



CONTRA COSTA BALLET

RAISING THE BARRE FOR OVER 50 YEARS

## Online Summer Program

July 6<sup>th</sup> – July 31<sup>st</sup>, 2020

The Contra Costa Ballet Centre's Online Summer Program offers interactive, live instruction for Levels 1 through Advanced dancers, by a highly-developed faculty with years of experience both as dance educators and performers. Our directors and faculty have collectively worked with the most prestigious ballet institutions in the U.S., including American Ballet Theatre, New York City Ballet, and San Francisco Ballet.

Students follow a Russian-based, yet truly American syllabus. The curriculum has been adapted as appropriate for an online environment and consists of ballet technique, pointe, character, and electives such as modern, Flamenco, anatomy, and Pilates mat class. Dancers are required to participate through video so that they may receive individual corrections.

### DIRECTORS

**Richard Cammack** – American Ballet Theatre, San Francisco Ballet

**Zola Dishong** – American Ballet Theatre, San Francisco Ballet

### FACULTY

**Charles Anderson** – New York City Ballet, Company C Contemporary Ballet

**Emily Borthwick** – The Royal Ballet School, Royal Academy of Dance

**Shannon Bresnahan** – Munich Ballet, San Francisco Ballet School

**Mercedes David Sheets** – San Francisco Ballet

**Amy DeLong-Martin** (Modern, Pilates) – Elinor Coleman, Stephan Koplowitz, Nancy Meehan (New York)

**Sherri LeBlanc** – New York City Ballet, San Francisco Ballet

**Meghann Oakes Rust, DPT** (Anatomy) – Dignity Health Center for Sports Medicine

**Yaelisa** (Flamenco) – Caminos Flamencos

### AUDITIONS

Auditions for prospective students may be scheduled virtually through June 19<sup>th</sup>, by emailing the school administrator at [school@contracostaballet.org](mailto:school@contracostaballet.org). No audition is required for currently-enrolled CCBC students.

### REGISTRATION & REFUNDS

Registration requests and full tuition must be received online by June 7<sup>th</sup> for currently-enrolled CCBC students, or June 21<sup>st</sup> for new students. Registration is for the full, four-week session; however, currently-enrolled CCBC students in Levels 5 - Company whose participation in another summer intensive conflicts with full attendance should contact the school administrator at [school@contracostaballet.org](mailto:school@contracostaballet.org) for weekly registration options. Makeup classes are not available for the Online Summer Program. There will be no tuition adjustments for missed classes except in the event of documented illness or injury necessitating absence of ten consecutive days or more.

### SCHOLARSHIPS

In order to encourage young men, the Contra Costa Ballet Centre, in partnership with the Contra Costa Ballet Foundation, offers one-half tuition scholarships to its male students.

### STUDENT EVALUATIONS

New students will be observed throughout the Summer Program for consideration of acceptance and placement into Contra Costa Ballet's school-year program. Notification of placement decisions will be given during the last week of classes.

## DRESS CODE & EQUIPMENT

Ladies: Leotard, tights, ballet shoes; hair up and fastened (e.g. bun, French twist, clipped to the head).

Men: Dance tights or biking shorts, ballet shoes, fitted white t-shirt, waistband belt; hair combed neatly off the face.

An internet-connected computer or tablet with camera are required. Students should set up their device in a well-lit room with a smooth flooring surface (e.g. wood/laminate/tile), with the camera positioned to capture their full body. A sturdy chair, table, or countertop will be needed to function as the barre. A yoga/Pilates mat or thick towel is required for Levels 3 - Advanced students for the conditioning portion of class.

## TUITION & FEE SCHEDULE

<u>Class Level</u>	<u>Total # of Classes Per Week</u>	<u>Full Program Tuition</u>
Level 1/2	4	\$170
Level 3	8	\$335
Level 4	12	\$480
Advanced (Level 5 - Company)	15	\$660

*New students* must also include with their tuition a registration fee of \$50.

## SUMMER PROGRAM CLASS SCHEDULE

*(As of 6/28/20. Schedule and instructors subject to change.)*

<u>CLASS</u>	<u>SCHEDULE</u>	<u>CURRICULUM</u>	<u>INSTRUCTOR</u>	
Level 1/2	Monday	10:30 – 11:45	Technique	
	Monday	12:00 – 12:30	Character	
	Monday	12:45 – 1:15	Boys' Class	
	Wednesday	10:30 – 11:45	Technique	
	Wednesday	12:00 – 12:30	Character	
Level 3	Monday	10:30 – 11:45	Technique	
	Monday	12:00 – 12:30	Conditioning	
	Tuesday	10:30 – 11:45	Technique	
	Tuesday	12:00 – 12:30	Character	
	Thursday	10:30 – 11:45	Technique	
	Thursday	12:00 – 12:30	Character	
	Friday	10:30 – 11:45	Technique	
	Friday	12:00 – 12:30	Conditioning	
	Level 4	Monday	2:00 – 3:15	Technique
Monday		3:30 – 4:00	Pointe	
Monday		4:30 – 5:15	Pilates/Stretch	
Tuesday		2:00 – 3:15	Technique	
Tuesday		3:30 – 4:00	Pointe	
Tuesday		4:30 – 5:15	Flamenco	
Thursday		2:00 – 3:15	Technique	
Thursday		3:30 – 4:00	Pointe	
Thursday		4:30 – 5:15	Flamenco	
Friday		2:00 – 3:15	Technique	
Friday		3:30 – 4:00	Pointe	
Friday		4:30 – 5:15	Pilates/Stretch	
Advanced (Level 5 - Company)		Monday	10:30 – 11:45	Technique
		Monday	12:00 – 12:45	Pointe
	Monday	1:15 – 2:00	Pilates Mat Class	
	Tuesday	10:30 – 11:45	Technique	
	Tuesday	12:00 – 12:45	Pointe	
	Tuesday	1:15 – 2:00	Flamenco	
	Wednesday	10:30 – 11:45	Technique	
	Wednesday	12:00 – 12:45	Pointe	
	Wednesday	1:15 – 2:00	Anatomy	
	Thursday	10:30 – 11:45	Technique	
	Thursday	12:00 – 12:45	Pointe	
	Thursday	1:15 – 2:00	Flamenco	
	Friday	10:30 – 11:45	Technique	
	Friday	12:00 – 12:45	Pointe	
	Friday	1:15 – 2:00	Modern/Stretch	