



Gate City Ballet and Dance Center  
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[www.gcballet.com](http://www.gcballet.com)

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Artistic Director  
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## Student Handbook



*The goal of Gate City Ballet & Dance Center is to provide quality pre-professional dance instruction for all ages. Dance offers limitless opportunities and is an outlet of creativity and self-expression that will flow into all aspects of life. Our program offers superior instruction garnered to enable our students to proceed into the competitive world of the arts with a strong technical foundation. Whether the student plans a career in the arts or will have a lifelong love of movement, they will be provided with quality training and a sound education. Students will learn to understand dance as it was intended, as a fine art, and learn an understanding and appreciation of the history and discipline of classical training. It is our primary focus to provide a safe, caring, and nurturing atmosphere for all students of all abilities to thrive and become the very best dancer they can be while keeping the passion and love of movement alive and perpetually growing.*

## **Performances**

### **The Nutcracker**

Gate City Ballet produces an annual production of the “Nutcracker” ballet. Auditions are held in September and are open to all dancers ages 6 and up. Participation in the audition and production is voluntary. Dancers may either accept or decline a role after the audition process is over and casting is complete. Nutcracker is a very large time commitment and dancers and their families should carefully consider this before deciding to participate. A comprehensive guide is available at the time of auditions and outlines all “Nutcracker” requirements and expectations.

### **Spring Ballet**

Gate City Ballet produces an annual spring ballet concert in late April early May for all ballet students in Pre-Ballet I and up. It is a full length ballet, complete with story line, backdrops, and props. There is a costume fee for this performance. Deposits are due in October and balances are due in February. GCB tries very hard to keep the cost of costumes reasonable and will reuse or make home-made costumes whenever possible. Participation is not mandatory, but the experience is fun and exciting and all dancers are encouraged to participate. Some past performances are; *Alice in Wonderland, Cinderella, Coppellia, A Midsummer Night’s Dream, The Beatrix Potter Collection, Madeline and La Syphide.*

### **Summer Festival**

Gate City Ballet produces an annual concert of tap, jazz, modern, contemporary, and hip-hop. All music is themed and a story line makes for a cohesive show. Professional backdrops and props are used to make for a complete theater experience. There is a costume fee for this performance. Deposits are due in October and balances are due in February. GCB tries very hard to keep the cost of costumes reasonable and will reuse or make homemade costumes whenever possible. Participation is not mandatory, but the experience is fun and exciting and students are encouraged to participate. Some past performances are; *Let the Games Begin, On Broadway, Transportation, The Gloved One, Rock of Ages and A Moment In Time.*

ent weather if the Nashua schools are closed. If there is a question whether classes will be held as scheduled, please check the web site or check the answering machine. Gate City Ballet & Dance Center makes every effort to schedule make-up classes for snow days, however, if a make-up is not possible the student may take a class of equal level or immediately above or below, within a one month period. No refund or credit is applied if class is not made up.

### Calendar of Events

#### **Fall Classes Begin**

Tuesday, September 6, 2011

#### **Holiday and Vacation Schedule**

- THANKSGIVING BREAK - NO SCHEDULED CLASSES  
Wednesday, November 23 – Sunday, November 27
- WINTER BREAK - NO SCHEDULED CLASSES  
Friday, December 23 – Monday, January 2
- MARTIN LUTHER KING DAY - NO SCHEDULED CLASSES  
Monday, January 16, 2012
- FEBRUARY VACATION - NO SCHEDULED CLASSES  
Monday, February 22 – Sunday, March 4, 2012
- SPRING BREAK - Regular Classes will run as Scheduled
- MEMORIAL DAY - No Classes  
Monday, May 28, 2012

#### **Nutcracker**

- Auditions  
Sunday, September 11, 2012
- Performance  
Saturday & Sunday, December 3rd & 4th, 2012

#### **Recital 2012**

- Spring Ballet  
TBA
- Summer Festival of Dance  
TBA

### Artistic Director / Owner

**Sarah-Beth Smith:** Miss Sarah-Beth has been a student of classical ballet since the age of eight. She has studied both in the United States and abroad. She received the Armstrong Award at age nine to pursue a professional track education of Russian technique ballet training. Ms. Smith has studied Russian, French, Vaganova, Chacchetti, and RAD methods of ballet as well as Horton and Fosse jazz techniques, various tap methods, and flamenco.

