

CREATIVE DANCE THEATRE

4027 Avati Drive, San Diego, California 92117 • Phone (858) 270-1361

Director: Laura Roach • Assistant Director: Erika Madero

Website - www.creativedancetheatre.com

Email - creativedancetheatre@yahoo.com

FALL SESSION CLASS SCHEDULE September 14, 2020 – December 19, 2020

PLEASE NOTE: This current schedule is only valid through December 2020. There will be a NEW schedule in January 2021 and you will need to RE-ENROLL.

FALL SESSION TUITION:

- \$200 per class

We offer a 10% multi-class discount (within a family)

Age requirements are based on student's age as of September 2020.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>4:00-4:45 p.m.</u> Tap/Jazz 6-9 years old Erika Madero	<u>4:00-4:45 p.m.</u> Creative Ballet 3-5 years old Erika Madero FULL	<u>10:00-10:45 a.m.</u> Creative Ballet 3-5 years old Erika Madero	<u>4:00-4:45 p.m.</u> Creative Ballet/Tap TK-6 years old Erika Madero	<u>3:00-3:45 p.m.</u> Creative Ballet 3-5 years old Erika Madero CANCELLED	<u>9:00-9:45 a.m.</u> Creative Ballet 3-5 years old Erika Madero
<u>5:00-5:45 p.m.</u> Jr. TOPs (Invitation Only) 12-15 years old Erika Madero	<u>5:00-5:45 p.m.</u> Creative Ballet/Jazz TK-6 years old Erika Madero	<u>3:45-4:30 p.m.</u> "Pop" Hop 6-9 years old Jerica Bean and Erika Madero FULL	<u>5:00-5:45 p.m.</u> Creative Ballet 3-5 years old Erika Madero	<u>4:00-4:45 p.m.</u> Ballet/ Contemporary 8-11 years old Erika Madero and Alexa Lopez	<u>10:00-10:45 a.m.</u> Creative Ballet/Tap TK-6 years old Erika Madero
<u>6:00-6:45 p.m.</u> Contemporary 13-18 years old Kristina Norris	<u>6:00-6:45 p.m.</u> Ballet/Jazz 6-9 years old Erika Madero	<u>4:45-5:30 p.m.</u> Tap/Jazz 9-12 years old Jerica Bean and Erika Madero FULL	<u>6:00-6:45 p.m.</u> Ballet/Tap 6-9 years old Erika Madero FULL	<u>5:00-5:45 p.m.</u> Hip Hop 8-12 years old Alexa Lopez FULL	<u>11:00-11:45 a.m.</u> Ballet/Jazz 6-9 years old Erika Madero and Alexa Lopez
<u>7:00-7:45 p.m.</u> Ballet II 15-18 years old (requires minimum 3 yrs. Ballet I experience or teacher recommendation) Kristina Norris	<u>7:00-7:45 p.m.</u> Modern 14-18 years old Sara Celaya	<u>5:45-6:30 p.m.</u> Hip Hop 8-12 years old Alexa Lopez FULL	<u>7:00-7:45 p.m.</u> Modern 9-12 years old Sara Celaya CANCELLED	<u>6:00-6:45 p.m.</u> Ballet I 11-14 years old Erika Madero	<u>12:00 a.m. - 12:45p.m.</u> Ballet/Contemporary/ Hip Hop 9-12 years old Erika Madero and Alexa Lopez
<u>7:45-8:30 p.m.</u> Pointe II 15-18 years old (w/recommendation, must also take Ballet II) Kristina Norris	<u>8:00-8:45 p.m.</u> TOPs (Invitation Only) 14-18 years old Sara Celaya	<u>6:45-7:30 p.m.</u> Jr Teen Hip Hop 12-14 years old Alexa Lopez FULL	<u>8:00-8:45 p.m.</u> Modern 12-14 years old Sara Celaya CANCELLED	<u>7:00-7:45 p.m.</u> Ballet I 12-16 years old (and enrolled in Pointe I, or with teacher recommendation) Alexa Lopez	
		<u>7:45-8:30 p.m.</u> Teen Hip Hop 14-18 years old Alexa Lopez		<u>7:45-8:30 p.m.</u> Pointe I 12-16 years old (w/recommendation, must also take Ballet I) Alexa Lopez	

Mission Statement: We are here to provide a positive environment where young people are encouraged to explore and develop their creativity through the art of dance.

