



charlottesville
ballet academy

2019-2020 Academy Handbook



1885 Seminole Trail, Suite 203
Charlottesville, VA 22901

434.973.2555
www.cb.academy

CHARLOTTESVILLE BALLET ADMINISTRATIVE TEAM

| | |
|---|--|
| Sara Clayborne, <i>Co-Director & CBA Principal</i> | sclayborne@charlottesvilleballet.org |
| Emily Hartka, <i>Co-Director</i> | ehartka@charlottesvilleballet.org |
| Caitlin Lennon, <i>Associate Director</i> | clennon@charlottesvilleballet.org |
| Ali Brent, <i>Finance Manager</i> | abrent@charlottesvilleballet.org |
| Lori Jablonski, <i>Academy Manager</i> | info@charlottesvilleballet.org |
| Heather Rogers, <i>Costume Manager & Lead CBA Faculty</i> | hrogers@charlottesvilleballet.org |
| Cassidy Burk, <i>Communications Coordinator</i> | cburk@charlottesvilleballet.org |
| Kathryn Tokar, <i>Patron Services Coordinator</i> | ktokar@charlottesvilleballet.org |
| Feleacia Quezergue, <i>Chance to Dance Coordinator</i> | c2d@charlottesvilleballet.org |
| Taylor Horne, <i>Administrative Assistant</i> | thorne@charlottesvilleballet.org |
| Annabel Duggan, <i>Administrative Assistant</i> | aduggan@charlottesvilleballet.org |
| Margaret Ennen, <i>Administrative Assistant</i> | assistant@charlottesvilleballet.org |

CHARLOTTESVILLE BALLET ACADEMY FACULTY 2019-2020

| | |
|------------------------------------|----------------|
| Kate Arnson | Abigail Brent |
| Cassidy Burk | Maria Chee |
| Sara Clayborne | Anna Finan |
| Danielle Garza | Isabelly Gleed |
| Jessica Grant | Emily Hartka |
| Mary Hein | Olivia Hill |
| Derek Lauer | Tabitha Newman |
| Feleacia Quezergue | Heather Rogers |
| Anna Sides | Desmin Taylor |
| Kathryn Tokar | Casey Turner |
| Sherry Whaley | |
| Katherine Nies, <i>Accompanist</i> | |

For full faculty list and bios, visit <http://charlottesvilleballet.org/academy/about/faculty/>



CBA 2019-2020 ACADEMIC YEAR
CONTENTS

Please click on the links below to visit each section.

ABOUT CBA 4

CURRICULUM 5

DIVISIONS & CLASSES 6-11

 FIRST STEPS 6

 CHILDREN’S DIVISION 6-7

 STUDENT DIVISION 7-9

 PRE-PROFESSIONAL PROGRAM 9-10

 ADULT CLASSES 10-11

 TRAINEE PROGRAM 11

DRESS CODES 12-13

POLICIES & GUIDELINES 14-17

OUTREACH & COMMUNITY PARTNERS 18

VOLUNTEER OPPORTUNITIES 19

GIVING 20

FAQ 21-25

About CBA

About Charlottesville Ballet Academy:

Charlottesville Ballet Academy (CBA) is a center for dance education for ages 2 through adult. CBA is the official training school of Charlottesville Ballet, Central Virginia's nonprofit professional ballet company whose mission is to elevate the art of dance through wellness, performance, education, and community outreach.

Charlottesville Ballet Academy was created in 2011 by Co-Directors Sara Clayborne and Emily Hartka. After three years of leading the professional company, the Co-Directors realized that many of the professional artists were not able to fully grasp the mission of wellness because they had trained for many years in unhealthy environments. In order to truly fulfill the mission of health and wellness, Charlottesville Ballet would need to create a training school where excellent training and an emphasis on wellness started young.

CBA originally opened in Greene County in the Summer of 2011. In July 2013, Charlottesville Ballet relocated to a new Charlottesville facility at 1885 Seminole Trail. The facility began with just one large studio and continued to hold fundraising events to create a total of three studios in the upstairs space. In Summer 2015, the Charlottesville Ballet took on another expansion through its "Building The Future" campaign and added an additional 2,500 square feet in a new first floor facility. The location now boasts five spacious studios with a studio theatre, enabling CBA to offer more dance and movement classes for all ages.

At Charlottesville Ballet, we believe that...

- ~ Lifelong physical health and mental wellness is achieved through safe and effective training and support
- ~ Innovative performances showcase the versatility of our artists and will inspire audiences
- ~ High quality dance education should be accessible to all those willing to learn (regardless of age, physical ability, or economic privilege) and will instill a love of the art to ensure its sustainability for future generations
- ~ Affordable access to the art of dance - both as a patron and a participant - will enrich communities throughout the Central Virginia area



Curriculum



Charlottesville Ballet Academy believes that a love of dance begins with excellence in dance training!

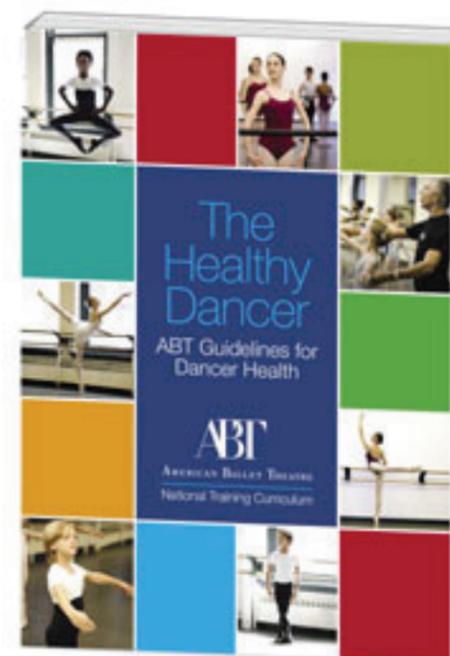
CBA follows the American Ballet Theatre's National Training Curriculum, a breakthrough eight-level program that combines high quality artistic training with the basics of dancer health and child development.

