



Bridgeman Academy of Performing Arts

SUMMER INTENSIVE HANDBOOK

Bridgeman Academy of Performing Arts
Summer Intensive Handbook, 2026 Season

Pre-Professional Summer Intensive Handbook

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Welcome Letter

We are thrilled to welcome you to the Bridgeman Academy 2026 Summer Intensive! Our program is dedicated to delivering exceptional training in ballet and contemporary, among other dance disciplines, helping dancers develop versatility and excellence across various styles. This year's schedule emphasizes healthy and strong dancers, enhancing technique with Progressing Ballet Technique (PBT) training, and refining artistry through technique-focused classes that inspire resilience and passion. Students attending the final two weeks of the Pre-Professional Intensive will showcase their progress in a studio demonstration on Friday, August 14th.

Please review this handbook carefully, as it contains essential information to help you prepare for the Bridgeman Academy summer experience. A friendly reminder that all payments are due by May 1st; accounts with remaining balances as of May 8th will incur a \$25 late fee.

Get ready for an inspiring journey filled with growth, artistry, and unforgettable moments. Together, we'll create a vibrant and supportive atmosphere where you can challenge yourself, make lasting memories, and connect with fellow dancers who share your love for the art. Let's make the 2026 Bridgeman Academy Summer Intensive an experience to remember—we're counting down the days until we dance with you!

PART I: ABOUT

About the Program

At Bridgeman Academy, we pride ourselves on offering small class sizes that provide the same elite training with industry professionals as larger programs, but with a more personalized and focused approach. Our supportive and uplifting environment inspires students to pursue excellence while maximizing their progress throughout the summer intensive. By fostering individual attention and tailored instruction, we ensure every dancer receives the tools and encouragement they need to grow as artists and performers.

Contact Information

ACADEMY LOCATION & MAILING ADDRESS

Persimmon Pointe Market | 1120 Technology Dr. Ste. 104 | O'Fallon, MO 63368

Phone: 636.244.1530

Email: info@bridgemanarts.com

Website: bridgemanarts.com

Owner/Director

Elizabeth Bridgeman

Email: elizabeth@bridgemanarts.com

Featured Academy Faculty

Summer Guest Instructors will be announced as confirmed



Elizabeth Bridgeman
Executive Director



William Brighton
Instructor



Spencer Everett
Instructor, Evaluator



Jared Cordova
Instructor



Aspen Ross
Instructor



Marcus Benson
Instructor



Ella Martin
Instructor



Teresa Wilmes
Instructor



Angie Thompson
Director of Education



Lauren Renner
Instructor



Dr. Austen Killian
Instructor / Speaker



Supp. Superstore
Sports Nutritionist

Intensive Schedule

LEVEL 1 A / B

9:00 AM	Stretching / PBT
9:45 AM	Morning Break
10:00 AM	Ballet Technique
11:30 AM	Class #1
12:30 PM	Lunch
1:15 PM	Class #2
2:30 PM	Afternoon Break
2:45 PM	Class #3
4:00 PM	End of Day

LEVEL 2 A / B

9:00 AM	Stretching / PBT
9:45 AM	Morning Break
10:00 AM	Ballet Technique
11:30 AM	Class #1
12:30 PM	Lunch
1:15 PM	Class #2
2:30 PM	Afternoon Break
2:45 PM	Class #3
4:00 PM	End of Day

LEVEL 3 A / B

9:00 AM	Stretching / PBT
9:45 AM	Morning Break
10:00 AM	Ballet Technique
11:30 AM	Class #1
12:30 PM	Lunch
1:15 PM	Class #2
2:30 PM	Afternoon Break
2:45 PM	Class #3
4:00 PM	End of Day

Demonstration Day Schedule (last day of intensive)

9:00 AM	Stretching / PBT
9:45 AM	Morning Break
10:00 AM	Ballet Technique
11:30 AM	Pointe / Men's Class / Elective
12:30 PM	Lunch
1:15 PM	Rehearsal
3:15 PM	Afternoon Break
3:30 PM	Rehearsal
4:00 PM	Demonstration

