

Holt Ballet Conservatory

Information Pamphlet

Season 2023/2024



HOLT BALLET CONSERVATORY
Season 2023/2024 Information



(Christopher Selbie, Luna Quaglia: “Swan Lake” 2023)

Holt Ballet Conservatory
Owner/Director: Yelena Holt

Location:
400 Providence Mine Road, Building N2
Nevada City, Ca 95959
530 278 5131

<http://www.holtballetconservatory.org/>

Mission Statement:

To offer systematic classical ballet curriculum from beginning levels to pre-professional levels. To foster the artistic development of all students in the musicality and interpretation of ballet as a performing art. To deliver instruction based on the best current practices in safe physical training and practical performing skills. To mentor each student in personal goals in ballet, whether as a profession, a college degree, or a rewarding hobby. To create dancers who move with joy and passion.

Philosophy:

Holt Ballet Conservatory is dedicated to training each participant to his or her personal best. We believe that the desire to become a beautiful dancer is the most important ingredient in becoming a beautiful dancer. Whether a dancer aspires for a professional career or a rewarding hobby, the correct study of

classical ballet will result in a ballet body with long lines, satisfying range of motion, musicality, and athleticism

Programs:

1. Non ballet specialty classes: Contemporary, Musical Theater, Stretch and Strengthen, and Ballet Exercise for Adults. We recommend these classes to students who are seeking non ballet classes or adult only classes, and we recommend these classes as

augmentation for classical ballet dancers training for pre professional classical ballet careers.

2. Children and Adult Classical Ballet opportunities that serve to provide an introduction to classical ballet.
3. Pointe track for the dancer who seeks to experience the full development of ballet skill leading to a serious hobby, a college major, or professional career in classical ballet.
4. Summer Intensive and Dance Camp for Youths that serve the resident student or guest from out of the area who desire an experience with intense ballet training in a three week's-time frame for advanced and intermediate and one week for youths.

Non Ballet Classes

Contemporary, Musical Theater, Stretch and Strengthen, Adult Ballet Exercise: These classes are taught by professionals in their fields who have specialized in each domain. For quality education and fun application of style, we highly recommend these classes to all interested dancers from a variety of skill levels

Children and Adult Classical Ballet Opportunities:

HBC honors the child and adult who want to explore dance. Many of our ballet dancers started with exploration in mind, but some found that ballet is a perfect fit for their lives. Both groups are most welcome at our studio and everyone receives the most up to date, rigorous training available

Pointe Track: Serious Hobby, College Major or Aspiring Professional Dancers: Pointe work is offered for the serious student.

Requirements for Pre Pointe: Pre-pointe: leading to full pointe, is an option after a student has studied ballet for approximately three years, prior to age 10 or 11, when the growth plates in the foot are usually fully formed and ready for pointe shoes. We strongly encourage that by age 8 and 9 a student take a minimum of two classical ballet technique classes a week; by age 9, a minimum of three classical ballet technique classes a week or more; and to study in the pre pointe program around age 9 or 10, a minimum of three classical ballet technique classes a week is required, with one additional pre pointe class a week.

All dancers will be formally evaluated by their ballet teachers to determine if they are physically and maturity ready to meet the demands of pointe work. The teachers will check for correct body position and alignment, sufficient turnout, strength and balance, and mastery of basic ballet techniques.

When a student is offered the option to train pre-pointe, HBC anticipates about one year of regular attendance at the pre-pointe level before considering transitioning to pointe shoes. Excellent attendance in class is expected. Attendance is an indication that the muscles in the trunk, hips, legs, ankles, feet are developing close to the bones, where pointe work challenges the dancer. HBC requires 85% or better, positive attendance in class.

