

THE BOX DANCE STUDIO INFORMATION

John Welch, Artistic Director

John Welch is the Artistic Director and Ballet Master of The Hartfel Ballet. Under the direction of Maria Lewis, he was a soloist at the Pacific Ballet Theatre (Vancouver, BC). Mr. Welch was an Associate Professor on the Dance Faculty of Scripps College in Claremont, CA where he taught Pedagogy and choreography. Mr. Welch was also the Director of the Dancer's Mind School of Dance Arts in Santa Barbara, CA. He conducted private coaching with soloists from the Valerie Houston Dance Company and the Santa Barbara Ballet Company. Mr. Welch is a Member (Advanced Standing) of the Royal Academy of Dancing (RAD) and the Imperial Society of Teachers of Dance (ISTD).

Curriculum

Learn the fine art of ballet through instinctual self-awareness.

Hartfel Ballet Academy: Graded classes in Classical Ballet to meet the needs of students at each stage of their development. Training is built upon the solid foundations of the Cradle Method, the exclusive training method of the Hartfel Ballet. While traditional styles depend on learning at an unconscious level through rote repetition, the Cradle Method employs conscious learning through systematic study that allows the serious student to learn more quickly and effectively. Students take multiple dance and conditioning classes per week preparing for a future in the professional dance world.

Dress Code: *Girls* - Black leotard, pink tights, and pink canvas ballet shoes. No skirts, and hair pulled back and secured. Bring socks. *Boys* - White T-shirt, black tights, dance belt, and black canvas ballet shoes. Bring socks.

Pre-Ballet Program (Ages 3-10): Children learn the joy of movement with the emphasis on rhythm, coordination and flexibility. Basic ballet positions and terminology are introduced. Interacting with other children in a positive environment adds to the child's sense of self-awareness. *Dress Code* - Students may wear a pink or black leotard with pink tights and pink ballet slippers or socks, no skirts. Hair should be secured away from the face. Boys may wear comfortable shorts (no jeans or stiff materials), socks, and a T-shirt.

Open Adult Ballet: Beginning and Intermediate adult ballet for toning, flexibility and a safe introduction to the art of ballet. The open adult classes are geared for the serious student, ages 18+. Use the natural power of the Cradle Method to express yourself through the classical form of ballet and experience rapid and continual progress as a dancer. Dress code - Students may wear the dance attire of their choice, but no skirts.

Cradle Method, Body Conditioning, and Pilates: Open to the serious and novice student ages 11 to adult. Enhanced awareness of the body allows a dancer to learn vocabulary more efficiently and at a more accelerated rate than traditional schools of teaching. Through the use of self-imagery and awareness combined with classical vocabulary and innovative technique, this natural work reduces the potential for injury or deterioration from overwork to a dancer's body. Wear comfortable yoga/exercise type clothing and socks and bring a full or queen sized thick blanket.

Jazz/Hip-Hop: Black jazz pants or footless tights/leggings, and solid colored leotard (boys may wear a T-shirt). T-shirts and shorts allowed in Hip-Hop, wear socks. For Jazz - Shoes: Split Sole Jazz Shoes and bring socks.

Important Dates

Session: July 6, 2009- September 26, 2009

Closed: September 4-7, and September 28-October 3. Classes resume October 5.

THE BOX

Dance Studio

Official School for The JohnC Ballet

*An Innovative Approach
to Learning the Art of
Classical Ballet*



Enroll Today!

The Box Dance Studio

2190 N. Canal St.

Orange, CA 92865

(In the SuperSports Golf and Rec. Center)

"If you have the desire, we have the method to cultivate that which nature has bestowed upon you: raw, uninhibited ability."

- John C. Welch, Artistic Director

(714) 925-9806

www.theboxdancestudio.org

SUMMER TUITION RATES

Pre-Ballet

Session - Wed - \$141 & Sat \$130 - **Over 10% savings!**
or 4 Classes - \$55

Jazz, Hip-Hop

Session - Hip-Hop \$132 / Jazz \$132 - **Over 10% savings!**
Session - Jazz + Hip-Hop \$ 252- **Over 10% savings!**
or 4 Classes - \$55, 8 Classes - \$100

Add Stretch and Strengthen to any class for only \$60 per session or \$25 for 4 classes! Or \$10 per class.

