



mind. body. balance.

## Client Handbook

### 2023-2024

The Louisville Ballet School mind. body. balance. program prides itself on being a center for health and wellness for clients ages 15+. We strive to teach each client the balance that comes from connecting their mind and body through intentional movement. To guide clients through the exploration of their own potential as movement artists, our highly-trained faculty takes great care to instruct with proper technique and great discipline in a safe and respectful environment.

We thank you for choosing The Louisville Ballet School's mind. body. balance. program as a place to learn movement education.

By signing up for mind. body. balance. classes at The Louisville Ballet School, I will respect the art and discipline of movement by:

- Respecting my instructor, accompanist and fellow colleagues at all times
- Coming to class with a positive attitude, being fully attentive and ready to learn
- Standing up to bullying and knowing that negative attitudes are not conducive to an inclusive and open learning space
- Dressing in close fitting clothing with proper footwear (see pg. 6)
- Arriving at no more than 15 minutes early so I am ready to move when class begins, and knowing that if I am 10min+ late that I will not be admitted into class

## STAFF

Director of The Louisville Ballet School  
Lower School Principal & Administration Manager  
Registration & Enrollment Manager

Christy Corbitt Krieger  
Amanda Rollins  
Tara Gardner

[ccorbitt@louisvilleballet.org](mailto:ccorbitt@louisvilleballet.org)  
[arollins@louisvilleballet.org](mailto:arollins@louisvilleballet.org)  
[tgardner@louisvilleballet.org](mailto:tgardner@louisvilleballet.org)

## PROGRAM MANAGERS

Children's Program Manager  
Complementary Program Manager  
Louisville Ballet Youth Ensemble Manager  
mind. body. balance. Program Manager

Molly Kays  
Olivia Eckert  
Brienne Keehner  
Ashley Thursby

[mkays@louisvilleballet.org](mailto:mkays@louisvilleballet.org)  
[oeckert@louisvilleballet.org](mailto:oeckert@louisvilleballet.org)  
[bkeehner@louisvilleballet.org](mailto:bkeehner@louisvilleballet.org)  
[athursby@louisvilleballet.org](mailto:athursby@louisvilleballet.org)

## TEACHING FACULTY

Leigh Anne Albrecta  
Lloyd Kelly  
Bruce Simpson~  
Phillip Velinov^

Theresa Bautista  
Minh-Tuan Nguyen^  
Tawnee Thompson  
Brienne Wiltsie^

Gail Benedict  
Joseph Nygren Cox  
David X. Thurmond  
Sheila Zeng

Dorothy Henning  
Daniel Scofield  
Ashley Thursby^

Accompanists

Javier Cendejas, Ethan McCollum, Douglas Schultz

^ Louisville Ballet company dancer

\* Louisville Ballet Artistic Staff

~ Former Artistic Director

## STUDIO LOCATIONS

### Louisville Ballet Downtown Studios

315 East Main Street  
Louisville, KY 40202  
(502) 583-3150 x 245  
[school@louisvilleballet.org](mailto:school@louisvilleballet.org)

### St. Matthews Studios

4121 Shelbyville Road, Suite 201  
Louisville, KY 40207  
(502) 895-3700  
[school@louisvilleballet.org](mailto:school@louisvilleballet.org)

## ABOUT US

As the official training center for Louisville Ballet, we celebrate the traditions of classical ballet.

Through world-class programming, we challenge our clients to explore their potential as performing artists by inspiring technical and artistic excellence in a nurturing learning environment. Through our outreach programs, we take rich and engaging arts experiences beyond our studio walls. Our outstanding faculty includes past and current Artistic Directors as well as Company members from the Louisville Ballet, and some of the finest dancers and instructors in the area. We nurture each client in developing their skills and, above all, a lifelong appreciation for dance and movement.

The universally accessible language of dance nurtures creativity in movers of all ages and levels of ability; it is our mission to provide the very best in dance education here in our city and in communities across our state.

The Louisville Ballet School does not discriminate on the basis of gender, sexual orientation, race, religion, or national or ethnic background.

