



**SPRINGDALE BALLET and DANCE ACADEMY**  
at  
**STAMFORD TWIN RINKS**  
**Deanna Bergdorf, Director**  
**Violeta Katz**



*The Springdale Ballet Academy Program is divided into three seasons - Fall/Winter, Winter/Spring, Summer.  
Choose the class(es) you wish to attend and fill out the Registration Form.  
Return with full payment in person or by mail.*

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<b>Mommy and Me</b>	Parents and young children share the joys of dance and music together through movement and rhythm games while learning group and individual participation.
<b>Pre-Ballet</b>	Children ages 4 to 5 are introduced to basic ballet in a positive and creative environment. Students develop a foundation for traditional ballet training as well as a love of movement and music.
<b>Ballet</b>	Children 6 years and older and adults study traditional ballet, gaining strong technique including knowledge of terminology, proper body alignment and self discipline.
<b>Ballet/Tap Combo</b>	This fun-filled class is designed for the young dancer, introducing them to both ballet and tap dance. The class focuses on movement, coordination, rhythm and basic classroom etiquette.
<b>Yoga-laties</b>	This class combines yoga and pilaties. The class will cover yoga poses to help with strength, flexibility and concentration. The pilaties portion of the course will work on core muscle strength, physical and mental conditioning to achieve a balanced body
<b>Athletic Training</b>	For stretching, jump training and conditioning, join this class for off-ice fitness.

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**UNIFORM**

<b>Girls - Pre-Ballet and Ballet I:</b>	Pink leotard, any sleeve length, pink tights, pink leather ballet slippers (Capezio)
<b>Ballet II:</b>	Black leotard, pink tights, pink leather ballet slippers (Capezio)
<b>Yoga-laties &amp; Athletic Training</b>	Comfortable workout/dance clothing
<b>Boys - All levels:</b>	White T-shirt tucked into black tights or cotton lycra shorts, white socks, black ballet shoes
<b>Adult/Teen:</b>	Comfortable clothing/dance attire. Shoes - Leather ballet slippers. Jazz sneakers or split sole jazz shoe. Capezio Oxford leather tap shoes (recommended).

Uniform requirements must be followed. Necklaces and bracelets are not permitted in class. Hair must be neatly pulled back.  
Ballet classes - Ponytails are acceptable for girls 7 and younger, thereafter, buns are required. No jeans are allowed.  
All ballet shoes must have elastic sewn on instep 1 1/2 in. - 3 in. from the heel seam, (black for boys, pink for girls)

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**Missed classes may be made up with the permission of the teacher and may not be carried into the next season cycle**  
**Adult 10 class punch card is good for any adult class, valid for 6 mos. from date of purchase**

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*Parents week, last week of classes, parents are cordially invited to observe their child's classes) during this special week*



Stamford Twin Rinks

1063 Hope Street  
Stamford, CT 06907

www.StamfordTwinRinks.com

# SPRINGDALE BALLET and DANCE ACADEMY

## SCHEDULE OF CLASSES

September 2, 2008- June 19, 2009

Phone: (203) 968-9000 Ext4

FAX: (203) 321-1522

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30-10:15 Pre-Ballet 4-5 years
					10:15-11:15 Ballet I 6-8 years
	10:45-12:00 Adult Ballet			11:00-11:45 Mommy & Me 2-3 years	11:15-12:15 Ballet II 8-12 years
		1:00-1:45 Pre-Ballet 4-5 years			
3:30-4:15 Ballet/Tap Combo 4-6 years		3:45-4:30 Pre-Ballet 4-5 years	3:45-4:30 Pre-Ballet 4-5 years		
4:15-5:15 Athletic Training All ages		4:30-5:30 Ballet I 6-8 years	4:30-5:30 Ballet I 6-8 years		
		5:50-6:50 Yoga-laties 8 - 13 years	5:30-6:30 Ballet II 8-12 years		
			6:30-7:30 Teen/Adult Ballet Intermediate 13 & older		

The teacher has the authority to change a student's class if the level is not suitable.

### No Classes

Hockey Tournament - Saturday - September 20, 2008

Thanksgiving - Thursday - November 27, 2008

Christmas Vacation - Wednesday, December 24, 2008 - Sunday, January 4, 2009

Memorial Day - Monday, May 27, 2009

# SPRINGDALE BALLET and DANCE ACADEMY

## REGISTRATION FORM

### September 2, 2008 - June 19, 2009

Please fill out a separate form for each member of the family.

