

# Intensive Summer Study Intermediate Levels 2 & 3

## Information & Requirements

Welcome to The Raleigh School of Ballet's Summer Intensive Program. The first class begins promptly at 9:30 a.m., but students may be dropped off as early as 8:30 a.m. Weekly technique classes may include ballet, pointe, variations, modern, jazz, composition and character dance. Survey courses may include nutrition, dance etiquette, Pilates and stretch class.

A weekly schedule will be posted on our website: [www.raleighballet.com](http://www.raleighballet.com) before the first day of each week's classes. Unexpected changes to the schedule may occur, so we ask the dancers to be prepared for all classes. The following dress code and studio rules are designed to make the student's experience positive and productive.

Please do not hesitate to call us at 919-834-9261 with any questions or concerns.

### DRESS REQUIREMENTS

- **Ballet** - Non-shiny pink convertible tights, pink ballet shoes and any plain, solid color leotard. Hair must be secured in a neat bun with no bangs.
- **Pointe**- Non-shiny pink convertible tights, pink pointe shoes, any plain, solid color leotard. Hair must be secured in a neat bun with no bangs
- **Character** - Full (circle) skirt, knee –mid calf in length to wear over leotard and tights. If you do not own this type of skirt RSB has ballet skirts for students to borrow. Character shoes are optional and students may wear their ballet slippers.
- **Modern/Jazz/African/Dancer's Workout** - Solid color leotard or unitard, non-shiny pink or black footless tights, and bare feet. Hair must be worn in a neat ponytail or bun. Tights other than pink or black are acceptable provided they match the leotard color.
- **Boys** - Black tights, white T-shirt (tucked in), white socks, and white ballet shoes. Any plain color T-shirt is acceptable for character, modern and jazz classes.
- **Pilates/ Stretch/PBT** - Students will need a yoga mat.

### RECOMMENDATIONS

- Students may wish to bring extra dance attire to change into during or after lunch.
- **Snack**- Students should bring healthy snacks for their breaks. We also encourage students to bring a water bottle they can refill throughout the day.
- **Lunch**- Students should bring a bag lunch and a drink. Lunches should be high in complex carbohydrates and should also include protein. Refrigeration for lunches and drinks and a microwave are available. Any items placed in the refrigerator must be clearly marked with the student's name. Students are expected to clean up after themselves at lunch and at the end of the day. Students remaining on the grounds during lunch may wish to bring a book, cards, or a game.
- Students who have written permission from a parent or guardian may leave the school grounds during lunch. These students are required to sign in/out and must be accompanied by another student or a parent.
- A Neomonde Deli is located on Beryl Rd. a short walking distance from the studio.

### STUDIO RULES

- The Intensive Summer Study program ends at 4:30 pm. Students must be picked up by 5:30 pm.
- Students must be in proper attire for class. Students not appropriately dressed for class may be asked to observe. Jewelry, except small earrings (no hoop or dangling), is not permitted in class.
- Tardy students may be asked to observe. Each teacher has the authority to determine guidelines for class participation.
- Food may ONLY be consumed in the lounge area or on the porch. No food is allowed in the lobby or dressing room. It is the responsibility of the students to clean up after themselves.
- Students are expected to behave in a manner conducive to learning.
- We encourage students to leave valuables at home. The School is not responsible for items left unattended by a student. Students may take dance bags into all their classes.
- The lobby is for quiet observation of classes. Excessive noise and activity in the lobby is disruptive to the class.