

CAPITAL CITY DANCE CENTER

**SUMMER
2011**



CCDC DANCER AS EFFIE IN *LA SYLPHIDE*,
CCDC'S 2010 ANNUAL BALLET

**DIRECTORS
EMERY & MELISSA UYEHARA**

Summer can be an exciting time for you and your family: vacations, road trips, overnights, camping...and, even, just lazing around on those golden days with nowhere to go and nothing to do but making memories. But, the faculty at Capital City Dance Center wants to remind you to make sure to make time for dance this summer!

The Russians have a saying: for every day a dancer doesn't dance, that's another day that has to be made up. So, for example, if you miss a week's worth of classes, it'll take a week to get back to where you left off. Now, imagine not dancing for THREE months! If you apply the Russian rule of thumb, it takes three months (if not longer!) to get back to the same level of dancing. The faculty sees it every year: dancers who take classes over the summer often can grand jete' past students who take that time off.

There are two opportunities to keep training this summer at CCDC...and you can mix and match to fit your schedule. The CCDC Summer Intensive offers three levels of Ballet, Pointe and contemporary dance for half-days or all day for two weeks in June. The rest of the CCDC Summer Workshop Series picks up after the Intensive and continues through August. Remember: Nutcracker Auditions can take place as early as late August.

Don't get us wrong! CCDC encourages family time and family vacations. It's a great time for kids to be kids and for families to rediscover each other without academic pressures. Just don't forget: Make sure to make time to dance this summer!

Summer Intensive

(June 13th-June 24th)

Monday-Friday

Register on line or in studio April 1st -May 16th

CCDC Summer Intensive will be full of many great learning experiences this year! **Ballet 4, 5 and 6** will dance from **9am until 5pm** and **Ballet 3** will dance from **12 noon until 5pm** with breaks and/or lunch, of course. Are you a working parent? Drop your young one off during your lunch hour and pick them up after you're done with work. We bring guest instructors into Des Moines for these two weeks. Don't miss the chance to take with these great teachers!

Included in the 2 weeks:

Pilates (bring a mat or towel)

Ballet

Pointe/Pre Pointe

Variations

Repertoire

Jazz

Modern

Lyrical

70 hours of dancing

in

Two Weeks

and

They will leave

wanting more!

Intensive Tuition

Level 4&5&6

2 weeks \$450.00

1 week \$300.00

Level 2/3&3

2 weeks \$300.00

1 week \$200.00

Tuition Due by June 1st

(late fee of \$30 after this date)

GoCCDC.Com

June 27th -August 13th Workshop

(no classes July 4th -July 9th)

Registration on line by June 1st / Tuition due June 24th

Level 2 (7-9 year olds)

Tuesday
6:00pm-7:00pm

Boys Class (7-12 year olds)

Thursday 5:45pm-6:30pm

Level 3 (age9 and up)

Tuesday
Ballet 6:00pm-7:00pm
Lyrical 7:00pm-7:45pm
HipHop 7:45pm-8:30pm
Thursday
Ballet 6:30pm-7:30pm
Modern 7:30pm-8:00pm
Jazz 8:00pm-8:30pm

Level 4

Monday
Ballet 5:00pm-6:45pm
Pointe 6:45pm-7:30pm
Jazz 8:30pm-9:30pm
Tuesday
Ballet 7:00pm-8:30pm
Lyrical 8:30pm-9:30pm
Wednesday
Ballet 5:00pm-6:30pm
Pointe 6:30pm-7:15pm
Thursday
Ballet 6:30pm-8:00pm
Pointe 8:00pm-8:45pm
Friday
Modern 5:30pm-7:00pm
Saturday
Ballet 10:30am-12:00pm
Pointe 12:00pm-12:30pm

Adult & Pilates

Wednesday
Ballet 6:00pm-7:30pm
Pilates 7:30pm-8:30pm
Saturday
Pilates 9:30am-10:30am

***Interested in private instruction? Contact us at GoCCDC.Com**

***Going on Vacation? We will prorate for weeks missed.**

Level 5&6

Monday
Ballet 6:00pm-7:30pm
Pointe 7:30pm-8:30pm
Jazz 8:30pm-9:30pm
Tuesday
Ballet/Pt 4:00pm-6:00pm
Lyrical 8:30pm-9:30pm
Wednesday
Ballet 7:15pm-9:00pm
Thursday
Ballet 4:00pm-5:30pm
Pointe 5:30pm-6:30pm
Friday
Modern 5:30pm-7:00pm
Saturday
Ballet 10:30am-12:30pm
Pointe 12:30pm-1:30pm

Hours of Class Per week	Tuition (Includes Sales Tax)
.50	\$45.00
.75	\$52.50
1.00	\$61.22
1.25	\$67.50
1.50	\$76.50
1.75	\$88.50
2.00	\$102.00
2.25	\$114.00
2.50	\$126.00
2.75	\$139.50
3.00	\$153.00
3.25	\$163.00
3.50	\$174.00
3.75	\$183.00
4.00	\$193.50
4.25	\$201.00
4.50	\$208.50
4.75	\$216.00
5.00	\$225.00
5.25	\$228.00
5.50	\$241.50
5.75	\$252.00
6.00	\$262.50
6.25	\$273.00
Unlimited	\$290.00

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ONE WEEK WORKSHOP FOR YOUNG ONES

(June 20th -June 24th & Aug 15th-Aug 20th)

Register on line or in studio April 1st - June 10th

Levels

Creative Movement	5:00pm-5:30pm
PreBallet	5:30pm-6:30pm
Ballet 1	6:30pm-7:30pm

Tuition

Creative Movement	\$40.00
PreBallet	\$55.00
Ballet 1	\$55.00

Tuition Due upon registration (late fee of \$20 after June 17th)

ONE WEEK DANCE CAMP FOR YOUNG ONES

(July 18th -July 22nd)

Register on line or in studio April 1st - June 10th

Levels

Creative Movement (3,4,&5 year olds)	8:45am-9:30am
PreBallet (6&7 year olds)	9:30am-10:45am
Ballet 1&Ballet 2 (7.5-10 year olds)	10:45am-12:30pm

Tuition

Creative Movement	\$50.00
PreBallet	\$65.00
Ballet 1	\$65.00

Tuition Due upon registration (late fee of \$20 after June 17th)