Class Descriptions

BALLET

This class will expose dancers to a classic art form without requiring them to attend Ballet classes several times a week. It will include barre, floor, vocabulary, and choreography. The technique, confidence, and grace dancers develop will compliment all styles of dance.

CREATIVE BALLET

Dancers will learn beginning ballet technique and vocabulary in a developmentally appropriate manner. This class will also allow children to express themselves creatively using inspiring props, story dancing, creative dramatics, and folk dancing. Let your child fall in love with dance at a young age so that they will want to continue to improve their dance technique as they grow!

CONTEMPORARY

This class will combine elements of Ballet, Modern, Lyrical, Jazz, and Improv. Contemporary is an expressive style of dance. The dancers will learn to tell stories and interpret emotions and ideas through technical and fluid movement.

HIP HOP

Hip Hop is a street-originated style of dance. Students will be kept up-to-date on the latest moves and music trends as seen in pop culture. This class also includes cardio, circuits, break dancing, and strength training moves.

JAZZ

Jazz dance emphasizes a rhythmic awareness and style of movement. Dancers will learn dance technique, strengthening exercises, and exciting popular routines while improving their flexibility, coordination, and sense of rhythm. Contemporary style jazz adds a storytelling element.

MODERN

Modern dance began in the early 20th century as a reaction to classical Ballet and focuses on the expression of emotion through core and upper bodywork, improvisation, and floor work. Students will learn vocabulary, floor work, and choreography.

Jr. TOPs

Junior TOPs is the training program for TOPs. It will consist of technical training and team camaraderie while performances are suspended due to Covid-19. This class is invitation only and is closed for observation.

POINTE

Dancers invited to join pointe must demonstrate sufficient understanding of alignment and have adequate strength in order to avoid injury. This class will help dancers develop the required strength, alignment, and technique to dance en pointe at the barre and on the floor. Please wait to purchase pointe shoes until instructed. Pointe students must also enroll in ballet.

“POP” HOP

This exciting class is an age-appropriate version of hip hop for younger dancers. “Pop” Hop will use today’s pop songs and moves, creating a fun way for our young dancers to get funky! It will also include cardio, circuits, and strength training moves.

TAP

Tap is a true American art form. While combining classic dance steps with rhythmic syncopation, students will develop a sharper sense of rhythm and coordination. Tap dancers will enjoy memorizing fun combinations and making “music” with their own feet!

TOPs (Team of Performers)

Creative Dance Theatre is very proud to be represented by this amazing team of dancers! It will consist of technical training and team camaraderie while performances are suspended due to Covid-19. This class is invitation only and is closed for observation.

About the Teachers

Laura Roach (Director)

Laura is a proud CDT alumna and has been the studio owner for 31 years! Although you will still see her around the studio, she will be taking a break from teaching as she continues to rehabilitate after knee replacement. As a small business owner during a challenging economic time, Laura is very proud to continue to provide quality dance instruction to the San Diego community!

Erika Madero (Assistant Director)

This is Erika's 7th year as a teacher at CDT, and has called CDT her second home since the age of 5. Erika has her B.A. degree in English with a minor in Communication from SDSU. She loves teaching dancers of all ages, but CDT's youngest hold a special place in her heart. She firmly believes in CDT's Mission Statement of creating an environment where children of all ages are accepted and encouraged to explore and develop their creativity through dance.

Jerraca Betancourt

This special place we call "CDT" has been part of Jerraca's life for over 30 years. She enjoys teaching all genres of dance to children of all ages, but rhythm tap is her specialty. Jerraca holds a B.A. degree in Theatre with a Dance emphasis from UCSD and a M.Ed. from the University of Phoenix in Early Childhood Education.

Alexa Lopez

Alexa graduated from San Diego State University with a B.F.A. in Dance. She graduated from San Diego City College in 2018 with a double Associates Degree in Dance and Business Administration & Management. She specializes in modern dance and social activism performances in her professional dance career outside of teaching. Her hip hop classes focus on educating students on the origins of hip hop dance and bridging break dance principles into commercial hip hop styles. Alexa is happy to teach students of all ages and strives to make a positive impact in their lives!

Kristina Norris

This is Kristina's 4th year teaching at CDT! Kristina received her B.S. degree in Applied Mathematics with a minor in Computer Science from SDSU. Dance has always been a major portion of her life, and she is overjoyed to continue sharing and creating new memories and experiences with the dancers at CDT.

