

The Ballet & Performing Arts Centre
5365 Robinhood Road, Suite E
Winston-Salem, NC 27106
336-923-2585
balletandperformingartscentre@gmail.com

Celebrating 25 Years!



February 4, 2020

Dear Parents and Students,

Although it may seem far away, summer is closer than you think, and that means it's time to start thinking about summer dance classes.

Summer is the perfect time to try something new or dive deeper into dance! We highly recommend continued study during the summer months in order to maintain level of achievement and to work on personal goals.

BPAC offers four day long, fun and interactive dance camps for our Preparatory Division dancers. A four day long Summer Intensive is offered for our Primary Division, Intermediate and Advanced Division dancers (levels III, II, I & Company). Students who dance throughout the summer improve drastically in their abilities and are more successful throughout the school year than students that take the summer off. Continued summer study helps the student remain strong, maintain muscle memory, and continue to advance.

Students in the Upper Primary, Intermediate and Advanced Divisions, are **STRONGLY** encouraged to take a minimum of 25 hours, a membership requirement for leading roles and for the competitive team at BPAC. These can be obtained through BPAC's Summer Intensive and/or Private Lessons. We highly recommend taking two weeks of camp in order to maintain muscle development, progress technically and prevent injury. Each week is approximately 19 hours.

When auditioning for a leading role in the Nutcracker performance, and/or for BPAC's Competitive team, summer hours are a strong point of consideration and weighed along with the student's audition performance.

A student's loyalty to the art of dance and drive to get the most out of their ability through hard work and dedication over the summer is highly encouraged and does not go unnoticed!

If you are a part of the Competitive Team, or wish to audition, competition Auditions will be held May 26th 2020.

Although it is not a new policy, please remember that students who desire a lead role in The Nutcracker or if you would like to participate in the competition teams in the fall, you must take at least 25 hours of dance over the summer with The Ballet & Performing Arts Centre. If you would like to audition for the competition teams, you must attend ballet & pre-pointe/pointe and also take the competition classes & Competition Workshop. (The Competition Workshop hours can not be combined with the 25 hours required). We encourage you to enroll in at least two weeks of camp. When determining your Nutcracker role we weigh your performance at the audition equally with your summer dance hours. (If you cannot attend 25 hours of summer classes, hours can and should be made up with private lessons, please contact us for more details). If you want to be a lead in The Nutcracker, you must show that you are loyal to the art of dance and have the drive to get the most out of your ability through hard work and dedication.

Summer classes will be closed based on enrollment, so please submit your registration with a \$75 deposit by May 1, 2020.

We're looking forward to a successful summer session and hope that you are too!

Dancingly Yours,

Natalie & BPAC Staff



SUMMER INTENSIVE 2020

Our training is based on a broad spectrum of movement rooted in a classical training outlined for optimum advancement. Dancers train 4 days per week up to four weeks in the summer months. Our mission is to create strong dancers who are highly technical, can perform with confidence and experience and possess the assuredness to take their dance experience to the next level.

Age/Level	Course	Time	6/15-6/18	7/13-7/16	7/20-7/23	8/10-8/13	5/26	Cost
Level III PRIMARY	Jazz/Turns/Leaps/ Tap	12:00-12:45	X	X	X	X		
	Lunch*	12:45-1:15	X	X	X	X		
	Ballet	1:15-2:15	X	X	X	X		
	Pre-pointe/Ballet	2:15-3:00	X	X	X	X		
	Progressing Ballet Technique/Yoga	3:00-3:45	X	X	X	X		\$280 PER WEEK 2 classes \$150
	Contemporary/ Acro	11:00-12:00	X	X	X	X		\$350 PER WEEK
Level II Primary II	Jazz/Turns/Leaps/ Tap	12:00-12:45	X	X	X	X		
	Lunch*	12:45-1:15	X	X	X	X		
	Ballet	1:15-2:15	X	X	X	X		
	Pre-pointe/Ballet	2:15-3:00	X	X	X	X		
	Progressing Ballet Technique/Yoga	3:00-3:45	X	X	X	X		
	Ballet	11:00-12:00	X	X	X	X		\$350 PER WEEK
Level I Intermediate	Pointe/Variations	12:00-12:45	X	X	X	X		
	Lunch*	12:45-1:15	X	X	X	X		
	Jazz/Turns/Leaps/ Tap	1:15-2:15	X	X	X	X		
	Contemporary/ Acro	2:15-3:00	X	X	X	X		
	Progressing Ballet Technique/Yoga	3:00-3:45	X	X	X	X		
Company Advanced	Ballet	11:00-12:00	X	X	X	X		
	Pointe/Variations	12:00-12:45	X	X	X	X		
	Lunch*	12:45-1:15	X	X	X	X		
	Jazz/Turns/Leaps/ Tap	1:15-2:15	X	X	X	X		
	Contemporary/ Acro	2:15-3:00	X	X	X	X		
	Progressing Ballet Technique/Yoga	3:00-3:45	X	X	X	X		\$350 PER WEEK
Competition Workshop	Jazz Turns, Leaps & Tap	4:30-6:15					X	\$120
	Technique Review and Auditions	6:15-7:30					X	



SUMMER CAMPS/ CLASSES

PREPARATORY DIVISION

Our 2020 Summer camps offer ballet, tap, jazz, hip hop & tumbling. This summer, BPAC will offer three 3-8yr old camps. Students will enjoy a fun filled week full of favorite storybook tales that come to life through classes in Dance, Music & Art. Students do not need dance experience to participate in the Preparatory Division summer camps.

