

English



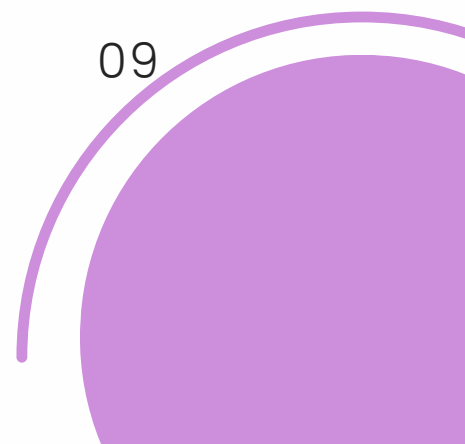
VD | CLASSICAL
BALLET
SCHOOL
BY VALERIA DENNIS

Ballet Handbook 2024/25

Welcome to VD, Classical Ballet School! We are thrilled that you are considering enrolling, whether you're a parent looking for your child, or an adult eager to start ballet classes. In this guide, you will find all the essential information for beginning this wonderful journey, including our policies, class requirements, and what you need to know. Our aim is to ensure that everyone—students of all ages and their families are well-informed and prepared to make the most of the classical ballet experience. We look forward to sharing this exciting adventure with you!

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Uniforms: Are They Necessary?

The use of uniforms in ballet classes goes beyond merely providing a neat and professional appearance; it offers significant benefits for students and their development in dance. Firstly, uniforms allow teachers to closely observe body alignment, making it easier to correct posture and technique with precision. Additionally, wearing the same attire fosters discipline and focus, as students are less concerned with individual differences and more focused on their performance. This uniformity also builds a sense of belonging and unity within the group, enhancing team spirit and reinforcing the school's identity.

For adult classes, while it is not necessary for everyone to wear identical uniforms, it is still important that they choose high-quality ballet clothing from professional stores.

Finally, the right uniform contributes to safety and comfort, as it is designed to allow optimal movement without restrictions. Ballet shoes should be made of elastic fabric for all ages to ensure a perfect fit and freedom of movement. Pointe shoes should be introduced only when the feet are sufficiently prepared, strengthened, and technically advanced.

In summary, uniforms are essential in ballet, benefiting both students and teachers.

Essential ⁰³ equipment

Grupo	Maillot	Falda	Zapatillas
Infantil (3-5 años)	Marca: Wear Moi Modelo: Ballerine Child Color: Lilac	El modelo de maillot lleva la falda incorporada	Zapatillas de media punta: Marca: So Danca Modelo: SD16 de de lona elástica Color: Light Pink
Elemental	Marca: Wear Moi Modelo: Ballerine Child Color: Lilac	El modelo del maillot lleva la falda incorporada	Zapatillas de media punta: Marca: So Danca Modelo: SD16 de de lona elástica Color: Light Pink
Profesional 1	<p>Marca: Wear Moi Modelo: Galate Child/ Adult Color: Lilac</p> <p>Marca: Wear Moi, Grishko, Ballet Rosa o So Danca Modelo: con tirantes finos sin dibujos Color: Blanco</p> <p>Marca: Wear Moi, Grishko, Ballet Rosa o So Danca Modelo: a elección del alumno Color: Negro</p>	<p>Falda lila: Marca: Ballet Rosa Modelo: Skylar Color: lila</p> <p>Falda negra: Modelo: a elección del alumno</p> <p>Tutú blanco Profesional de ensayo *en el caso de participar en concursos donde se baila con el tutú. Mínimo 7 capas con aro.</p>	<p>Zapatillas de media punta: Marca: So Danca, Grishko, Bloch, Capezio (a elección del alumno) Modelo: de de lona elástica Color: Light Pink</p> <p>Puntas: Marca: Grishko, Bloch, Freed, RClass</p>
Profesional 2	Igual que Profesional 1	Igual que Profesional 1 + tutú blanco de ensayo	Igual que Profesional 1 se pueden utilizar puntas de Gaynor Minden

*Medias: de color rosa claro para todos los grupos, las alumnas que han empezado con puntas - medias con agujero

Bun: Style & Precision



In ballet, appearance and discipline go hand in hand. Wearing hair neatly pulled back into a bun is not just about aesthetics; it serves an essential purpose in dance practice.

