dance Summer 2022!

We are delighted that you will be joining us this summer. We are looking forward to an in-person program that has been designed in accordance with state and local health protocols. CCD is committed to protecting the health and safety of all students, faculty and staff.

This Handbook will provide information to help you make the most of your summer. Please read through it carefully and reach out with any questions you may have.

About Us

CCD offers three unique summer programs geared towards dancers at different stages of their artistic development: [Advanced Summer Intensive](#), [Movement Lab](#), and [Compass Coaching Project](#). In an intimate setting with our [nationally-recognized faculty](#), our programs offer rigorous training and creative exploration, while encouraging dancers to develop individual artistic identities.

Please visit our [website](#) or previous newsletters below for more details about the programs.

[Summer Newsletter. March 2022 featuring Kevin O'Keefe](#)

[Summer Newsletter. February 2022 featuring Aubrey Klinger Fearn](#)

[Summer Newsletter. January 2022 featuring Dominic Walsh](#)

[Summer Newsletter. December 2021 featuring David Barbour](#)

2022 SUMMER INFORMATION

Program Dates

Week 1: June 20-25

Week 2: June 27-July 2

Week 3: July 4-9

Week 4: July 11-16

Week 5: July 18-23

Week 6: July 25-July 30

An Evening with Dominic Walsh and the Compass Coaching Project 2022

July 2, 2022, 6:30pm (MST)

Featuring works by Dominic Walsh, Shannon Alvis and the Compass Coaching Project dancers

Summer Moving Project 2022

July 30, 2022, 6:30pm (MST)

Featuring works by Shannon Alvis, David Barbour, Gillian Beauchamp, Michelle Bernier, Carly Hambridge, Kerry Healy, Chris Harris, Roger C. Jeffrey, Rosalynde LeBlanc, Julia Wilkinson Manley and Dominic Walsh

Dress Code (Movement Lab and Summer Intensive only)

Ladies: Custom Ballet Rosa leotard Marine/Black available at Boulder Body Wear or solid black leotard, pink or flesh toned tight, pink or flesh toned canvas ballet slippers and if applicable, pointe shoes.

Men: Ballet Rosa unitard “Conrad” in Marine/Black, or Ballet Rosa leotard “Endo” in Marine with black tights and socks, or solid white or black shirt with full length black tights and black canvas ballet slippers. Hair should be neat and away from the face. Long hair must be pulled into a ponytail.

Jazz, Contemporary, Hip Hop and Flex Classes: Black jazz shoes or sneakers (studio use only) black jazz pants and if you have them, black character shoes and black character skirt.

Conditioning/Warm-up: Theraband (Therabands are available for purchase for \$10 at the front desk).

Dancers may not wear large earrings, bracelets/wrist watches, or necklaces.

A special note for our transgender students: You may use the dress code with which you identify.

Daily Schedule (all times listed are MST)

Students will begin each day with a warm-up and technique class. Additional classes will include but are not limited to: Pointe, Variations, Power Flight & Turn, Repertoire, Contemporary, Modern, Hip Hop, Jazz, Ballet Folklorico, Dance Composition, Dance History, Somatics, and Anatomy and Kinesiology. Click [here](#) for class descriptions.

Compass Coaching Project

Monday-Friday 10am-6pm

Saturday 10am-2pm

Advanced 1/2 June 20-July 30, 2022

Monday, Wednesday, Friday 9am-4pm

Tuesday, Thursday 10am-2:30pm

Saturday 11:15am-12:45pm (optional Ballet)

Summer Moving Project rehearsals, Advanced 1/2

Monday, Wednesday, Friday 4:15pm-5:15pm

Tuesday, Thursday 2:45pm-3:45pm

Advanced 3/4/5/PPP

Monday, Wednesday, Friday 9am-4pm

Tuesday, Thursday 10am-4pm

Saturday 11:15am-12:45pm (optional Ballet)

Summer Moving Project rehearsals, Advanced 3/4/5/PPP

Monday- Friday 4:00pm-6:00pm

****Classes are subject to change****



Summer Residential Experience

Dancers choosing the housing option will reside at the beautiful and historic Regis University Campus. Dormitory style rooms are double occupancy, air-conditioned rooms with a small refrigerator, microwave, shared bathroom and washer/dryer in the facility. A full-time trained resident advisor will chaperone and oversee all dancers. The resident advisor has a TCLogic background check and is certified by Regis University regarding safety and health protocol. Summer program dancers meal plans consist of breakfast and dinner at the Regis Campus Dining Hall with a healthy sack lunch prepared by Bon Appétit Catering. Transportation from Regis to Colorado Conservatory of Dance is included. This does not include transit from Denver International Airport. Dancers are encouraged to bring pocket money for extra outings and snacks!

