

Citadel Dance & Music Center



Dance Dept.

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2019-20 Dance Handbook



The Citadel
Dance & Music Center

Music Dept.

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Tap IV, V, VI

Citadel Dance & Music Center

“To sing well and to dance well is to be well educated.” Plato

The Citadel Dance Center was founded by Eileen Cropley in 1998. The Old Salvation Army building at 91 Hinkley Street was renovated to become the Citadel Dance Center. The center was dedicated to providing excellent dance training for the residents of Benton Harbor. The vision was to provide a center which would draw students and teachers from all over and would instill a sense of excitement, curiosity, and the discipline of dance as an art form and a way of life.

The Citadel Music Program was originally started in 1999 as part of the Education Program at the Salvation Army in Benton Harbor. It moved into the Arts District in 2009 when Ken Ankli renovated 204 Water Street to include a state of the art Music Center.

In this handbook you will find all you need to know about becoming a Dance Student, but we encourage all our dancers to visit the music department as well. We offer group and/or private music lessons for all instruments including voice. Whether you are a beginner or a member of your school band or orchestra, you will find a teacher who is passionate, qualified and enthusiastic about music and YOU!



Creative Movement

The Mission of the Citadel, a nonprofit organization, is to develop the skills and character of individuals of every age and ethnicity through dance and music education and performance.

Dancing at the Citadel

We believe dance is for everyone, so you will find a full selection of classes for children, teens, pre-professional students and adults. The dance program is designed to give all students a thorough, cumulative, and versatile education. Ideally a student begins at 3 years old in order to establish the strongest foundation to build upon throughout their training, but whether the student is dancing recreationally or decides to make dance an intensive focus, they will find the right class at the Citadel.

The Program at a Glance

Young Dancers Program : Creative Movement Ages 3 & 4.
Foundations of Dance and Tap for 5's Age 5

Level I: Dancers 1-2 years of training Ages 6-8

Level II: Dancers with 3-5 years of training (Ages 8 and up)

Level III: Dancers with at least 4 years of training who have mastered material learned in Level II (Ages 9 and up)

Level IV: Dancers with at least 6 years of training who have mastered material learned in Level III (Ages 11 and up)

Level V: Intermediate/Advanced Dancers (Ages 13 and up)

Level VI: Pre-professional/Advanced (Ages 16 and up)

Moving from Level to Level

Students receive a yearly evaluation. It includes technical aptitude, areas of improvement, areas that still need work, and level placement for the next season.

Training is designed to fit the dancer, not the norm.

A student may expect to spend 1-3 years in each level.



Foundations of Dance

School Store

Anything and Everything You Need

The School Store stocks Revolution Dancewear and can fit each dancer for the right shoes, leotards and tights. We can also order ANY brand for less than you would pay in any other dance store and/or online. We also carry a selection of dance accessories such as water bottles, therabands, pointe shoe ribbons, feet massagers, leg warmers, dance bags and more.

Ordering Schedule: September 2nd to have items for the opening night of classes. The last day of each month for delivery during the first week of each month. (You may place orders at any time for quick delivery for additional shipping costs.)

You are making a contribution

When you shop the Citadel School Store, you are making a contribution to the scholarship and financial assistance programs here at the Citadel. The Citadel Dance & Music Center relies on donations, grants and financial contributions to support these programs, so not only are you getting a great deal on all the things you need for class, but you are also supporting those who need it!

Citadel Dance & Music Center Apparel

Always in stock and a great way to show your Citadel Pride! Stock up on great Tank Tops, T-Shirts, Sweatshirts, Sweatpants, Hoodies, Leotards and more and Wear them on Citadel Attire Day the last day of every month!