The ABT National Training Curriculum consists of a comprehensive set of age-appropriate, outcome-based guidelines to provide the highest quality ballet training to dance students of all ages and skill levels. The curriculum is designed to include best practices in the fields of sports psychology, child/adolescent development, and nutrition.

The teaching methods of ABT's National Training Curriculum incorporate elements of the French, Italian and Russian schools of training. The Curriculum is standard at all of ABT's pre-professional training programs, including the ABT Studio Company, Summer Intensives, outreach programs and NYU Masters program in ABT Ballet Pedagogy.

The curriculum is overseen by CBA Principal Sara Clayborne, an American Ballet Theatre Certified Teacher who has successfully completed the ABT Teacher Training Intensive in Primary through Level 7 of the ABT National Training Curriculum.

For more information about the ABT Training Curriculum, please visit: <http://www.abt.org>.



FIRST STEPS | AGES 1.5-6

First Steps is an open-enrollment program that offers dance instruction for students ages 1.5 through 6. Classes in the First Steps Division are divided into levels by age, which encourages each child to reach his or her highest potential. The Academy's unique curriculum promotes creativity and imagination while ensuring a solid foundation of dance technique. First Steps classes are designed to progress toward the discipline and structure of a ballet class, but children may enroll in any classes that are appropriate for their age and dance experience.

First Steps Division Classes: Mom & Me (1.5-4 yrs), Ballet/Tap (4-6 yrs), Creative Dance (4-6 yrs), Princess Ballet (3-4 yrs, 3-5 yrs, 4-6 yrs)

PARENT & ME is an exploration of dance through simple music and movement that allows the child to understand the structure of a dance class while still having the comfort of a parent in the room. Students will learn basic rhythmic and dance skills. The class is open to any child/guardian relationship (No dress code required).

BALLET/TAP (AGES 4-6) is a combination class that teaches the basics of both ballet and tap to the young child, emphasizing body placement and basic rhythmic awareness. The students will begin with tap shoes and then transition to the ballet portion of class.

CREATIVE DANCE offers an introduction to tap, jazz, and modern dance for the young child, while focusing on basic movement and body placement skills.

PRINCESS BALLET offers each child a chance to discover the world of ballet while gaining awareness of music, rhythm, and movement. Through basic ballet skills, children will enhance their balance, poise, coordination, and kinesthetic awareness. Princess Ballet classes emphasize creative expression through movement in a structured, yet fun and imaginative environment—a perfect introduction to the magic of dance!

CHILDREN'S DIVISION | AGES 6 - 10

The Children's Division offers dance classes for ages 6 through 10, forming the backbone of dance education at CBA. The Academy's curriculum is based on the National Training Curriculum of the American Ballet Theatre and all classes are guided by CBA Principal Sara Jansen Clayborne. Students will explore a large variety of classical ballet terminology, enabling them to adapt to all styles and techniques of dance. Ballet classes also teach students discipline and classroom etiquette while increasing their ability to work on their own and in groups. All dancers will work towards building flexibility, strength, musicality, coordination,



concentration, and communication of expression through movement. Additional classes in Hip Hop, Jazz, Modern, Tap, and Musical Theatre round out the curriculum, providing creative outlet to students interested in multiple styles of dance.

Children's Division Classes (Unit 1): Storybook Ballet (6-7 yrs, 7-8 yrs), Hip Hop Dance Mix (6-8 yrs), Ballet/Tap (6-8)

STORYBOOK BALLET is for children ages six to eight provides the next progression from the Princess Ballet curriculum. Focusing on both the mind and the body, innovative classroom activities help children refine their motor skills and develop their creative process through the use of props and imagery. Storybook Ballet students also explore literature, theater, and storytelling and learn about the music, costumes, and scenery from the famous classical ballets including Sleeping Beauty, Cinderella, Swan Lake, Coppélia, Carnival of the Animals, The Firebird, and The Nutcracker.

HIP HOP DANCE MIX classes allow children to explore multiple dance genres in a combination class that's perfect for boys and girls. Combining percussion with movement, tap dance helps children establish rhythm skills and musicality while isolating the movement of their feet and ankles. In addition to tap and jazz, students learn basic hip hop technique and combinations with special attention to strength, musicality, and coordination.

Children's Division Classes (Unit 2): Musical Theatre, Pre-Ballet, Tap/Jazz

MUSICAL THEATRE provides an accessible introduction to American Broadway dance. The class covers basic jazz dance skills with a focus on presentational quality and the use of appropriate breath support. Students will learn age-appropriate repertory from musicals that span the eras from the 1930's to today.

PRE-BALLET is for children ages seven to nine and provides a bridge to the Academy's ballet classes in the Student Division. In Pre-Ballet, children are introduced to the structure and discipline of a ballet class as well as music awareness and ballet terminology. Focusing on both the mind and the body, our innovative classroom activities help children refine their motor skills and develop their creative process through the use of props and imagery.

TAP/JAZZ is a combination class that teaches students the fundamentals of tap and jazz. The class focuses on rhythm, patterns, and musical coordination. This class is an excellent introduction for students interested in exploring different genres in a fun and supportive environment.