## CURRICULUM

The School's comprehensive Vaganova-based curriculum focuses on strong technique that is rooted in the traditions of classical ballet and inspired by a contemporary vision of the future. This curriculum is designed to serve dancers of all ages by supporting the continuing quest for greater athleticism, artistry, clarity, grace, speed, and musicality. Annual performances are also an important part of the training model at The School, allowing clients to develop discipline, endurance, choreographic memory, and stage presence.

We are proud of our alumni who have gone on to dance professionally with the American Ballet Theatre, New York City Ballet, Alvin Ailey American Dance Theater, Ailey II, Louisville Ballet, Aspen Santa Fe Ballet, Colorado Ballet, Ballet Magnificat!, Barcelona Ballet, Boston Ballet II, Ft. Wayne Ballet, Houston Ballet, Missouri Ballet Theatre, Peridance Contemporary Dance Company, and Sarasota Ballet. We also applaud those who have continued their dance education (many on scholarship) at New York University/Tisch School of the Arts, Fordham University, Butler University, Florida State, University of Arizona, Point Park University, and Southern Methodist University.

## SCHOOL POLICIES

### COMMUNICATIONS

The Louisville Ballet School uses email to communicate information to clients regarding upcoming events, company performances, and program announcements. Please ensure that a current email address is linked to your MINDBODY Online account. Please add [school@louisvilleballet.org](mailto:school@louisvilleballet.org) to your safe senders list or address book. **Clients are encouraged to refer to MINDBODY Online scheduler for any scheduling updates.**

When time permits, The Louisville Ballet School staff will make every effort to communicate urgent and important information via email blast, Facebook, and Instagram. **Follow us @mindbodybalance**

### CLASS RATES

- Month Unlimited package: \$130.00 (expires one month from date of purchase)
- 4 Class Package: \$60.00 (expires 60 days from the date of purchase)
- 10 Class Package: \$140.00 (expires 120 days from the date of purchase)
- *A discounted drop-in rate is available for college students and actively employed professional dancer/singer/actors with valid identification. Please inquire at the front desk.*

### mind. body. balance.

Clients in the mind. body. balance. program are not required to pay a registration fee. However, each client must complete a new waiver each year to maintain active status. Ongoing mind. body. balance. classes are offered year-round on a drop-in schedule designed to accommodate busy lifestyles. Clients may register at any point during the year and attend as many classes as they wish, paying for classes by purchasing single classes or a multi-class packages on MINDBODY Online or the MINDBODY App. No contracts or commitments! All new clients will receive their first class free. Just

search "Louisville Ballet" to get started on [MINDBODY Online](#) and book your complimentary class!

As a courtesy to both our clients and instructors, mind. body. balance. classes may be held with only one client at the discretion of the client and instructor. If the client and instructor both agree to hold class, the client will be charged the equivalent of 2 classes. If the only client is new to mind. body. balance., the class may be held and the client will only be required to pay the normal class rate. **Please note that class size is limited to 10, and you must sign up no less than 2 hours before the start of class.**

## BALLET TRAINING PHILOSOPHY & GUIDELINES

Clients follow a curriculum that is designed to increase skill, endurance, and discipline in accordance with age, maturity, physical development, as well as technical and artistic progress. The frequent and consistent repetition of steps during class is elemental to the study of ballet and cannot be replaced by individual study. Notes and corrections are an essential part of ballet instruction; therefore, teachers will verbally and physically guide the clients to ensure proper body placement and execution of movement. Clients may not receive individual corrections in every class, but should assume that every correction given (whether to the class or to an individual) applies to each and every client. Proper implementation and retention of corrections in class supports continued progress.

Dancers are a work in progress. Learning from frustrations as well as achievements will guide clients toward personal, technical and artistic growth. Focused effort is expected each day in order to make each client's experience positive and successful. It is extremely important that clients are self-motivated and enthusiastic in their approach to class work. Teachers are a constant source of information and guidance, but should not have to repeatedly ask clients to take a proactive approach to learning. Clients who push themselves to meet their goals in each class or rehearsal can feel proud of themselves, knowing that they have done their best.