2019-20 Calendar

August

Aug 20th Audition "A Steamed Nutcracker"
Ages 8-12 6:00-8:00 pm

Aug 21st Audition "A Steamed Nutcracker"
Ages 13 and Up 6:00-8:00pm

September

Sept 1st Tuition Due (Sept-Nov)

Sept 5th CDC/CDCII Photo Shoot 6-8pm

Sept 7th Fly Me to the Moon Mendel Center
6:30 pm

Sept 9th Classes Begin

October

Dancers Against Cancer Charity All Month

Oct 7th – 10th Bring A Friend Week

Oct 11th Art Hop Family Hip Hop 5:30-6:30
A Steamed Nutcracker Rehearsal 6:30-9:00

Oct 26st CDC Fall Chicago Trip

Oct 28-Nov 2 Observation Week Main Studio
and Oak Room Classes

November

Nov 2nd Noon Dance Showing & Sansa's Tea
Party

Nov 4th – 7th Observation Week for Studio 3
Classes

Nov 15th Tuition & Costume Payments Due

December

Dec 6th Dance, Music, & Dessert
& Art Hop

Dec 12th-14th A Steamed
Nutcracker" Mendel Center

Dec 16th -Jan 4th Studio is closed
for the Holidays

January

Jan 6th Classes Resume

Jan 6th-18th Paul Taylor
Residency

Jan 15th Tuition Due (Jan-Mar)

February

Feb 10th-13th Bring Your Dad to
Dance Week

March

March 7th Ailey Day CDC

March 9th- 14th Observation Week
for all Main Studio Classes

March 14th Noon Dance Showing

March 16th- 19th Observation Week
for Studio 3 Classes

April

April 6th-11th Closed Spring Break

April 15th Tuition Due (April-June)

April 25th CDC Gala

May

May 4th-7th Bring Your Mom to
Dance Week

May 25th Studio Closed for
Memorial Day

June

June 15th Studio Run Thru

June 16th Studio Run Thru

June 17th Tech Rehearsal

June 18th Tech Rehearsal

June 19th Concert Performance

June 20th Concert Performance

June 22th-July 6th Studio Closed

Tuition & Fees

Tuition Sept-June

Creative Movement/Foundations \$390

Pre-School Tap, Tap for 4's/5's,
Mommy/Daddy & Me \$296

Level I-VI \$472 per hour

OR

Level II Intensive (4+Hours) \$1792

Level III Intensive (5+ Hours) \$2170

Level IV/V/VI Intensive (6+ Hours)
\$2800

Annual Fee

\$60 Per Dancer or \$75 Per Family- Due
at the time of Registration

*Students of both the Dance & Music
departments need only pay once.

Nutcracker Fee \$75 Due October 1st

Costume Fees Due November 15th

*See Concert Info Page 8



Tap for 4's & 5's, "Messages"

Payments Due

Sept 1st: Sept, Oct, Nov

Nov 15th: Dec & Costumes

Jan 15th: Jan, Feb, Mar

April 15th: Apr, May, June

Intensive Students Tuition is due on
the 1st of Each Month, July thru
June. Must be enrolled in ACH
Autopay.

A Late Fee of \$10 will be
assessed 5 days after due date.

A \$60 Drop Fee will be assessed
for all students who drop after
October 1st.

Financial Assistance

Need based assistance is available
for a percentage of the tuition cost.
You must provide financial
information with your application.

2019-2020 CDC

Lily Conybeare, Laura Hall,
Ellia Kantor, TJ Nichols, Stella
Rusk, Anya Walls, Rowan
White

Apprentices: Lola Laurent, Ava
Neidlinger, Hannah Sorenson,
Avery Valenti

2019-2020 CDC II

Lily Arnold, Maeve Finnigan,
Annabelle Holt, Hadley House,
Tony Jordan, Amelia Lifferth,
Fiona Rusk, Piper Seaton



The Citadel Dance Company

Our performing ensemble is made up of *Intensive Students* who train passionately in all genres of dance. They represent the Citadel in performances throughout the community year-round.

These dancers further their education by learning repertoire from company directors, dance faculty, and guest artists. The dancers also choreograph for showings and concerts. Annual events include Noon Dance Showings in the fall and spring, Art Hops seasonally, Dance, Music and Dessert in December, the CDC Spring Gala, The St. Joe Municipal Band, and the BCYF.

Membership is by Audition Only. Dancers may audition starting at 13 years old, but they must have completed at least one year of Ballet IV or higher.

CDC II

The second company is made up of younger, and/or less experienced dancers who share the same level of enthusiasm for learning and performing. Dancers must audition and are required to take a Ballet Class and at least two more technique classes. Dancers may audition beginning at 8 years old.

These dancers will participate in company concerts and showings as well as community events.