Firstly, a tidy hairstyle ensures that hair does not distract the dancer or obstruct their vision, allowing full focus on technique and the teacher's corrections. A well-made bun also protects the hair from potential tangles and damage during demanding movements.

Moreover, having hair neatly styled reflects discipline and respect for the class and the art form. It's a small gesture that shows dedication and commitment to dance.

How to Make a Ballet Bun?

- **Brush and Dampen Hair:** Start with brushed, slightly damp hair or use gel to tame flyaways.
- **2. Create a Ponytail:** Gather hair into a high or low ponytail, securing it tightly with an elastic.
- **3. Twist and Wrap:** Twist the ponytail and wrap it around the base to form a bun, keeping it flat against your head.
- **4. Secure with U-Pins:** Use U-shaped hairpins to hold the bun in place, inserting them around the edges towards the center.
- **5. Add a Hairnet:** Place a hairnet over the bun, wrapping it a couple of times for a smooth finish.
- **6. Finish with Bobby Pins and Hair Spray:** Use bobby pins to secure the net and bun, then spray to keep everything in place.

This will give you a neat, secure bun perfect for ballet.



Classes & Groups



VD Classical Ballet School is a professional academy specializing in classical ballet, dedicated to training true dancers from an early age, although we also offer classes for amateurs. Our approach focuses on serious and rigorous training that allows students to reach high levels of technique and discipline.

At our academy, we offer programs for children starting at age three or four. As they reach age six, we can intensify the preparation with more structured and longer classes. Between eight and nine years old, we further intensify the training with daily classes, which are crucial to maintaining and perfecting essential skills. In prestigious schools worldwide, such as the Royal Ballet School, professional training begins at the age of ten, so it is vital to have undergone one or two years of serious preparation to gain entry into these institutions.

We take pride in seeing our students make their way into the professional ballet world, being accepted into prestigious schools such as the legendary Vaganova Academy in Saint Petersburg and the iconic Royal Ballet School in London. They have also received scholarships in renowned international programs such as the Nervi Ballet and Music Festival, Berlin State Ballet School, and Zurich Dance Academy, among others. These achievements reflect the high level of preparation and excellence of our training, aimed at future dance professionals. We are committed to guiding our students on their path to professionalization, helping them achieve their dreams in the world of classical ballet.

**Your Path to Ballet
Excellence**



Infantil

El grupo infantil está dirigido a niñas de 3 a 5 años y se enfoca en desarrollar la coordinación, el movimiento y la musicalidad. Las clases se ofrecen dos veces a la semana, con una duración de una hora cada sesión.

Matrícula: 35€/anual

Precio: 65€/mes (2



Elemental

The Elementary Group is designed for girls aged 6 to 8 or 9 years old and focuses on developing physical condition and ballet perception. In these classes, we work on basic elements, starting with the barre and simple classical dance movements in the center. Unlike the Children's Group, the training is intensified to build a solid foundation and prepare students for the next level. You can choose between 2 or 3 classes per week, with attending 3 classes being highly recommended from age 8 for optimal ballet development.

Registration Fee: €35/year

Price: €90/month (2 classes per week, 1.5 hours each); €115/month (3 classes per week, 1.5 hours each)

clases
grupos



Professional 1

This group is aimed at students from 9 or 10 years old, following the standards of the most prestigious ballet schools. Students attend a minimum of 4 days a week, with pointe classes and classical repertoire variations. Contemporary dance is also included to enhance flexibility and freedom of movement. Students also start participating in simpler national competitions.

- Registration Fee: 45€/annually
- Price: 150€/month (4 days/6 classes/12 hours per week)

Note: The fee cannot be adjusted for absences.

