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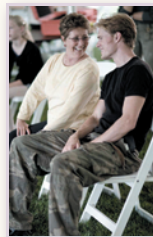
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 *Member of the National Association of Schools of Dance.
Supported in Part by the Connecticut Commission on Culture and the Arts.*



Sharon E. Dante



Ronald Alexander



Eleanor D'Antuono



Susan Szabo



Joan Kunsch



Victoria Mazzarelli



Tim Melady

www.nutmegconservatory.org



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TORRINGTON, CT

The Nutmeg Conservatory for the Arts



Founded by Sharon E. Dante



NUTMEG PROGRAMS SUMMER & RESIDENCY 2009-2010

Residency Program

Nutmeg celebrates its 40th Anniversary as one of the most respected classical dance training programs in the United States.

Schooled classical ballet training is the foundation of our curriculum, where a 40 year tradition of quality education, training, and performance of dance has been carried forward by hundreds of Nutmeg students. Young dance trainees, driven to explore their dance capabilities through a training school environment, have unique and special characters that need nurturing and comradery to achieve their full potential. The year-round program is perfect for a hard working, focused student. Only a select group of students are chosen yearly for Nutmeg's accredited training programs. Our standards are high, and we seek candidates that are inspired to excel in both their dance and academic studies.

Our dance faculty is dedicated to the success of our students. Under the direction of the School Principal, the staff conducts daily meetings to discuss the ongoing living, educational, and training needs of each student. Nutmeg's ambitious academic and training schedule helps to develop each student's overall confidence and self esteem. This daily focus on each student's training needs and their deportment produces a detail oriented, respectful, and disciplined trainee. Our students train for almost 6 hours a day. Classes and levels are sized to allow the faculty to know each student and give proper attention and corrections. A student's training is mastered through daily methodical and technical lessons in Classical Ballet Technique, Pointe, Men's Work, Partnering, Repertoire, and Performing.

Residency Program Sample Schedule

7:45 – 8:45
Breakfast
8:45 – 10:30
Session One CAP (5x per week), Pilates (2x per week)
10:30 – 10:45
Break
10:45 – 12:15
Session Two CAP (5x per week)
Yoga (2x per week) Strengthening (2x per week)
12:30-1:30
Lunch/Free Time
1:30-2:00
(Pre-Class Stretching)
2:00-3:30
Technique/Men's Work/Pointe Session One
3:30-3:45
Afternoon Break
3:45-5:15
Technique/Men's Work/Partnering Session Two
5:15-6:00
Intro to Repertoire
6:00-6:45
Dinner Break
6:45-8:00
Evening Repertoire
8:00-8:30
Free
8:30-10:30
Evening Study
11:00
Lights out

dancers aspiring to enter into the professional dance world enormous advantages. Nutmeg's Male Division is known for the quality of dancers and partners it produces. Female dancers of all ages have the opportunity to practice and improve their partnering technique while attending the Nutmeg.

Gaining vital performance experience helps our trainees to learn repertoire, costuming, stage etiquette, and how to engage an audience. Nutmeg's full performance schedule, including the Company Tour, allows the dancers to hone these skills, all of which prove invaluable to our students' future career possibilities. Our performances take place in major theatrical venues as well as our state-of-the-art facility, designed specifically for dance training. Nutmeg performances have been reviewed and acclaimed by publications such as The New York Times, Dance Magazine, Pointe Magazine, Network TV New Stations, and many others over the years. We are especially proud of having performed for His Excellency, Pope Benedict XVI, at Yankee Stadium in New York City in 2008.



Residency Training Program Academics

All residential high school age students are required to achieve and maintain an acceptable academic level and ultimately receive a high school diploma. The Keystone National High School (www.keystonehighschool.com) supplies the academic educational component for Nutmeg students. Our Academic Program provides a full high school college prep academic curriculum for grades 9 through 12.

The Nutmeg maintains a full, daily academic schedule, under the supervision of the Nutmeg Academic Director, along with biology labs, language round tables, and special historical and cultural field trips which enhance the students' school experience. Students prepare for PSAT, SAT, AP and all other standardized college admissions tests. For further Academic Information visit our website www.nutmegconservatory.org or call Marguerite Sabia, Director of Admissions at 860.482.4413 x303, or msabia@nutmegconservatory.org

Residency Training Program Dormitory Life



nificance, and are within walking distance of each other. Our campus is located in the heart of Torrington's downtown area. Colorful and spacious rooms, wireless Internet, study rooms, and full kitchens are available for our students' use.

Students are expected to keep a clean and welcoming living environment. This responsibility shapes essential life skills and habits. Nutmeg facility personnel perform a weekly assessment that ensures that the student's quarters are maintained at their optimum. Students and staff provide a living environment that is safe, clean, and inviting for everyone.

Please contact Marguerite Sabia, Admissions Director, to schedule a personal interview, arrange a tour, or take a class as our guest, at 860.482.4413 x303, or email msabia@nutmegconservatory.org.

Please visit our website, www.nutmegconservatory.org, where you can review additional information, learn more about Nutmeg's history, and view photos of our trainees.