Class Descriptions/Equipment

Ballet

Classical training essential to all dancers as it provides correct alignment, fluid use of the body, strength and flexibility, and a general understanding of the body's functions as it pertains to dance and the specific vocabulary used in all forms of dance.

*Students should bring a theraband

Contemporary

Emphasis is placed on versatility of movement as it moves between Classical Ballet and Horton Technique.

*Students should bring a yoga mat.

Floor Barre

Ballet movement done on the floor to further strengthen the body and address correct alignment.

*Students enrolled in this class should bring a theraband.

Hip Hop

Genre of dance originating as a social dance form directly correlating to hip hop music. Includes popping, locking, breaking, and krump.

*Students should bring a yoga mat.

Horton /Modern

This modern technique emphasizes a whole body, anatomical approach to dance that includes flexibility, strength, coordination and body and spatial awareness to enable unrestricted, dramatic freedom of expression.

Improvisation

A tool used to develop a broader range of movement vocabulary and allow the dancer to explore in order to become a better communicator.

*Students should bring a journal/notebook.

Jazz

Focus on rhythmical patterns of the body as it relates to jazz music while training the body to stretch, isolate, and apply ballet technique to different styles of movement.

*Students should bring a yoga mat and theraband.

Pointe

Advanced form of ballet performed on the toes with the use of specific type of shoe. **STUDENTS MUST HAVE PRIOR CONSENT FROM THE TEACHER TO REGISTER FOR THIS CLASS.**

Tap

Rhythmical use of the feet that explores the partnership of music and dance.

*Students should bring a journal/notebook.

Young Dancers Program

This program has been designed to serve the 3 to 5 year old dancers; to cultivate the imagination, build a strong relationship between dance and music, explore many genres of dance, and provide a strong technical base from which they can grow once they reach the higher levels of the program. Dancers begin with Creative Movement at 3 or 4 years of age and move into Foundations of Dance at age 5, which focuses on ballet and modern. We also offer Pre-School Tap and Tap for 4's and 5's for this age group.



Kindermusik

This program serves the young musician from Infancy thru age 7. In every Kindermusik class, you're welcomed into a playful and nurturing environment where your child will experience music of varying styles, genres, and cultures. They'll interact with other children and engage in movement, rhythm, and vocal activities that develop far more than just music skills. Our approach to early childhood education and award-winning, research-based, and developmentally appropriate curricula primes children for

Dress Code & Dance Policies

“Look like a dancer, feel like a dancer, dance like a dancer.”

Girls: Solid color leotard or unitard, pink tights, or black for modern and jazz.

Boys: Solid color fitted t-shirt, black tights, shorts, or dance pants.



Modern V/VI “Messages”

Ballet Shoes- Ballet and Contemporary
Jazz Shoes- Jazz
Tap Shoes-Tap
Bare Feet- Modern, Creative Movement,
Foundations of Dance
Hip Hop Sneakers-Hip Hop

Dancers may wear warm up attire at the teachers discretion in the winter months and for Hip Hop classes. Dancers should remember that the body warms up from the inside out, and warm up clothing

only helps the body BEFORE the work begins.

**** Dress code is strictly enforced- students attending class without the required clothing will be asked to observe class.***

Policies

Dancers must sign in and out upon entering and leaving the studio.

Food is NOT PERMITTED in the dressing rooms or studios.

Water bottles are recommended for all classes, but no soda, juice, or coffee is allowed in the studios.

Do not wear street shoes in the studio.

Observation weeks are held in November and March for parents to watch class. Outside of those times, we ask that parents and guests wait in the lobby.

Classes must have a minimum of 5 students to run. Any class not meeting this requirement may be cancelled.

Refunds will not be given should you choose to drop a class. A drop fee of \$60 will be assessed to all students who drop a class after October 1st.

Annual fees and costume payments are non-refundable.

Students will not be allowed to perform and/or take home costumes if they have a balance on their account.

If a dancer is more than 10 minutes late to class, they must have permission from the instructor to participate; the teacher may ask them to observe class for the safety of the dancer.

Young dancers and Level I students should line up in the lobby. Their teacher will then escort them to the studio.

Weather related closings will be posted on the website. No refunds will be given in the event of a weather related closing, but students may attend another class to make up the missed class with the permission of the teacher.

