



2021-2022
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
(AGES 7-25)
AUDITION REQUIRED

Ballet Hispánico's Pre-Professional & Professional training program, La Academia, trains eclectic, versatile dancers who stand out in a competitive field of dance for their mastery of the classical ballet tradition, contemporary techniques, Spanish Dance, and performance skills. This program is designed to support students interested in attending performing arts schools, conservatory/university programs, and/or those pursuing a career in dance.

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INFORMATION**

An accredited dance organization through the National Association of Schools of Dance (NASD), level requirements, required clock hours per academic year, and curriculum are carefully curated by the School Directors taking into consideration the artistic goals of the program and desired outcomes alongside health professionals' recommendations for elite training hours per age group, social-emotional developmental needs, and overall well-being of the student. Each year the program is evaluated based on these standards and updated to ensure leading, world class training of the time. Students are permitted to audition for the program starting at age 7 and are required to take their assigned level's full course load and required clock hours in order to participate in the program.

New students are assessed by the School Directors via in-person or video audition and placed in levels taking into consideration their ballet, Spanish Dance, and contemporary dance techniques/abilities demonstrated at the time of audition regardless of previous training at other institutions and any transcript the student may present. Student dedication, work ethic, age, social-emotional development, and physical health are determining factors.

Current students are assessed in these same areas throughout the year, with two written evaluations that are sent to the family/participant mid-year and end of year. Completion of the course work does not guarantee level advancement. At the end of the school year, with input from faculty and staff as well as consideration of the student's two evaluations, the School Directors make final decisions in determining level placement for the subsequent year which is communicated to families via email after the year-end performance. The directors make these decisions dedicated to ensuring that every student is placed in the level that will be most beneficial for their individual progress, trajectory, needs, safety, and overall well being.

It is always recommended that students in La Academia take the designed full program, however high school and college-aged students that reach Level 5 in La Academia have the option of pursuing the full curriculum or one of three specialized tracks—ballet, Spanish Dance, or contemporary (or a combination of the aforementioned genres). The tracks' course loads and required clock hours are predetermined and are referred to as "Bundles." High school students in Level 4A and Level 4B are also eligible to register for Bundle options but must request prior approval in writing to the School.

All students asking for permission to modify their level's predetermined schedule must present an academic or religious circumstance that is prohibiting the student from taking the full program. Students that train additionally outside of Ballet Hispánico at a performing arts academic school are also eligible for Bundles if Ballet Hispánico determines course requirements can be substituted with their outside studies.

The highest La Academia Level PS (Professional Studies) requires participants to take the full course load to participate. Only students 18 and older are eligible to audition and participate in this level. The PS Level focuses dancers on artistry development through a full-day,

comprehensive curriculum which includes but is not limited to daily ballet and contemporary technique classes, master classes in Spanish Dance, Screen, Latin Rhythms, floor work, modern dance, acting, and voice along with professional development seminars on such topics as nutrition, personal advocacy, financial planning and literacy, and other life/work skills coaching through the Repertory Workshop classes. While focusing on the professionalism needed to succeed in the dance world, dancers will have the opportunity to learn and perform select pieces of Ballet Hispánico's renowned company repertory as well as original works created by accomplished choreographers in the field through the Performance Studies classes. Each dancer will have the opportunity to have individualized coaching and mentorship in this class from the director of the program, as well as other members of the Ballet Hispánico artistic team including the Artistic Director & CEO Eduardo Vilaro. Professional Studies Level students will not only strengthen and enhance technical skills, but will dive deeper into each dancer's evolution as a professional artist and the sensibility required in their professional work.

La Academia students will receive a written record of completion at the end of the program or pending course requirements needed to complete their level.

Families should reach out to School of Dance Artistic Associate, Joshua Winzeler at jwinzeler@ballethispanico.org, should they have additional questions or concerns regarding the program for levels 1A through 5 including auditions and the Bundle permissions process. Should a current student need support in confirming dance training hours to their academic school, students are able to request a letter from us which can confirm their schedule and study at Ballet Hispánico by reaching out to school@ballethispanico.org.

Students should reach out to Professional Studies Program Director, Rodney Hamilton, at rhamilton@ballethispanico.org with any questions regarding the PS level of La Academia.



