



## **HOMESCHOOL INTERMEDIATE BALLET PROGRAM**

*Our morning training program, designed for dancers ages 12 to 15!*

Classes run 6 days a week from 9:30am - 1pm including ballet, pointe, variations, strength & conditioning, modern, pilates, circuit, Progressing Ballet Technique and the opportunity to join the DeCruz Ballet Competition Team as well as participating in some of the Professional Training Division (PTD) classes.

Faculty includes DeCruz Ballet directors Lindsi Dec & Karel Cruz, as well as Hannah Knorr and Gabriela Lugo Moreno, Yania Lau Noyola.

Additional information and scheduling for private coaching in Pilates, ballet, pointe, modern, contemporary etc. can be found here: [www.decruzballer.com/privatecoaching](http://www.decruzballer.com/privatecoaching)

**BOOK Pilates, Contemporary, Choreography PRIVATES:**

<https://calendly.com/knorrhannahk/private-with-hannah?month=2023-06>

**BOOK Ballet, Pointe, Variation, Partnering, Etc. PRIVATES:**

<https://calendly.com/decruzballer/decruz-si-privates>

Inquires, send to [decruzballer@gmail.com](mailto:decruzballer@gmail.com) || Read about our faculty at: [www.decruzballer.com](http://www.decruzballer.com)

### **PERFORMING OPPORTUNITIES**

Dancers in our Intermediate Program will have the chance to perform alongside our Professional Training Division students in both our November performances and Spring performance as well as any additional performances/opportunities that may come up.

**Tuition: \$580 per month (Ages 12-15)**

**Due Aug 1: Prorated Aug tuition: \$290 || Due Dec 1: Prorated Dec tuition: \$290**

## **WEEKLY SCHEDULE**

### **Monday**

9:30-10:00am: Strength & Conditioning with PTDs with Ms. Lindsi (Studio A)

10:05-12:00pm: Ballet Technique with Ms. Hannah (Studio B)

12:10-1:00pm: Contemporary with Ms. Hannah (Studio B)

### **Tuesday**

9:30-9:45- Epaulement with PTDs and Ms. Lauren (Studio A)

9:50-11:45am: Ballet Technique with Ms. Lindsi (Studio B)

11:55-12:45pm: Pointe/Rehearsal or Pilates with Ms. Lindsi or Ms. Hannah (Studio B)

### **Wednesday**

9:30-11:30am: Ballet Technique with PTDs with Mr. Karel (Studio A)

11:45-12:45pm: Pilates with PTDs with Ms. Hannah (Studio A)

### **Thursday**

9:30-10:15am: PBT with PTDs with Ms. Yania (Studio A)

10:20-12:15pm: Ballet Technique with Ms. Yania (Studio B)

12:20-1:00pm: Pointe/Variations with Ms. Yania (Studio B)

### **Friday**

9:30-10:00am: Strength & Conditioning with PTDs with Ms. Gabriella (Studio A)

10:05-12:00pm: Ballet Technique with Mr. Karel (Studio B)

12:05-1:00pm: Repertoire with Mr. Karel or Ms. Hannah (Studio B)

### **Saturday**

9:00-9:45am: Pilates: PTD, HS (12-14) and Level 4 with Ms. Hannah (Studio A)

10:00-11:30am: Combined Ballet with Ms. Lindsi/Mr. Karel/Ms. Hannah (Studio A)

\*Potential 1145-1245 rehearsal times for Nut rehearsals and DBCT rehearsals



# DECRUZ

## BALLET

DRESS CODE: HOMESCHOOL INTERMEDIATE BALLET PROGRAM

### GIRLS

*BALLET: Pink or flesh tone tights*

*M, W, F: Black leotard*

*T, TH, Sat: Colored leotard*

*Pink/flesh tone ballet slippers.*

*Hair pulled back away from the face in a bun.*

*MODERN: black leotard, black tights, barefoot or socks*

### BOYS

*BALLET: Black tights, black ballet slippers, fitted white shirt.*

*MODERN: black tights, fitted white shirt, barefoot*

***\*\*NO WATCHES or large jewelry!***



**FALL 2023 - SPRING 2024**  
**CALENDAR**  
*Subject to Change*

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**DECRUZ BALLET COMPETITION TEAM - COMMITMENT DEADLINE**.....AUGUST 21

**OFFICIAL FIRST DAY OF CLASSES**.....AUGUST 21

**DBCT PRIVATES BEGIN**.....AUGUST 28

**NUTCRACKER REGISTRATION DEADLINE (\$100 FEE)**..... SEPTEMBER 1

**LABOR DAY (SCHOOL CLOSED, NO CLASSES)**.....SEPTEMBER 2-4

**INDIGENOUS PEOPLES' DAY (SCHOOL CLOSED, NO CLASSES)**.....OCTOBER 9

**PERFORMANCE AT UTSA (2 shows: Excerpts from Nutcracker and other Rep)**....NOVEMBER 11

- NOVEMBER 10TH - DRESS REHEARSAL at UTSA from 4-8PM

**FALL/THANKSGIVING BREAK FOR ALL OF DECRUZ BALLET**.....NOVEMBER 18-27  
(LAST DAY OF CLASSES IS FRIDAY NOV. 17)

**ALL CLASSES RESUME**.....NOVEMBER 27

**DBCT IN STUDIO PERFORMANCE (LAST DAY OF CLASSES)**.....DECEMBER 16

**CHRISTMAS BREAK FOR ALL OF DECRUZ BALLET**.....DECEMBER 17-JAN 2

**WINTER WORKSHOP(OPTIONAL, ADDITIONAL COST)**.....DECEMBER 27-30

**ALL CLASSES RESUME**.....JANUARY 3

**National Summer intensive Tour in Dallas (FOR INT/ADV DANCERS)**  
\*DATES NOT RELEASED YET: 2024 - Jan. 6 last year (Dallas)

**ADC IBC COMPETITION (Optional)**

\*DATES TBA \*2024 - *Jan. 12-14 last year* (Houston)

**MLK DAY (STUDIO CLOSED, No Classes)**.....JANUARY 15

**SPRING SHOW REGISTRATION DEADLINE (\$100 FEE)**.....JANUARY 16

**SPRING BREAK**.....MARCH 10-17

**ADC IBC FINALS DBCT**.....TBA

\*2023 was March 18-22

**EASTER BREAK**.....MARCH 29-31

**UBC COMP (Optional)**.....\*DATES NOT RELEASED YET: last weekend in April (Houston)

**END OF THE YEAR PERFORMANCE**.....TBD - May

**IF NOT PARTICIPATING IN UBC FINALS: MEMORIAL BREAK (NO CLASSES)**.....MAY 25-27

**LAST DAY OF CLASSES**.....JUNE 8