Most dancers begin pointe work around age 11-12. (Occasionally younger, depending upon the physical gifts of the student.) The growth plates in the foot will stay open and continue to ossify past this age, so it's important to protect them both internally and externally. Externally, a properly fit pointe shoe is critical. This can be done under the guidance of a special shoe fitter. An improperly fit shoe can lead to injury despite proper technique. Internally, the muscles that stabilize the ankle when in such extreme positions should be optimized. This will come with proper ballet training and mastering of the other fundamental positions. We look for evidence of alignment and strength:

Requirements for Pointe Work:

- I. **To Train on Pointe and be Considered for Corps work in HBC Performances:** A minimum of four classical ballet technique classes a week plus two pointe classes is required for all dancers on pointe.

- II. **To Be Accepted into the Variations Class (VIII) and be Considered for Solo Roles and Principal roles in HBC Performances:** Five classical ballet technique classes a week plus three pointe classes a week is required. (Level VIII (Variations) requires eight classes a week and enrollment is determined by the director and the teacher.)

- III. **For the Aspiring College Major or Professional Dancer:** HBC recommends that the college

- IV. majors and aspiring professional take three classes a day. Each day should include at least one classical ballet technique class at the dancer's level, a second classical ballet technique at a slower level to develop controlled transitions and clean lines and style, a minimum of three pointe classes a week, and non-ballet classes to cross train.
- V. **Attendance:** Once the dancer has decided on a serious study of ballet and, (if female, chooses to train pre-pointe and then pointe), there will be careful monitoring of class attendance. Pointe, pre-pointe, and in male orientated jumps and turns, injuries occur quickly with inconsistent attendance.
- VI. **Makeups** for absences are required. Pre-pointe and pointe students are asked to set up a series of make ups if attendance falls below 85% of required classes per month. dancer.

Tuition Fall 2023 Holt Ballet Conservatory

Hours per week	Tuition	4 week month	4	Hours per week	Tuition	4 week month	4
0.5	12.75	\$51.00	4	11.0	72.75	\$291.00	4
1.0	15.25	\$61.00	4	11.5	74.75	\$299.00	4
1.5	20.25	\$81.00	4	12.0	77.75	\$311.00	4
2.0	26.50	\$106.00	4	12.5	80.25	\$321.00	4
2.5	29.50	\$118.00	4	13.0	82.75	\$331.00	4
3.0	32.75	\$131.00	4	13.5	85.25	\$341.00	4
3.5	35.25	\$141.00	4	14.0	87.75	\$351.00	4
4.0	37.75	\$151.00	4	14.5	89.25	\$357.00	4
4.5	40.25	\$161.00	4	15.0	92.75	\$371.00	4
5.0	42.50	\$170.00	4	15.5	95.25	\$381.00	4
5.5	45.25	\$181.00	4	16.0	97.75	\$391.00	4
6.0	47.75	\$191.00	4	16.5	100.25	\$401.00	4
6.5	50.25	\$201.00	4	17.0	102.75	\$411.00	4
7.0	52.75	\$211.00	4	17.5	105.25	\$421.00	4
7.5	54.75	\$219.00	4	18.0	107.75	\$431.00	4
8.0	57.25	\$229.00	4	18.5	110.75	\$443.00	4
8.5	59.75	\$239.00	4	19.0	112.75	\$451.00	4
9.0	62.25	\$249.00	4	19.5	115.25	\$461.00	4
9.5	64.75	\$259.00	4	20.0	117.75	\$471.00	4
10.0	67.75	\$271.00	4	20.5	120.25	\$481.00	4
10.5	70.75	\$283.00	4	21.0	122.75	\$491.00	4

Tuition:

Tuition is calculated by the hours of instruction a student receives each week. Classes range from 60 minutes to 120. Below is the breakdown of hours per week and the subsequent tuition per month.

Tuition is due the 1st of the month. Tuition can be paid through automatic payment option with registered credit card, by head of family online with credit card, by check made out to Holt Ballet Conservatory, or by cash (exact change appreciated). Tuition is not reduced to facilitate missed classes. Make-ups are available and encouraged for missed classes.

