



# BodiBalance Dance Training

*Dance/New York*  
*Dance/New York + English*

## 2009 Program Information & Application

### **ABOUT DANCE/NEW YORK & DANCE/NEW YORK + ENGLISH**

The opening pages of this packet contain information about the Dance/New York program, the BodiBalance approach and creator Carol Fonda, Dance Forum and participating dance schools, as well as tuition costs, session dates and requirements. If you have any further questions, please do not hesitate to contact us.

### **APPLYING TO THE PROGRAM**

Since Dance/New York is a dance intensive program, we require that dancers complete all application forms to be considered for enrollment. Should you decide to apply, thank you in advance for your submission. Your dance background and goals are very important to our application process. Once we have received your completed forms, we will contact you within 1 week to inform you of whether or not you have been accepted.

### **Application checklist:**

- Dance Background Form
- Teacher Recommendation Form (2 pages)
- Registration Form

All application forms should be sent to Jenelle Feldman.

Fax: 866.852.0508

Email: [info@BodiBalance.net](mailto:info@BodiBalance.net)

Mail: Dance Forum-NY  
20 E. 17<sup>th</sup> Street, 2<sup>nd</sup> Floor  
New York, NY 10003

We look forward to working with you in our BodiBalance dance classes.  
Best Wishes!

*Carol Fonda, Artistic Director*

*Jenelle Feldman, Marketing/PR Director*



## 2009 BodiBalance Dance Training

About Dance/New York &  
Dance/New York + English

### *Fulfill Your Dreams*

***“If you want to be a dancer, you have to take this program”***

– Yuko Sawatani, Japan

***“BodiBalance™...introduced me to my own body...my own breath, and taught me how to use them with coordination and control...”***

Sonia Navarro Guedes, Brazil

**Dance/New York** is designed especially for dancers traveling to New York who want a winter or summer intensive dance program and a taste of the New York City dance scene.

**Dance /New York PLUS English** is designed for international dancers from around the world who want to combine English language study with the Dance/New York program.

**Mini-Dance/New York** is for dancers who have completed the Dance/NY program and want to continue their study in New York during off-season months in a smaller class environment.

**As a Dance/New York student, each month you will:**

- **Reach your greatest potential as a dancer with BodiBalance™ Dance Training** (10 classes).
- **Experience the NY Dance Scene** at a 2nd New York City dance studio of your choice (10 classes).
- **Enjoy Attending the Theater** with your classmates at New York City theaters (2 performances).

**2009 Program Dates:** January 5 - January 30; June 1 - June 26; July 6 - July 31; August 3 - August 28

#### **Requirements**

Minimum of two years of formal dance training (Ballet, Jazz, or Modern preferred)

Minimum four-week enrollment

Application Submission & Acceptance

#### **Fees**

We price the program as reasonably as possible to keep the quality of the program high and still give each student the individual attention they deserve.

#### ***Dance/New York & Dance/New York PLUS English***

\$760 (per month)

\$100 registration fee (*one-time fee*)

#### ***Mini-Dance/New York***

\$365 (per month)

#### **Refund Policy**

Refunds require written notification 15 days in advance of the starting dates. This will not include \$100 registration fee and any funds spent on theater tickets. No refunds will be made after starting dates.

#### **Application, Acceptance & Tuition**

To apply for **Dance/NY** or **Dance/NY PLUS English**, please complete and submit ALL application forms:

- Dance Background Form
- Teacher Recommendation Form
- Registration Form

Once Dance Forum - NY receives completed application forms, we will contact you within 1 week to inform you of whether or not you have been accepted into the program. Application forms, fees and full tuition must be received one month prior to start date to ensure enrollment. **Tuition for Dance/New York is paid directly to Dance Forum. Tuition for Dance/New York PLUS English is paid directly to Rennert Bilingual.**



## **About Carol Fonda's BodiBalance™ Dance Training**

Carol Fonda created BodiBalance especially for dancers and movement professionals who want to improve their dancing – to open body, mind and emotions to new possibilities. The BodiBalance experience takes you on a journey of physical self-discovery. As you engage in this work, you gain physical awareness of your body's design for movement that dramatically changes your dancing.

BodiBalance workshops offer you daily, two-hour classes with quality, individual coaching. The first week, you focus primarily on the unique BodiBalance Floor WarmUp and Movement Principles. The following weeks pick up in pace as you apply the BodiBalance tools to help transform your dancing – whether in Ballet, Modern, Jazz, Musical Theater, or whatever style you love.

In each BodiBalance class, you practice the Floor WarmUp and apply BodiBalance Movement Principles and Theory to dance phrases and exercises in Ballet, Modern, Jazz and Improvisation. The class structure guides you into a quiet, neutral state and then on to a place of heightened, energetic flow. Ultimately, the BodiBalance experience prepares you for action and frees you for greater artistic expression.