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LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES

PRE-PROFESSIONAL TRAINING LEVEL 1A	
Monday	Wednesday
Spanish Dance 4:25-5:35pm ET	<i>Optional:</i> 1A & 1B Stretch & Conditioning 4:30-4:55pm ET
Ballet 5:50-7:00pm ET	Ballet 5:00-6:10pm ET
	Spanish Dance 6:25-7:35pm ET

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
1	Pre-Professional Level	1A	5 hours	35 Weeks	175 hours

PRE-PROFESSIONAL TRAINING LEVEL 1B	
Monday	Wednesday
Ballet 4:35-5:45pm ET	Stretch & Conditioning 4:30-4:55pm ET
Spanish Dance 5:55-7:05pm ET	Spanish Dance 5:00-6:10pm ET
	Ballet 6:25-7:35pm ET

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
2	Pre-Professional Level	1B	5.5 hours	35 Weeks	190 hours



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LEVEL COURSE LOADS & SCHEDULES**

PRE-PROFESSIONAL TRAINING LEVEL 2A		
Tuesday	Thursday	Friday
Stretch & Conditioning 4:30-5:00pm ET	Afro-Caribbean 4:15-5:40pm ET	Spanish Dance 4:30-5:55pm ET
Ballet 5:05-6:30pm ET	Ballet 5:45-7:10pm ET	Ballet 6:00-7:15pm ET
Spanish Dance 6:35-7:45pm ET		

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
3	Pre-Professional Level	2A	9 hours	35 Weeks	315 hours

PRE-PROFESSIONAL TRAINING LEVEL 2B		
Tuesday	Thursday	Friday
Stretch & Conditioning 4:30-5:00pm ET	Ballet 4:15-5:40pm ET	Ballet 4:30-5:55pm ET
Spanish Dance 5:05-6:30pm ET	Afro-Caribbean 5:45-7:10pm ET	Spanish Dance 6:00-7:25pm ET
Ballet 6:35-7:55pm ET		

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
4	Pre-Professional Level	2B	9.5 hours	35 Weeks	330 hours



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LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

PRE-PROFESSIONAL TRAINING LEVEL 3A			
Tuesday	Wednesday	Thursday	Saturday
Stretch & Conditioning 3A 4:30-5:00pm ET	Modern Dance Fundamentals 5:00-6:25pm ET	Spanish Dance 5:00-6:25pm ET	Spanish Dance 10:30-11:55am ET
Modern Dance Fundamentals 5:00-6:25pm ET	Ballet & Pre-Pointe/Pointe 6:30-7:55pm ET	Ballet & Pre-Pointe/Pointe 6:30-7:55pm ET	Ballet 3A & 3B Technique Class 12:00-1:25pm ET
Ballet & Pre-Pointe/Pointe 6:30-7:45pm ET			

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
5	Pre-Professional Level	3A	12.25 hours	35 Weeks	425 hours

PRE-PROFESSIONAL TRAINING LEVEL 3B			
Monday	Tuesday	Friday	Saturday
Stretch & Conditioning 3B & 4A 4:30-5:00pm ET	Spanish Dance 5:00-6:25pm ET	Ballet & Pointe Performance Class 4:50-6:15pm ET	Ballet 3A & 3B Technique Class 12:00-1:25pm ET
Graham 5:00-6:25pm ET	Ballet & Pointe Technique Class 6:30-7:55pm ET	Graham 6:30-7:55pm ET	Repertory Workshop 3B & 4A 2:00-3:25pm ET
Ballet & Pointe Performance Class 6:30-7:55pm ET			Spanish Dance 3:30-5:00pm ET

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
6	Pre-Professional Level	3B	14 hours	35 Weeks	490 hours



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LEVEL COURSE LOADS & SCHEDULES**

PRE-PROFESSIONAL TRAINING LEVEL 4A				
Monday	Wednesday	Thursday	Friday	Saturday
Stretch & Conditioning 3B & 4A 4:30-5:00pm ET	Ballet & Pointe 4A & 4B Technique Class 5:00-6:25pm ET	Ballet & Pointe Technique Class 4:50-6:15pm ET	Graham 5:00-6:25pm ET	<i>Optional: Pointe & Classical Variations 10:30-11:55am ET</i>
Ballet & Pointe Performance Class 5:00-6:25pm ET	Spanish Dance 6:35-8:00pm ET	Spanish Dance 6:30-7:55pm ET	Ballet & Pointe Performance Class 6:30-7:55pm ET	Specialized Studies in Spanish Dance 4A-5 12:00-1:25pm ET
Graham 6:30-7:55pm ET				<i>Optional: Intro to Spanish Dance Technique 4A-5 12:00-1:25pm ET</i>
				Repertory Workshop 3B-4A 2:00-3:25pm ET