1. All make ups must be made within two months of the absence.
2. A student must be currently enrolled to take any make up classes.
3. When classes are canceled due to natural causes (weather, fire), students are asked to schedule a makeup for any missed classes.

Class Cards are available for the working adult, with the same pricing options as class tuition, with payment of registration. Class cards are not available for 18 and under, Exercise classes, or for pre-pointe or pointe students.

Invitations to pre pointe, pointe, and variations training:

HBC's director (Yelena Holt), teachers, the student, and the parents constitute a team that evaluates and addresses the goals and ambitions of the dancer, and develops a working plan for his or her training.

- Each spring your teachers and Mrs. Holt consult with each other to determine Fall Term placement, and those suggestions are emailed to the dancer before Fall Term begins.
- This is typically when an “invitation” to begin pre-pointe work, pointe work, or to enroll in the Variations Class is offered to dancers.
- To begin prepointe work a student must take a minimum of 3 classes a week plus 1 pre pointe class.
- To begin pointe work a student must take a minimum of 4 classes a week plus 2 pointe classes.
- The variations class is available to students who have demonstrated sufficient strength on pointe (typically 1 to 2 years of pointe work) to begin the rigors of classical variations work. To join the Variations class, a student must be taking a minimum of 8 classes per week (5 technique and 3 pointe).

- Promotions to the next level are based on the acquired skills of the dancer, level of focus maturity of the dancer, and the dancer's desirability for a challenge. These promotions are a combination of family and studio discussion.

Deciding to study on pointe: Pointe work is hard work. Beginning pointe classes will be more demanding on your dancer's body, especially her feet. Is she prepared to suffer from sore feet and occasional blisters? Also, pointe shoes are complicated and demand a certain level of responsibility to maintain. She must also be taught the correct way to sew them, put them on her feet, and tie them to her ankles. She must also care for them properly to keep them in good condition. Pointe shoes are not cheap and are an additional financial obligation for the family to not let time lapse between fittings for new shoes. Choosing to dance on pointe is a decision that should be taken seriously.

Pointe work is a wonderful achievement and comes with a big responsibility toward ballet class commitment. We want to see in each pre-pointe and pointe student a passion, commitment, and maturity for the study of pointe!

Performing Opportunities:

Holt Ballet Conservatory offers two shows a year for public viewing in community theaters.

1. *Clara and the Nutcracker*: Traditionally performed at Miners Foundry the first or second week of December. This year (2023) we will perform five shows: Thursday and Friday evenings, Saturda

2. matinee, and Saturday evening, and Sunday matinee. All students enrolled in HBC classes are invited to participate but participation is not mandatory. Generally, the Pre Ballet students (3- 4 years old) and Ballet IA students (5 to 7 years old) practice immediately following their usual class, for ½ hour. All other level classes rehearse on each Saturday of the week, September to December, throughout the day. Attendance at rehearsal is mandatory.
3. There are participation fees and costume rental fees associated with this production.
4. *Masterpieces*: This show is traditionally performed at Nevada Union High School's Don Baggett Theater, and usually the third week of June, right after the community schools are closed for the summer. This year (2024) HBC will present three evenings of performances. All students enrolled in HBC classes are invited to participate but participation is not mandatory. Generally, the Pre Ballet students (3-4 years old) and Ballet IA students (5- 7 years old) practice immediately following their usual class, for ½ hour. All other level classes rehearse on each Saturday of the week, February through June, throughout the day. Attendance at rehearsal is mandatory.
5. There are participation fees and costume rental fees associated with this production.
6. Tuition, Registration fees, Performance Fees and Costume Fees: Performance fee for Productions individual \$65 Performance fee 2nd performer from family \$50 Costume rental fee per costume for productions \$40.

Dress Code:

Classical Ballet: Girls 3 to 18: Pink tights, black leotard with no skirt attached, pink ballet slippers, tidy bun secured with bobby pins and hair net. No messy buns; no ponytails. (Parents, please prepare your child's bun. Teachers do not have time before class for this task. Tight fitting sweater for warmth during the winter months OK. No bulky wear allowed at the barre or center.