Please contact [Marnie Rundiks](#)

What to Bring

Dance:

Dress code items (see above)

Nudie – Summer Moving Project Only

Warm Ups

Stage Makeup – Summer Moving Project Only

Clothing:

Light Jacket

Nice Outfit

Tops

Shorts/ Pants
Pajamas
Socks and Shoes
Necessary undergarments
Swimsuit

Laundry:

Laundry Bag
Laundry Tablets
Dryer Fabric Sheets
Towels
Bedding – Twin sheets and pillow case
Pillow
Blanket

Toiletries:

Toothbrush and toothpaste
Nail clippers
Face Wash
Shampoo
Body Wash
Deodorant
Brush
Hair spray/gel
Hair accessories—bobby pins, hair net, etc.
Hairdryer (if needed)
Mosquito repellent
Sun Lotion (Remember we're closer to the sun!)
First Aid Kit (This is a personal kit, Band-Aids, Blister Items, Midol, Tampons, Advil, Cough Drops, Cold Medicine, anything you feel you may need.)

Additional:

Laptop and Phone Chargers
Sunglasses
Beach Towel (If you want, not needed)
Water bottles
Umbrella
Freezer Block and Lunch bag
Playing cards
Stationery, envelopes and stamps
Journal
Book
Packable Kleenex
Snacks
Cash/ Card for Activities
Sewing kit with safety pins

School Policies and Information

Attendance

Students are expected to attend every class for which they are scheduled. Absences due to injury, illness or special circumstances must be reported before the first class of the day and can be submitted through the Family Portal. A student that arrives more than 10 minutes late may be required to sit and observe class.

Injury

Students must report all injuries to the teacher and front desk staff.

Conduct

Out of respect for the teacher and fellow classmates, students are not allowed to leave class or sit down unless permission is granted by the teacher. Cell phone use is prohibited during all classes.

Food & Drink

No drinks except water bottles are allowed in the studios. Gum, candy, or food is prohibited from the studios. Litter is to be disposed of in the available trash and recycling containers. Students are expected to cooperate fully in keeping the building clean.

COVID- 19 Health and Safety Protocols

Broomfield City and County has lifted the mask mandate. We know for many of you this is great news, for others, it may seem daunting. Colorado Conservatory of Dance has a diversity of needs in our community including, young, unvaccinated dancers under five years of age and dancers over the age of 65.

Masks for parents and students are now optional / not required in the CCD building.

Faculty, Staff and Wellness Center Practitioners will continue to wear masks.

To enter the CCD building and/or take dance classes we require individuals to be 100% symptom free.

STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS

- Direct, close contact with anyone who has tested or is presumed to be COVID-19 positive
- Loss of taste or smell
- 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

IF YOUR DANCER OR YOU HAVE COVID, PLEASE DO NOT ENTER THE BUILDING.

Contact Marnie Rundiks mrundiks@ccdance.org. She will make recommendations for isolation, quarantine, testing and returning to CCD. Please reach out if you have any questions, concerns or special needs.

Health and safety protocols will be adjusted as conditions permit based upon guidance from the Broomfield Department of Public Health and Environment, the Colorado Department of Public Health and Environment, and the US Centers for Disease Control and Prevention (CDC).

CCD will review these protocols throughout the year and make adjustments as necessary.

WHAT TO EXPECT AT CCD

- Dancers should plan on arriving no more than 10 minutes prior to class and make arrangements to be picked up immediately at the end of class at the front door.
- We encourage and support anyone who wants to wear a mask. Wearing is caring!
- All Staff and Faculty will continue to wear a mask.
- Please arrive on time to pick up your dancer. Please leave the building after class.
- The lobby will remain partially closed. Guardians who must conduct business with the Front Desk may enter the building. No loitering or gathering in the lobby.
- We discourage prolonged physical contact between any two or more individuals. With student permission, faculty may give brief physical corrections.
- Locker and changing rooms will be opening later this spring. Stay tuned!
- Dancers will keep belongings and shoes in the hall or in the studio.
- Short breaks will occur outdoors at each studio, as needed.
- CCD will sanitize the studio floors once at the end of the day. Students will assist.
- CCD will sanitize the barres after each class. Students will assist.
- 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.

WHAT CCD WILL PROVIDE

- Our best effort to maintain a safe and healthy environment with consistent cleaning and sanitization of all studios and common spaces.
- Staff and Faculty members who have been fully trained in current health, safety, and disease prevention procedures.
- CCD Staff and Faculty will abide by these procedures and will not come to the facility if they exhibit any symptoms associated with the COVID-19 virus.
- Unvaccinated Staff and Faculty members will be required to get weekly testing through COVIDCheck Colorado. Vaccinated Staff and Faculty members will be required to test if they are experiencing any symptoms.
- Class sizes will not exceed current public health orders.
- CCD will provide online options for all adult classes. All conservatory program classes are intended to be held in-person. In very special circumstances, CCD can provide online options for our conservatory students, however this is not guaranteed.

This protocol remains a CCD community and team effort. CCD must continue to band together and follow these guidelines to keep everyone safe, especially our young and vulnerable dancers. We want to remain in-person for classes, rehearsals and performances. CCD appreciates everyone's cooperation, support and honesty. The below policies are subject to change 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. These policies and procedures apply to all individuals who enter the CCD facilities.