*Please Note: A placement class will take place on the first day of the intensive during the Ballet Technique class period

PART II: POLICIES & PROCEDURES

Dress Code

CLOTHING

Level 1 (A & B):

- Girls: Mulberry Colored Leotard, Ballet Pink or Skin-Tone Tights
 - Order online through <https://www.shopnimbly.com/bridgemanarts>
- Boys: Fitted plain white shirt, Black shorts, pants, or full-length tights

Level 2 (A & B):

- Girls: Eggplant Colored Leotard, Ballet Pink or Skin-Tone Tights
 - Order online through <https://www.shopnimbly.com/bridgemanarts>
- Boys: Fitted plain white shirt, Black shorts, pants, or full-length tights

Level 3 (A & B):

- Girls: Black Leotard, Ballet Pink or Skin-Tone Tights
 - Order online through <https://www.shopnimbly.com/bridgemanarts>
- Boys: Fitted plain white shirt, Black shorts, pants, or full-length tights

ALL LEVELS

- Any color leotard is allowed during dress down days (Tue, Thur)
- Optional: Dance Warm-Ups (only allowed in certain classes)
- *Street clothes must be worn when entering/exiting the building*

SHOES

ALL LEVELS

- Girls: Ballet Pink or Skin-tone Ballet Shoes
- Boys: Black or White Ballet Shoes
- Ballet pink or Skin-tone Pointe Shoes (if applicable)
- Black or Tan Jazz Shoes

- Black or Tan Socks
- [Toe Grip Socks](#), Any brand (Optional, can also go barefoot for PBT)
- Skin-tone Turners (Optional)

HAIR

Hair must be secured away from the face (bun, french roll...etc.). **No claw clips.**

JEWELRY

Only small stud earrings may be worn during class. No rings, bracelets, necklaces, or dangling earrings may be worn. **No smart watches.**

ELECTRONICS

Students may not wear fitness watches or bands during any courses. All electronics should be stored in the student's locker or cubby during the intensive. Phones may be accessed before and after the intensive, as well as, during meal breaks.

LUNCH & BREAKS

Students are encouraged to bring a sack lunch and snacks to the intensive each day. Please note that microwave access will be limited as only one microwave is available for student use. Additionally, water bottles, protein bars, and other snacks will be available for purchase at the studio coffee shop.

CODE OF CONDUCT

- **Students:** Students are expected to exemplify exceptional behavior, attitude, and work ethic at all times. Students must follow all studio policies and rules, maintain a positive attitude, encourage and value all other students at the studio, refrain from derogatory conversation or

gossip, and demonstrate respect for all instructors, staff members, as well as, their parents and guardians. Students must respect others belongings (including lockers).

PART III: FINANCIAL INFORMATION

TUITION

- Junior, Pre-Professional Summer Intensive Tuition (1 week): \$399
- Junior, Pre-Professional Summer Intensive Tuition (2 weeks): \$749
- Repertoire Summer Intensive: \$199

Registration Fee (All Summer Programming): \$55

- Non-refundable Registration Fee is due at the time of registration.
- Full tuition balance is due by May 1, 2026.

PRIVATE LESSONS

- Limited Private Lessons with Summer Instructors are available upon request. All private lessons will happen in 30-45 minute increments between the hours of 4:00 pm and 6:00 pm. Rates for these lessons vary by instructor. Available time slots will be sent out via email.

SCHOLARSHIPS

- Students may obtain a **merit scholarship** by attending Regional Summer Intensive Auditions or by submitting a video audition.
- Students may apply for a **financial scholarship** by submitting an online application which can be found [HERE](#).

OTHER FEES

- Meals are not provided. Students should bring a sack lunch with them each day. Bottles of water and snacks can be purchased at the studio. If students elect to attend group outings, they will be responsible for all fees accompanied with the outing. Host homes have separate pricing which can be found in this handbook under Housing.

TERMINATION OF CONTRACT

If a student wishes to withdraw from the program, a written request must be submitted via email to **summer@bridgemanarts.com**.