Classical Ballet: Boys 3 to adult: Black tights, leggings, or biker shorts, white tight tee shirt or male ballet tunic, black ballet slippers for class and performance for character roles, white ballet slippers for performance of classical roles.

Tightfitting sweater

Tight fitting sweater and tightfitting leg warmers for warmth during the winter months are OK. No bulky wear allowed at the barre or center.

Classical Ballet Adults: Ladies 19 and up: Black or pink tights, black leotard with no skirt attached, pink ballet slippers, tidy bun secured with bobby pins and hair net. No messy buns; no ponytails.

Tight fitting "shrug" or tightfitting sweater and tightfitting leg warmers for warmth during the winter months are OK. No bulky wear allowed at the barre or center.

Contemporary, Stretch & Strength, Musical Theater Ballet Exercise for Adults and Restoration Yoga:

Girls: Any colored leotard, black leggings or tights, dancers' shorts, over shirt for floor work, ballet slippers,

socks or bare feet. Hair in a pony tail. Ballet class attire also acceptable.

Boys: Any colored tee shirt or tunic, black leggings or dancers' short, over shirt for floor work, ballet slippers, socks or bare feet. Hair in a pony tail if long.

Level VIII Variations Class

Pink tights, any colored leotard with optional short ballet skirt, pink ballet slippers, tidy bun secured with bobby pins and hair net. No messy buns; no ponytails.

Ballet Culture Etiquettes:

Level Pre Ballet: (3 to 4 years old:

- Use the restroom before class to avoid classroom disruptions
- Observe the dress code
- Bring a plastic water bottle for a water break in the middle of class
- No food during class
- “Quiet Voices” (no talking; raise hand if have a question) during class
- “Hands to yourself.” Maintain your own space and respect the space of others around you.

Level IA and IB: (5 to 7 year old and 8 to 9 year old)

- Use the restroom before class to avoid classroom disruptions
- Observe the dress code
- • Bring a plastic water bottle for a water break in the middle of class
- No food during class
- “Quiet Voices” (no talking; raise hand if have a question) during class.
- By this level, we expect strong classroom focus, so no socializing with peers during class.
- “Hands to yourself.” Maintain your own space and respect the space of others around you.

Level IC (9 up)

- Prompt arrival to the barre at the start of class.
- Observe the dress code
- Use the restroom before class to avoid classroom disruptions

- Bring a plastic water bottle for a water break in the middle of class
- No food during class
- By this level, we expect strong classroom focus, so no socializing with peers during class.

Level II (9 – 10 up)

- Prompt arrival to the barre at the start of class.
- We expect strong classroom focus; no socializing with peers during class
- Observe the dress code
- Use the restroom before class to avoid classroom disruptions
- Bring a water bottle for a water break in the middle of class
- No food during class
- For pre-pointe class, no socializing; quickly put on pre pointe shoes.
- Maintain a well- stocked dance bag, equipped with ballet slippers, pre-pointe and pointe shoes, pointe shoe fitting

gear, bobby pins, hair nets, band aids, any needed ace bandages, foot rollers, etc.

Levels III and IV and V

Classes that include pointe work require extra levels of ballet work ethic to acquire pointe skills and prevent injury:

- Prompt arrival to the barre at the start of class is required. If you are late, wait for your teacher to invite you to class.
- Remove your warm up wear before coming to the barre
- During barre work, do not leave the barre to adjust shoes, fill a water bottle, or go to the restroom, unless you have a genuine emergency. Bring your water bottle to the barre with you.
- Make sure you always have a supply of pointe shoes available (sewn) so there is no off-pointe time between fittings.
- No socializing with peers during class.
- Observe the dress code
- Maintain a well-stocked dance bag, equipped with ballet slippers, pointe shoes, pointe shoe fitting gear, bobby pins, hair nets, band aids, any needed ace bandages, foot rollers, etc.