Age/Level	Course	Time	6/15-6/18	7/13-7/16	7/20-7/23	8/10-8/13	Cost
Age 2	Princess for a Day	9:00-10:00	X	X	X	X	\$75/WEEK
Age 3-5 & Age 6-8	Ballet	9:00-10:00	X	X	X	X	\$75WEEK
	Jazz/Tap/HH	10:15-11:00	X	X	X	X	\$75/WEEK
Preparatory Dance Camp Ages 3-5 & Ages 6-8 Ages will be Split in to appropriate levels if necessary	Ballet	9:00-10:00	X	X	X	X	
	Snack	10:00-10:15	X	X	X	X	
	Jazz/Tap/HH	10:15-11:00	X	X	X	X	
	Art	11:00-12:00	X	X	X	X	\$190 WEEK 9-12
	Lunch	12:00-1:00	X	X	X	X	\$200 WEEK 9-1
Boys Classes Ages 5-9	Ballet	9:00-10:00	X	X	X	X	\$75/Week
	Hip Hop	12:15-1:00	X	X	X	X	\$75/Week

2 Year Olds

- DAY 1: Ocean Day (The Little Mermaid)
- DAY 2: Dress Like Your Favorite Princess Day
- DAY 3: TuTus & Tiaras Day (Cinderella)
- DAY 4: Style Your Hair Like A Princess Day (Rapunzel)

June 15-18 Magical Unicorn Camp

Dancers will love doing everything Unicorn in this fun camp filled with dance, music, acrobatics, and art.

July 13-16 Angelina Ballerina Camp

Come join Angelina Ballerina for dancing, music, acrobatics, and art. This fun camp is based around stories of Angelina Ballerina and will leave your little princess inspired to dance.

July 20-23 Be A Princess Summer Dance Camp

In a fun and encouraging environment, favorite storybook tales come to life through dance, music, acrobatics, and art as students explore movement, musicality and creativity. Attire for the camp is either dance clothes (leotard, tights and ballet shoes) or simply comfortable clothing that is easy to move in.

Campers should bring a small snack, lunch (if staying 12-1) water bottle each day.

August 10-13 Nutcracker & Fairy Tales Camp

2020 Summer Class Registration Form

(A completed summer registration form with payment is your reservation)

Dates and times are subject to change

Dancer's
Name: _____

Address: _____

City: _____ Birthday _____

State: _____ Zip: _____

Phone: _____ Email: _____

Emergency
Number: _____

Weeks you are attending dance
camp: _____

Summer classes will be closed based on enrollment, so **please submit your registration with a \$75 deposit by May 1, 2020 to ensure class placement.**

\$75 deposit:

Cash: _____

Check: _____

Credit card: _____ exp _____

Card Billing Zip Code: _____

Security Code: _____ (MC/Visa back of card/AMEX front of card)

2020 SUMMER CAMP SPECIAL DISCOUNTS

If you are enrolled in summer intensive camps from 11:00-3:45, **you receive \$70 discount for two weeks, \$150 discount for three weeks & \$200 discount for four weeks** (must register by May 1st for the discount). **There is no registration fee required for camp; however, a \$75 deposit is due at time of registration. Summer Camp balances will be due June 15th.** You will receive a camp confirmation by June 1st 2019 which will contain information about dance attire, hair and shoe requirements.

Each camp session must have a minimum of 8 dancers enrolled by June 1st in order for camp to be held. If the camp is cancelled due to low enrollment, you will be offered, an alternate week, private lessons or receive a full refund.

Dance Camp: Ages 3-5 & Ages 6-8 (9am-12pm or 1pm)

Students will participate in daily dance classes in techniques such as ballet, tap, tumbling and creative movement. In addition to dancing, campers will partake in arts & crafts. Students will enjoy a fun filled week full of favorite storybook tales that come to life through classes in Dance, Music & Art. Students do not need dance experience to participate in summer camps. Campers may also stay for lunch from 12:00-1:00. **Discounts are: \$380 for two weeks, \$540 for 3 weeks & \$680 for all 4 weeks.(must register by May 1st for the discount).** You will receive a camp confirmation by June 1st 2020 which will contain information about dance attire, hair and shoe requirements.

