

# **EXTREME BALLET® 2018**

## **Kaatsbaan International Dance Center**

### **Program Details**

#### **SCHOLARSHIPS**

Because of the small selective size of the Extreme Ballet® program, Kaatsbaan cannot offer scholarships. However, students may set up their own scholarship funds. Friends, relatives (not parents), and small local businesses may send donations to Kaatsbaan earmarked for a student. 100% of the contribution will be placed in a particular student's scholarship fund. All monies received offset tuition for that student. Donations are tax deductible for the contributor to the extent allowed by law. In addition many communities offer arts scholarships for summer study.

#### **CURRICULUM**

The Extreme Ballet® program includes daily technique class, pointe class, refining class, repertoire and new work classes, as well as coaching. Men's class and partnering are taught in appropriate sessions. 2 modern dance classes, 2 Flamenco classes, an improvisation class, a yoga and Pilates class are required each week.

#### **TECHNIQUE CLASS**

Dancers participate daily in a two-hour morning technique class designed to strengthen as well as refine and develop their classical technique and their quality of movement. Four days a week dancers are split into two groups for technique class. One day a week all dancers come together for class. Occasionally, a second afternoon technique class or ballet Master Class is scheduled.

#### **COACHING**

Coaching is one of the most important aspects of the Extreme Ballet® program. Solos and variations from the classical and contemporary repertoire are taught by premiere dancers of the 20th and 21st Centuries. Coaches refine all aspects of the variations - movements, musicality and interpretations - in small groups of students. Material is selected with particular attention to the needs of the dancers in each session.

#### **MASTER CLASSES**

Guest instructors include dancers and faculty from American Ballet Theatre, the Jacqueline Kennedy Onassis School, the Juilliard School, the Joffrey Ballet, and other acclaimed dance companies.

#### **PERFORMANCE SHOWCASES**

On the last Saturday of each session at 12 Noon, families of all students are invited to a Showcase Performance in which dancers present the repertory pieces they have learned and developed during the session. While Extreme Ballet® is primarily a

training program, the performance process solidifies and internalizes all that students have learned during the session.

### **EXCURSIONS**

Field trips are scheduled for each session to professional dance performances (as available) such as ABT at Lincoln Center, New York City Ballet at Saratoga Performing Arts Center, and Jacob's Pillow Dance Festival. For fun, students spend an afternoon in the historic village of Woodstock, New York. Resident assistants supervise all activities.

### **MEALS**

Three meals per day are included in the tuition. Kaatsbaan is happy to accommodate special diets.

### **ACCOMODATIONS**

Dancers are housed in motel style double and triple rooms in the Dancers' Inn. Kaatsbaan will provide linens and towels.

### **TRANSPORTATION**

Transportation to and from Kaatsbaan is the responsibility of the student. For students arriving at Albany Airport, Kaatsbaan will arrange limo service. All fees are the responsibility of the student. Cab service is available from Rhinecliff Amtrak Station. Transportation Form will be included in the Registration Packet.