### PLACEMENT

Placement is based on many factors such as age, bone & muscle development, and mental & social maturity. There is no exact formula to dictate when a client will be ready for the next level. All clients should choose the level that will allow for maximum growth and improvement.

### mind. body. balance. Level Structure for Ballet

#### Introductory Ballet 1

**0 – 6 months of training *Start Here!*** Intro 1 is designed for the absolute beginner. Clients with little to no ballet experience are expected to attend Intro 1 for approximately 16 weeks before moving to Intro 2.

#### Introductory Ballet 2

**6 months – 1 year of training** Intro 2 is recommended for clients with less than one year of ballet training, retaining some basic understanding of dance vocabulary. Intro 2 is a great place for clients who may have taken a break from their ballet studies. Jump back in to refresh the brain and body!

#### Beginning Ballet 1

**1 – 2 years of training** Beginning 1 is structured for clients who have an elementary understanding of the foundations of ballet. These concepts are incorporated into a full ballet class with exercises at the barre, in the center, and moving across the floor. The core emphasis of this level will be on understanding and improving proper alignment, posture, rotation, and flexibility. Dancers will also

expand their ballet vocabulary while learning new movements and positions.

### **Beginning Ballet 2**

**2 – 3 years of training** If you are confident with pliés, tendus, grand battements, ronds de jambes and pirouettes, Beginning 2 is for you! This level will focus on continuing to fine-tune the basic positions, posture and alignment, while introducing more advanced steps both at the barre and in the center. Exercises will focus on increasing speed and complexity, coordination of arm and leg movements, and increased strength in the lower body.

### **Intermediate Ballet**

**3 – 5 years of training** Intermediate is targeted towards dancers with technical proficiency and a thorough understanding of the vocabulary. Intermediate level classes will move at a much quicker pace, offering complex combinations both at the barre and in the center. At this level dancers should begin to explore and develop their artistry, musicality and épaulement.

### **Advanced Ballet**

**5+ years of training** Advanced classes are intended for dancers with extensive training. Pre-professional and professional dancers welcome!

## **PERFORMANCE OPPORTUNITIES**

### ***Spring Collection***

The Spring Collection features a wide range of dance styles offered in the Complementary Dance Program. Dancers will learn choreography during class time that will be presented on stage as part of the Spring Dance Festival performance. Spring Collection dancers are expected to attend a limited number of additional rehearsals prior to the performance. Adult clients of mind. body. balance. are also invited to participate in Spring Collection. Additional information can be found on the Performances Tab on The Louisville Ballet School website.

The ***Spring Dance Festival*** is a main stage weekend of performances designed especially for the students of The Louisville Ballet School and clients of MBB. Performers discover the art of storytelling through dance, while sharing in the traditions of the full-length classical ballets. *Spring Dance Festival* dancers attend regular rehearsals in addition to his/her regular classes.

## **WEATHER**

During inclement weather, The Louisville Ballet School will announce our decision whether to hold or cancel classes as early as possible. Please be aware that The Louisville Ballet School *does not* adhere to Jefferson County Schools closures because afternoon weather and driving conditions can differ considerably from early morning conditions. **As a rule, we will remain open unless we have posted otherwise. Clients should refer to MINDBODY Online for class cancellations during inclement weather.**

## **MASTER CLASSES, WORKSHOPS & CONTINUING EDUCATION**

Master classes and workshops scheduled throughout the year offer our clients the exclusive opportunity to learn from experts in a variety of areas of study. Special programming includes master dance classes taught by local and national performing artists.

## **CLASS ATTIRE**

**Proper footwear is required, however the clothing guidelines below are merely suggestions.**

The primary goals of these guidelines are to provide clients with maximum comfort and ease of movement while providing instructors with a clear view of body alignment. For ladies, an exercise top or sports bra with a tight-fitting t-shirt can be substituted for a leotard, however, attire designed for dance provides the best comfort and fit, allowing for greater freedom of movement. For gentlemen, athletic shorts or pants can be substituted for tights or leggings, but loose clothing does not provide the best visibility for instructors to assess proper body alignment. Please review the following suggestions:

**Ballet** ladies wear a leotard with tights or leggings and ballet shoes. Hair must be kept off the face and neck. Long hair should be neat and well-secured. Gentlemen wear a tight-fitting t-shirt, tights or leggings with dance belt, socks, and ballet shoes.