STUDENT DIVISION | AGES 9-18

The Student Division offers classes for ages 9 to 18 in all dance genres. Enrollment in these classes is by placement only in order to ensure the proper level for each individual dancer. The Academy's curriculum is based on the National Training Curriculum of the American Ballet Theatre and all classes are guided by CBA Principal Sara Jansen Clayborne. Dancers will continue to progress through



ABT's curricular levels that combine the classical French, Russian, and Italian schools. Students will explore a large variety of classical ballet terminology, enabling them to adapt to all styles and techniques of dance. All dancers will work towards building flexibility, strength, musicality, coordination, concentration and communication of expression through movement. Additional classes in Hip-Hop, Jazz, Modern, Tap, and Musical Theatre round out the curriculum, providing creative outlet to students interested in multiple styles of dance.

BALLET FOR BOYS classes allow young males to explore their creative and physical dimensions in an all-boys environment. Leaving out the tutus and tiaras, participants will gain knowledge of music, rhythm, and kinesthetic awareness. Ballet for Boys is designed to develop creative thinking, expression, strength, agility, and coordination.

CHOREOGRAPHY Improvisational skills are challenged as students learn how to design movement phrases and develop these phrases to create their own choreography.

CONTEMPORARY dance combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Students learn floorwork, traditional modern core contractions, and center exercises that find their root in classical ballet and modern. The curriculum emphasizes core strength, flexibility, and fluidity of movement.

HIP HOP is a high-energy genre that infuses the latest styles of street dancing, breaking, popping, and locking. Class warm-up concentrates on increasing stamina, improving flexibility, and building core strength. The curriculum emphasizes a foundation of basic hiphop movements, across the floor exercises, and longer center combinations.

JAZZ emphasizes Broadway and contemporary styles in a fun, energetic atmosphere. Classes begin with a cardio warm-up and conditioning exercises to improve flexibility, core stability, and strength. Across-the-floor combinations focus on jumps and turns, and emphasize coordination and musical dynamics. Improvisational movement is incorporated into combinations to challenge the dancer's kinesthetic awareness and increase creativity.

MUSICAL THEATRE is rooted in jazz and ballet technique with an emphasis on exploring the various dance styles used in Broadway shows. Class includes a warm-up, stretches to increase overall flexibility, across-the-floor progressions, and set theatrical combinations. The curriculum emphasizes dance as a performing art, and students work on telling stories and expressing different emotions through set dances, facial expressions, and exploring their own creative improvisations.

OPEN TEEN BALLET & OPEN PRE-TEEN BALLET classes are designed for teens and pre-teens who want to learn how to dance but with a more recreational focus. The Teen Division is perfect for individuals who are just beginning their dance training at a later stage, revisiting dance after a long absence, or for students in sports or theatre looking to



supplement their training. Students are able to revisit ballet's core basics before moving on to more challenging concepts.

STRETCH class is perfect for the dancer looking to increase overall flexibility with an emphasis on the hamstrings, gluteal muscles, neck, and spine, while simultaneously building strength. Instructors use the active-static technique to increase flexibility and strength in order to help students find their most anatomically useable classical lines.

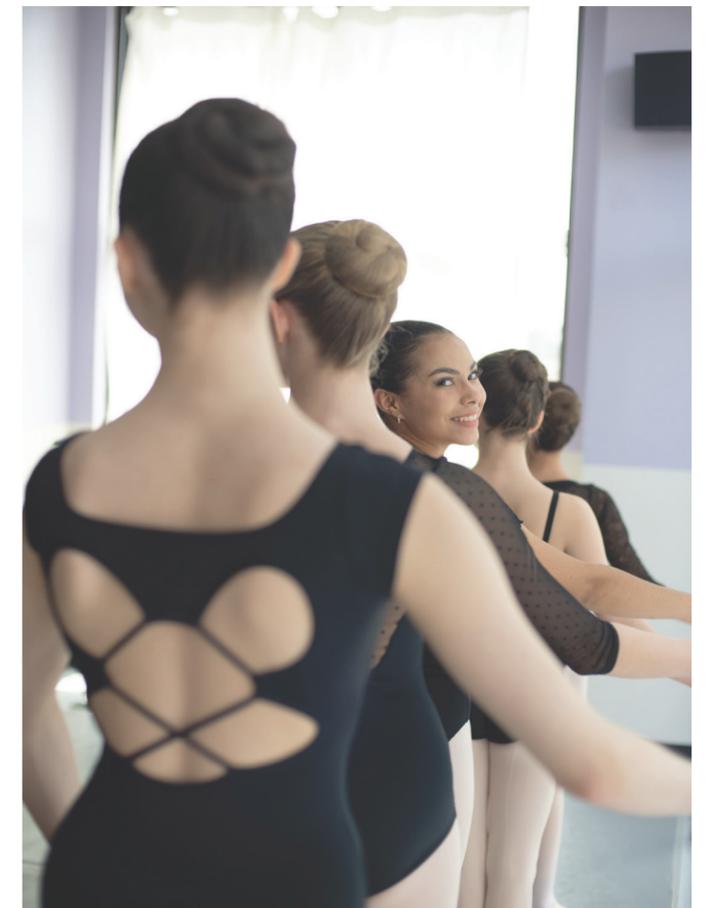
POINTE technique is the part of classical ballet that concerns pointe work, wherein a ballet dancer supports all body weight on the tips of fully extended feet in pointe shoes. Pointe Class is by recommendation only, usually once a student has progressed through Ballet 3 in the ABT National Training

Curriculum and has successfully completed the pointe exam. Students begin by building strength at the barre and successively progress to center work and longer enchainements.