### **About Carol Fonda**

Carol Fonda has danced with the San Francisco Ballet, Ballet de Lyon, Ballet Moderno de Guatemala (under sponsorship of the U.S. State Department) and various modern dance companies in New York. She has given solo performances throughout the United States as an "Affiliate Artist," appearing in various television interviews and performances. Carol has taught BodiBalance master classes and workshops at colleges and universities throughout the United States as well as in Europe, Central & South America. She is the Artistic Director of Dance Forum and Resident Choreographer for CAROL FONDA & COMPANY of New York City.

Carol has an M.A. in Theater from the University of Miami, FL. In 1995, she earned an M.F.A. in Dance from New York University's Tisch School of Performing Arts, where she documented the BodiBalance™ Dance Training. Her reputation has increasingly grown as Carol has used her BodiBalance™ system to train both dancers and athletes, especially since the release of her CD, "Carol Fonda's BodiBalance WarmUp™ for Dancers."

### **2009 Participating Dance Schools**

**Dance Forum–NY**, the studio of BodiBalance™ Dance Training, will be your home away from home during the program. The following partner studios offer you a second school to study your favorite dance style. If you need assistance in choosing a second studio, we will be happy to advise you when you arrive.

**Alvin Ailey American Dance Center** emphasizes training a highly versatile dancer, equally proficient in Modern, Ballet, and Jazz techniques. Classes are offered in Katherine Dunham technique (Afro-Caribbean), Lester Horton technique (Mr. Ailey's signature style), American Jazz and Ballet.

**Ballet Arts** offers classes in Ballet, Jazz, Theater Dance, Hip Hop, Capoeira, Stretch, Gyrokinesis and Tap for all ages. Offering a range of levels, from beginning to professional, dancers have the opportunity to refine their dance technique from where they are.

**Broadway Dance Center** offers a very diverse range of styles within all disciplines - Ballet, Hip-Hop, Jazz, Tap, Modern, and Theater dance. They also have Floor Barre, Yoga, Stretch, Tumbling, and African classes. They welcome all levels, basic through advanced.

**Dance New Amsterdam** offers Lynn Simonson's Jazz technique. Her style uses fluid, full body movement with both lyrical and percussive emphasis. The class includes a well thought-out warm-up and a long combination requiring sequential, spatial, and rhythmical precision. Dance Space also offers a range of classes, including Ballet, Modern, Hip-Hop and Jazz.

**Mark Morris School** reflects the spirit of the Mark Morris Dance Group in its celebration of dance and music. Classes are offered in a variety of styles, including Modern, Ballet, Baroque, Jazz/Hip Hop and Pilates.

**Martha Graham School** teaches a style that is emotively dramatic, with great use of sculpted body shapes. Its movements find its source in the pelvis and torso, contracting, releasing, and spiraling the spine as a way of initiating movement.

**Merce Cunningham Studio** offers a style built on exploring the infinite possibilities of design and rhythm. Classes begin with a standing warm-up, followed by movement sequences that make full use of body directions and spatial directions.

**Peridance** offers a broad curriculum of technique classes in ballet and modern at all levels. It also offers the latest evolving styles and approaches to modern dance as well as classic modern classes in the Limon and Martha Graham techniques. Other classes include Hip Hop, Jazz, Theater Dance, Stretch, Capoeira, Yoga and Pilates.

**STEPS on Broadway** offers dance classes for all levels. Within this diverse, professionally based program, students may select classes in Ballet, Jazz, Modern, Modern Jazz, Floor Barre, Tap, Theater Dance, Tango, Flamenco, Ballroom, Hip-Hop, Irish Step Dance, and Dance Exercise.



# Dance Background Form

## BodiBalance Dance Training

Dance Forum - NY  
20 East 17 Street  
New York, NY 10003  
Phone: 212.633.7202 Fax: 866.852.0508 Email: [info@BodiBalance.net](mailto:info@BodiBalance.net)

Send completed application forms to Dance Forum - NY via email, [info@BodiBalance.net](mailto:info@BodiBalance.net) or fax, 866.852.0508.

**Applicant Name:** \_\_\_\_\_

**Applicant Email:** \_\_\_\_\_

### What is your level of dance study?

Beginner     Intermediate     Advanced     Professional

### What is your preferred style of dance?

Ballet     Modern     Jazz     Hip Hop     Musical Theater     Other: (please list) \_\_\_\_\_

### How many years have you studied dance?

2-5 Years     5-10 years     10+ years

### Are you interested in new ideas and exercises to improve your dance technique?

Yes     Maybe     Not Sure     No

### What are your dance goals while in New York City?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Do you have any specific goals for taking BodiBalance?**     YES     NO

If yes, please describe those goals:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Dance Training – Please provide your dance training background by filling in the blanks below.

Institution/Program	Dance Style	Dates	Classes/Week
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Do you have any injuries that Dance Forum-NY should know about?**     YES     NO

If yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Teacher Recommendation Form

## BodiBalance Dance Training

Dance Forum - NY  
20 East 17 Street  
New York, NY 10003  
Phone: 212.633.7202 Email: [info@BodiBalance.net](mailto:info@BodiBalance.net) Fax: 866.852.0508

Send completed application forms to Dance Forum - NY via email, [info@BodiBalance.net](mailto:info@BodiBalance.net) or fax, 866.852.0508.