Ballet Bundle Classes	<p align="center">All classes indicated in Bundle must be taken to participate in this program option. Level 4A, 4B and Level 5 students must request permission to register for Bundles. Only high school students are eligible. <i>*Add-on Classes are mandatory for full-program students.</i></p>
Modern Bundle Classes	
Spanish Dance Bundle Classes	
Add-on Classes	

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
7	Pre-Professional Level	4A	15.5 hours	35 Weeks	540 hours



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LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

PROFESSIONAL TRAINING LEVEL 4B				
Monday	Tuesday	Wednesday	Friday	Saturday
Ballet & Pointe Performance Class 4:50-6:15pm ET	Spanish Dance 5:00-6:25pm ET	Ballet & Pointe 4A & 4B Technique Class 5:00-6:25pm ET	Spanish Dance 4:50-6:15pm ET	Pointe & Classical Variations 10:30-11:55am ET
Dunham 6:20-7:45pm ET	Ballet & Pointe Performance Class 6:30-7:55pm ET	Dunham 6:30-7:55pm ET	Ballet & Pointe Technique Class 6:30-7:55pm ET	Specialized Studies in Spanish Dance 4A-5 12:00-1:25pm ET
		Stretch & Conditioning 4B & 5 8:00-8:25pm ET		
			<i>Optional:</i> Intro to Spanish Dance Technique 4A-5 12:00-1:25pm ET	
			Repertory Workshop 4B & 5 2:00-3:25pm ET	

Ballet Bundle Classes	<p align="center">All classes indicated in Bundle must be taken to participate in this program option. Level 4A, 4B and Level 5 students must request permission to register for Bundles. Only high school students are eligible. <i>*Add-on Classes are mandatory for full-program students.</i></p>
Modern Bundle Classes	
Spanish Dance Bundle Classes	
Add-on Classes	

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
8	Professional Level	4B	17 hours	35 Weeks	600 hours



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**LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

PROFESSIONAL TRAINING LEVEL 5				
Tuesday	Wednesday	Thursday	Friday	Saturday
Ballet & Pointe Performance Class 5:00-6:25pm ET	Ballet & Pointe Performance Class 5:00-6:25pm ET	Ballet & Pointe Performance Class 5:00-6:25pm ET	Ballet & Pointe Technique Class 5:00-6:25pm ET	Pointe & Classical Variations 10:30-11:55am ET
Spanish Dance 6:35-8:00pm ET	Modern 6:30-7:55pm ET	Modern 6:30-7:55pm ET	Spanish Dance 6:30-7:55pm ET	Specialized Studies in Spanish Dance 4A-5 12:00-1:25pm ET
	Stretch & Conditioning 4B & 5 8:00-8:25pm ET			<i>Optional:</i> <i>Intro to Spanish Dance Technique 4A-5</i> <i>12:00-1:25pm ET</i>
				Repertory Workshop 4B & 5 2:00-3:25pm ET

Ballet Bundle Classes	<p>All classes indicated in Bundle must be taken to participate in this program option. Level 4A, 4B and Level 5 students must request permission to register for Bundles.</p> <p>Only high school students are eligible.</p> <p><i>*Add-on Classes are mandatory for full-program students.</i></p>
Modern Bundle Classes	
Spanish Dance Bundle Classes	
Add-on Classes	

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
9	Professional Level	5	17 hours	35 Weeks	600 hours



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**LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

PROFESSIONAL TRAINING LEVEL PS (PROFESSIONAL STUDIES)				
Monday	Tuesday	Wednesday	Thursday	Friday
Ballet Technique Class 10:30am-12pm ET	Contemporary Technique Class 10:30am-12pm ET	Ballet Technique Class 10:30am-12pm ET	Ballet Technique Class 10:30am-12pm ET	Ballet Technique Class 10:30am-12pm ET
Performance Studies 12:15-1:30pm ET & 2-4:50pm	Performance Studies 12:15-1:30pm ET & 2-4:50pm	Repertory Workshop 12:15-1:30pm ET	Performance Studies 12:15-1:30pm ET & 2-4:50pm	Repertory Workshop 12:15-1:30pm ET
		Contemporary Technique Class 2-3:15pm ET		Contemporary Technique Class 2-3:15pm ET
		Performance Studies 3:30-4:50pm ET		Performance Studies 3:30-4:50pm ET

