

BALLET FOCUS WORKSHOPS 2009/2010
with
Michelle White Cummings

1. Focus on Technique

Sept 10, 17, 24, Oct 1, 8, 15

- a. Focus on Body Alignment and Balance
- b. Focus on Hip Placement and Balance
- c. Focus on Turnout
- d. Focus on Feet
- e. Focus on Arms and Hands
- f. Focus on Heads

2. Focus on Performance Quality

Oct 22, 29, Nov 5, 12, 19 (no class Nov 26), Dec 3

- a. Focus on Line (body lines, sight lines)
- b. *SPECIAL* Halloween class on Oct 29
- c. Focus on Musicality
- d. Focus on Adagio (gentle) and Allegro (quick) Qualities
- e. Focus on Style and Interpretation
- f. Focus on Projection (connection with audience)

3. Focus on Extensions

Dec 10, 17 (no class Dec 24, 31), Jan 7, 14, 21, 28

- a. Focus on Flexibility (stretch class)
- b. Focus on Strength
- c. Focus on Lengthening Legs
- d. Focus on Technique for Extensions
- e. Focus on Body Placement for Extensions
- f. Focus on Extensions in Movement

4. Focus on Turns

Feb 4, 11, 18, 25, Mar 4, 11

- a. Focus on Techniques for Turns
- b. Focus on en Dehors and en Dedans Turns
- c. Focus on Basic Turns (chaine', pique', pirouette)
- d. Focus on Int. and Adv. Turns (turns in second, attitude, arabesque, fouette')
- e. Focus on Turns en l'air
- f. Focus on Choreographed Review

5. Focus on Pointe Work

Mar 18, 25, (no class Apr 1), Apr 8, 15, 22 29

- a. Focus on Body and Foot Alignment on Pointe
~ Bonus – Fitting pointe shoes. Using corrective padding
- b. Focus on Strength and Flexibility on Pointe
~ Bonus – Sewing pointe shoes. Tying pointe shoe ribbons.
- c. Focus on Pointe Adagio (rolling through the foot, balancing, bourree', pique', plie' on pointe)
~ Bonus – Breaking in pointe shoes
- d. Focus on Pointe Allegro (releve', hops on pointe)
~ Bonus – Making your pointe shoes last
- e. Focus on Turns en Pointe
~ Bonus – Assessing your pointe shoe needs.
- f. Focus on Choreographed Review (Classical Variation)

6. Focus on Jumps (Allegro)

May 6, 13, 20, 27, June 3, 10

- a. Focus on ballon, rhythms and accents
- b. Focus on Types of Jumps
- c. Focus on Saute' and Jete' (petit, battu, & grand)
- d. Focus on Assemble' and Sissonne (petit, battu, & grand)
- e. Focus on Strength and Elevation in Jumps
- f. Focus on Battu (beats in jumps)

Intermediate Workshops (ages 9-12):

Thursdays 4:45-6:30pm

\$159 per 6 week workshop

Packages:

Pay in full for *four* workshops and save \$30! $\$636 - \$30 = \$606$

Pay in full for *five* workshops and save \$80! $\$795 - \$80 = \$715$

Pay in full for *ALL* six workshops and save \$140! $\$954 - \$140 = \$814$

Advanced Workshops (ages 12-professional):

Thursdays 6:30-8:30pm

\$179 per 6 week workshop

Packages:

Pay in full for *four* workshops and save \$36! $\$716 - \$36 = \$680$

Pay in full for *five* workshops and save \$89! $\$895 - \$89 = \$806$

Pay in full for *ALL* six workshops and save \$160! $\$1074 - \$160 = \$914$

REGISTRATION FORM- BALLET FOCUS WORKSHOPS

NAME _____ AGE _____ BIRTH DATE _____

MAILING ADDRESS _____

EMAIL ADDRESS _____

PHONE NUMBER _____ CONTACT NAME _____

PLEASE CHECK OFF BELOW THE WORKSHOP(S) YOU ARE REGISTERING FOR:

INTERMEDIATE

Workshop 1 _____
Workshop 2 _____
Workshop 3 _____
Workshop 4 _____
Workshop 5 _____
Workshop 6 _____

ADVANCED

Workshop 1 _____
Workshop 2 _____
Workshop 3 _____
Workshop 4 _____
Workshop 5 _____
Workshop 6 _____

Total Payment Due: (see pricing on prior page)

\$ _____ Registration Date _____

Check # _____ or CASH

Studio Waiver and Release

I certify that I am/my child is capable of physical exercise, and I have completely documented any health or other concerns above. I agree that my child or I will participate in dance and/or Pilates courses and related activities given by the Maryland School of Ballet and Modern Dance, Inc (“the Studio”) upon the following conditions: I recognize the risks of injury associated with any physical activity and participation in the courses, programs, or related activities at the Studio is upon the express agreement and understanding that I am waiving and releasing the Studio, its officers, directors, agents, employees/independent contractors, and representatives, from and against any and all claims, actions, causes of action, damages, costs, liability, expense of judgments, including attorney’s fees and court costs, arising out of participation in the courses, programs, and related activities offered at/by the Studio, including but not limited to personal injuries, including death, and loss of or damage to property, whether occurring on or off the premises of the Studio. In consideration of this participation, I hereby assume all risks associated with said participation and agree to hold the Studio, its officers, directors, agents, employees/independent contractors, and representatives harmless from any and all liabilities, actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with participation in the aforementioned courses, programs, and related activities. The terms hereof shall serve as a release and assumption of risk for me/my child, my/my child’s heirs, estate, executors, administrators, assignees, and for all members of my/my child’s family. I certify that I am over the age of eighteen (18) years and authorized to sign this release, and that I have read the Studio Waiver and Release and fully understand the contents, consequences and implications of signing this document.

Signature _____ Date _____