



# **2025 ADULT INTENSIVE HANDBOOK**

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# HOUSTON BALLET MISSION STATEMENT

To inspire a lasting love and appreciation for dance through artistic excellence, exhilarating performances, innovative choreography, and superb educational programs.

In furtherance of our mission, we are committed to maintaining and improving our status as:

- A **classically trained company with a diverse repertory** whose range includes the classics as well as contemporary works.
- A company that **attracts the world's best dancers and choreographers** and provides them with an **environment where they can thrive** and further develop the art form.
- An **international company** that is accessible to broad and growing local, national, and international audiences.
- A company with a **world-class Academy** that provides first rate instruction for dancers.
- A company that offers **high-quality dance educational programming** prioritizing historically underserved communities in Houston and the surrounding area.
- A company with **state-of-the-art** facilities for performances, rehearsals, and ongoing operations.

## Inclusion, Diversity, Equity, and Access Statement

Houston Ballet is dedicated to creating meaningful change by cultivating a space that honors what is unique in all of us. Inclusion, Diversity, Equity, and Access (IDEA) are instrumental in the fulfillment of our mission and values. We recognize our responsibility to be an inclusive and open organization for students, artists, staff, trustees, and volunteers of all backgrounds.

Join us, together we are Houston Ballet.

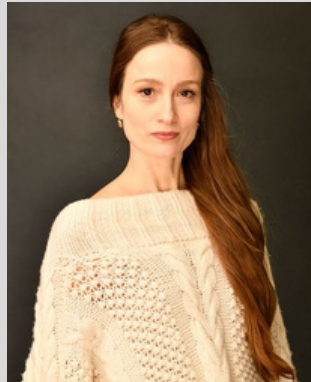


# MEET THE ACADEMY



**Stanton Welch**

Artistic Director,  
Member of the Order  
of Australia



**Julie Kent**

Artistic Director



**James Nelson**

Executive Director



**Jennifer Sommers**

Academy Director



**Yahudi Castañeda**

Academy Artistic  
Operations Associate  
Director



**Katie Wesche**

Academy  
Administrative  
Associate Director



**Kaitlyn Otto**

Associate Director  
of Student Life



**Carla Cortez**

Academy  
Communications  
Manager



**Dustin Shaw**

Academy Programs  
Manager



**Reagan Lynch**

Academy Artistic  
Operations  
Coordinator



**Tempest McLendon**

Academy  
Administrative  
Coordinator



**Angela Galvez**

Academy Student  
Support Coordinator

# ACADEMY ARTISTIC STAFF



## Susan Bryant

Principal Instructor

Susan Bryant, a former Houston Ballet soloist, retired from the Houston Ballet in 2005 after enjoying a long and illustrious career. Before joining the company as a member of the corps de ballet, she received her ballet training from the University of North Carolina School of the Arts and the Houston Ballet Academy. During her 20 year career she danced under the direction of both Ben Stevenson O.B.E and current Artistic Director Stanton Welch AM. She had the honor and pleasure of performing many featured roles in ballets by Ben Stevenson OBE, Sir Fredrick Ashton, George Balanchine, Ronald Hynd, Jiri Kylian, Sir Kenneth MacMillan, Paul Taylor, Anthony Tudor and Stanton Welch AM. Upon retiring from the stage, she was invited by Mr. Welch to join the Houston Ballet Academy as a Teaching Artist where she continues to share her passion and knowledge with her students. Presently Mrs. Bryant teaches, coaches and rehearses the Professional Program students.



## Kelly Myernick

Principal Instructor

Kelly Myernick received her early ballet training at The Susquehanna School of Ballet in Oneonta, New York and later Springs City Ballet in Colorado Springs, Colorado. In 1996, she became a student at Houston Ballet Academy, receiving the Michael Wasmund Memorial Award upon graduation. She enjoyed a 13 year career with Houston Ballet, retiring as a First Soloist in 2014. Through her career she danced a wide variety of classical and contemporary roles, originating the roles of "Gamzatti" in La Bayadere and "Myrtha" in Giselle in Houston Ballet productions. Her broad experience in contemporary repertoire led her to her current position with Houston Ballet Academy, teaching contemporary repertoire, choreography, and ballet technique. Her teaching education includes an intensive with Netherlands Dans Theatre and workshops in Countertechnique, Gaga technique, and Anatomy for Dancers. Ms. Myernick is a frequent guest speaker and teacher in the community for organizations such as Hope Stone, Inc. and Houston Ballet's Education and Community Engagement department.

# ACADEMY CONTACT INFORMATION

Summer Program classes are held at the Margaret Alkek Williams Center for Dance.