Regarding Injuries at the Advanced Level:

Classical ballet is a “high intensity” activity at the advanced level. Sometimes dancers incur injuries either through their ballet practices or other activities.

- When injured see your general practitioner and physical therapist as soon as possible to receive a diagnosis and direction for healing.
- Let Mrs. Holt know your doctor’s orders and she will communicate with all your teachers.
- Your physical therapist will give you exercises to assist your speedy recovery. Resting an injury alone will not get you back to ballet as soon as possible. Physical therapy speeds up recovery.
- During performance/rehearsal season an injury may impact your ability to perform your casted role safely and beautifully, and you may need to be assigned an understudy or be double cast.
- It is best practice to come to your classes and rehearsals and watch and stretch during your “off” dancing time.

Casting a Production (*Clara and the Nutcracker* and *Masterpieces*)

- Casting for Pre-Ballet, Ballet IA, Ballet IB, Ballet IC group dances is not especially competitive. All are welcome.

Casting for Levels II, III, IV, V, and VIII can be competitive. Casting will be decided by a panel of teachers and the director during a Saturday audition.

- When HBC is confronted with making a choice in casting competitive roles between two or more worthy dancers, HBC's guiding policy is to choose the student who is a good role model and who has also made a commitment to classical ballet training over the student who has made a partial commitment to classical ballet training. This, logically, includes the dancer who has no conflicts in class or rehearsal attendance over the dancer who has some.

- Graciously accepting successes and disappointments is a requirement for everyone's character development. Your teachers are here to help you with these moments in your dance-performing career, and parents are here to help you grow through these challenges.

- Once you've been cast in a role, the studio expects you to live up to the honor. Work hard, get to rehearsal on time, no excuses (if a pointe role) for not wearing your pointe shoes, be a team player. Understudies are generally assigned to key roles in case the first cast dancer is injured or compromised in her execution of the role.

Production Rehearsal Etiquette

Choreography and staging require a teamwork effort. The performers' attendance at rehearsals is paramount to having a successful show.

- To participate, parents are asked to sign a parent agreement form on which they indicate any previously scheduled conflicts with the production's rehearsal dates. No other absences are accepted. Sickness and family emergency are exceptions.
- Please email, text, or call Mrs. Holt if you have a last-minute emergency and cannot attend rehearsal. The coach of the rehearsal needs to make alternate plans when there is an unplanned absence.
- Even young dancers are needed at their rehearsals (☺) (ages 3 to 9), so please, parents, keep in mind your young child's new responsibility to attend rehearsals consistently.
- There is a \$20 missed rehearsal fee and \$10 late to rehearsal fee (after 15 minutes).

When casting *Clara and the Nutcracker* (about 13 rehearsals) and *Masterpieces* (about 18 rehearsals) the casting staff looks carefully at the parent agreement form regarding pre-arranged absences. Some roles can tolerate one or two absences and some cannot; dancers wanting roles that cannot tolerate absences will not be cast in those dances. There are no "padded" minutes in our rehearsal schedules.

- Performers cannot be absent during tech, run-throughs, dress rehearsal, or performances.
- Arrive at rehearsal a little early so the performer is ready to go, right on time – already having warmed up a little and visited the restroom.
- Please be respectful of the rehearsal process by not socializing.
- A colored leotard and a short dance wrap skirt is fun to wear, and ok, at rehearsal.

Bulky warm up wear is appropriate for work-shopping some choreography but needs to be removed for run throughs of choreography. Bring a plastic water bottle and snack.

- Make sure to clean up your “area” at the end of rehearsal.

Terms:

Fall 2023: August 7 through December 22, 2023.

Winter/Spring 2024: January 8 through June 28, 2024

Summer Intensive: July 8 through July 26, 2024

Holidays: Holt Ballet Conservatory is closed Labor Day Monday, Memorial Day Monday, and Thanksgiving Day Thursday, each year. Students are asked to take makeups for these missed days.