“A Steamed Nutcracker”

December 14th, 2020



In June of 2015, the Citadel Dance Department presented an all new ballet written and produced by Director of Dance, Lari Lawrence-Gist, entitled “Steamed”. We introduced the audience to the main character, Sansa, who traveled thru time to try to prevent the destruction of the Earth at the hands of corrupt scientists who cared more for their inventions than that of the health and safety of the environment. In this Steampunk version

of the classic “Nutcracker”, our heroine continues her journey. Sansa returns home to celebrate the holidays with her friends and family “a long time ago”. The Seer has foreseen a great betrayal and comes to warn Sansa, but Sansa banishes her before she can show her the prophesy. The pirates ascend upon her home in the sky (a zeppelin) and a battle ensues. Sansa battles her enemies bravely, but during the action she is knocked unconscious. Her dreams are a Steampunk fantasy where all the characters of “Steamed” appear in extraordinary scenes. When she wakes, she must face the Seer and apologize for not listening before the Seer and her timekeepers send her and her loved ones reeling thru time once more.

“A Steamed Nutcracker” is open to dancers of ALL ages and abilities. Dancers ages 5-7 may sign up at Registration. There is a \$75 performance fee.



**AUDITIONS **

AGES 8-12 August 20th 6:00-8:00pm

DANCERS 13 AND UP August 21st 6:00-8:00pm

June Dance Concert 2020

June 15-20, 2020

Costumes

Costume payments are due November 15th

Pricing is as follows

Base:

Child XS-LG \$60

Child XLG \$65

Adult S-LG \$70

Adult XLG \$75

Add \$35 for each of the following:

- 1) Ballet/Pointe
- 2) Modern
- 3) Contemporary
- 4) Jazz
- 5) Tap
- 6) Hip Hop

Creative Movement and Foundations of Dance

Students only pay the Base Price

The Concert will be held in the Mendel Center or the Hanson Theatre at Lake Michigan College. Dancers must attend all rehearsals during the week of June 15-20.

Students must be registered for the entire year to participate in the Spring Concert.

Students may choose not to perform, however, you MUST communicate that decision by November 15th.

See the “Pick a Number” board in the lobby to support funding for these productions! Every number is a winner and your generosity is greatly appreciated!



Dance Faculty

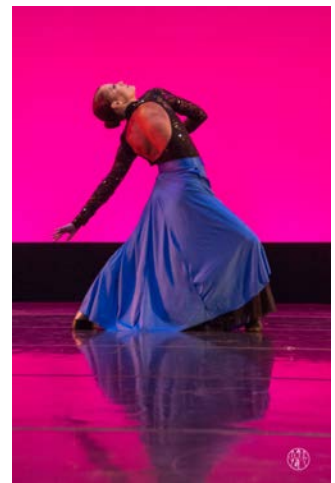
Eileen Cropley

Founder/Director Emeritus, Ms. Cropley began her dance training in her native London where at an open audition she was awarded a scholarship to the Martha Graham School in New York City. She returned to London to teach Graham technique classes for the Robin Howard Dance Trust that later developed into the London School of Contemporary Dance. In 1966 Ms. Cropley joined the Paul Taylor Dance Company in New York City with which she danced and toured worldwide for the next ten years. In 1975 she performed opposite Rudolph Nureyev in Paul Taylor's *Aureole* in the first Nureyev and Friends production on Broadway. Since retiring from performing Ms. Cropley has been teaching and directing Paul Taylor's works for dance companies around the world including the Australian Ballet, London Contemporary Dance Theatre, the Paris Opera Ballet, American Ballet Theater, Boston Ballet and Pennsylvania Ballet among others. Ms. Cropley served as the Associate Professor at the Conservatory of Dance at Barat College in Lake Forest, IL from 1984 to 1999, and founded the Citadel Dance & Music Center in 1998.



