

# Black Mountain Dance Centre

School of the  
Southern California Youth Ballet



12285 World Trade Drive Suite "L" • San Diego, CA 92128  
(858) 674-1006

[www.blackmountaindance.com](http://www.blackmountaindance.com)

# The Black Mountain Dance Centre



Where Careers Begin  
With a Commitment  
To Excellence

# Black Mountain Dance Centre Offers

- ◆ Daily training in Classical Ballet with internationally respected dance professionals
- ◆ Classes in Modern Dance, Jazz, Character, Tap, Acting, and other Master Classes
- ◆ Performance opportunities through our resident company, the Southern California Youth Ballet
- ◆ A limited number of Scholarships are available for financially disadvantaged students who achieve intermediate ballet technique levels



# Black Mountain Dance Centre



In 1983, the Black Mountain Dance Centre opened a small studio in Rancho Peñasquitos with very high hopes. Our goal was to offer superior training in classical ballet, the root of all theatrical dance forms. We wanted to play a major role in building a high quality, homegrown arts product in our community. We knew that this could occur only if we were committed to providing daily training by the best instructors.

Many of our alumni have joined major dance companies, danced on Broadway, and have graduated from dance departments of major universities. Whether dancers come to BMDC to have fun or to train for a professional career, they receive the same instruction. The discipline, good manners, commitment, sense of style, poise, and self-confidence developed while studying classical dance will last a lifetime.

Frequently dancers are invited to participate in outreach programs at local schools and community fairs. A Children's Pantomime performance is held annually at the Poway Center for the Arts. This program elevates the end-of-year recital to a new level with story ballets such as *Hansel and Gretel*, *Alice in Wonderland*, *The Tales of Beatrix Potter*, *Mother Goose*, and *Andersen's Fairy Tales*.

# Southern California Youth Ballet

The *SCYB*, a nonprofit 501(c)(3) organization, was formed as a ballet company in 1989 and has become San Diego's premiere youth ballet company.

How the Centre  
and *SCYB*  
work  
together



The Centre provides rehearsal space and loans its resources to *SCYB*. Because the two organizations share facilities, students have many opportunities to observe and work with the company dancers. Students may audition for roles in *The Nutcracker* and other ballets. They may even be invited to become apprentices or members of the corps de ballet. Students come into regular contact with professional dancers.



# Our Faculty

Black Mountain Dance Centre is known for its quality training. Our class schedules list the impressive credentials of our faculty along with information about their teaching expertise.

## The Director



Sylvia Palmer Zetler started dancing with Kay Armstrong in Vancouver, Canada. She won a scholarship to *The National Ballet School* in Toronto, then was taken into the National Ballet of Canada. She also studied at the *Royal Winnipeg Ballet School* and with many of the foremost European teachers in London and Paris. She performed for seven years with the *National Ballet of Canada* and with the *Canadian Opera* and *CBC TV* in Toronto.

She holds a Master of Fine Arts degree in Creative Teaching Techniques and is a Fellow of the *Imperial Society of Teachers of Dancing (Cecchetti)*. She received two Canada Council of Arts grants devoted to the betterment of the dance arts and is on the faculty of the *California State Summer School for the Arts*. Her students have earned more than 1,200 *ISTD Cecchetti* diplomas from the earliest grades to the final Advanced level. She is on the governing Board of *CecchettiUSA*.



# FUNdamentals

Young children are introduced to dance in an atmosphere of FUN with emphasis on basic techniques and regular in-house performances for family and friends.

## INTRODUCTION TO DANCE (AGES 3-5)

This course explores dance basics and focuses on developing creative skills of the young dancer. Coordination, rhythm, and the concepts of direction and interaction with others are stressed. Terminology is introduced. The class gives young dancers the confidence to excel in the next levels of pre-ballet and tap.



## PRE-PRIMARY AND PRIMARY BALLET (AGES 5-7)

These classes introduce students to the rudiments of classical ballet, character, and mime. Proper technique and French terminology are encouraged.

## TAP I (AGES 5-7)

Basic rhythm and steps are combined into dances. Students work in group and solo situations. Proper terminology and technique are stressed.



# The Training

## CLASSICAL BALLET (AGES 7-ADULT) STANDARDS, GRADES 1-6, INTERMEDIATE AND ADVANCED

These classes provide the theory and practice of the classical school of ballet. Dancers develop technique and strength as well as proficiency, expressiveness, and musicality. Serious ballet students from ages 8 to 10 should take two ballet classes per week. An average of at least one additional class per week per year should be added to the schedule from the age of 8.

## FREESTYLE AND CECCHETTI

Classes are available to prepare students for the international exams held all over the world by the *Imperial Society of Teachers of Dancing* and its affiliates

## REPERTOIRE, POINTE, AND PAS DE DEUX

These classes are added to the curriculum for the advanced students.



## MODERN, CHARACTER, AND CREATIVE DANCE (AGES 7—ADULT)

These classes are included as part of the regular curriculum.

