

# Central Indiana Academy of Dance



14950 Greyhound Court Suite #4  
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[www.ciaodance.com](http://www.ciaodance.com)

We offer a high quality of dance training in a professional atmosphere regardless of the student's personal goals.

Classes include Ballet, Pointe, Variations, Jazz, Modern, Tap, and Pas de Deux.

Our specialized Children's Program starts at age two and a half.

Home of the **Central Indiana Dance Ensemble.**

Central Indiana Academy of Dance

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The goal of Central Indiana Academy of Dance is to offer a high quality of dance training in a professional atmosphere regardless of the student's personal goals. We want all our students to enjoy and respect the art of dance. Ms. DeLay and her staff bring many years of experience to their teaching. They hope to inspire and mentor students to achieve their full potential.

### *Instruction*

The Central Indiana Academy of Dance has a strong focus on classical training to continue the development and inspiration for future generations. Dance is an art form that takes time and dedication to develop. Central Indiana Academy of Dance allows students to progress according to the level of each individual student and technique.

The **Children's Program** focuses on musicality, coordination, artistry and technique in the areas of ballet and tap. All Classes are kept small to provide individual attention, self-confidence, flexibility, the foundation to continue with more advanced training and to encourage expressiveness all in a nurturing environment.

The **Pre-Professional Program** is designed to provide intense training in ballet and other forms of dance to motivate students in the pursuit of their desired goals. The program allows for aspiring dancers to be challenged with advanced training in movement and performance. The dancers attend multiple classes a week in ballet, pointe, and pas de deux. Classes in Modern, Jazz, Boy's Class, and Tap are offered to round out their vocabulary of movement.

## *Class Placement*

Students should enroll in recommended classes and may progress to another level only with instructor approval. Students may be advised by the instructor to change levels within a given term to ensure proper placement. It is common for students to spend more than a year in a particular level; this ensures and enhances proper technique and progression and has no reflection on ability or potential.

## *Academy Policies*

Central Indiana Academy of Dance takes pride in the positive learning environment with professional standards. Thank you for helping us maintain high standards by following the subsequent policies:

- **Registration fees:** There is a non-refundable registration fee of \$30 (Family fee of \$35) required once a year. Registration fees are due upon enrollment for all new and returning students.
- **Family Discounts:** Family rates are available to families from the same household with more than one child attending classes. The family discount is 5%. Family rates only apply to students enrolled in the Academy Programs (single class rate excluded)
- **Returned Check Policy:** There is a \$35 charge for returned checks.
- **Tuition/Late Fees:** Monthly tuition payments are due on the 1<sup>st</sup> of the month. A late fee of \$15 will be charged if payment is not received by the 15<sup>th</sup> of the month.
- **Pro-rated Tuition:** Tuition will not be pro-rated for partial months or semesters.

- **Refund:** Tuition is non-refundable except in the case of serious illness or injury verified by a doctor's letter and or relocation.
- **Withdrawal:** A written notice must be given 2 weeks prior to withdrawal. If 2 weeks' notice is not received, full tuition is due.
- **Ballet Students:** Hair must be worn in a bun pulled away from the face. Skirts may be worn only in pointe class
- **Warm-ups** may only be worn for the first part of barre.
- All students are responsible for keeping the studio clean. Please do not leave food or beverages in the hallways during class. We take pride in the clean dancing environment.
- **No jewelry**
- **Private lessons** are available for students for \$25 a half hour. Payments for private lessons are due by the 15<sup>th</sup> of the month. A late fee will be charged if payment is not received by the 15<sup>th</sup> of the month. Please see a faculty member to schedule a private lesson. \*Note: A **24 hour** notice is needed for cancelled privates, no notice will result in a charge for the lesson.

Only water is permitted in the studio. No gum allowed.

## *Children's Program*

The Central Indiana Academy of Dance offers a specialized dance program for children beginning at age two and a half. We take pride in the unique program which incorporates fun, singing, movement, props, basic steps, and terminology that begins to prepare them for future dance classes. Our goal is for each child to improve in coordination and movement while gaining confidence in themselves and their ability. Once students reach a certain level of maturity and knowledge, they graduate to the next level and can eventually move into the Pre-Professional Program. The students can then begin more intensive study. They will have the opportunity to become a Central Indiana Dance Ensemble member. We hope each dancer learns to enjoy and respect the art of dance.

