



### **What is Dance Connect?**

Ballet Lubbock partners with Communities in Schools (CIS) to provide weekly in-school and after-school dance instruction, currently in 17 elementary schools across 6 school districts. Collectively, we reach 200+ 3<sup>rd</sup> through 5<sup>th</sup> graders each week for the entire school year, so that transportation and cost are never barriers to artistic expression. Our goal is to make ballet more accessible through an in-depth classroom experience coupled with exposure to onstage productions.

### **Curriculum**

- Focus on classical ballet technique and vocabulary
- Cardiovascular and strengthening exercises
- Modern dance
- Creative movement
- Supplementary topics such as music appreciation, body positivity, and goal setting

### **Additional Opportunities**

- Performance opportunities including end-of-year performance onstage at Buddy Holly Hall
- Invited to audition for free, weekly Community Youth Ballet class at the Ballet Lubbock studios.
- Scholarships to the Ballet Lubbock School
- Opportunities to see Ballet Lubbock productions such as *The Nutcracker*

### **Benefits of Dance**

- A Houston-based study found that arts learning experiences reduce students' disciplinary infractions, increase their compassion for others, and improve scores on writing tests. (1)
- Other in-school dance programs have shown improvement in students' academics and empathy. (2)
- "Dance can help restore joy and stability in troubled lives and ease the tensions in schools that are disrupted by violence and bullying." (3)
- Ballet training teaches discipline, respect, accountability, and collaboration.

### **Why Choose During School?**

- Better attendance and retention than after school Dance Connect classes
- Removes after-school transportation barrier and schedule conflicts like tutoring

### **To schedule a class, contact:**

Lara Davis

Director of Community Outreach, Ballet Lubbock

[lara@balletlubbock.org](mailto:lara@balletlubbock.org)

V: 806.785.3090

F: 806.785.3309

(1) Bowen, D. H., & Kisida, B. (2019). Investigating Causal Effects of Arts Education Experiences: Experimental Evidence from Houston's Arts Access Initiative. *Research Report for the Houston Independent School District*, 7(4). Retrieved from <https://kinder.rice.edu/> (2) Yap, A. C. (2016, January 22). Learning Empathy Through Dance. *The Atlantic*. Retrieved from <https://www.theatlantic.com/> (3) Robinson, K., & Aronica, L. (2018, April 2). Retrieved from <https://ed.ted.com/>

## FAQ

### ***Where can we hold a dance class if we don't have a dance room and the gym is in use?***

We can hold class in the following locations:

- Cafeteria
- Auditorium
- Hallway
- Conference room
- Large classroom or office
- Basically any indoor space that's not in use! Carpet is not an issue.

### ***How can we include Dance Connect as a PE or Fine Arts Credit?***

Dance counts towards the state required hours of physical activity or fine arts. Currently, we hold classes during school at 7 schools - Ervin, Shallowater, Westwind, Cooper Central, Cooper North, Wilson, and Wester.

### ***Will the students need dance attire?***

During school, we do not have the dancers change into dance attire. On dance days, they should plan to wear clothes they can move in easily such as leggings or sweatpants. Ballet Lubbock provides ballet shoes for the dancers to wear.

### ***What is the progression of the program?***

Students in Dance Connect are invited to audition for a free class at the studio called Community Youth Ballet (CYB). Selected students will take class weekly in ballet attire with the added benefits of a ballet barre and mirrors. We currently have 2 levels of CYB so dancers may level up within this free program. All CYB students are recommended for a level within the Ballet Lubbock school at the end of each year. Several CYB students have received full-tuition scholarships sponsored by City Bank that cover tuition in the Ballet Lubbock school (including our summer programming) until they graduate from high school.