## JAZZ, HIP HOP (AGES 10—ADULT)

A theatrical form of jazz dance styles and techniques, including musical comedy, rock, lyrical, modern, Hip Hop, and Afro-Cuban is taught in our Jazz classes.



## TAP (AGES 6—ADULT)

Basic rhythms and steps are taught and combined into dances. Students work in groups as well as solo situations. Technique, terminology, and performance are stressed.

## PILATES (AGES 10-ADULT)

Strength, control, and flexibility are developed in this Pilates Mat class. Emphasis on alignment, balance, and control help to enhance your life energy. Develop core strength and balance.



# Studio Dress

A neat, trim appearance is a requirement. Hair must be fastened down tightly to the head. No ponytails, jewelry or watches. All students should wear full cover-ups to and from classes. GUM must NEVER be brought to the Centre. Dance shoes must not be worn outside of the studio!

## Introduction to Dance

Pastel pink leotard, pink tights, and pink slippers.

## Pre-Primary, Primary, and Grade I

Pastel blue leotard, pink tights, and pink slippers.

## Young Ladies — Standards and Grades II—IV

Sea Foam leotards (no skirts), pink tights, and pink slippers

## Ladies — Grades V and VI

White leotard, pink tights, pink slippers, and pink pointe shoes.

## Ladies — Intermediate

Teal leotard, pink tights, pink slippers, and pink pointe shoes.

## Ladies — Advanced

Black leotard, pink tights, pink slippers, and pink pointe shoes.

## Gentlemen — Beginners

Gym shorts, T-shirts, white socks and white soft canvas shoes

## Gentlemen — Intermediate and Advanced

Grey or navy tights, white T-shirt, dance support, white socks, white canvas or leather soft shoes, and belt

## Modern / Creative Dance

Footless tights and leotard. No hanging sweatshirts or T-shirts. Bare feet only.

## Jazz / Hip Hop

Tights or jazz pants, leotard or form fitting shirt, and ballet slippers or jazz shoes

## Tap

Leotard and tights of any color. No hanging cover-ups. Tap shoes. Make sure there are no loose taps or screws BEFORE EACH LESSON.

# Our Sprung Floors

Training on cement floors can cause serious, permanent damage to the body. Our sprung floors provide the necessary shock absorption for the body.

## Boutique

In addition to Studio Dress items, a variety of dancewear is available for purchase in our boutique. Professional danceware makers we carry include Freed & Gamba (English), Bloch (Australian), Repetto (French), Mirella, and KD Dids (USA). Special Orders may also be placed.

## Registration

Black Mountain Dance Centre has no contracts. Tuition is based on four (4) lessons per month and is due on the first day of each month. When five weeks occur, the extra lesson is **considered a "courtesy" lesson. Make-up** lessons cannot accumulate. Registration requires the completion of a short form and payment of a student registration fee along with the **first month's tuition. Single class tuition will be charged for a** placement class. This amount can be applied to the **first month's tuition if registration is completed the day of audition.**

## Attendance

The Black Mountain Dance Centre would like you to inform the school if there is going to be an absence. If a student is absent for two weeks without notice, his or her place in the class can be given to the next eligible student.

# Some of our Alumni

Michael King — *Ballet Austin*

Melissa Cabrera — *Joffrey Ballet*

Kay Eskridge — *Eugene Ballet*

Sharon Teaque — Soloist, *Houston Ballet*

Amy Osgood — *Hubbard Street Dance Company*, Chicago

Brandon Henschel — *Brittany Spears* tour

Corina Gill — First Soloist with *L.A. Ballet*

Melissa Johnson — Broadway Roadshows

Martha Leebolt — First Soloist with *Northern Ballet Theatre*, Leeds  
England

Courtney Miner — Aspirant program of *Royal Winnipeg Ballet*  
(Canada)

Rachel Sebastian — *San Diego Ballet*

Megan Selensky — *Titanic* movie & Broadway Roadshows

Christion Smalley — *Ballet Arizona*

Kirsten Thorne — *San Diego Ballet*, *SCYB*

Kelsey Ottley and Stephanie Maiorano — *Houston Ballet II*

Some of our scholarship students have graduated from Brandeis University, Princeton, Amherst, UC Irvine, UC Davis, UC Santa Barbara, University of Southern California, Boston Conservatory, Texas Christian University, Julliard, University of Utah, and other prestigious halls of learning.



# Assessing Progress

You can make your own assessment **of your child's progress by watching** a class on the level of your dancer, as well as one on the next level up.

Endless displays and recitals are not necessarily good for younger students and are not encouraged at Black Mountain Dance Centre. However, during the first week of every month, the curtains on the dance studio doors remain open for parents who wish to view their **child's progress. Private lessons are** also available.



## Notice Boards

The notice boards are kept up-to-date with valuable information regarding auditions, holidays, performances, rehearsals, and other important announcements.

READ OFTEN!

# Performance Opportunities



Cast members of *The Nutcracker*



*Beach Ballet*



*Aurora's Wedding*



*Peter and the Wolf*



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