### *Class Attire*

**Beginning Movement** - Light pink dance dress (Motionwear #140), pink ballet slippers (Bloch #205), pink tights (Bloch #936), and black tap shoes (Kinney - Mary Jane).

**Creative Movement** - Light blue dance dress (Motionwear #142), pink ballet slippers (Bloch #205), pink tights (Bloch #936), and black tap shoes (Kinney - Mary Jane).

**Pre-Ballet** - Lilac dance dress (Motionwear #137), pink ballet slippers (Bloch #205), pink tights (Bloch #936), and black tap shoes (Kinney - Mary Jane).

**Level 1** - Black leotard (any style, no skirt), pink ballet slippers (Bloch #205), and pink tights (Bloch #936).

**Levels 2-4** - Black leotard (any style, no skirt), pink ballet slippers (Bloch #205) or (Bloch SO203), and pink tights (Bloch #936).

**Levels 5-6** - Black leotard (any style, no skirt), pink ballet slippers (Bloch #205) or (Bloch SO203), and pink tights (Bloch #936).

**Levels 7-8** - Black or White leotard (any style, no skirt), pink ballet slippers (Bloch #205), pink pointe shoes (NO Gaynor Minden), pink tights (Bloch #936). Ballet skirts may be worn in Pointe and Variations classes.

**Gentlemen (All Levels)** White t-shirt, black tights, white socks, white ballet slippers, and a dance belt.

\* Please label all items.

\*\* All children's program class attire can be found at Kinney Dancewear located on the corner of Hazel Dell and 146<sup>th</sup> Street.

## CLASS DESCRIPTION

### **Beginning Movement/Tap - Ages 2 1/2 & 3**

This class is structured for the two and a half and three year old. The introduction of some basic ballet steps will take place along with rhythm awareness and learning of some dance discipline. The last 15 minutes of class introduce the child to tap basics.

### **Creative Movement/Tap - Ages 4 & 5**

The Creative Movement class will introduce the four and five year old to the structure of a ballet class. At this point the child will begin to develop listening skills, strength, balance and coordination. As in Beginning Movements, the last 15 minutes of class will be tap.

### **Pre-Ballet/Tap - Ages 5 & 6**

The five and six year old will learn the structure and progression of a ballet class. The ballet barre exercises are introduced facing the barre holding on the both hands to ensure proper body placement. The enjoyment of movement to music is still the emphasis of the class at this level. The last 15 minutes of class will continue tap basics learned in Beginning Movement and Creative Movement.

### **Ballet 1 & Tap 1**

The Ballet 1 class teaches the seven to nine year old ballet terminology and technique. At the barre, students are now strong enough to execute exercises holding onto the barre with only one hand. When the students leave the barre to dance in the center floor portion of the class, they will be using all of the previous experience to begin putting combination steps together.

In Tap 1, the importance of technique and sound articulation are emphasized.

## ***Pre-Professional Program***

When students have achieved a level of proficiency beyond the Children's Program, they are introduced to the Pre-Professional Program. The curriculum offered at this level is that of a more intense dance program. Students are encouraged to take more than one class per week and are now eligible to audition for the Central Indiana Dance Ensemble's annual production of *The Nutcracker*. Level 3 and above are now eligible to audition for the Central Indiana Dance Ensemble, the Academy's resident Regional Dance Company.

### ***Class Descriptions***

#### **Ballet 2 & 3**

Upon entering Ballet 2 & 3, more is demanded of the student physically and mentally. The barre and warm up exercises become more challenging. In the center, the steps are more intricate. Two technique classes are suggested.

#### **Ballet 4 & 5**

Ballet 4 & 5 requires more strength at the barre as exercises are longer and more challenging. Rotation of the legs in the hips to create an aesthetic ballet line is required at these levels. Students are required to retain more terminology. Coordination of the arms with the movements of the legs is stressed. Musical phrasing becomes more advanced. It is recommended that at this level the dancers take three technique classes. Level 5 students exhibiting enough strength are encouraged to begin pre-pointe class.

#### **Ballet 6 & 7**

In preparation for Ballet 8, artistry, nuances and musicality are stressed. Height of leg extensions at the barre are critical. Petite allegro and more complex turns and jumps are in the syllabus. It takes many years of study to work up to this level of dance. Students are usually in their teens by the time they reach level 7.