Margaret Alkek Williams Center for Dance Address:  
601 Preston Street  
Houston, TX 77002

Administrative Offices Phone Number:  
713-523-6300

Academy General Inquiry Email Address:  
[hbacademy@houstonballet.org](mailto:hbacademy@houstonballet.org)

Houston Ballet Summer Programs Webpage:  
<https://www.houstonballet.org/about/academy1/summer-intensive-program/>



## Academy Administrative Staff Contact Information

Jennifer Sommers  
[jsommers@houstonballet.org](mailto:jsommers@houstonballet.org)  
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[dshaw@houstonballet.org](mailto:dshaw@houstonballet.org)  
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Tempest McLendon  
[tmclendon@houstonballet.org](mailto:tmclendon@houstonballet.org)  
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Yahudi Castaneda  
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713-535-3205

Carla Cortez  
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713-535-3218

Angela Galvez  
[agalvez@houstonballet.org](mailto:agalvez@houstonballet.org)  
713-535-3210

# SUMMER CALENDAR

All dates and times are subject to change.

JANUARY						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29	30	31	1	2	3	4
			Adult Intensive Registration Opens			
APRIL						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
27	28	29	30	1	2	3
			Adult Intensive Registration Closes			
MAY						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
25	26	27	28	29	30	31
	Memorial Day	First Day of Adult Intensive (5-Day)			First Day of Adult Intensive (2-Day)	Last Day of Adult Intensive (5-Day & 2-Day)  Houston Ballet <i>Raymonda</i> Performance

# Registration & Tuition

Adult Intensive 5-Day Tuition	\$550	Required at the time of registration for the 5-Day Adult Intensive Program
Adult Intensive 2-Day Tuition	\$350	Required at the time of registration for the 2-Day Adult Intensive Program

Tuition for the Adult Intensive Program is due at the time of registration. Tuition includes 1 ticket to Houston Ballet's *Raymonda* on May 31st.

Registration will close on April 30, 2025 or once capacity is reached.

Houston Ballet accepts checks\*, cashier's checks, cash, or credit cards. Payments may be mailed, hand-delivered, completed online, or phoned into the Academy office. \*If a check is returned for any reason, a \$25 fee will be charged. The fee must be paid in cash within one week from the time the owner of the account is notified.

## Withdrawal Policy

If a student wishes to withdraw from the Summer Intensive Program, the Academy Office must receive a completed Withdrawal Form available [HERE](#). Verbal or emailed notification of withdrawal will not be accepted.

Please refer to the refund policy at the bottom of the page.

## Refund Policy

**Tuition is refundable prior to April 15, 2025.** Formal withdrawal must be received prior to April 15, 2025, to be eligible for any refund. All fees and tuition are nonrefundable and nontransferable after April 15, 2025. The Academy is not liable or obligated in any way to process any refunds or issue any tuition credits.

It is recommended to purchase tuition insurance from a third party, such as [A+ Program Protection](#).



# Academy Procedures

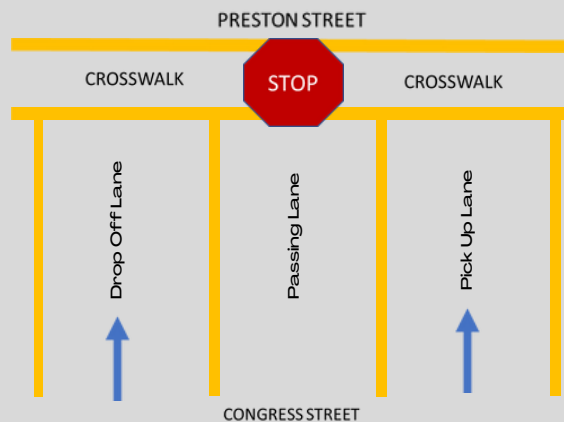
## Houston Ballet Academy Rules & Policies

Houston Ballet Academy rules and policies can be found [HERE](#). We recommend reviewing this document in addition to the Summer Program Handbook.

This document will include overall rules for the Center for Dance, proper student/employee engagement, non-discrimination/non-harassment policy, anti-bullying policy, media & social media policies, health policies, and releases.

## Arrival & Departure

- Parking is unavailable for students at the Center for Dance
- Nearby parking options include
  - Lyric Center Garage
  - Theater District Parking
  - Alley Theater Parking Garage
  - More information on nearby parking options is listed [HERE](#).
- If being dropped off or picked up, students may use the driveway, entering from Congress Street.
  - Students being dropped off should use the far-left lane
  - Students being picked up should use the far-right lane
  - Middle lane should be left clear for vehicles to pass through



## Driveway Policies

- Students will not be allowed into the studio until 15 minutes prior to the start of class.
- If picking up a student, it is recommended to arrive no earlier than the end of the student's last class.
- Do not drop off or pick up on the roads next to the Center for Dance.
- Parking is not allowed in the driveway
- Do not walk up the ramps, but use the sidewalks.