EMERGENCIES

If a student is unable to attend the intensive due to an unforeseeable emergency, **registration fees are non-refundable**, but any paid tuition may be credited toward a future intensive at Bridgeman Academy.

Examples of valid emergencies include severe physical injury or illness, with supporting medical documentation required.

NON-EMERGENCIES

If a student chooses to withdraw from the intensive for non-emergency reasons, **both registration fees and tuition payments are non-refundable**.

*Please note: Bridgeman Academy reserves the right to determine whether an event qualifies as an emergency or non-emergency. Tuition credited to a future intensive due to an emergency is valid for up to **two years** from the time it is granted.*

PART IV: HOUSING & ACCOMMODATIONS

HOST HOMES

Bridgeman Academy offers a limited host housing option for students enrolled in the Pre-Professional Summer Intensive (ages 12 and up). Host housing is the only housing option provided by Bridgeman Academy; families who do not utilize host housing are responsible for securing their own accommodations (hotel, Airbnb, etc.).

Host housing is provided exclusively in the homes of Bridgeman Academy staff members and is fully supervised at all times. This option is designed to support out-of-town students in a safe, structured, and professional environment consistent with the expectations of a pre-professional program.

[CLICK HERE](#) to view the Housing application.

Dates & Duration

- Host housing is available only for the official dates of the Summer Intensive: **July 27–August 14**.
- Check in for host housing occurs at 4:00 PM the **evening before** the intensive week begins.
- Housing concludes on the **final day of the intensive**; housing is not provided the night following the final day.
- Students must enroll in housing for **full-week increments** (1, 2, or 3 weeks). Partial-week stays are not permitted.

Cost & Payment

- **\$525 per week, per student**

- **\$500 per week** for students staying **all three weeks**

Housing fees include:

- Breakfast and dinner daily
- Transportation to and from the studio
- Laundry access
- 24/7 supervision by approved chaperones

Housing fees are **due in full at the same time as tuition** and are **non-refundable under any circumstances**, including withdrawal, dismissal, illness, or schedule changes.

Supervision & Transportation

- A chaperone will be present in the host home at all times.
- All host parents and chaperones are Bridgeman Academy staff members and are vetted by the studio.
- Students will be transported to and from the studio daily by the host family.
- Students are not permitted to leave the host home independently and will only leave for:
 - Scheduled classes
 - Approved optional activities
 - Supervised trips to the store with a chaperone

Meals & Daily Living

- Breakfast and dinner are provided daily.
- Students must submit all dietary restrictions and food allergies at the time of housing application.

- Laundry facilities are available. Linens and towels are provided; however, students are responsible for washing their own items during their stay.

Rooming & Amenities

- Both private and shared rooms are available, based on availability.
- Students may share rooms and bathrooms. Up to **three students may share one bathroom.**
- Students may submit a request on the housing application to stay in the same host home as another student attending the intensive.
- Room assignments are determined by the studio and cannot be guaranteed.

Curfew & House Rules

- Students are required to remain in the host home except for approved outings listed above.
- Students must be in their rooms by **9:00 PM** each evening.
- **Lights out is at 10:00 PM.**
- All students are expected to respect the host family, home, property, and fellow students at all times.

Medical Needs & Emergencies

- Parents/guardians must disclose all medical conditions, allergies, dietary restrictions, and medications at the time of the housing application. Students requiring medication must be able to self-administer unless otherwise arranged in writing in advance.
- In the event of illness or injury, Bridgeman Academy and the host family will make reasonable efforts to contact the parent/guardian and,

if necessary, seek medical treatment. Parents/guardians are financially responsible for any medical care required during the student's stay.

Placements & Requests

- Host housing placements are determined by Bridgeman Academy based on availability, age, gender, and overall compatibility. Families may request specific host homes or roommates during the application process; however, all requests are considered preferences only and are **not guaranteed**.