Sara Celaya

Sara Celaya began dancing jazz and tap at the age of 12 at CPMA Middle School, and continued her high school career at SDSCPA. There she was able to work with Modern dance legend, Donald McKayle. After high school Sara continued her training at SD Mesa College and Grossmont College under the training and mentoring of Donna Flournoy, Colleen Shipkowski, Kathy Meyer, Blythe Barton, and Faith Jensen-Ismay. Sara recently holds a B.A. in Dance, with a minor in Creative Writing from CSU Long Beach. Her teaching styles focuses mainly on Modern and Jazz dance, as well as an array of other dance styles.

Dress Code

Attire:

Girls: **Ballet and Pointe:** Leotard (any color/style), pink/skin-colored tights, skirt or shorts (optional)

“Pop” Hop and Hip Hop: Sportswear or active wear

All Other Classes: Leotard (any color/style), tights, skirt or shorts (optional), active or sportswear

Boys: **Creative Ballet, “Pop” Hop, and Hip Hop:** Sportswear or active wear

Ballet/Jazz: Black pants, fitted shirt

Shoes:

Ballet: Ballet shoes (pink/skin-colored for girls, black/ skin-colored for boys)

Creative Ballet: Ballet shoes (pink/skin-colored for girls, black/skin-colored for boys) or bare feet

Pointe: Pink/skin-colored pointe shoes (ask instructor for purchasing guidelines)

Jazz: Black jazz shoes (lace up or slip on)

Tap: Black tap shoes

“Pop” Hop and Hip Hop: Athletic style sneakers with tread on the bottom

Studio Rules:

Hair must be secured off of the face in a ponytail, headband, or bun. No unnatural hair color at performances. No chewing gum. No dangling jewelry. No sandals, Crocs, TOMS, UGG-style boots. No denim, restrictive or overly baggy clothes. No bare midriffs. No bra tops. No booty shorts without tights. Students should bring a water bottle to every class. Students may not bring energy drinks into the studio (i.e. Red Bull, Monster, Rockstar, energy shots). Cell phones must be turned off during class.

* Dance attire and shoes can be purchased at Discount Dance Supply
5020 Baltimore Dr. Suite C, La Mesa, CA 91942. Our studio code is TP31429.

TERMS OF REGISTRATION

(Important—Please read carefully.)

To register, complete this form and submit via email or postal mail. You may also drop it off at the studio, just leave it in the mail slot on the door. Payment is required at the time of registration. You may submit payment via PayPal on our website (using your Debit or Credit card) or you can mail or drop off a check (payable to CDT). When paying in person at the studio, you may use cash.

Pre-registration is required. All classes are on a first come/first served basis with a minimum of 5 dancers and a maximum of 8. Because of the smaller class size limit due to Covid-19, we anticipate that classes will fill quickly, so register ASAP! **When selecting a class please note that age requirements are based on the student’s age as of September 2020.**

There is an annual Registration Fee of \$25 PER FAMILY. If you are a returning Spring 2020 enrolled family and you register by September 11th, 2020, we will waive your Registration Fee as a welcome back! Fall tuition is \$200 per class. We offer a 10% multi-class discount (within a family). If it is more convenient, you may divide your tuition in half. The first half is due at time of registration and the second half is due on or before November 7th, 2020. There will be a \$10 late fee on balances received after November 7th.

We offer NO REFUNDS and NO MAKE-UP CLASSES (due to class size limits and continuity). For best all-around results, we encourage dancers to attend class regularly. The studio will be closed for Thanksgiving Week (Nov. 23-28).

This current schedule is only valid through December 2020. There will be a NEW schedule beginning January 2021 and everyone will need to RE-ENROLL.

Fall 2020 Safety Guidelines

(Important—Please read carefully.)

We are excited to be starting dance classes again, we hope that you are too! Please *carefully* read the list below to see the precautions we will be taking in effort to prevent the spread of COVID-19.

Sanitizing: We are staggering class start times to allow a 15-minute space for sanitizing of touched surfaces (barres, floor, doors, chairs, bathroom) between classes.

Smaller Group Sizes: In accordance with SD County guidelines, we are limiting class sizes to 8 students max (10 people total) to allow for social distancing.

Closed Observation: According to CDC guidelines and in order to limit the amount of people in the studio, we will be closing our studio to open observation for the time being. There will be no parents or guardians allowed in the studio during class time. Parents, please bring your student to the entrance door on the right side when dropping off. You must be wearing a mask at drop-off.