Ms. Smith was a student of the New England Civic Ballet (formally Cabriole Dance Arts Academy) under the direction of Phyllis George (American Ballet Theatre and the New York Rockets). In 1994 Sarah-Beth became a student of the Boston Ballet Center for Dance Education where she trained under Sydney Leonard, Pamela Lindsey, and Arthur Leeth. Sarah-Beth also attended the Walnut Hill School for the Performing Arts on scholarship from Maglon tights for which she also was the cover model. There she performed in several choreographic works among them a premier performance by Diane Arvantes-Noya, director of Prometheus Dance Company. Ms. Smith attended both the Boston Conservatory and Dean College, from which she holds a degree in pedagogy. There she studied anatomy and kinesiology for dancers, nutrition, and injury prevention, music theory, Laban notation, movement and improvisation, laban and delarte movement theory, creative movement for children, dance history, acting and vocal progressions, as well as ballet, tap, jazz, and modern technical pedagogies. While attending Dean College, Sarah-Beth was accepted into Alvin Ailey dance and accreditation program on full scholarship under the selection of famed Alvin Ailey dancer Dennis Jefferson. She has studied under Sean Curran (creator of Stomp), Donna Silva (Joffrey Ballet), Jill Silverman (Joffrey Ballet), Diane Arvantes-Noya (Prometheus Dance Company), Jennifer Scanlon (Limon Dance Company) and Omayya Amaya (flamenco dance pioneer) to choreographic awards. Ms. Smith has performed in the productions both as a student and professionally including Swan Lake, Sleeping Beauty, Romonda, Giselle, Les Partenerf, Eugene Onegin, Serenade, Jewels, Carmen, and the Nutcracker, as well as premier choreographic performances. Sarah-Beth has been teaching professionally since 1995 and is a lifelong student of the performing arts. She is a degreed teacher and member of the prestigious Dance Masters of America and The National Dance Education Organization. She finds true love to be in teaching the next generation of dancers the passion and beauty of movement.

## Faculty

**Jaime Benavidez:** Jaime (se7vn) is a classically trained dancer and has traveled the United States and abroad in Hip-Hop and Break dancing crews. His innovative choreography has brought him many accolades and has made him very much in demand in the Boston area. His love of music and crossing genres has lead him to create a new style of dance called “Urban Fusion” combining hip-hop and ballet pointe work. He is a dynamic performer and teacher and GCB is excited to be offering his classes.

**Allyson Fuller:** Miss Allyson began dancing at the age of four. She has since then trained extensively in RAD, Vaganova, and Chechetti Ballet, Horton, Graham, Limon and Ailey Modern, Pointe, Jazz, Tap, Lyrical and Contemporary. She competed all over New England and won various awards for technique and performance. She was awarded the “Center Stage” award by the IDC, an award only 2 dancers in the US receive per year. She has performed with GCB for 4 years, with roles including Sugar Plum Fairy and Snow Queen of *The Nutcracker*, and Titania of *A Midsummer Night’s Dream*. She is now majoring in dance at Dean College, working toward her Bachelors degree. Miss Allyson loves teaching and is excited to impart her love of dance to her students.

**Julie Kivikoski:** Miss Julie has been dancing since the age of eight. She trained under the direction of Phyllis George at New England Civic ballet. There she was able to perform the Sugar Plum Fairy in *The Nutcracker*, and has also performed in many venues locally including Pioneer ballet and GCB. Miss Julie is a graduate of Dean College from which she holds a Bachelors Degree of the Arts.

**AnnMarie Lidman:** Miss AnnMarie has had over ten years of training in classical ballet. Among the productions in her performance history are *The Nutcracker*, *Swan Lake*, *Sleeping Beauty*, and *Paquita*. Her training also includes modern dance and tap. AnnMarie has been teaching locally for several years and is an exciting addition to our professional staff.

- A ten percent discount is allotted for the years tuition paid in full at the time of registration.
- A ten percent discount is allotted to families with three or more dancers in enrollment.
- A twenty-five dollar “returned check fee” is assessed if a check is returned unpaid.
- There is no adjustment for classes missed or unattended.
- Tuition is non-refundable and cannot be exchanged.