La Academia Program Offerings		Title	Required Hours Per Week	Length of Program	Clock Hours Expected for Academic Year
10	Professional Level	PS	25 hours	33 Weeks	825 hours



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**LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
CLASS DESCRIPTIONS**

AFRO-CARIBBEAN

Through complex rhythms, vivid stories, and rich history, students develop dance fundamentals while exploring the artistry of Afro-Caribbean traditions. Drawing from modern, contemporary, and Afrocentric dance practices, this class develops core dance principles such as balance and coordination while introducing students to intricate rhythms and vibrant expressivity. Afro-Caribbean prepares students for ongoing studies in a wide range of dance forms including modern, contemporary, and African-based styles.

BALLET

Students are introduced to a ballet curriculum that enables them to develop a holistic understanding and mastery of technical skills in a disciplined yet nurturing environment. Our ballet program emphasizes clarity of line, execution and precision, dynamic movement, musicality, and artistic expression. Our curriculum draws from the internationally renowned Cuban methodology, which emphasizes plasticity and virtuosity to create proficient and powerful dancers. La Academia upper level students, with an introduction in Level 3A, will also train in pointe work.

CONTEMPORARY

Contemporary explores a wide array of movement styles of dance artists of the day, focusing on spatial and body awareness, use of body weight, floor work, leaps, turns, efficiency of muscle usage, and at times fusion of genres.

BOYS CLASS

Boys Class provides a creative outlet for beginner and intermediate level students to develop athleticism and express their artistry in an all boys class. This elective class focuses on conditioning, jumps, turns, flexibility, and creative expression. Ballet and contemporary techniques are introduced. It is great to take on its own or pair with other technique classes.

MODERN DANCE

Students will focus on the techniques and styles of modern dance masters José Limón, Martha Graham, and Katherine Dunham throughout their training in the La Academia program. Classes focus on developing core dance principles, such as balance and coordination, while exploring diverse movement concepts. The curriculum includes spinal articulation, floorwork, movement dynamics, use of weight, and complex rhythms, creating students adaptable to the contemporary dance landscape.

PERFORMANCE STUDIES

Performance Studies provides an emphasis on learning and rehearsing repertory in preparation for performance opportunities scheduled throughout the year. Students will receive coaching and mentorship to develop performance skills and readiness.

***POINTE & CLASSICAL VARIATIONS**

Students will learn various classical ballet variations and the history surrounding them while developing their pointe technique. This class is required for Level 4B & 5 La Academia students that have registered for the full program or Ballet Bundle and recommended for Level 4A La Academia students to further support their training.

***REPERTORY WORKSHOP**

Students will have the opportunity to take master classes from artists in the field in a wide array of genres and styles such as contemporary, hip-hop, improvisation, step, acting, voice, musical theater, and more curated to support artistry development. Coupled with an emphasis on professional development, this course prepares students for their careers in the larger dance world ahead of them. Students will also have the opportunity to be exposed to various styles of repertory and receive performance coaching.

SPANISH DANCE

Spanish Dance forms have been the backbone of the School of Dance since its founding in the early 1970's. Our curriculum covers flamenco, Spanish folk dance, danza estilizada, and escuela bolera, studying the roots and history of the forms alongside the technique and artistry.

***SPECIALIZED STUDIES IN SPANISH DANCE**

Students will have the opportunity to deepen their studies in Spanish Dance. They will investigate specific elements of the art form under the guidance of guest master teachers. Areas of focus will include cante, palmas, flamenco structure, castanets, escuela bolera, Zarzuela repertory, mantón, abanico technique, and more.

***STRETCH & CONDITIONING**

Dancers will be guided through stretching and conditioning exercises that support a dancer's flexibility, strength, and overall fitness. Information about injury prevention and tools to maintain their physical readiness in support of their dance training will be taught throughout the course. This class is recommended for all Encuentros and La Academia students to further support their training.

****For levels 1A through 5, “*” indicates classes that will not perform at the end of year recital.***