

Limón East Coast Residency 2012

FREQUENTLY ASKED QUESTIONS

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What are the Residency dates?

Monday July 9 – Friday July 20. Classes and rehearsals run Monday to Friday only.

Arrival and registration is on Sunday July 8, 2:00 – 5:00pm. The final day, Friday July 20, will finish at 3pm.

Room check-out must be completed on July 20, but if you need to stay an extra night there will a further charge.

Weekends are free to arrange your own activities.

Is the Residency in New York City?

No, the residency is located in upstate New York, 350 miles from Manhattan.

The address is SUNY College at Brockport: State University of New York, Campus Drive Brockport, NY 14420

What are the entry requirements for the Residency and do I need to audition?

If you are 16-18 years old you are required to audition (by DVD) and must demonstrate that you are an experienced dancer capable of working at an Advanced/Intermediate level.

Applicants should be 18 years or over and have completed the equivalent of two years of college dance training. You should be at the Advanced or Advanced Intermediate level. Previous experience in Limon Technique is preferred, but not a requirement. No audition is required.

All applicants must submit a dance resume and letter of recommendation from a dance teacher, choreographer or mentor, along with your application form.

Is there accommodation available on campus?

Dorms are on-campus in Thompson Hall (a new location for previous participants), located 5 minutes from the dance studios. All rooms are based on two people sharing. Bathrooms, showers, and laundry machines are available on each floor.

Wi-Fi Internet is available and complimentary in Thompson Hall. Computers are available in the campus Library.

Linen package is automatically included in the housing fee. (Two sheets, one blanket, one pillow, one pillowcase, one towel, one washcloth)

What is a typical day during the Residency?

Example Day Schedule:

- 9:00 - 9:50 Warm-Up
- 10:00 -11:45 Limón Technique (Intermediate and Advanced)
- 1:00 - 2:30 Limón Repertory/ Composition
- 2:45 - 4:15 New Repertory/ Limón Repertory
- 4:30 - 5:30 Principles of Limón Technique / Elements of Style / Free studio time
- 7:00 - 8:30 Lectures/Open Company rehearsals/Film Showings

Can you give more information about the Technique classes and Repertory sessions?

Below are examples of classes and workshop sessions offered. Exact details to be confirmed at registration.

Warm-up classes (9:00am – 9:50am) are intended to help students start their day with related and different ways to prepare for the Limón work.

- Yoga - Dharma Yoga (Classical Yoga). This class will start at 8:50 am.
- Breath, energy work and the solar plexus - “Breath” as support for all movements and enhanced awareness, ‘energy’ to enliven and stimulate our body instrument and the “solar plexus”, where resides the transformation of will into action.
- Ballet Barre – Through the vocabulary of classical ballet, we will focus on specificity of movement, the joy of musicality, and the efficient use of energy as a foundation for Modern dancing.
- Pilates – The Pilates warm-up will cover the basic core principles of Pilates with the integration of imagery, props and some floor barre to strengthen and stretch with an understanding of the body’s alignment in preparation for the day’s classes and rehearsals.

Limón Technique (10:00am – 11:45am) provides rigorous training and features the use of breath, weight, opposition, isolation, succession, musicality and expressive gesture.

- Intermediate Limón
- Advanced Limón

Limón Repertory or Composition (1:00pm – 2:30pm)

- Limón Repertory – Repertory classes will teach excerpts from large ensemble classic Limón works, with an emphasis on performance quality, style, and musicality.
- Composition – The composition class will explore the basic elements of choreography and how form serves the communication of ideas. We will use explorations as suggested by Doris Humphrey in her book, *The Art of Making Dances*, and create a laboratory for experimentation, observation, and discussion.

Limón Repertory or Repertory or New Repertory (2:45pm – 4:15pm)

- Repertory – This Repertory class will teach excerpts from a small or large ensemble classic Limón work, with an emphasis on performance quality, style, and musicality
- Limón Repertory IV - This course will teach a selection from the Humphrey/Limón repertory. Dancers will hone their performance skills while exploring the use of space, gesture, music and the dynamics of the body language in order to develop as artists.
- New Repertory – New Rep offers a forum for the dancers to participate in the “here and now” process of the choreographer and participate in the creation of a new work.

Elements of Style or Principles (4:30pm – 5:30pm) classes are mandatory for all full-time workshop participants.

- Elements of Style – These sessions will bring the entire workshop community together as we focus on the specific movement principles and elements of style that make the Limón/Humphrey technique so rich and varied.
- Principles of Limon - These sessions will bring the entire workshop community together as we focus on the specific movement principles and elements of style that make the Limón/Humphrey technique so rich and varied.

Can I attend part-time?

Dancers can attend part-time, but are not eligible to stay on campus. You can choose 2 sessions from the daily schedule:- 10am Technique class (Int or Adv level) and 1pm Limon Repertory.

Is there a dress code?

There is no dress code, just bring comfortable dance clothes for you to wear in dance classes. (No jeans, no shoes, no baggy pants recommended)

Is there a performance?

In addition to a full schedule of daily classes, students conclude with an informal presentation of repertory & composition on Friday July 20 at 12:45pm.

How do I get to Brockport?

Brockport is easily accessible by car, air, train and bus:

By Car— there are four basic routes to travel to Brockport by car: from New York City, Long Island, Albany, Binghamton and points east. The address is SUNY College at Brockport: State University of New York, Campus Drive Brockport, NY 14420

By Air — Rochester Airport is 30 minutes from Brockport by car. Shared taxis to Brockport (cost \$25-35).

Arrangements can be made for students under the age of 18 to be met at Rochester Airport. Please contact us for more information.

By Train – Amtrak from Grand Central Station to Rochester. Travel time is 7 hours. To reach Brockport from the train station, visitors need to take a taxi or bus.

By Bus - Greyhound and Trailways leave New York City for Rochester frequently (7-8 hours journey). A bus connection will be needed to reach Brockport from the downtown Rochester bus station.

How do I apply?

Visit the Limon website: <http://limon.org/wordpress/school/summer-workshops/> to complete the application.

Or email: summer@limon.org or call: 212 777-3353 and an application form will be sent you.

Can I apply for a scholarship?

There is a small scholarship fund available, which, if awarded, will reduce your tuition fee only. When you register please indicate if you want to apply for a scholarship, we will then contact with more information about how to apply. Audition is by DVD or video link only.

What are the fees?

Full program tuition \$790

Part-time tuition \$460

Housing & Meals \$630 (single room \$830)

Minors must add \$130 for required supervision by chaperone while on campus.

A \$150 registration fee is due at time of application. This amount is deductible from the total tuition fee.

10% Discount available for full-time registrations only received before **April 1, 2012**.

Final payment due no later than **July 1st 2012**.

How do I make a payment?

By Credit Card – MasterCard/Visa/Amex (additional 5% surcharge). Payment details on application form.

By Check (USA only) - Make checks payable to José Limón Dance Foundation and send to:

José Limón Dance Foundation, 307 W 38th St. Suite 1105, New York, NY 10018.

How do I make an international payment?

You can pay by credit card (see above) or make a bank transfer – please contact summer@limon.org for details.

What happens if I need to withdraw?

A refund will only be considered by written cancellation. Tuition and/or housing fees received to date will be refunded if cancellation is received before June 11, 2012. Cancellations received by June 29, 2012 will receive a 50% refund.

Requests made after June 29 will be reviewed on a case-by-case basis. A non-refundable \$150 registration fee and \$50 housing deposit is applicable in all cases.