PARTNERING class is for the advanced dancer in Ballet 3 or higher. Partnering is the study of pas de deux ("step of two"), in which two dancers (typically one male and one female) dance together. Students begin by learning the basic foundations of partnering: lifts, pirouettes, and supported positions, and then progress to learning full portions of classical pas de deus.

VARIATIONS class is for the advanced dancer in Ballet 3 or higher. Students learn the female solos from the classical repertoire of traditional full-length ballets. The class focuses on building students' theatrical skills and stage presence in addition to working on the refinement of the technique required for dramatic roles in classical full-length ballets.

TAP classes develop rhythm, musicality, and coordination. Exercises focus on building flexibility of the knee and ankles, and the dancer's speed of movement. The curriculum emphasizes clean technique, producing clear tap sounds, and the joy of movement. Footwork and set combinations become increasingly complex and intricate with increased level.



PRE-PROFESSIONAL PROGRAM

The Pre-Professional Program is a rigorous training program designed to prepare students for a professional career within the ballet industry. CBA students are accepted by invitation and audition only. In addition to classes in ballet technique, students are required to train in other genres such as contemporary, hip hop, jazz, and tap



in order to enrich and diversify their dance experience. In addition to the CBA faculty, guest teachers and choreographers will be brought in throughout the year. Although the primary focus is on classical ballet repertoire, new works will also be created for Pre-Professional students each year. The process of working with a choreographer and the opportunity to experience different styles of movement are integral to training today's students to become tomorrow's professional dancers. In addition to their rigorous schedule of dance instruction, these students will act as ambassadors for CBA, traveling to local schools and community centers to perform and demonstrate as part of Charlottesville Ballet's outreach programs. These talented students will have opportunities to perform on stage alongside the professional dancers of Charlottesville Ballet with several added performance opportunities.

Students are evaluated for placement at the start of every academic year and placed in a level according to technical advancement and skill. CBA Principal Sara Clayborne designs each student's class schedule tailored to his or her strengths and needs. Please note that invitations to join the Pre-Professional program will be included with selected students' end of year evaluation & placement letter. An invitation is solely at the discretion of CBA Principal Sara Clayborne. Financial assistance is also available through an application process for all students.

ADULT CLASSES

Charlottesville Ballet's adult classes are for adults of any age. We offer classes for all experience levels and physical abilities. Our adult classes are perfect for adults who danced in their youth and want to enjoy movement again, college students wishing to continue their training, or even adults that have never danced before.

Adult Classes: Adult Ballet Basics, Adult Beg. Ballet, Adult Beg./Int. Ballet, Adult Int. Ballet, Adult 40+ Ballet, Adult Tap, Adult Hip Hop, Adult Contemporary, Adult Zena Rommett Floor-Barre®

ADULT BALLET BASICS is designed for adults with little to no previous ballet experience. This class will focus on learning or refreshing the basics of ballet with a focus on terminology and technique to prepare you to take any of our Adult Ballet classes.

ADULT BALLET classes are designed for adults of all levels and abilities. Ballet is a great way of improving posture, grace, flexibility, and strength through barre exercises, allegro, adagio, and progressions. Students are able to learn ballet's core basics before moving on to more challenging concepts. (Adult 40+ Ballet is open to any adults age 40 and up. This is the perfect class for those adults that feel more comfortable learning with others of a similar age).

ADULT TAP develops rhythm, musicality, and coordination. Exercises focus on building flexibility of the knee and ankles, and the dancer's speed of movement. Instructors provide exercises with different options to accommodate all tap levels.

ADULT HIP HOP

Get your heart rate up with this aerobic class set to the upbeat rhythms. Move and groove with the latest hip hop steps in this exciting class.

ADULT CONTEMPORARY is for adults who are interested in modern dance style that works to increase versatility and movement awareness. This class emphasizes the importance of floorwork and allows adults to experience improvisational movement.

ADULT ZENA ROMMETT FLOOR-BARRE® is a technique created by Zena Rommett that uses the floor to correct and refine body alignment. This technique includes gentle exercises to strengthen joints, increase vitality, and help rehabilitate injuries without the pressure of gravity. To learn more, visit: <https://www.floor-barre.org>.

TRAINEE PROGRAM

The Academy's Trainee Program offers advanced instruction for students planning a professional dance career. Building on their training in the Student Division, dancers in the Trainee Program will continue to develop technical and artistic skills with unique performance opportunities alongside the professional company dancers of Charlottesville Ballet. At this advanced level, the healthy, holistic environment of the Academy is paramount; dancers need the highest level of training to prepare them for a career in the competitive dance world. Charlottesville Ballet's focus on dancer health and well-being nurtures talented young artists, arming them with the tools to have long, healthy careers in any dance field.

For more information about the Trainee Program, please click here:

www.CharlottesvilleBallet.org/academy/trainee



Dress Codes

First Steps (1.5-6 yrs)

Princess Ballet, Creative Dance, Ballet/Tap (ages 4-6), Mom & Me

- **Girls:** Eurotard 44285 Short Sleeve Dress in Pink; pink tights (optional); pink full-sole ballet slippers
- **Boys:** white t-shirt; black shorts or tights; black full-sole ballet slippers (boys)
- **Creative Dance and Ballet/Tap:** ballet shoes and black tap shoes
- **Parent & Me:** no dress code required!

