

# CLASS SCHEDULE 2020-2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>STUDIO 1</b>	<b>STUDIO 1</b>	<b>STUDIO 1</b>	<b>STUDIO 1</b>	<b>STUDIO 1</b>	<b>STUDIO 1</b>	<b>STUDIO 2</b>
	10:00-11:30 Adults	10:00-11:00 Silver Swans	10:00-11:30 Adults		10:00-11:00 Splendid Saturday	10:00-11:00 Chassé
	11:30-12:30 Terrific Tuesday	11:00-12:00 Progressing Ballet Technique	11:30-12:30 Progressing Ballet Technique		11:00-12:00 Pirouette	11:00-12:30 Passé
3:00-4:30 Adults					12:00-1:00 Arabesque	12:30-2:30 Changement
4:30-7:00 Changement	4:30-7:00 Changement	4:30-7:00 Changement	4:30-5:30 Chassé	4:30-7:00 Changement		
7:00-8:00 *OCTOBER COACHING VOCATIONALS	7:00-8:00 *OCTOBER COACHING VOCATIONALS		5:30-7:00 Passé			7/21/2020

## Class Attire

**Terrific Tuesday and Splendid Saturday:** Pink leotard, pink tights and pink ballet slippers.

**Pirouette, Arabesque, Chassé, Passé & Changement:** Black camisole style leotard with belt (no exceptions), pink tights and pink ballet slippers

## Class Policy

Student's class placement will be determined by Monmouth Academy of Ballet's Artistic Director, Miss Ellen.

Enrollment of at least 5 students will be required to ensure a class offering is not cancelled.



## CALENDAR 2020-2021

### **First Day of Classes**

September 14, 2020

### **RAD Coaching Begins**

Week of October 16, 2020  
(Times & dates to be announced)

### **Halloween Break**

October 31, 2020

### **Veterans Day Break**

November 6, 7, 8, 9, 2020

### **Thanksgiving Break**

November 26, 27, 28, 29, 2020

### **Spring Program Auditions**

December 12, 2020

### **Christmas Break**

December 23 – January 3, 2021

### **Martin Luther King Day Break**

January 15, 16, 17, 18, 2021

### **RAD Mandatory Mock Examination**

(Times and date to be announced)

### **RAD Examination**

(Times & date to be announced)

### **Presidents' Day Break**

February 12, 13, 14, 15, 2021

### **Spring Program Rehearsals**

Begin February 20, 2021

### **Spring Break**

April 3-11, 2021

### **Memorial Day Break**

May 29, 30, 31, 2021

### **Last Day of Classes**

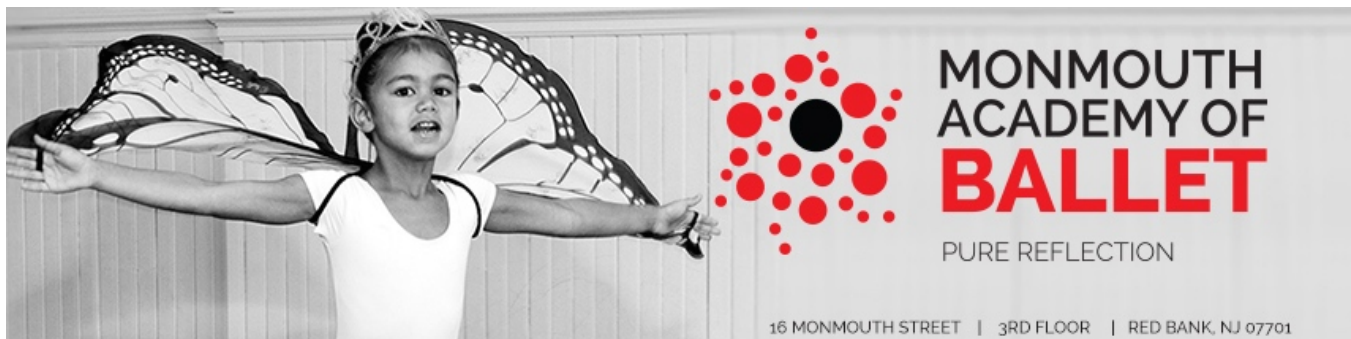
June 16, 2021

### **Spring Performance**

June 19, 2021

### **Summer Program**

Begins July 12, 2021



## CLASS DESCRIPTIONS 2020-2021

Monmouth Academy of Ballet offers beginner, intermediate and advanced dancers as well as adult enthusiasts a complete curriculum of professional instruction from September through June of each year. Our curriculum incorporates the Royal Academy of Dance syllabus which is the most comprehensive and purest of the classical syllabi currently available to ballet teachers.