Always follow instructions provided by HPD officers, security guards, and class monitors at the Center for Dance and all City of Houston driving/parking regulations.

## **Attendance**

- Attendance is mandatory in all classes.
- Students who arrive more than 15 minutes late to class may not be permitted to participate in class. This is at the teacher's discretion and for the safety of the student.
- Students who miss the first technique class of the day may not be permitted to participate for the remainder of that day. This is for the safety of the student.

## **Evaluations & Private Lessons**

There are no formal evaluations/assessments given during the summer program. Private lessons or studio use for private use during the summer program are not allowed.

## **Lunch**

Adult Intensive students have the option to bring lunch or sign out during their lunch break on Friday and Saturday. Students will not have access to a refrigerator to store food or a microwave to heat food. Vending machines are located on the 1st floor of the CFD.

Various lunch spots are available in walking distance to the CFD. Below are a couple of options:

- Lyric Market
- Barnaby's Cafe
- Niko Niko's
- Bravery Chef Hall
- Post Market

# Health & Wellness Program



## Aki Kawasaki

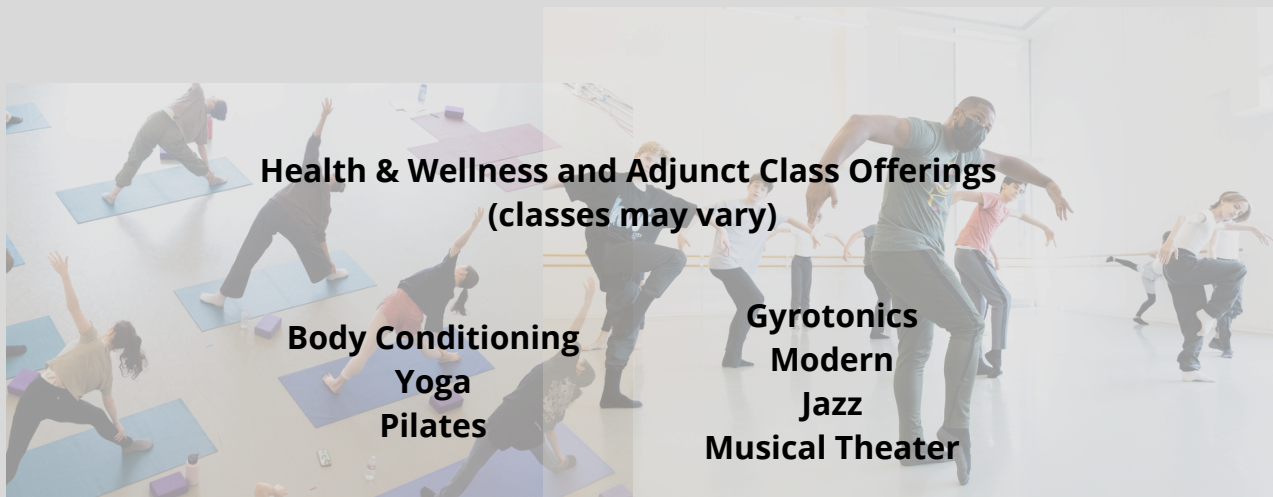
### Head Strength & Conditioning Coach

Originally from Ibaraki, Japan, Akihiro Kawasaki holds a B.S. in Exercise Science from the University of Alabama at Birmingham. As a student athletic trainer, he worked with several sports teams including the national championship winning football team at Mississippi Gulf Coast Community College (MGCCC). Kawasaki previously served as a personal trainer and strength and conditioning coach for Olympic athletes on the national team of Japan. He is currently the head strength and conditioning coach at Houston Ballet and Houston Ballet Academy. Kawasaki holds certifications in Functional Movement Systems (FMS) – level 2, Y Balance Test (YBT) of FMS, Fundamental Capacity Screen (FCS) of FMS, Rossiter – level 4, Yamuna Body Rolling – Face, Feet, Table Treatment and Animal Flow and Spatial Medicine. Learn more at <https://bit.ly/3taRxxE>.