### Part I (to be completed by applicant)

Name of Applicant: \_\_\_\_\_

Applicant Email: \_\_\_\_\_

### Part II (to be completed by teacher and sent to Dance Forum-NY)

The candidate above is applying for a BodiBalance program and has given your name as a personal reference. Our goal is to better understand the applicant's background and evaluate his/her skills and attitude. Thank you in advance for your comments. All information will remain confidential.

Your Name: \_\_\_\_\_

Institution/School \_\_\_\_\_

Does the applicant currently study with you? YES NO

How long have you taught this student?

2-5 years

5-10 years

10+ years

What dance style(s) has the applicant studied with you?

Ballet  Modern  Jazz  Hip Hop  Musical Theater

Other: \_\_\_\_\_

Please rate the applicant in each of the categories below:

	Excellent	Good	Fair	Poor	Unable to Comment
Classroom Attitude	_____	_____	_____	_____	_____
Reaction to Criticism	_____	_____	_____	_____	_____
Body Awareness	_____	_____	_____	_____	_____
Practice Habits	_____	_____	_____	_____	_____
Respect for Others	_____	_____	_____	_____	_____
Self-Motivation	_____	_____	_____	_____	_____

Please evaluate the applicant's dance strengths and weaknesses. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Teacher Recommendation Form

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New York, NY 10003  
Phone: 212.633.7202    Email: [info@BodiBalance.net](mailto:info@BodiBalance.net)    Fax: 866.852.0508

**Send completed application forms to Dance Forum - NY via email, [info@BodiBalance.net](mailto:info@BodiBalance.net) or fax, 866.852.0508.**

Name of Applicant: \_\_\_\_\_

Please provide any additional comments that will help us learn more about your student. \_\_\_\_\_

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**I recommend this applicant for admission:**

Absolutely     Moderately     With Reservation, please comment: \_\_\_\_\_

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

Please send me additional information about BodiBalance Dance Training and Teacher Training programs.

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

**Visit our web site at [www.BodiBalance.net](http://www.BodiBalance.net)  
Contact us by email: [info@BodiBalance.net](mailto:info@BodiBalance.net)**



# Registration Form

## BodiBalance Dance Training

Dance Forum - NY  
20 East 17 Street  
New York, NY 10003  
Phone: 212.633.7202 Email: [info@BodiBalance.net](mailto:info@BodiBalance.net) Fax: 866.852.0508

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### CONTACT INFORMATION

Name \_\_\_\_\_ Sex: F M Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip/Country Code \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_ E-Mail \_\_\_\_\_

Address (while in New York City) \_\_\_\_\_

Phone (while in New York City) \_\_\_\_\_

Agency (if applicable) \_\_\_\_\_ Agent \_\_\_\_\_ Agent Email \_\_\_\_\_

Program (circle one): Dance/New York Dance/New York + English BodiBalance™ Workshop

Start Date \_\_\_\_\_ End Date \_\_\_\_\_

2<sup>nd</sup> Dance School of Study (list your choice below – for Dance/English and Dance/New York students only. If you are not sure of the dance school where you would like to study, write "assistance needed" on the above line):

How did you hear about this program? Agent Ad Brochure Internet Newsletter Poster/Flyer  
Postcard Rennert University \_\_\_\_\_ Other \_\_\_\_\_

### WAIVER OF UNDERSTANDING AND LIABILITY

I understand the program offerings for which I am applying and hereby agree that I will not hold Dance Forum-NY or any member of its faculty or staff liable for injuries sustained or illness contracted by me while a student of Dance Forum or of any other dance school included in the Dance/New York, Dance/New York PLUS English or BodiBalance Workshop.

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

Parent/Guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

### Emergency Contact

Name \_\_\_\_\_ Relation \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Mobile \_\_\_\_\_

### TERMS AND CONDITIONS

#### DANCE/NEW YORK & DANCE/NEW YORK + ENGLISH

#### NOTIFICATION OF ACCEPTANCE

Once Dance Forum–NY receives completed application forms, we will contact students within 1 week to inform them of whether or not they are accepted into the program.

#### ENROLLMENT & PAYMENT

Application forms, fees and full tuition are due no later than one month prior to start date. Students in Dance/New York PLUS English should make payments directly to Rennert Bilingual. All others make payments to Dance Forum – NY.

**REFUNDS** require written notification 15 days in advance of the starting date. This will not include \$100 registration fee and any funds spent on theater tickets. **NO REFUNDS WILL BE MADE ON ANY PROGRAM AFTER START DATE.**

#### BODIBALANCE WORKSHOPS & CLASSES

#### ENROLLMENT & PAYMENT

Registration forms and payment are required prior to the start date of the workshop to ensure students have a reserved place in the class. **NO REFUNDS WILL BE MADE ON ANY PROGRAM AFTER START DATE.**