The Nutmeg knows the importance of a positive living environment in the development of the overall student, and dormitory life plays an important role in this.

Our students build lifelong friendships while living and training at Nutmeg. Along with the students' academic and dance training come fun filled, non-dance related activities such as country hay rides and school dances, which build lasting bonds. Students reside in either the Nutmeg dorm or one of our historic homes in the downtown cultural district of Torrington.

Younger students live in Nutmeg's main facility. A full time, live-in Dormitory Director resides on the same floor as the students, and Resident Advisors are also present within all our living facilities. High-tech security systems are in place throughout our campus, along with sophisticated card/code access only security at our main building complex. Historic and homey, our campus housing prepares the older and post high school student for their next level of training along with the opportunity to take on the transitional responsibilities of a young adult. All of our facilities have architectural beauty and historical significance, and are within walking distance of each other. Our campus is located in the heart of Torrington's downtown area. Colorful and spacious rooms, wireless Internet, study rooms, and full kitchens are available for our students' use.



Summer Program

The Nutmeg Summer Program is specifically developed and offers four levels of dance training. The program is tailored for each graded level and offers an intensive and detailed curriculum for appropriate levels to produce results that will last forever in the future training of each of the students.

Using the same approach as our year round program. We advance our summer program as a platform for training serious-minded students who also wish to be involved in quality performance opportunities. Nutmeg's Summer Program builds dance skills and memories for your child with

Summer Program Sample Schedule

7:45 - 8:45
Breakfast
8:45 - 10:15
Ballet(6xs) or Modern Technique (2xs)
10:15 - 10:30
Break
10:30 - 12:00
Pointe/Men's Work/Theory/Partnering
12:00 - 1:00
Lunch
1:00 - 3:30
Technique/Methodology
3:00 - 3:30
Break
3:30 - 5:00
Repertoire
5:30 - 6:30
Dinner
6:45 - 8:15
Evening Rep or Special Events

like minded students who are all pursuing their dream.

Nutmeg's strong emphasis on our male dance training program offers female and male dancers of all levels the opportunity to attend regular partnering sessions. Nutmeg's Male Division is well known for producing quality dancers and partners, and dancers of all ages have the opportunity to practice and improve partnering technique in our extensive Summer Programs.

At some point everyone is a first time Nutmegger, therefore, we take pride in maintaining a welcoming environment for fellow trainees and staff. Our summer programs often see repeat attendees seeking support in pursuing a professional career. From these programs, most successful students wish to transition into one of our two or four year residential programs. Each year brings a new Nutmeg experience of warm summer days of dance technique, repertoire, student choreography workshops, and friendships at our R&R events. These experiences last a lifetime!

The Nutmeg campus is located in the heart of Torrington's Downtown Cultural District. All of our facilities have architectural beauty and historical significance, and are within walking distance of each other. Colorful, comfortable rooms, refrigerators, and air conditioning are available in all our locations.

To find out more about our Summer Program, and if it is right for you, please contact Marguerite Sabia, Nutmeg's Director of Admission at 860.482.4413 x303, or email her at msabia@nutmegconservatory.org.

Session 1 Pre-Professional Training 2 weeks

Ages 10 to 14
June 7 - June 20, 2009 \$2700.00 *Airport Pickup Extra*

This program is specifically designed for the highly motivated younger female and male dancer. This intensive course of instruction includes Classical Ballet Technique, Pointe and Men's Pas de Deux, Classical Male and Female Variations, Theory Study, Repertoire, Modern Repertoire, Classical Pilates, Yoga, Bio Mechanics, and student choreography workshops. The two week pre-professional program culminates in a demonstration/performance in the Premier Studio. All students in this program are housed in our main dormitory located within the main building complex.

Session 2 Professional Training 4 weeks

Ages 13 - 19 (Men to 21)
June 28 - July 25, 2009 \$4700.00 *Airport Pickup Extra*

Nutmeg's four week, summer intensive was developed for the serious-minded dance student interested in furthering both technical and performance skills, with a professional level intensive focused on daily class work in a young, professional rehearsal environment. This concentrated program focuses on well-rounded dancers with an emphasis on Classical Ballet Technique, Pointe, Partnering, Variations, Men's Technique, Men's Variations, Repertoire, Modern, Yoga, Classical Pilates, Bio Mechanics, and student choreography. The program offers top quality teachers from Nutmeg's renowned faculty and master guest teachers whose focus is on the learning process and growth of each individual student. The 4 week intensive program will culminate in a demonstration/performance either at Nutmeg or a yet unspecified performance venue.

Session 3 Apprentice Program 2 weeks

Ages 16 - 19 (Men to 21)
August 2 - August 15 \$2700.00 *Airport Pickup Extra*

This course is for mature students who wish to supplement their summer training to prepare for an audition, for a return to Nutmeg, or a company or university program. Nutmeg offers these students two intensive ballet technique classes in a professional minded setting – Pointe and Variations class, and a number of repertoire classes. There will be additional classes in Modern, Pilates, and Bio Mechanics. Dancers will also have a chance to work with several upcoming choreographers. The program will culminate in a performance and demonstration in Nutmeg's Premier Studio.