Professional level

Professional 2

This group is for advanced students in classical ballet who are already performing on stage and participating in professional shows. In addition to classical dance training, students study character dance and take advanced contemporary classes. This high-performance program also includes participation in international competitions, where students showcase their level and skills.

- Registration Fee: 45€/annually
- Price: 240€/month (6 days/9 classes/20 hours per week)

Note: The fee cannot be adjusted for absences.



Contemporary

Contemporary dance is a form of expression that goes beyond classical technique, combining free movement, improvisation, and emotion. It is a versatile style that blends influences from ballet, modern dance, and other genres like jazz or hip hop, creating a unique experience in each class. There are various schools and styles, from Martha Graham's technique to Merce Cunningham's fluidity, and Pina Bausch's dance-theater.



Other Programs

The benefits of contemporary dance are numerous: it improves strength, flexibility, and coordination, while also allowing you to explore your creativity and connect with your body in a freer way. This course is open to both amateur and professional dancers and can be combined with other disciplines to enrich your learning and develop your own style.

Ballet Adults

Adult ballet is a growing trend, especially among actresses and entertainment figures. From the age of fifteen, you are invited to enjoy classes in an amateur setting, regardless of your experience. Improve your posture, flexibility, and strength while experiencing the magic of ballet, without pressure and with a lot of passion for dance.

- Registration fee: 35€/annually
- Price:
- 45€/month - 1 class per week
- 80€/month - 2 classes per week
- 115€/month - 3 classes per week
- 135€/month - 4 classes per week

Adult ballet and contemporary dance classes can be combined.

Premier Ballet Education

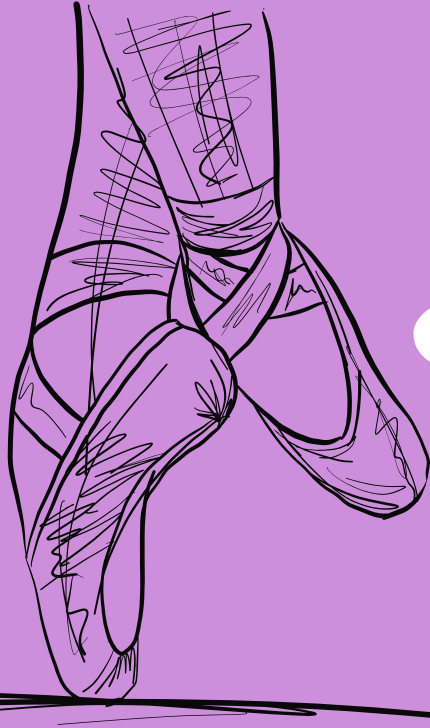
At VD, Classical Ballet School, under the direction of Valeria Dennis, who also leads Les Etoiles International Ballet Academy, we take pride in being the only school in Spain directly associated with a professional classical ballet company: the prestigious “Ballet de Kiev.” This exclusive collaboration offers a unique opportunity in the country to integrate our students into the professional ballet world from their studies. Our school follows the Vaganova methodology, one of the most recognized in the ballet world. All our teachers are trained in this methodology and in associated academies, ensuring high-quality instruction and training consistent with international standards in classical ballet.

Our teaching team includes internationally renowned figures. We have instructors trained at the legendary Bolshoi Theatre Academy in Moscow, where Valeria Dennis also studied and perfected her art in Vaganova technique. Additionally, Victoria Donets, a prominent contemporary dance choreographer with experience in projects at theaters in Berlin, and who has also taught at the University of Higher Studies in Kiev, brings her innovative vision and creative talent. We also have Viktor Ishchuk, choreographer and teacher at the National Opera of Kiev, who works with our academy creating exclusive choreographies and directing the Ballet de Kiev.

This partnership strengthens our connection with the professional ballet world and offers our students unique training and opportunities. At VD, Classical Ballet School, we not only train dancers; we provide an unparalleled experience in Spain, allowing our students to participate in professional productions and experience classical ballet at its finest from the very beginning.



Why Choose Us?