## Costumes

Gate City Ballet & Dance Center conducts two performances annually, a Spring Ballet and a Summer Festival. Costume deposits for these two performances are due October 1st, with a price listing according to class. The costume balance is due in February. If a costume is not paid in full at the time of distribution the student will not be allowed to take it home. If a costume is not paid for in full at the time of performance, the student will not be able to participate in the performance. There are no refunds or returns on any costumes.

## Absence

Attendance is crucial for optimum learning and cohesive class discipline and structure. Students are encouraged not to miss class or rehearsal and are allowed to observe class when otherwise unable to participate. If a dancer has missed more than three classes consecutively without studio notification, it is up to the discretion of the director to allow the child to return to class or to participate in the performance. The studio must be made aware in person, by telephone, or in writing of an absence. The student is then allowed to make-up the class in an equal level or one immediately above or below within a one month period. No credit is given if the student elects not to make-up the class. Tuition must be up to date to make-up a class due to an absence. If a student decides to drop the course for any reason, the studio must be given a thirty day notice in person, by telephone, or in writing. The account will continue to be billed until the date of notification.

## Studio Closings

Gate City Ballet & Dance Center follows the New Hampshire school calendar for vacations and holidays, with the exception of being open during April vacation. The studio will be closed due to inclem-

## Electives

- \$50 per month each or
- \$35 per month each when combined with ballet curriculum

Adult Yoga	Adult Zumba
Break Dancing	Contemporary
Hip-Hop	Jazz
Modern	Pointe
Stretch & Strengthen	Tap
Urban Fusion	Variations/Partnering

## Dress Requirements

Students are required to adhere to the dress code. Dancers not in proper attire will not be permitted to take class. Please see course selection for details.

## Level Placement

All students returning and or new will be advised by the appropriate instructor for proper level placement. All students are placed according to age and ability. The first month of classes are an “add/drop” period to ensure proper placement. Students may be asked to move up or down in levels during this time.

## Advancement

Students may most likely remain in each level for two or more years and will progress on an individual basis. Training is accumulative and each step must not just be executed, but truly mastered to progress to more advanced technique and poses. Classical training requires time and patience. It takes many years to make a dancer and the process is different for everyone.

## Tuition

Tuition is due on the 25th of the previous month and based on one years total divided into ten payments, it is not based monthly.

- A ten dollar late fee will be assessed for tuition paid beyond the first of the month.
- A twenty-five dollar late fee is assessed to tuition paid after the tenth of the month.
- Any account in arrears for over two months will result in the inability to participate in class until the account is brought up to date.

**Jenn Quinlan:** Miss Jenn began her gymnastic training at age 3 at Denise Walker’s Gymnastic School. She began competing at age 7 and continued through the collegiate level. She won many awards including gymnast of the year. Aside from the studio, Jenn works full time at an insurance agency in Salem and is the proud mother of Elizabeth, Dylan and Annie.

**Shaina Schwartz:** Miss Shaina is a performer and teacher from the Boston area and a new member of the Gate City Ballet Staff. After studying a wide variety of dance disciplines at the Northern Ballet Theater under the direction of Doreen Cafarella, Shaina attended the Boston Youth Moves dance program, as a company member, at the Jeannette Neil Dance Studio. Currently, Shaina is a student at UMass Lowell pursuing degrees in Social Anthropology and Education. Shaina is a founding member of the contemporary dance company, Contemporarily Out of Order and is also a performing company member of the Boston Tap Company under the direction of Sean C. Fielder.

**Theresa Scully:** Miss Theresa began her ballet training at age 6 at the Classical Ballet School of Rhode Island where she eventually became a soloist performer and a teacher. She continued her training at Granite State Ballet. Theresa has performed in many productions including *Coppelia*, *Les Sylphides*, *Ave Maria* and *Giselle*. Theresa also owned and directed a local pre-school for 10 years where movement and music were an important part of the curriculum.