Learning ballet is an incremental process involving many stages of development. Students will progress through various levels at a pace appropriate for them. Each class level sets higher expectations and becomes more demanding both physically and intellectually. All levels aim to inspire students and help them experience the pleasure, pride and satisfaction of performing ballet.

### TERRIFIC TUESDAY & SPLENDID SATURDAY

This class will be a learning and development opportunity for young girls and boys. They will discover the joy of music and movement, learning to express themselves creatively. With the use of props and stories your child will gain confidence, fine motor skills, coordination, musicality, and learn basic ballet terminology.

### PIROUETTE

This class continues to foster the discovery of music, movement and creative expression. At this level even more ballet terminology is introduced and proprioception is challenged.

### ARABESQUE

These classes aim to capture and nurture the instinctive joy of movement and freedom of expression in a child centered environment that encourages exploration, independence and social interaction. Students will participate in developmentally appropriate activities that facilitate the acquisition of dance skills at a later age.

### CHASSÉ

With this class additional technique and ballet vocabulary are introduced. The student's repertoire of movement, timing and complexity become more integrated. The performance and musical aspects of ballet are increasingly demanding.

### PASSÉ

This class is pivotal in the young dancer's education. It is an exciting age to master more technically demanding aspects of ballet. Bodies are now neurologically capable of mastering more complex progressions of the ballet technique.

## CHANGEMENT

This class introduces dancers to performance skills and involve increasingly demanding levels of physical development and technique. The student's repertoire of movement, timing and complexity become more integrated offering the potential to advance into solo performance and pointe work. Classes are focused on technique, pre-pointe, pointe work and solo performance with attention to mastering the essential connection of mind and body. Complementary exercises will increase flexibility, joint mobility and muscle strength to enable students to safely manage increasing physical demands on their body.

## ADULT BALLET

The fundamentals of posture, core development, flexibility and fluidity are reinforced as students progress through a full, classical ballet barre and gracefully move to the center floor to challenge their balance and coordination with center practice exercises. The class culminates with a series of more challenging petite enchainments to further stimulate strength, stamina, ease of movement, memory and confidence.

## SILVER SWANS

Miss Ellen's continued commitment to offering world class ballet to all students has led to her achieving Silver Swans licensed status. Silver Swans is designed by the Royal Academy of Dance to serve mature dancers where each will receive modifications in class according to their ability and physical limitations if necessary. For both novice and experienced dancers, these classes have no upper or lower age limit and no strict regime. This class delivers internal, emotional, and a physical workout where dancers sculpt their bodies, increase confidence, and physical stability and agility in a positive, like-minded atmosphere.

## PROGRESSING BALLET TECHNIQUE

Miss Ellen has recently completed PBT certification for Level I. This technique is a phenomenal compliment to any ballet class you are currently taking. It is quite accessible to the adult student who has always wanted to try ballet but may be intimidated. This class is laying the foundation for ballet technique with its terminology and positions. This could be used as a spring board into a ballet class or just a great way to strengthen and stretch!



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732-865-4738

## **POLICIES & PRACTICES 2020-2021**

1. Your student's class level will be determined by the Artistic Director, Miss Ellen.
2. Students in class levels Chassé and Passé are required to have character shoes and character skirts by October 26, 2020.
3. Class level Changement will include technique pre-pointe and pointe work. Dancers are required to bring pre-pointe or pointe shoes into class.
4. Student attire and appearance in class must adhere to traditional ballet etiquette.
  - Hair pulled away from the face and secured in a bun. Shorter hair can be secured off the face.
  - Underpants and bras are not to be worn under leotards.
  - No slippers are to be worn without socks or tights.
  - Jewelry and watches may not be worn.
  - Cell phones are not allowed.
5. Ballet slippers must not be worn outside the dance studio. Doing so will ruin slippers and tracked-in dirt will damage the studio floor.
6. Students must arrive in time to prepare themselves and be ready ten minutes prior to class.
7. Students are encouraged to participate in Monmouth Academy of Ballet's Spring Performance that will be held on Saturday, June 19, 2021. Auditions will be held Saturday, December 12, 2020 beginning at 3:00pm. Audition applications plus a \$40 fee are due Friday, November 4, 2020. A \$150 performance fee is due by Saturday, December 19, 2019 to confirm your student's participation. Mandatory rehearsals will start Saturday, February 20, 2021.
8. Students who are invited to take the Royal Academy of Dance (RAD) examination need to register and pay registration and coaching fees by Monday, October 26, 2020. Required coaching classes will start the week of November 9, 2020. A mandatory mock examination will be held on Sunday, January 24, 2021 and the final RAD examination will take place during the first week in February. Inclusion in the final exam will be decided by Miss Ellen for each student based on their coaching class performance and attendance.
9. Regular class attendance is essential for your child to develop in-step with the rest of their class. If an absence is required, please let us know as soon as possible. Make-up classes are available for all class levels. It is your responsibility to schedule a make-up class within 30 days of the absence.
10. Schedule dates referenced in these policies are subject to change. We will inform you of schedule changes, important events and school closings by email. It is your responsibility to be sure we have your current email address on file and to keep yourself informed of important dates and times.