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ M  F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Phone: Home \_\_\_\_\_ Bus. \_\_\_\_\_

Previous ballet experience (new student) \_\_\_\_\_

Check classes desired:

Days	Time	Fall/Winter 9/2-2/2	Winter/Spring 2/4-6/19	Total
Monday	3:30- 4:15 pm Ballet/Tap Combo	20 wks. <input type="checkbox"/> \$220	19 wks. <input type="checkbox"/> \$209	\$ _____
	4:15- 5:15 pm Athletic Training	20 wks. <input type="checkbox"/> \$280	19 wks. <input type="checkbox"/> \$266	\$ _____
Tuesday	10:45-12:00 pm Adult Ballet	21 wks. <input type="checkbox"/> \$336	20 wks. <input type="checkbox"/> \$320	\$ _____
Wednesday	1:00- 1:45 pm Pre-Ballet	20 wks. <input type="checkbox"/> \$220	20 wks. <input type="checkbox"/> \$220	\$ _____
	3:45- 4:30 pm Pre-Ballet	20 wks. <input type="checkbox"/> \$220	20 wks. <input type="checkbox"/> \$220	\$ _____
	4:30- 5:30 pm Ballet I	20 wks. <input type="checkbox"/> \$280	20 wks. <input type="checkbox"/> \$280	\$ _____
	5:50- 6:50 pm Yoga-laties	20 wks. <input type="checkbox"/> \$280	20 wks. <input type="checkbox"/> \$280	\$ _____
Thursday	3:45- 4:30 pm Pre-Ballet	20 wks. <input type="checkbox"/> \$220	20 wks. <input type="checkbox"/> \$220	\$ _____
	4:30- 5:30 pm Ballet I	20 wks. <input type="checkbox"/> \$280	20 wks. <input type="checkbox"/> \$280	\$ _____
	5:30- 6:30 pm Ballet II	20 wks. <input type="checkbox"/> \$280	20 wks. <input type="checkbox"/> \$280	\$ _____
	6:30- 7:30 pm Teen/Adult Ballet	20 wks. <input type="checkbox"/> \$280	20 wks. <input type="checkbox"/> \$280	\$ _____
Friday	11:00-11:45 am Mommy and Me	21 wks. <input type="checkbox"/> \$294	20 wks. <input type="checkbox"/> \$280	\$ _____
Saturday	9:30-10:15 am Pre-Ballet	20 wks. <input type="checkbox"/> \$220	19 wks. <input type="checkbox"/> \$209	\$ _____
	10:15-11:15 am Ballet I	20 wks. <input type="checkbox"/> \$280	19 wks. <input type="checkbox"/> \$266	\$ _____
	11:15-12:15 pm Ballet II	20 wks. <input type="checkbox"/> \$280	19 wks. <input type="checkbox"/> \$266	\$ _____

**TOTAL** \_\_\_\_\_

**Adult 10 class punch card - \$170, valid 6 mo. from date of purchase** \_\_\_\_\_

**TOTAL AMOUNT** \_\_\_\_\_

Cash  Check  Visa  Mastercard Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_ Date \_\_\_\_\_

Check payable: **Stamford Twin Rinks** Return with full payment in person or by mail to:  
**Stamford Twin Rinks, 1063 Hope Street, Stamford, CT 06907**  
**No refunds or credits**

We reserve the right to cancel any class due to insufficient enrollment, but every effort will be made to place you in a class at another time.  
**Please sign waiver on other side**

# IMPORTANT INFORMATION FOR STUDENTS

- 1.. **Current students have priority to register up to one month before the start of each new cycle.** Thereafter, everyone is on a first-come first-serve basis. If your choice of class is filled, we will call to give you alternate choices.
2. **Your canceled check or credit card statement is your receipt and confirmation.** (A non-refundable processing fee of \$30 is included in the cost of the class.)

## WAIVER OF LIABILITY

I agree to waive liability and release any and all claims against RivCan Associates, owner ("Owner") of Stamford Twin Rinks (the "Facility"), its owners, Springdale Ballet Academy, and all of their officers, employees and agents for injuries and damages suffered by myself or my children 18 or under, for whom I am signing, during programs at the Facility or while at the Facility for any other reason, whether in ballet class or not.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Legal Guardian \_\_\_\_\_  
(if applicant is under 18)

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For office use:

Date received \_\_\_\_\_

Class card information entered \_\_\_\_\_