Children's Division (Unit 1)

Storybook Ballet, Hip Hop Dance Mix, Ballet/Tap (ages 6-8)

- **Girls:** Eurotard 44285 Short Sleeve Dress in Lilac; pink, seamed, convertible tights (optional); pink full-sole ballet slippers
- **Boys:** white t-shirt; black shorts or tights; black full-sole ballet slippers (boys), white socks
- **Hip Hop Dance Mix and Ballet/Tap Shoes:** ballet shoes and black tap shoes

Children's Division (Unit 2)

Pre-Ballet 1 & 2, Musical Theatre, Tap/Jazz 1A & 1B, Contemporary 1, Hip Hop 1

- **Girls** (all classes except Hip Hop): black leotard (any style – must be at least 95% black)
- **Boys** (all classes except Hip Hop): white t-shirt; black tights with dance belt
- **Pre-Ballet Tights & Shoes:** pink convertible tights w/ seam (ex: Capezio #18C); pink ballet slippers
- **Musical Theatre tights & shoes:** Convertible skin toned tights; black dance shorts or fitted black jazz pants may be worn (optional); black jazz shoes
- **Tap/Jazz tights & shoes:** Convertible skin toned tights; black dance shorts or fitted black jazz pants may be worn (optional); black tap shoes, black jazz shoes
- **Contemporary tights & shoes:** Convertible skin toned tights; black dance shorts or fitted black jazz pants may be worn (optional); bare feet
- **Hip Hop:** Any moveable clothing (no buttons or zippers on pants); no tights required; any clean pair of sneakers that will not be worn outside



Student & By Placement Divisions (9-18 yrs)

Ballet 1-5, Open Teen Ballet, Ballet for Boys, Variations, Pointe, Partnering, Pre-Prof Technique

- **Girls:** black leotard (any style – must be at least 95% black); pink convertible tights w/ seam (ex: Capezio #18C); pink ballet slippers
- **Boys:** white t-shirt; black tights with dance belt; black ballet slippers

Jazz, Tap, Contemporary

- Black leotard (any style – must be at least 95% black)
- **Jazz:** Convertible skin toned tights; black jazz shoes; black dance shorts or jazz pants may be worn (optional)
- **Tap:** Convertible skin toned tights; black tap shoes; black dance shorts or jazz pants may be worn (optional)
- **Contemporary:** Convertible skin toned tights; bare feet; black dance shorts or jazz pants may be worn (optional)

Hip Hop 1-5 (Does not include Hip Hop Dance Mix)

- Moveable clothing, no buttons/zippers on pants
- No tights required
- Any indoor sneaker that will not be used outside (not necessarily a jazz sneaker)

Adult Classes

- No dress code required!

ALL CLASSES

HAIR: Hair is to be secured in a bun for all ballet classes; for all other classes, hair should be pulled back and secured above the neck. No jewelry is permitted in class; only small stud earrings may be worn. Students are not permitted outside of the CBA building without street shoes on and clothes over dancewear.

TIGHTS: CBA does not require a specific brand of tights for any of the classes, however we prefer students to wear convertible pink tights with a seam for ballet. First Steps/Storybook Ballet students are NOT required to wear tights for class, however they will need tights for the First Steps Division Showcase and the CBA Spring Performance.

Uniforms are available from *The Hip Joint* downtown. Please visit your local dance store on Charlottesville's Downtown Mall: 110 Second Street NE, Charlottesville, Virginia, 22902 • 434-971-6888.

ACADEMIC YEAR 2019-2020:

Charlottesville Ballet Academy classes run **September 3, 2019-May 30, 2020**. Placement of students is solely at the discretion of the CBA Principal. The division of levels is based on age, strength, physical development and previous dance experience. Students are placed in the level where the artistic staff feels the student will benefit the most.

CBA uses e-mail as the primary form of communication. Please ensure that you include your preferred email address on your CBA registration form!

PAYMENT POLICY & INFORMATION

Tuition for Charlottesville Ballet Academy classes is paid monthly. Tuition is calculated based on the length of each class as follows:

| <u>Class Length</u> | <u>Monthly Payment</u> |
|---------------------|------------------------|
| 30 Minute Class | \$62 |
| 45 Minute Class | \$68 |
| 60 Minute Class | \$74 |
| 75 Minute Class | \$79 |
| 90 Minute Class | \$85 |

CBA Offers Two Types of Tuition Discounts:

- 1) For CBA students taking multiple classes, each additional class is 10% off
 - 2) For families with multiple CBA students, each additional family member receives 10% off the tuition of his or her class (of equal or lesser value).
- For your convenience, CBA uses monthly billing that automatically drafts from your credit card on file. A credit card is required upon registering; the first month's tuition and registration fees will be charged at the time of enrollment.
 - Registration Fee (Assessed at time of registration): \$20 charged for the first student per family (includes adults), \$10 for each additional student per family. Registration fees are charged once per academic year.
 - Tuition is charged automatically on the 15th of every month (except December) for the following month's tuition. November payments will be applied to January tuition.
 - Please note that you will NOT receive an invoice each month.
 - The credit card on file will be charged if another form of payment (cash, check, or alternate credit card) is not received by the tuition due date.
 - Any declined cards will carry a fee of \$10 and any returned checks will carry a fee of \$25.00.
 - All students register for the full academic year at CBA (September 2019-May 2020). Notice of dropping a class must be e-mailed to abrent@charlottesvilleballet.org by the 15th of the month or the card on file will be

charged without refund.