**Tap** clients may wear a leotard, tank, or a t-shirt, jazz pants, and tap shoes. We recommend black oxford style tap shoes with socks. No heels and no split-sole tap shoes, please.

**Jazz** ladies wear a leotard, tank, or t-shirt, jazz or athletic pants, and dance sneakers or jazz shoes with socks or tights. Men wear a t-shirt, athletic or jazz pants with dance belt, and dance sneakers / jazz oxfords with socks. (No shoes that are worn outdoors, please.)

**Yoga** and **Pilates** clients may wear yoga or other similar close fitting work out wear and bare feet.

**Zumba® Social+Cultural Dance** and **Hip Hop** clients may wear a tank or t-shirt, athletic pants, shorts, or leggings, and dance sneakers or clean athletic sneakers.

## WHERE TO BUY

Leotards, shoes, and accessories are reasonably priced and can be purchased at [eurotard.com](http://eurotard.com), [Dancetastic Dancewear](#), Kinney Dancewear, or [Discount Dance Supply](#). A percentage of all orders placed through [Discount Dance Supply](#) will benefit The Louisville Ballet School by using the [Teacher Referral Program code "TP27451."](#)

## PERSONAL ITEMS & STORAGE

### Valuables / Lost & Found

The Louisville Ballet School is not responsible for lost or stolen personal belongings. Clients are strongly advised to leave personal valuables at home. Purses and wallets may be taken into the studio while clients are taking class. Lockers are also available in the dressing rooms for clients who wish to bring a lock to store their valuables during class. Please remove lock and locker contents after class. Absolutely no cell phone use is permitted during class. Cell phones must be silenced and put away if being brought into the studio inside a bag.

Lost and found items are kept in the lobby at the St. Matthews studio and in the student lounge Downtown. All items will be donated to charity if not claimed by the end of each semester.

# STUDIO ETIQUETTE & RULES

Clients will remain standing during class time. Sitting on the floor or leaning/hanging on the barres is not permitted during a ballet class. Clients are expected to bring only their dance bags with dance shoes and accessories into the studio. **Clients are not allowed to eat while in the dressing room or studios, and water in closed containers only.**

Clients are encouraged to exit the studio quickly and quietly after class, remembering to take all personal belongings with them. As instructors are often required to begin another class immediately following your class, clients are encouraged to contact the Admin Coordinators or Program Manager to discuss any questions or concerns.

## PRIVACY

The privacy of our clients, students and their families, faculty, and staff is very important to us. The taking of photographs or videos during classes and rehearsals is not permitted. We ask that all members of our LBS family use discretion when using social media to avoid unwelcome sharing of others' personal information and/or image without their knowledge and/or permission. If you would like to contact other clients to arrange for carpooling or other activities outside the studio, please make arrangements to share contact information in-person as the School does not share personal information of clients, students or their families. The mind. body. balance.-Louisville Facebook Group also provides a great forum for connecting with other MBB clients and staying informed about upcoming events.

## CLIENT / INSTRUCTOR INTERACTION

Please be advised that the study of dance as an art form does involve physical contact. All faculty and staff members undergo a background check. If you feel there has been any inappropriate physical contact, in class or rehearsal, please **immediately** report the incident to the Program Manager and School Principal.

In order to respect the time and contributions of our faculty members and allow sufficient time to fully address concerns and questions about your training, we ask that you please refrain from contacting faculty in-between classes, via their personal email, Facebook account, or on home or personal cell phones. If you need to speak with a member of the faculty or staff about your training, please contact the Program Manager.



mind. body. balance.

*I certify that I have read the mind. body. balance. Client Handbook and will enter each studio space with a willingness to learn, an openness to change, and a positivity that will promote a healthy learning space for all.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_