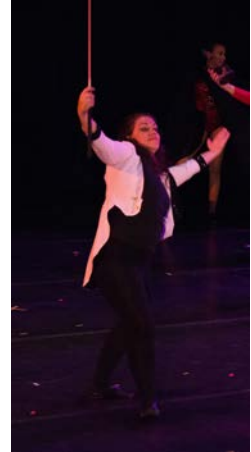
Lari Lawrence-Gist Director of Dance earned her B.A. in Dance from Western Michigan University. Lari has toured the country as well as countries around the world performing in modern and jazz works choreographed by Hollis Johnson, Lindsey Thomas, Marlo Martin and some of her own works as well. After college, she lived, studied, and worked in New York until a commissioned work brought her back to Michigan and while in residency, she took a job serving as interim director of the Berrien County Dancers. It was then she began working for Eileen Cropley at the Citadel Dance Center, and decided to stay in Michigan after her directorship with BCD had ended. Lari began working extensively in the community for organizations such as the Boys and Girls Club of Benton Harbor, Children's Music Workshop, and high schools across Southwest Michigan choreographing musicals, concert pieces, and teaching all forms of dance. Lari founded her company, The Stage Project, in 2005, fusing talent from across Southwest Michigan in shows written to inform audiences about the history of American forms of music and dance. She folded that company into the Citadel Dance Company when she took over directorship in 2008. Lari has directed Dance programs at Everett Performing Arts Magnet High School and Benton Harbor High School, and is a co-founder/director of B.E.S.T. Musical Theatre Workshop.

Tara Hennig stepped on stage at the age of 3 in her hometown of Green Bay Wisconsin, where she had the dream of dancing professionally, and traveling the world. She went on to receive her BFA in Dance Performance from Butler University in Indianapolis. During her four years at Butler she performed with Butler Ballet, as well as dancing professionally with the Gregory Hancock Dance Theater. With GHDT she toured Latvia, performing soloist roles in various cities and venues including the Latvian National Opera House in Riga where she performed for the President of Latvia. In 2000 she got hired as lead dancer for Carnival Cruise Lines, and was honored to be in the inaugural casts of the *Conquest* in 2002, and the *Valor* in 2004. In 2006 she was promoted to Dance Captain in which she was in charge of teaching, staging, and rehearsing all of the shows, as well as maintaining all costumes and props for multi million dollar production shows. She did this on over 12 different Carnival ships for 13 years, visiting many exotic ports of call and performing nightly in front of thousands. Tara retired from Carnival in 2013, and has recently completed her comprehensive Pilates training, as well as her Zumba certification.



Kimberly Barber began dancing at 3 years old in North Fort Myers, Florida. When she moved to Southwest Michigan at the age of 10, she began her intensive dance training at the Citadel Dance & Music Center. At the Citadel, Kimberly trained in all styles of concert dance, worked with several guest artists, and choreographed and performed as a member of the Citadel Dance Company under the direction of Lari Lawrence-Gist. In 2015, she graduated from high school and was accepted into the Grand Valley State University dance major program where she had the opportunity to continue developing her training and education in dance, working with guest artists and faculty from around the world. She graduated in April of 2019 with a Bachelor of Arts in Dance, and is beyond excited to be returning home to the Citadel as a faculty member, while working in advertising as an Account Executive for a promotional products distributor.

Valerie Street has been dancing all over Berrien County since she was a little girl. After graduating high school, she attended Southwestern Michigan College in Dowagiac to earn her Associates degree in the arts. She then transferred to Eastern Michigan University in Ypsilanti where she entered and graduated from their Pre-Dance Therapy program majoring in Dance and Psychology. Valerie has enjoyed internships at the American Dance Festival in Durham, North Carolina and "Moving Wheels and Heels" with the Steffi Nossen Dance Foundation.



Birthday Parties!!

The Citadel would love to host your next birthday party! Birthday parties may be booked for Friday or Saturday evenings throughout the year.

Package includes: 1 hour dance class in the genre of your choice, space for cake/games/presents, plates, napkins and silverware, a complimentary Citadel T-Shirt or Tank Top for the Birthday Boy/Girl and complimentary goodie bags for your guests which includes a free class at the Citadel!



Parties may be booked for 2 hour blocks of time: 30 Min. presents, 45 Minute dance class, 45 Minutes for Cake/Games. (You must provide your own cake)

Minimum size group 6 children. Maximum size group 25 children.

Friday Night Times 6:00-8:00

Saturday Night Times 5:30-7:30 From Sept-Dec or any 2 hour block from 2 p.m. on from Jan-Aug

Pricing: \$200 for up to 10 Children and \$10 per additional child

Email for more information or to book. Booking Fee \$50 non-refundable. Must book at least 2 weeks in advance.

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