- A costume rental fee of \$35 will be assessed for each performing class for Children's Division and up (due November 1, 2019).
- A Spring Performance Fee of \$50 per student (\$25 per sibling) will be assessed for each student at CBA that participates in the Spring Performance (due March 1, 2020). Tickets will be FREE for the performances held in June.
- Enrollment Deadlines
- First Steps Division: April 1st is the last day to enroll or transfer classes.
- Children's Division and Up: December 15, 2019 is the last day to drop or transfer classes. A drop fee of \$100 will be charged for each class dropped after this date.

DROP-IN RATES AND CLASS PUNCH CARDS: Charlottesville Ballet offers drop-in rates and multiple-class packages for the Adult Division, allowing you to fit dance into your busy schedule!

Drop-In Class: \$21.00 per 60 min class, \$23.00 per 90 min class

Drop-In Class Discount for UVA/PVCC Students & Parents of CBA Students = \$2.00 off

4-Class Pass = \$80.00 (60 min classes), \$90.00 (90 min classes)

PRIVATE LESSONS: Study privately with CBA Faculty for a customized training program. Private lessons are a great option for many reasons: reviewing the basics, learning terminology of the ABT curriculum for class placement, analyzing alignment or strength imbalances, and especially for students wishing to advance at an accelerated pace.

30-Minute Private \$35.00

45-Minute Private \$45.00

60-Minute Private \$55.00

For more information or to schedule a private lesson, please contact the studio at info@charlottesvilleballet.org.

FINANCIAL ASSISTANCE: As a 501(c)(3) non-profit organization, Charlottesville Ballet is dedicated to providing dance training to students and families from all financial backgrounds. Financial Assistance for tuition to Charlottesville Ballet Academy is available. Please contact Finance Manager, Ali Brent: abrent@charlottesvilleballet.org

PERFORMANCES:

- **First Steps Division Students** (ages 3-6) will participate in the First Steps Division Showcase on Saturday, May 16, 2020 in the CBA Studio Theatre (schedule TBA). No costume fee will be assessed for these students.
- **Children & Student Division Students** are expected to participate in CBA's Spring Performance on Sunday, May 31, 2020. Accounts will be billed a non-refundable costume rental fee of \$35.00 for each class at CBA. Costume fees are due November 1 and will be used towards the student's costumes in the CBA final performance.



ATTENDANCE POLICY

Students are urged to make up any classes that are missed in another age-appropriate class of the same level. Make-up classes must be completed within 30 days of the missed class. Students doing a make-up class should check in at the front desk prior to the class. No refund or credit is given for missed classes. Parents/Guardians must report all absences to the front desk staff prior to class time by emailing info@charlottesvilleballet.org or calling the studio at 434-973-2555.

WEATHER POLICY

In the event of inclement weather, the Charlottesville Ballet website will give information regarding any changes in class schedules and the Academy telephone message (434-973-2555) will be changed to reflect any changes in class schedules due to weather.

SECURITY

First Steps & Children's Division: All children under age 11 must be accompanied by a parent or guardian in and out of the building at all times.

Student Division: Dancers over age 11 may be dropped off at the elevator. During pick up after class, students age 11 & up may wait in the first floor lobby for a parent or guardian.

It is very important that parent/guardians pick up children in a timely manner. Students must be picked-up within 15 minutes after their last class. If you are running late, please call the studio immediately.

DRESS CODE & UNIFORM

During the Academic Year, Charlottesville Ballet Academy has specific uniforms and dress code requirements. This reduces distraction in the classroom and allows for a disciplined and professional appearance of our students. [CLICK HERE](#) for *Divisions, Classes & Dress Codes* pages for the Academic Year specific classes.

- Hair is to be secured in a bun for all ballet classes; for all other classes, hair should be pulled back and secured above the neck. No jewelry is permitted in class; only small stud earrings may be worn.
- Students are not permitted outside of the CBA building without street shoes on and clothes over dancewear.
- Dance shoes should not be worn outside. This increases the longevity of their wear and protects the studio floors from damage!
- All shoes, attire and other items should be labeled with the student's name. CBA is not responsible for lost or stolen items.

CLASS ETIQUETTE

- Gum and food are not allowed in the studios at any time.
- Only clear liquids or water are permitted during classes.
- Hanging on the barres is not allowed.
- Students under the age of 8 are not permitted in the studio without a teacher present. Students 8+ may be granted permission to stretch or practice in the studio, but playing is not permitted at anytime.
- No cell phones, tablets, or other devices are permitted in the studio, unless they are being used for educational purposes (videotaping corrections).
- Please use the restroom prior to the start of class to help with fewer interruptions during class.
- Arriving and entering late to class: Please wait for the current combination to end and then join the class (unless the teacher instructs otherwise). Students in Level 2+ may be required to observe if they are more than 10 minutes late to class.
- Talking during class is not permitted unless asking a question or the teacher engages the students in an educational conversation. We encourage students to make friends and use the time before and after class to build these relationships. Time during class should be used for learning and not socializing.
- Bullying Policy: Bullying of any kind will not be tolerated. If a student experiences or sees bullying, please report this behavior immediately to a faculty member.
- In alignment with the organization's mission, Charlottesville Ballet has a zero-tolerance policy on promoting eating disorders. We ask all faculty, parents, and students to agree to uphold a healthy, nurturing environment during all classes and rehearsals at CBA. All students and parents shall agree to refrain from negative discussions of the body and/or body image at any Charlottesville Ballet rehearsals, performances, or events.

If you have any questions about CBA policies, please contact info@charlottesvilleballet.org.



CHANCE TO DANCE

Chance To Dance (C2D) is Charlottesville Ballet's after-school outreach program for grades K-5 that gives underserved children a hands-on experience with the arts. The Ballet partners with local public schools in both Charlottesville and Albemarle County.