Summer Intensive

The Summer Intensive is recommended for our Intermediate and Advanced Division dancers (Upper Level III, Level II, I & Company). The Intensive offers classes in Ballet, Pointe, Variations, Jazz, Leaps & Turns, Contemporary, Acro (such as rolling tinsicas) Tap, Progressing Ballet Technique, Yoga & Conditioning four afternoons per week with BPAC's outstanding faculty members and guest artists. Our Summer Intensive is designed to help students build strength and technique in preparation for the upcoming school year. In addition, **the Intensive will provide the dancers with information about various topics in the world of dance including nutrition, dance history, rehearsal etiquette and injury prevention during lunch each day.** This Intensive Program offers 16-20 hours of instruction - the recommended amount for all Intermediate and Advanced Division students and required amount for members of BPAC's WSYB & Competitive Team.

Private Lessons

Whether you want to develop your artistry or fine-tune your technique, working one-on-one with a teacher can help take your dancing to the next level. We highly recommend Private Lessons!

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2020-2021 Competition Intensive Workshop Schedule

Tuesday, May 26th

4:30-6:15pm

Jazz, Turns, Leaps & Tap

6:15-7:30pm

Technique Review & Auditions

2020-2021 Competition Intensive Workshop Audition Form

Student's Name: _____

Level/Age: _____

Approximate Number of Hours Danced this Summer:TBD_____

What dance styles would you be interested in taking to competition?

Are you considering doing a solo/duet/trio/quartet at competition? If yes, with whom would you like to work and, in what genres are you interested?

With whom are you interested in dancing? _____

Please Select One of the Following:

Only consider me for group roles (**billed at the monthly tuition rate**)

Also consider me for solo/duet/trio roles (**billed at the private lesson rate**)

List Days/Times **NOT** Available: _____

Maximum Number of Pieces: _____

Competition Workshop fee: \$120.00 Cash: _____ Check Number: _____

Credit Card #: _____

EXP: _____ CVV: _____ Billing Zip Code: _____

Health History Information

Because dance is a highly physical activity, it is necessary that the following information concerning health be provided. Please remember that all information is considered important and will be considered confidential.

Dancer Name

Emergency Contact		
Name	Relationship	Phone Numbers

List all known allergies:

List all conditions being monitored by a physician:

List all medications currently taken:

Doctor's Name

Phone Number

Does BPAC have permission to administer the following for minor complaints?

Tylenol_____ If so, indicate dosage _____ Advil_____If so, indicate dosage_____

General Release/Indemnification

In case of an emergency, if the staff of BPAC is unable to reach me by phone, concerning a situation that requires immediate emergency medical assistance, I hereby give my permission to the staff to secure treatment for my child as named in this application. As an additional consideration, I release BPAC from the liability for injuries to the person or property of the student, which may occur while participating in the activities of this company. In addition, I will not hold BPAC responsible for any theft, accident or injury during any BPAC function or activity.

BPAC shall have the right to use the name, photograph, video-tape, voice or other likeness of the student and to exhibit the same through any medium whatsoever during the term of this agreement or at any time in the future for advertising, promotional or commercial purposes. All such reproduction shall be the exclusive property of BPAC.

I certify that the above information is accurate and complete and I am in agreement with this release and consider it legal and binding:

Signature Parent/Guardian Signature if under age 21

SUMMER DRESS CODE

Preparatory Dance Camps 9am-12 or 1

Attire for the camp is either dance clothes (pink leotard, salmon tights and pink ballet slippers) or simply comfortable clothing such as leggings and a t-shirt.

GIRL'S BALLET / POINTE / VARIATIONS

Girls Leotard: Black leotard

Tights: Adaptatoe Salmon Tights

Shoes: Pink canvas or leather ballet shoes

Hair: All Summer Workshop female students should wear a high bun on the crown of the head for class. No bangs, loose ends, ponytails or ornamentation is allowed. Please use a hair net to keep fly away ends in place.

BOYS BALLET CLASS ATTIRE

Shirt: white T-shirt

Leg Wear: Black bike pants or jazz pants

Shirt: White

Shoes: Black or white ballet shoes

BOYS HIP HOP CLASS ATTIRE

Comfortable clothing and Tennis shoes or jazz shoes may be worn.

CONTEMPORARY / COMPOSITION / ACRO

Girls: Black leotard, adaptatoe salmon tights, bare feet

Boys: Same as ballet attire above

JAZZ / LEAPS & TURNS

Girls: Black leotard, black jazz pants or bootie shorts, adaptation tights, tan jazz shoes.

Boys: Same as ballet class attire, black jazz shoes.

PROGRESSING BALLET TECHNIQUE/YOGA

Girls Leotard: Black leotard

Tights: Adaptatoe Salmon Tights

Shoes: Pink canvas or leather ballet slippers

Dancers will need to bring a yoga mat, 10 foot Flexibility band and a Pilates Ball

You may rent flexibility bands, balls & mats for a \$20 fee per week (Please let us know in advance)