6/16/2020



## Payment Authorization Form

You authorize Monmouth Academy of Ballet to electronically debit my (please choose one):

- Bank Checking Account Information

Routing Number \_\_\_\_\_ Account Number \_\_\_\_\_

- Credit Card Information

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_

CVV \_\_\_\_\_ Billing Zip \_\_\_\_\_

We require that you provide a credit card that we store securely in our system regardless of payment method preference. You acknowledge that electronic debits against your account must comply with United States law.

### Payment Schedule:

- First Payment Due at Registration \$ \_\_\_\_\_
- Second Payment Due November 4, 2020 \$ \_\_\_\_\_
- First Payment Due January 6, 2021 \$ \_\_\_\_\_
- First Payment Due March 6, 2021 \$ \_\_\_\_\_

### Conditions:

You understand and agree that all fees must be paid when due, and there will be no refunds for any portion of tuition and fees paid. If paying by credit card, you hereby authorize Monmouth Academy of Ballet to charge your card when payments are due. If you elect to pay by cash or check, and your payment is more than 10 days past due, you hereby authorize Monmouth Academy of Ballet to charge your card for the amount due, plus a \$50 fee. If your check is returned for any reason, you hereby authorize Monmouth Academy of Ballet to charge your card for the amount due, plus a \$50 fee.

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

7/13/2020

## RELEASE OF LIABILITY

In exchange for participation in the activity of movement, music and dance instruction organized by Monmouth Academy of Ballet of 16 Monmouth Street, Red Bank, New Jersey 07701, I agree for myself and (if applicable) for the members of my family identified in paragraph 5 below, to the following:

**1. AGREEMENT TO FOLLOW DIRECTIONS.** I agree to observe and obey all posted rules and warnings, and further agree to follow any oral instructions or directions given by Monmouth Academy of Ballet, or the employees, representatives or agents of Monmouth Academy of Ballet.

**2. ASSUMPTION OF THE RISKS AND RELEASE.** I recognize that there are certain inherent risks associated with the above described activity, and I assume full responsibility for personal injury to myself and (if applicable) my family members, and further release and discharge Monmouth Academy of Ballet for injury, loss, or damage arising out of my or my family's use of or presence upon the facilities of Monmouth Academy of Ballet, whether caused by the fault of myself, my family, Monmouth Academy of Ballet, or other third parties.

**3. INDEMNIFICATION.** I agree to indemnify and defend Monmouth Academy of Ballet against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my or my family's use of or presence upon the facilities of Monmouth Academy of Ballet.

**4. OTHER DAMAGES.** I agree to pay for all damages to the facilities of Monmouth Academy of Ballet caused by any negligent, reckless, or willful actions by me or my family.

**5. CONSENT.** I, \_\_\_\_\_ of \_\_\_\_\_ (Street) \_\_\_\_\_ (City,State), consent to the participation of my child, \_\_\_\_\_ (Name) in the activity of movement music and dance instruction, and agree on behalf of the above minor to all of the terms and conditions of this Agreement.

**6. MEDICAL AUTHORIZATION.** In the event that neither I nor the emergency contact identified in paragraph 12 can be reached by telephone, Monmouth Academy of Ballet shall have the power to seek appropriate medical treatment or attention on behalf of my child as may be required by the circumstances, including without limitation, that of a licensed medical physician and/or a hospital.

**7. APPLICABLE LAW.** Any legal or equitable claim that may arise from participation in the above shall be resolved under New Jersey law by a state court located in Monmouth County, N.J.

**8. NO DURESS.** I agree and acknowledge that I am under no pressure or duress to sign this Agreement and that I have been given a reasonable opportunity to review it before signing. I further agree and acknowledge that I am free to have my own legal counsel review this Agreement if I so desire.

**12. EMERGENCY CONTACT.** In case of an emergency, please call \_\_\_\_\_  
(Relationship: \_\_\_\_\_) at \_\_\_\_\_ (Day), or \_\_\_\_\_ (Evening).

**I HAVE READ THIS DOCUMENT AND UNDERSTAND IT.**

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_