

## 2010 Summer Dance Intensives

We welcome you to our **2010 Summer Dance Intensives**. The mission of our program is to bring together dance professionals who exemplify the best our area has to offer in various disciplines of our art form, while providing each student with positive inspiration in an artistic and nurturing environment. Our emphasis is on growth and development – training, not competing.

This summer we have programs for ages 7 to 16. We have created, what you will hopefully agree, are exceptional dance programs to meet the needs of our areas dance students who seek professional training in ballet, modern, jazz, improvisation, dance composition, choreography. We will combine with these lectures in dance history, anatomy, costuming, theater makeup and hair. Each intensive is geared toward appropriate levels in technique.

The intensives are held at our state of the art facility in Trumbull. We have over 10,000 square feet of space which includes four air-conditioned studios with sprung floors, high performance sound equipment, a black box theater, girls and boys dressing rooms, lounges and a kitchen facility.

We hope that you will join us for this unique and professional dance experience.

Catherine E. LaChioma  
Executive Director

## BALLET DANCE INTENSIVE

Adam Holms, ABT Certified Instructor will head this dance intensive for Level 2, 2A and 3 students (ages 7-11), along with Nikole LaChioma. All instructors involved in this program hold at least a BFA in Dance and are involved in the education and continued professional advancement of dance in the arts. (Placement Auditions Required)

### SESSION ONE

July 12-16 (Monday – Friday)

10:00 am – 3:30 pm

### SESSION TWO

July 19-23 (Monday – Friday)

10:00 am – 3:30 pm

### SESSION THREE

July 26-30 (Monday – Friday)

10:00 am – 3:30 pm

**Note:** All three sessions may be taken alone or combined in any manner.

\*\*\*Early Morning Drop Off and/or Late Pick Up are available at an additional weekly fee.

Informal Performance each Friday at 3 pm.

### Daily Schedule:

10:00 – 11:15 am Ballet

11:15 - 12:00 pm Lunch

12:00 – 12:45 pm Dance History,  
Dance Lab, Improvisation

12:45 - 1:00 pm Break

1:00 -2:00 pm Modern or Jazz

2:00 - 3:30 pm Choreography & Rehearsal

Early Morning Drop Off 8:45 am \$100

Late Pick UP 3:30-5:30 pm \$150

These fees are per session/per dancer.

6 Student minimum to 16 Student maximum

Cost: \$300 for One Session /per student

\$575 for Two Sessions/per student

\$850 for Three Sessions/per student

Registration Fee: \$25 per student

## Please read registration information

### DANCE WORKSHOP

Nikole LaChioma, holds a B.F.A. Cum Laude in Ballet from Marymount Manhattan College.

She currently is the Company Director of In Motion, Artistic Director of PACC and has her own contemporary dance company, The Parker Project. Adam Holms, holds a M.A. in Ballet Pedagogy from NYU and is certified by ABT in all levels of their training syllabus.

Katherine Hozier holds a B.F.A. in Ballet and is a member of the Jennifer Muller Company.

(Placement Auditions Required. This workshop for dance students in Levels 3A, 4 and 5)

### SESSION ONE

July 5-10 (Monday – Friday)

### SESSION TWO

July 12-16 (Monday-Friday)

### SESSION THREE

July 19-23 (Monday – Friday)

### SESSION FOUR

July 26-30 (Monday – Friday)

Hours: 9:00 am – 5:00 pm

Informal Performance each Friday @ 4:30 pm

### Daily Schedule:

9:00 -10:30 am Modern

10:30 -11:45 am Choreography

11:45 -12:45 pm Lunch

12:45 -2:15 pm Ballet

2:15 – 2:30 pm Break

2:30 - 3:30 pm Pointe/Anatomy/Composition  
Dance History

3:30 -3:45 pm Break

3:45 – 5:00 pm Choreography

Ballet will include warm up, technique, pirouettes, allegro, pre-pointe or pointe and virtuosity.

6 Student minimum to 16 Student maximum

Cost: \$450 for One Session /per student

\$875 for Two Sessions/per student

\$1300 for Three Sessions/per student

\$1725 Four Sessions/per student

Registration Fee: \$25

## Please read registration information

**Ballet:** The object of these classes is to provide an understanding of body placement, the use of the skeleton, the influence of gravity through the body in a turned out position and the use of energy from the floor throughout the body. The barre is used to build strength and coordination. Center work introduces a relationship to direction and movement, along with an understanding of different movement qualities, such as fluidity in adage, suspension and sharpness in turns and “Balon” in big and small jumps.

**Choreography/Dance Composition:** The art of creating dances! You will learn what the path is from the idea or inception to the actual creation of movement. The composition of a dance takes many creative and interesting directions – you will explore the many ways to choreograph.

**Modern:** This class is about energy. How do we find it? How do we discover new sources of energy in our bodies by unlocking our technical capabilities and exploring new movement possibilities? The technical exercise focuses on movement that increases the dancer’s understanding of placement, momentum and agility, as well as training the dancer to find new anatomical and theatrical sources from which to move. Class combinations consist of phrase material that involves focus on details, dropping in and out of the floor and fast changes of directions and levels.