Ballet

Curso 2024/25

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
17:15 - 18:15 Infantil (3-5 años)	16:00 - 17:30 Ballet Adultos (15+)	17:15 - 18:15 Infantil (3-5 años)	16:00 - 17:30 Ballet Adultos (15+)	16:00 - 17:15 Contemporáneo (Pr1+ Pr2)	10:00 -12:45 Profesional 1
18:15 - 19:45 Elemental (6-8 años)	17:30 - 19:30 Profesional 1 (9-12 años)	18:15 - 19:45 Elemental (6-8 años)	17:30 - 19:30 Profesional 1 (9-12 años)	17:30 - 19:30 Profesional 1 (9-12 años)	13:00 - 14:30 Contemporáneo Profesional 1
19:45 - 22:00 Profesional 2 (13+ años)	19:30 - 22:00 Profesional 2 (13+ años)	19:45 - 22:00 Profesional 2 (13+ años)	19:30 - 22:00 Profesional 2 (13+ años)	19:30 - 22:00 Profesional 2	16:00 - 17:30 Contemporáneo (Profesional 2)
					18:00 - 20:45 Profesional 2 (13+ años)



VD

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Registration Form

Formulario de matriculación - menores de edad

FECHA DE MATRICULACION:

/ /

DATOS PERSONALES DEL ALUMNO:

Nombre y apellidos:	<input type="text"/>		
Lugar de nacimiento:	<input type="text"/>	Teléfono:	<input type="text"/>
Fecha de nacimiento:	<input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>	Grupo de ballet:	<input type="checkbox"/> Infantil (3-5 años) <input type="checkbox"/> Elemental (6-8 años)
DNI/ NIE:	<input type="text"/>		<input type="checkbox"/> Profesional 1 <input type="checkbox"/> Profesional 2
Género:	<input type="checkbox"/> Masculino <input type="checkbox"/> Femenino		<input type="checkbox"/> Ballet Adultos <input type="checkbox"/> Otro
Colegio:	<input type="text"/>		
Horario del colegio:	<input type="text"/>	Cuota:	<input type="text"/>
Email :	<input type="text"/>		
Datos adicionales:	<input type="text"/>		

DATOS PERSONALES PADRES/TUTOR:

Nombre y apellidos:	<input type="text"/>		
DNI/NIE:	<input type="text"/>	Teléfono:	<input type="text"/>
Email:	<input type="text"/>	Cuidad:	<input type="text"/>
Dirección:	<input type="text"/>		

Autorizo al VD CLASSICAL BALLET SCHOOL a utilizar mis datos personales conforme a la normativa de protección de datos vigente.

Autorizo al VD CLASSICAL BALLET SCHOOL a fotografiar y filmar a nuestro/a hijo/a en las diferentes actividades durante el curso escolar.

Firma padre/madre

Firma academia

Registration Form

Formulario de matriculación - mayores de edad

FECHA DE MATRICULACION:

/ /

DATOS PERSONALES:

Nombre y apellidos:	<input type="text"/>		
Lugar de nacimiento:	<input type="text"/>	Teléfono:	<input type="text"/>
Fecha de nacimiento:	<input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>	Grupo de ballet:	<input type="checkbox"/> Infantil (3-5 años) <input type="checkbox"/> Elemental (6-8 años)
DNI/ NIE:	<input type="text"/>		<input type="checkbox"/> Profesional 1 <input type="checkbox"/> Profesional 2
Género:	<input type="checkbox"/> Masculino <input type="checkbox"/> Femenino		<input type="checkbox"/> Ballet Adultos <input type="checkbox"/> Otro
		Cuota:	<input type="text"/>
Datos adicionales	<input type="text"/>		
	<input type="text"/>		

DIRECCIÓN :

Calle/Avda.	<input type="text"/>		
Código postal	<input type="text"/>	Ciudad:	<input type="text"/>
Email:	<input type="text"/>		

Autorizo al VD CLASSICAL BALLET SCHOOL a utilizar mis datos personales conforme a la normativa de protección de datos vigente.

Autorizo al VD CLASSICAL BALLET SCHOOL a fotografiar y filmar en las diferentes actividades durante el curso escolar.