Hartfel Ballet Academy

Classes must be used in the session of purchase.

Pre-Elementary Levels A&B

Session: Ballet Only - \$ 264 - **A 10% Savings!**
Ballet+Stretch&Strengthen - \$ 324 - **Savings of over \$175!**
or 12 Classes - \$150

Elementary/Intermediate

Session: Ballet Only - \$288 - **A 10% Savings!**
Ballet+Stretch&Strengthen - \$348 - **Savings of over \$175!**
12 Classes - \$175

Walk-In / Single class: \$15

Open Adult Classes/Pilates**:

4 Classes \$56
8 Classes \$110
12 Classes \$156
Monthly Endless Dance \$200*

Professional/University rate:

Single Class: \$13 or Eight class card**: \$88

Private & Semi-Private Instruction+

(2 Hours - all levels)
1 student \$ 140.00 / class
2 students \$ 75.00 each / class
3 students \$ 70.00 each / class
4 students \$ 65.00 each / class

Yearly Registration Fee: \$15

Returned Check Fee: \$20

PAYMENT POLICY: Tuition is due and payable the first week of the session or month, to avoid a 10% late fee. See make-up policy for missed classes and holidays, all missed classes must be made-up or forfeited. All tuition is payable in advance - No Refunds. See The Box Dance Studio Rules & Regulations for additional tuition payment details, dress code, and additional studio rules. Family discounts available.

+Rates are for the Artistic Director, lower rates available for hour sessions taught by Hartfel Ballet Principal Dancers. Call for details.

*Pre-Ballet tuition will not be pro-rated after the first month of the session.

**Class cards expire after 12 weeks.

THE BOX DANCE STUDIO

2009 Schedule Of Classes (Valid through September 26th)

The schedule of classes is subject to change, **walk-ins please call prior to attending class to verify class day and time.** Minimum class enrollment 3 students. Students may be required to take a placement class, please call to confirm (Excludes Hip-Hop, Jazz, Pilates, and Adult Ballet).

Class Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Ballet Ages 3-7			3:15p-4:15p Ages 5-7			9:00a-9:45a Ages 3-6
Hartfel Academy Pre-Elementary Ballet Level A Ages 7-10		4:00 p-5:15p Ballet		3:45p-4:15p Stretch & Strengthen 4:15p-5:30p Ballet		
Hartfel Academy Pre-Elementary Ballet Level B Ages 11+ <i>Beginning Ballet For Teens & Pre-Teens</i>		4:00p-5:15p Ballet		3:45p-4:15p Stretch & Strengthen 4:15p-5:30p Ballet		11:30a-12:30p Ballet Basics for Teens & Adults
Hartfel Academy Elementary Ballet	4:15p-5:30p Ballet		4:15p-5:30p Ballet	3:45p-4:15p Stretch & Strengthen	4:15p-5:30p Ballet	10:00a-11:15a Ballet <i>Optional Classes</i> 7:15a-8:30a <i>Beach Work-Out</i> (1st & 3rd Saturday - Sunset Beach)
Open Adult Classes •Ballet •Cradle Method™ •Pilates <i>Beginning-Advanced</i>	5:30p-6:30p Beg/Int Cradle Method Workshop	6:30p-8:30p <i>Int./Adv.</i> Cradle Method™ Workshop & Ballet	6:30p-8:30p <i>Int./Adv.</i> Cradle Method™ Workshop & Ballet	6:30p-8:30p <i>Int./Adv.</i> Cradle Method™ Workshop & Ballet		10:00a-11:15a <i>Beg/Intermediate</i> Ballet 11:30a-12:30p <i>Beginning</i> Ballet Basics
Open Jazz/Hip-Hop Beg./Int. Ages 7 - Adult			5:30p-6:30p Beg/Int Hip-Hop	5:30p-6:30p Beg/Int Jazz		
Step In The Dark Ballet Program for Blind and Vision Impaired Youth	3:15p-4:15p Ballet SITD			230p-3:30p Ballet SITD	3:15p-4:15p Ballet SITD	

Enroll Today!
(714) 925-9806
thebox@hartfel.org