Check-In: The Assistant Teacher will greet each dancer at the entrance door, take attendance, provide hand sanitizer (students may also bring own hand sanitizer or wash hands in bathroom), and quickly check temperature with a no-touch scanner thermometer. If the student's temperature is 100 degrees Fahrenheit or above, they will be asked to not return for 72 hours of no fever without medication. If your child has been sick or symptomatic within the last 24 hours, do not bring them to class.

Masks: **Masks are required for all dancers**, to keep everyone as safe as possible. All CDT teachers will be wearing masks during class time. All adults must wear masks during drop-off. Mask "breaks" will be given to students when needed along as social distancing is observed.

Social Distancing: We will be doing our best to keep dancers separate by marking spots on the You Can Fly wall and floor, avoiding prop sharing, not touching hands, and marking out 6 feet of space on the Ballet barres. Keep in mind that this will be a bigger challenge with the younger students, who often do not understand how to socially distance.

Air Circulation: We will be keeping the studio doors open at all times and have all fans running constantly.

Water: Please have your student bring a labeled water bottle for class. We will no longer be providing water cups.

Understand that by sending your child to any camp or class at CDT may mean they may come into close proximity to someone who has previously been exposed to Covid-19, just as in any other public setting. We cannot assume responsibility for this. Should someone at CDT be diagnosed with Covid-19, we will have a procedure in place to contact all families and decontaminate the studio. Should your child become ill or develop symptoms during class time, we will contact the parent for immediate pickup and all other families will be notified.

*Please note that these guidelines are based on current CDC guidelines and are subject to change. Thank you for your understanding and patience as we work through this time together.

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INTERNET WAIVER

- YES**, I give permission for my child's photograph to be used on Creative Dance Theatre's website. No student names will be included with the photos.
- NO**, CDT may not use my child's photograph on the website.

Student/s Full Name/s: _____

Parent's Full Name: _____

Parent's Signature: _____ Date: ____/____/____

Invoices will be e-mailed. Clearly print your email address below. Please do not rely solely on our e-mailed billing invoices to remind you when payment is due. You are responsible to submit payment by all deadlines. Thank you.

my email address is: _____

REGISTRATION FORM

**** Please print neatly. ****

STUDENT NAME _____

PARENT NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (home) _____ (work) _____

(cell/s) _____ Text? YES ___ NO ___

EMERGENCY NAME/PHONE # _____

PARENT'S E-MAIL ADDRESS _____

STUDENT'S AGE BY SEPT. 2020 _____ STUDENT'S BIRTHDATE ____/____/____

DAYTIME SCHOOL _____ GRADE _____

DANCE CLASS/ES (Day, Time, & Title) _____

Does your child have any health issues we should be aware of? _____ If yes, please describe: _____

How did you hear about us/who referred you to our studio?
(specific name, please) _____

of classes ____ x \$200 =

Tuition Total \$ _____

Less 10% Multi-Class Discount
(within a family, if applicable)
\$ _____

Plus Registration Fee
\$ 25.00

Amount Paid Today (Full or Half
Payment)
\$ _____

Balance Due by Nov. 7th
(if splitting payment in half)
\$ _____

NOTIFY THE STUDIO IF ANY OF THE ABOVE INFORMATION CHANGES

I have read carefully and agree to the TERMS OF REGISTRATION. I understand that CDT offers no refunds. If dropping off, I will arrive to pick my child up no later than class dismissal time.

Parent Signature _____ Date: ____/____/____

I HAVE READ AND UNDERSTAND THE FALL 2020 SAFETY GUIDELINES SHEET.

Parent's Signature: _____ Date: ____/____/____

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Dance Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below dance activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agreed that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.

2. I/WE fully understand and acknowledge that:

(a) There are risks and dangers associated with participation in Dance events and activities which could result in bodily injury partial and/or total disability, paralysis and death.

(b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.

(c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.

(d) There may be other risks not known to us or are not reasonably foreseeable at his time.

3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.

4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the dance facility used by the participant , including itsowners, managers, promoters, lessees of premises used to conduct the dance event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the dance facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee"...FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next to kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.

5. I/WE HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.

6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite this release,the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE ANDWAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Dance School CREATIVE DANCE THEATRE

Parent or Guardian Signature (if minor) _____

Parent or Guardian Signature (if minor) _____

Printed Name of Participant _____

Address of Participant _____

Received by _____

Registrar Signature

Printed Name

Member #

Region on File

Date