**John Stapleton:** John’s first exposure to theater was at the age of seven in a community production of Gilbert and Sullivan’s the Gondoliers. From than on he was hooked and began taking tap, which lead to jazz, modern, and ballet. Ballet, with its grace and rigor soon became his passion and he began the serious training that continues today. John performed professionally for many years with the Northern Ballet Theater and was able to dance in *The Nutcracker*, *Coppelia*, and Agnes DeMille’s *Rodeo*. He has also performed extensively with the Commonwealth Ballet Company and Augusta Ballet. John is currently choreographing for many venues and is a much in demand performer and teacher.

## Course Selection

### **Creative Movement ~ Ages 2-3 ~ \$48 per month**

Half hour class with accompaniment of a parent or adult. Children learn motor skill development, rhythm, coordination, and poise, through fun stretching movement games, light tumbling, parachute activities, and obstacles.

Dress requirement: Any comfortable free moving clothing and socks or ballet slippers.

### **Pre-Ballet I ~ Ages 3-5 ~ \$48 per month**

Pre-Ballet I is a forty-five minute weekly ballet class. This program is a prelude to formal dance instruction and introduces children to music and movement through a structured progression that stresses creativity and group interaction.

Dress requirement: Leotard (Motionwear #4311 in Pink #140)

Ballet: Pink Tights ~ Pink Leather Ballet Slippers ~ Hair in a secured ballet bun.

### **Pre-Ballet II ~ Ages 5-6 ~ \$48 per month ballet only ~ \$60 per month all**

Pre Ballet II is a forty-five minute weekly ballet class and a forty-five minute optional session divided equally with introduction to tap & jazz.

Dress requirement: Leotard (Motionwear #4311 in Orchid #137)

Ballet: Pink Tights ~ Pink Leather Ballet Slippers ~ Hair in a secured ballet bun.

Tap: Black Buckle Tap Shoes.

### **Pre-Ballet III ~ Ages 5-6 ~ \$48 per month ballet only ~ \$60 per month all**

Pre-Ballet III follows the same syllabi as Pre-Ballet II at a faster learning pace. Students must be recommended by the director to attend Pre-Ballet III.

Dress requirement: Leotard (Motionwear #4311 in Candy Pink #539)

Ballet: Pink Leather Ballet Slippers ~ Hair in a secured ballet bun.

Tap: Black Buckle Tap Shoes.

### **Level I Ballet ~ Ages 5-8 ~ \$60 per month**

Students attend a required weekly one hour ballet class with the option to participate in other electives at the rate of \$35 per month for each additional hour after ballet.

Dress requirement: Leotard (Motionwear #4311 in Light Blue #445)

Ballet: Pink Tights ~ Pink Leather Ballet Slippers ~ Hair in a secured ballet bun.

Tap: Black Buckle Tap Shoes

Jazz: Black oxford Jazz shoes.

- Students may wear black jazz pants for tap and jazz. NO shirts.

### **Level II ~ VI Ballet ~ Placement by Ability ~ \$70 per month**

Students attend a required hour and a half ballet class weekly with the option to participate in other electives at the rate of \$35 per month each additional hour class after ballet. Students taking pre-pointe or pointe classes must take two or more ballet classes weekly.

Dress requirement:

- |               |                             |                   |
|---------------|-----------------------------|-------------------|
| • Level II    | Motionwear # 2643           | Raspberry # 482   |
| • Level III   | Motionwear # 2643           | Teal # 469        |
| • Level IV    | Motionwear # 2643           | Ultraviolet # 474 |
| • Level V     | Motionwear # 2643           | Bright Red # 475  |
| • Level VI    | Motionwear # 2643           | Black # 497       |
| • Teen Ballet | Black solid colored leotard |                   |

Ballet: Pink Tights ~ Pink Leather Ballet Slippers ~ Hair in a secured ballet bun.

Tap: Black oxford Tap Shoes.

Jazz: Black oxford Jazz shoes.

- Students may wear black jazz pants for tap and jazz. NO shirts.
- Students in Level III and up may wear a ballet skirt either the same color as the leotard or black; no longer than mid-thigh.
- No underwear.
- No jewelry / stud earrings only.
- White hip placement belt for all Ballet Levels I-VI.
- NO dance shorts for ballet.

Hip Hop & Break Dance: Comfortable free moving clothing ~ Black dance sneakers ~ Hair pulled back in a ponytail.