Firma alumno

Firma academia

Condiciones Generales

FECHA DE MATRICULACION:

 / /

INSCRIPCIONES Y FORMA DE PAGO

Inscripción: Completar el formulario de inscripción, con la firma del alumno o de sus padres/tutores legales si el alumno es menor de edad.

Reserva de Plaza: La inscripción para el curso 2024/25 se formaliza con el abono de la matrícula de 35 euros para los grupos infantil, elemental, adultos, y todos los inscritos únicamente en el programa de contemporáneo. Los grupos profesionales pagan una matrícula de 45 euros.

Cuotas Mensuales: Se deben abonar entre el día 1 y el 10 de cada mes por Bizum al número +34610033679 o por transferencia bancaria a la cuenta ES95 3005 0070 5424 4608 8722 CAJA RURAL, a nombre de Valeria Dennis.

TÉRMINOS Y CONDICIONES DE INSCRIPCIÓN

Calendario 2024/25: El calendario académico se ajusta al calendario escolar oficial y a los días festivos de Murcia. Las cuotas mensuales se determinan de forma proporcional, considerando los períodos de vacaciones y festividades. El pago completo se realiza en diciembre, enero y durante el mes de Semana Santa. El curso 2024/25 comienza el 9 de Septiembre 2024 y termina el 27 de Junio de 2025.

Procedimiento de baja: Para solicitar la baja, el estudiante debe completar y firmar el formulario correspondiente antes del día 20 del mes para que la baja sea efectiva el mes siguiente. No se aceptan solicitudes de baja por teléfono o de manera verbal.

Pagos atrasados: Si la cuota mensual no se abona antes del día 10, las clases se facturarán individualmente con la tarifa correspondiente.

Clases sueltas: El pago de las clases sueltas debe efectuarse previamente al inicio de la clase.

Inicio de curso: En caso de comenzar durante la primera quincena del mes, se requiere el pago completo de la cuota. Si el inicio es en la segunda quincena, se abona la mitad más un recargo del 30%.

Descuento familiar: Se aplica un descuento del 10% sobre la cuota mensual para hermanos.

Derecho de expulsión: La academia se reserva el derecho de dar de baja a estudiantes con pagos pendientes.

Asistencia: La inasistencia a clases no exime del pago de la mensualidad correspondiente.

Cambios de clase: La academia podrá realizar cambios de clase por razones pedagógicas, organizativas o de fuerza mayor, tanto de alumnos como de profesores.

Modificaciones de horarios: Cualquier cambio de horario o grupo debe ser consultado con la dirección del centro.

Recuperación de clases: Las clases justificadas pueden recuperarse durante el mes vigente con aprobación de la dirección. Las clases no justificadas también pueden recuperarse en el mismo mes, previa consulta.

Festival de danza: La participación en el Festival de Danza requiere confirmación antes del 10 de abril. La dirección se reserva el derecho de excluir a alumnos que no asistan a los ensayos o confirmen su participación a tiempo.

Materiales y vestuario: Los materiales, vestuario y cuotas para concursos o actividades adicionales son responsabilidad exclusiva del estudiante.

Vestimenta en clase: Los alumnos de niveles Infantil, Elemental y Profesional deben llevar el uniforme correspondiente y el pelo recogido en un moño. Aquellos con el pelo suelto solo podrán participar como espectadores.

Uniforme en eventos especiales: Para eventos como clases abiertas, galas benéficas, competiciones y participaciones en concursos, todos los alumnos deben vestir el uniforme correspondiente a su grupo de ballet.

He leído y acepto los **Términos y Condiciones de inscripción del curso 2024/25**

Nombre y apellidos:

Firma alumno/padres

Firma academia

VD

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BY VALERIA DENNIS



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vdballetschool@gmail.com



vd_classicalballetschool

Modo de pago

Por transferencia:

ES95 3005 0070 5424 4608 8722

Titular: Valeria Dennis

Concepto:

Nombre de alumno/ grupo