## Private/Semi-Private Body Conditioning Sessions

This summer, we will be offering 30-minute and 60-minute semi-private or private body conditionings sessions with Aki Kawasaki exclusively to our Adult Intensive students. To sign up and pay for a session, follow the steps below. **30-minute session are \$60 each.**

1. Click [HERE](#) to access the appointment scheduler
2. Log onto your Mindbody account
3. Click on the Adult Intensive BC tab
4. Click Choose your own dates
5. Change the last date to 6/1/2025
6. Click Search
7. Click Book for the date and time that works best for you
8. Select the best start time for you
9. Click Book Appointment
10. If you would like to make your session an hour long, click Continue Shopping to add another 30-minute session
11. To pay for the session, click Check Out and follow the onscreen prompts



## Health & Wellness and Adjunct Class Offerings (classes may vary)

Body Conditioning  
Yoga  
Pilates

Gyrotonics  
Modern  
Jazz  
Musical Theater

# Class Attire

Students should wear comfortable clothing that they are able to move in, such as leotard and tights or t-shirt and leggings. Ballet slippers must be worn in all ballet and repertory classes.

Hair should be pulled away from the face, and jewelry should not be worn in class.

Please refrain from applying lotion prior to class as it can create slick spots on the studio floors.

## OPTIONAL Ballet Attire

Female-Identifying Dancers	<b>Leotard:</b> HB-branded Wear Moi style Galate <u>Royal Blue</u> <u>Light Grey.</u>
	<b>Tights:</b> pink or <u>skin tone-inclusive</u> <b>Shoes:</b> pink or <u>skin tone-inclusive</u>
Male-Identifying Dancers	<b>Shirt:</b> HB-branded Wear Moi style Conrad <u>White</u> <u>Black</u>
	<b>Tights:</b> slate/gray or black <b>Shoes:</b> Ballet Slippers & Tall Socks - white or black
	<b>Belt:</b> Discount Dance Supply style 62S - black ( <i>suggested</i> )

## Skin Tone-Inclusive Shoes & Tights Matching Guide

	Blendz Tights	Shoe Options		Capezio Tights	Shoe Options
Confident Cocoa		Blendz Confident Cocoa Spray Fashion Brown	Maple		Blendz Brazen Brown Blendz Maven Mahogany Capezio Mocha Spray Tan o Bark
Brazen Brown		Blendz Brazen Brown Capezio Mocha Spray Tan			Blendz Tenacious Tan Capezio Light Suntan Capezio Nude Spray Chamoi
Maven Mahogany		Blendz Maven Mahogany Spray Bark			Blendz Tenacious Tan Capezio Light Suntan Capezio Nude Spray Chamoi
Tenacious Tan		Blendz Tenacious Tan Capezio Light Suntan Capezio Nude Spray Chamoi			

## **Purchasing Attire**

Houston Ballet does not have a dance supply store onsite. Students should arrive at the start of the program with all required attire and shoes.

Uniform leotards and shirts can be purchased through **E-Commerce** in Classe365 or in person at Dance Trends or Apollo Dancewear. Leotards and shirts purchased via E-Commerce before May 15th will be shipped to the student, except for students with international addresses. Leotards and shirts purchased on or after May 15th will be held at the Center for Dance for pick-up at the receptionist's desk.

For questions and concerns regarding E-Commerce orders, contact Leslie Goodrum at [lgoodrum@houstonballet.org](mailto:lgoodrum@houstonballet.org).

For additional supplies, including tights and shoes, items may be purchased via online stores or one of the dance store options in the Houston area listed below. We recommend calling any store before arriving to ensure they have the needed items in stock.

Dance Trends  
14520 Memorial Drive  
Houston, TX 77079  
(281) 558-1400

Apollo Dancewear  
3120 SW Fwy Office 575-1  
Houston, TX 77098  
(832) 205-1524

Jazz Rags Dancewear  
25701 Interstate 45 N #10a  
Spring, TX 77380  
(281) 364-1600

# Raymonda

# Performance

## Performance Information

- Tuition for Houston Ballet's Adult Intensive Program includes 1 ticket to Houston Ballet's performance of *Raymonda* on Saturday, May 31st at 7:30PM.
  - To purchase additional tickets, please contact the Box Office at 713-227-2787.
- This performance will be preceded by a pre-show conversation with artists from Houston Ballet.
- Photography and video recording are not allowed during this performance.



# Lodging Information

For students who are traveling from outside the Houston area, below are options for accommodations within walking distance to the Margaret Alkek Williams Center for Dance.

## **Reside Houston Downtown**

401 Louisiana Street Houston, TX 77002

<https://www.sonder.com/>

Distance: across the street

## **Club Quarters**

720 Fannin Street Houston, TX 77002

<https://clubquartershotels.com/>

Distance: 0.5 miles

## **Homewood Suites**

710 Crawford Street Houston, TX 77002

<https://www.hilton.com/>

Distance: 0.9 miles