#### **Ballet 8**

Ballet 8 is the highest level class and is taught at professional standards. Longer, more involved warm-ups are designed to build strength, agility and technique. Center combinations use many steps including small and large jumps and turns across the floor. Artistry through the phrasing of music is encouraged.

#### **Pre-Pointe/Pointe 5, 6, 7, & 8**

Strict criteria must be met before a student may begin to dance on pointe. Strong core body alignment, straight knees and developed arches of the feet are necessary.

#### **Jazz**

The students will be learning freedom of movement and various styles of jazz stemming from ballet. Each level gradually increases length of center combinations. Jazz steps are more intricate.

#### **Tap**

In Tap 1 & 2 the importance of technique and sound articulation are emphasized. Tap 3 encourages artistic development through the introduction of more complex sounds.

#### **Modern**

Modern dance is a freer movement style than classical ballet. Modern technique is based on principles of fall and recovery and of contraction and release. Classes are conducted barefoot.

#### **Teen/Adult**

This is a class for adults who have had previous dance experience, as well as teens and adults who are taking dance class for the first time.

## The Nutcracker

Central Indiana Dance Ensemble, housed at Central Indiana Academy of Dance, presents *The Nutcracker* each Holiday season at Zionsville Performing Arts Center at Zionsville High School. Students from all over central Indiana participate with company members to comprise a cast of over 100 dancers. We continue to offer performances to area Girls Scouts and other children's organizations as well as complimentary performances of *The Nutcracker* to children from the inner-city schools. All students, ages six to adult, are invited to audition for the annual performances.

## Spring Ballet

Each year, Central Indiana Dance Ensemble presents a storybook ballet such as *Sleeping Beauty*, *Alice In Wonderland*, *Coppelia*, *Peter Pan*, and *Cinderella*. The production features about 75 dancers. All area dance students are invited to audition for the spring ballet.

## Student Showcase

The annual school performance should be viewed as a presentation of the culmination of the year's learning and progress. The concert is held the first weekend in June and features all students, although participation is optional. The experience, from costumes to dress rehearsals, allows the dancers to learn about the excitement and responsibility of performance.

## History

**Central Indiana Dance Ensemble** was founded in 1999 by artistic director, Suzann DeLay. The company is committed to providing cultural and educational enrichment to the central Indiana community. The company provides an environment for aspiring young dancers to learn, practice and perform in a pre-professional atmosphere, in a variety of dance forms.

Annually, Central Indiana Dance Ensemble performs a full-length production of *The Nutcracker*. Students from all over central Indiana participate with company members to comprise a cast of over 100 dancers. The company continues to offer performances to area Girl Scouts and other children's organizations as well as complimentary performances of *The Nutcracker* to children from the inner-city schools. A repertory concert is presented in mid-winter, showcasing the Company dancers. The company also presents a full-length spring production, which in the past has included such favorite as *Cinderella*, *Peter Pan*, *Alice in Wonderland*, *Sleeping Beauty* and *Coppelia*. Promoting the arts through ongoing outreach programs provides the members of Central Indiana Dance Ensemble the opportunity to give back to the community.

In 2006, Central Indiana Dance Ensemble received Honor Company status in the Regional Dance America association. Members of Central Indiana Dance Ensemble have been recipients of scholarships to professional companies and schools including: Ballet Met, Joffrey Ballet, Milwaukee Ballet, Miami City Ballet, North Carolina Dance Theatre, Pacific Northwest Ballet and School of American Ballet. Graduates of the company have joined Hartfeld Ballet, Nashville Ballet, North Carolina Dance Theatre II, Milwaukee Ballet II, Butler Ballet, Indiana University Dance Theatre, Dayton Ballet and Pacific Northwest Ballet.

## *Vision*

- Creating on-going education and dance training
- Providing exceptional quality of dance
- Establishing a strong public identity
- Broadening audience acceptance and appreciation of dance
- Reaching audiences beyond traditional constituencies
- Collaborating with other organizations
- Growing a solid financial base
- Providing opportunities for children to perform full-length ballets in a public setting
- Creating a nurturing environment where children are taught the principles of dance

## *Notice of Nondiscrimination Policy*

Central Indiana Academy of Dance maintains a policy of nondiscrimination with regard to race, color, sex, creed, religion, national origin, sexual preference, and non-job related disability.