Students participate in a session of dance classes held once per week after school. These classes are taught by professional artists from the Charlottesville Ballet and are all-inclusive with students actively participating regardless of physical ability or previous dance experience.

The dance genres of Ballet, Modern, Tap, Hip Hop, and African dance form the backbone of the Chance To Dance curriculum. Participants are introduced to basic movements and then hone these skills throughout the program. Students see the benefit of applying themselves to both mental and physical challenges.

At the end of the program, Charlottesville Ballet will identify select students who show exceptional talent for dance and grant need-based Chance To Dance lifetime scholarships to Charlottesville Ballet Academy.



who show exceptional talent for dance and grant need-based Chance To Dance lifetime scholarships to Charlottesville Ballet Academy.

COMMUNITY PARTNERS

Charlottesville Ballet partners with other companies in the area to help make arts programs accessible to others in the community.

Charlottesville Ballet's current partners include:

- Big Brothers Big Sisters
- Girls & Boys Clubs of Central Virginia
- International Neighbors

**CHARLOTTESVILLE BALLET INVITES YOU TO...
GET INVOLVED!**

Charlottesville Ballet relies on the support of community volunteers and offers internships to those interested in learning more about the world of dance. The Company utilizes volunteers for:

- Ushers and Ticket Takers at All Performances
- Parent Chaperones for Student Performances
- Backstage and Tech Crew
- Costume Assistance
- Set and Prop Design
- Photography
- Graphic Design
- Marketing/PR
- Special Event Planning

...Or Any Other Talent You May Have to Offer!



For more information about volunteering for Charlottesville Ballet, please fill out our volunteer form at: <http://charlottesvilleballet.org/volunteers/>.

If you have questions, contact our Volunteer Coordinator: volunteers@charlottesvilleballet.org.



Giving

INDIVIDUAL GIVING

Charlottesville Ballet is a 501(c)(3) public charity that depends on your tax-deductible support to keep dance thriving in Charlottesville. Your donation to the Annual Fund will support dancer and instructor salaries, ensure the longevity of our educational outreach programs, and enable Charlottesville Ballet to produce professional dance productions for citizens throughout the Central Virginia area.

[CLICK HERE](#) to donate.

CORPORATE SPONSORSHIP

The business community is a valued partner in Charlottesville Ballet's artistic, education, and outreach activities. Corporate contributions of all sizes, in-kind gifts, and matching gifts enable us to perform at the highest standard of artistry. Your corporate contribution is an investment in the cultural life of the Charlottesville area for both residents and visitors.

For more information about how your business or organization can support Charlottesville Ballet, please contact:

ehartka@charlottesvilleballet.org or 434.973.2555.

[CLICK HERE](#) for more information about sponsorship packages.

DONATIONS BY MAIL:

Donors may also make monetary contributions by mail. Send your tax-deductible gift with checks made payable to Charlottesville Ballet:

1885 Seminole Trail,
Suite 203
Charlottesville, VA 22901

For further information about opportunities to give, please email: ehartka@charlottesvilleballet.org.



FAQ

I want to try a class before registering. How do I do that?

E-mail us at info@charlottesvilleballet.org to schedule a trial. First class is always complimentary!

Where is your building?

We are located at 1885 Seminole Trail at the intersection of Woodbrook and Rt. 29. When you turn into our parking lot, you'll want to immediately turn left and drive around to the front of the building. You can find us in the double glass doors between US Cellular and Play it Again Sports — our big "Charlottesville Ballet" is below our studio, not our front entrance!

Where do I park?

You can find parking along the back or side of the building; we just ask that you still come in our front or back door to our first floor so we can smile and greet you as you arrive. And please use caution when driving in the parking lot!

I want to drop a class, how do I do that?

You can transfer or drop a class by e-mailing CB Finance Manager Ali Brent (abrent@charlottesvilleballet.org) anytime before the 15th of the month. Example: November tuition is charged on October 15, so if you wish to drop the class for November, notice must be given prior to October 15.

What's a ballet bun and how do I manage my student's hair?

A ballet bun is a classical hairstyle used by dancers that serves both a functional and aesthetic purpose. It keeps the hair secure and away from the face and provides a clean line. The hair is first secured in a ponytail and is then wrapped around



in a coil around the head and secured with bobby pins. You can watch this quick tutorial for help with bun-making technique! All students in Pre-Ballet and up should have their hair in a bun and students should be able to make their bun themselves by Ballet 1. Students with hair too short for a bun may secure it back in a ponytail or with a headband.

When can I make up a missed class?

You are welcome to make up a missed class in any age-level appropriate class within 30-days of the missed class. Make-ups may be taken in the same genre as a student's scheduled class, but students are also welcome to explore other genres.

What do I do if I have to miss class or I'm going to be late?

E-mail info@charlottesvilleballet.org or give us a ring at 434.973.2555 and we'll let your teacher know!

My family can't afford dance classes – do you have a program for this?

Charlottesville Ballet is a 501(c)(3) nonprofit organization and part of our mission is to provide access to dance education. If you are interested in applying for Financial Aid, please click this link to submit an application: [FA Application](#)

I don't want my credit card kept on file.

CBA requires a credit card to be kept on file by all families. If you would like to pay monthly tuition with cash or check you may do so, however it will be due by the 15th of each month. If tuition is not paid with cash or check, then the credit card on file will be charged on the 15th of every month.

We will be out of town for the CBA Spring Performance. What do we do?