**Jazz:** A powerful, technical and dramatic style of jazz, strongly based in ballet and modern techniques. Class focuses on strength, placement and musicality, while refining quality and connection of movement, and improving performance ability.

**Anatomy:** This lecture and demonstration will give the dancers a fundamental knowledge of their muscular and skeletal system. Discussion on how to prevent injury, how to treat injury and a basic understanding of how and why our body works and reacts the way it does.

**Dance History:** Students will learn about the founders of dance and the companies, choreographers and dancers past and present who make up the world of dance.

### FACULTY:

Adam Holms, M..A. Ballet and Education  
Nikole LaChioma, B.F.A. Ballet Modern

**Katherine Hozier, B.F.A. Ballet Modern**

\*Faculty may be changed do to personal and professional conflicts.

**REGISTRATION INFORMATION**

Please read this section carefully and review your application for accuracy.

1. All registrations must be accompanied by a \$25 non-refundable registration fee and appropriate deposit or payment.
2. All classes are of the Intermediate, Intermediate/Advance or Advanced levels and are open to dancers 7-16 years old. All dancers are required to have a Placement Audition.
3. Applications will not be processed until we have received deposits and registration fees.
4. Upon registration 50% of tuition is due plus registration fee. Balance of tuition (payment in full) is due no later than June 1, 2010.
5. If written notice of cancellation is received prior to June 1, 2010 all payments will be returned less registration fee and \$50 processing charge. After June 1, 2010 50% of the fee will be retained.
6. A minimum enrollment of 6 students per session, per level is required to ensure continuance of program. If this minimum is not met classes or sessions may be combined or canceled by June 15, 2010.
7. Faculty and schedule of classes may be changed due to professional conflicts.
8. Class size 6 -16 students per Session.

Are there any medical conditions that would prohibit you (the student) from attending or performing certain physical requirements at this intensive/workshop:  
\_\_\_\_\_No \_\_\_\_\_Yes

Explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there any allergies, food allergies that we should be made aware of:\_\_\_\_\_Yes  
\_\_\_\_\_No

If yes explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If yes, I release PACC, its faculty and officers from any liability.

Parent/Guardian  
Signature:\_\_\_\_\_

Student  
Signature:\_\_\_\_\_

Date:\_\_\_\_\_

**REGISTRATION FORM**

Name:\_\_\_\_\_

Address:\_\_\_\_\_

City:\_\_\_\_\_State:\_\_\_\_\_

Zip:\_\_\_\_\_Phone:\_\_\_\_\_

Cell Phone:\_\_\_\_\_Age:\_\_\_\_\_DOB:\_\_\_\_\_

Email:\_\_\_\_\_

Emergency Contact:\_\_\_\_\_

Physician:\_\_\_\_\_Phone:\_\_\_\_\_

**Check Appropriate Intensive:**

- \_\_\_\_\_ Ballet Dance Intensive Session One
- \_\_\_\_\_ Ballet Dance Intensive Session Two
- \_\_\_\_\_ Ballet Dance Intensive Session Three
- \_\_\_\_\_ Early Drop Off Session One \$100
- \_\_\_\_\_ Early Drop Off Session Two \$100
- \_\_\_\_\_ Early Drop Off Session Three \$100
- \_\_\_\_\_ Late Pick Up Session One \$150
- \_\_\_\_\_ Late Pick Up Session Two \$150
- \_\_\_\_\_ Late Pick Up Session Three \$150
- \_\_\_\_\_ Dance Workshop Session One
- \_\_\_\_\_ Dance Workshop Session Two
- \_\_\_\_\_ Dance Workshop Session Three
- \_\_\_\_\_ Dance Workshop Session Four
- \_\_\_\_\_ Non Refundable Registration Fee \$25

**Total Due:**

\_\_\_\_\_

**Registration Fee and Deposit:**  
\_\_\_\_\_

**Balance Due by June 1, 2010:**\_\_\_\_\_

**Mail Registration to:**  
Performing Arts Center of Connecticut  
18 Lindeman Drive, Trumbull, CT 06611

**Registration will not be processed unless signed by parent/guardian.**

Upon registration for PACC's 2010 Summer Dance Intensives or Workshops, I as a dancer and Parent/guardian do hereby fully release and discharge the Performing Arts Center of Connecticut, LLC, their officers, faculty and employees from any and all claims for injuries, damages or loss which I (dancer) or parents/guardians may incur, on account of such participation. I have read all of the above information and agree to it by my signature below.

\_\_\_\_\_ **Date:**\_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent/Guardian**

# 2010 SUMMER DANCE INTENSIVES AND WORKSHOP



18 Lindeman Drive  
Trumbull, Connecticut 06611

203-372-(ARTS)2787  
[PACofConnecticut@aol.com](mailto:PACofConnecticut@aol.com)  
[www.PACofCT.com](http://www.PACofCT.com)