Please e-mail CBA Academy Manager at info@charlottesvilleballet.org as soon as you know that your student will be unable to participate in the annual Spring Performance (Children's Division classes and up). You will not be charged the costume rental fee of \$35 in November if you inform CBA prior to November 1. CBA offers no refunds for costume rental fees once they are paid, even if students are unable to participate in the Spring Performance. Classes begin practicing for the Spring Performance towards the end of January; teachers spend no more than 15 minutes of class rehearsing. Students unable to perform will be asked to understudy, learn, and practice the choreography with the rest of the class.

What is and why is there a Spring Performance Fee?

A Spring Performance Fee will be assessed for each student at CBA that participates in the Spring Performance. Tickets will be FREE for the performances and families can invite as many guests to participate in this special day to celebrate our dancers.

As a non-profit organization, we try to keep costs as low as possible for CBA families. The Spring Performance is not a profitable event for Charlottesville Ballet due to the high costs associated with putting on a large scale dance production. These expenses include staffing, lighting, sound, rental of backdrops, equipment, as well as the hourly rate to rent the theater for several days (dress rehearsals and performance day). The Spring Performance fees help to cover these costs. We continually strive to keep fee increases to a minimum, despite increases in costs each year.

Does CBA offer scholarships?

CBA's outreach program: Chance To Dance gives students the opportunity to receive a lifetime scholarship to CBA. These students are selected after completing the academic year session of "C2D" at their participating elementary school. Students are selected based on their interest, motivation, and talent in the class.

CBA offers very few talent-based scholarships and only at the discretion of the Academy Principal. However, CBA partners with several other Virginia nonprofits to offer scholarships to at-need students. Please contact info@charlottesvilleballet.org if you'd like more information.



What is Chance To Dance?

Chance To Dance is an after-school dance education outreach program that gives children a hands-on experience with the arts. It is fully funded by individual donors and grants. Students participate in a session of dance classes held once per week after school. These classes are taught by professional artists from the Charlottesville Ballet and are all-inclusive with students actively participating regardless of physical ability or previous dance experience. Ballet, Modern, Tap, and Hip Hop form the backbone of the Chance To Dance curriculum. Participants are introduced to basic movements and then hone these skills throughout the eleven-week program. Students develop confidence and motivation as they apply themselves to mental and physical challenges. If you'd like more information about C2D and how to support it, please e-mail c2d@charlottesvilleballet.org.

What is the Dancers for Dancers fundraiser?

Dancers for Dancers ("D4D") is a fundraising initiative launched in fall of 2015 to raise funds for CBA's scholarship and financial aid students. The D4D fundraising drive encourages CBA students to go into their communities and ask for support from their families and friends (similar to the American Heart Association's Jump Rope for Heart drive). This funding then goes towards supporting CBA scholarships (including Chance To Dance) and financial aid.

Why is there a dress code? And what do I do if I can't afford the attire and shoes?

CBA's dress code ensures that all students have a professional appearance and mitigates the distraction of different attire styles. If you cannot afford the dress code uniform, please contact info@charlottesvilleballet.org. CBA has a Donation Bin where you can donate gently used uniforms and shoes that are then distributed to those in-need. Please drop off any donations at the front desk.

CBA also has a "borrow bin" of tap, jazz, and ballet shoes that can be used during your child's class each week. Because numerous students use the same pairs of shoes, students may not take borrowed shoes home. Please secure the pair of shoes together (place inside each other, rubberband, or tie laces) and place all borrowed footwear back in the borrow bin after use.

How do I join the Pre-Professional Program?

The Pre-Professional Program is a rigorous training program for a select group of students that have the desire to become professional dancers and or performing artists. The program is by invitation only at the discretion of the Academy's Principal, Sara Clayborne.

When can my child start pointe class?

All students at CBA must pass a pointe examination before beginning pointe work. The examination is taken only at the recommendation of CBA Principal Sara Clayborne. To be considered for the pointe exam, students must be in Ballet Level 3 or higher, at least 12 years old, and currently taking at least three 90-minute ballet classes per week.

In the exam, students will be asked to perform certain exercises to ensure they have the required strength and technical development to begin pointe work. Students must also present the 8 positions of the body, both written and demonstrated. Students will be required to sew their own pointe shoes; CBA staff members are always happy to assist with teaching this skill. Once students have passed CBA's pointe exam, they will have to undergo a medical screening to ensure their bones have finished developing and there will be little risk for injury. For more information on the pointe exam, please e-mail info@charlottesvilleballet.org.

Is Charlottesville Ballet a nonprofit? And if so, how can I support it?

Charlottesville Ballet is a 501(c)(3) nonprofit and public charity, meaning it relies on its many families, friends, and supporters to keep its doors open. Tuition for the Academy and ticket sales for the Professional Company only cover a portion of the costs to present our high quality dance education and professional performances. You can help keep dance alive in Central Virginia by visiting CharlottesvilleBallet.org/Contribute. Donations are tax-deductible. If you would like to make a donation to a specific aspect of the ballet (dancers' pointe shoes, Sponsor-a-Dancer fund, C2D, etc) you can do so by notating in the online donation form, or by e-mailing ehartka@charlottesvilleballet.org. Gifts of any size are appreciated, ensure the longevity of our educational outreach programs, and enable Charlottesville Ballet to produce professional dance productions for citizens throughout the Central Virginia area!



charlottesville ballet academy

www.CharlottesvilleBallet.org

434.973.2555 | info@charlottesvildeballet.org

1885 Seminole Trail, Suite 203, Charlottesville, VA 22901

*Information in this handbook is subject to change.

Photos by *Liindsey Garrett, Thomas Giroir, Liz Knutsen, Andrea Shirey*