Conduct & Removal from Housing

- Students are expected to comply with all host home and studio rules. Failure to do so—including but not limited to curfew violations, leaving the home without permission, inappropriate conduct, or behavior that compromises safety—may result in **immediate removal from host housing** at the discretion of Bridgeman Academy.
- In such cases, parents/guardians will be required to make **immediate alternate housing arrangements at their own expense**. Housing fees are non-refundable.

Communication

- All housing-related communication must be directed through the studio.
- **Primary Housing Contact:**
Angie Thompson
Email: housing@bridgemanarts.com

- Emergency contact information will be exchanged with families prior to arrival.

OTHER LOCAL ACCOMMODATIONS

All locations listed below are within walking distance of the studio.

- **Holiday Inn Express & Suites St. Louis West-O'Fallon**
 - 1175 Technology Dr O'Fallon, MO 63368
 - *Distance from Studio: 0.4 miles (Drive: 2 min, Walk: 7 min)*
- **Sleep Inn & Suites O'Fallon**
 - 1147 Technology Dr O'Fallon, MO 63368
 - *Distance from Studio: 0.3 miles (Drive: 2 min, Walk: 4 min)*
- **Staybridge Suites O'Fallon**
 - 1155 Technology Dr O'Fallon, MO 63368
 - *Distance from Studio: 0.3 miles (Drive: 2 min, Walk: 5 min)*

PART V: PREPARING FOR THE INTENSIVE

HEALTH AND WELLNESS

Before Arrival

- **Health Clearance:** Ensure students are in good health and have been cleared by their physician to participate in the rigorous physical activity of the intensive.
- **Head Lice Check:** Students must be checked for head lice prior to arrival. If lice are detected, please arrange for treatment well **before departure** and notify us that treatment has been completed. If lice are found during the intensive, students will need to complete treatment before returning to classes.

Injury and Illness

- **Reporting:** Students should immediately inform staff about any illness or injury. A first aid kit is available at the front desk.
- **Non-Emergency:** For non-emergency issues, parents/guardians will be contacted to decide the best course of action.
- **Emergency:** In case of an emergency, staff may need to make decisions in the best interest of the student while contacting parents/guardians.

Icing and Recovery

- **Post-Dance Icing:** Students should ice muscles at home after their dance day if needed. Ice is available at Bridgeman Academy only for injuries, and all icing incidents will be recorded.

Additional Considerations

- **Hydration and Nutrition:** Students should stay hydrated and maintain a balanced diet to sustain energy levels during long days of training.
- **Rest and Sleep:** Adequate sleep is critical for recovery and performance. Students should prioritize rest to help their bodies and minds handle the intensity of the program.

PACKING LIST

Dance Clothing / Shoes

- Class Leotards or Shirts
- Class Tights
- Warm-Ups
- Ballet Shoes
- Pointe Shoes
- Jazz Shoes
- Socks (Contemporary)
- Grip Toe Socks (PBT)
- Turners

Dance Supplies

- Water Bottle
- Dance Bag
- Pointe Shoe Bag
- Other Pointe Shoe Supplies
(toe pads, spacers, tape...etc.)
- Sewing Kit

Hair Supplies

- Hair Pins
- Hair Ties
- Hairnets
- Hairspray
- Other Hair Items used

First Aid

- Band-aids
- Neosporin
- Ace Bandage
- Icy Hot
- Medicines (Tylenol, Advil...etc.)

Food

- Packed Lunch (Daily)
- Snacks (Daily)

PART VI: STUDIO RULES

Communications

For Summer communications, email is our primary method of contact.

To stay updated, you can also [download our studio app](#), **Spaces** (Blue and White Logo). Use the studio code **W3KBST** to connect.

After downloading the app:

1. Go to the “Groups” tab.
2. Request to join the appropriate Summer Camp / Intensive group.
3. Once registered for summer programming, an administrator will approve your request to join the group.

Through the app, you can:

- View important updates and event details (e.g., end-of-week demonstrations/performances).
- Message the studio with any questions.

Building & Safety

- Students must be dropped off / picked up inside the studio or directly outside the studio front door. Students under the age of 16 will not be dismissed to leave the studio unless a parent or guardian is visible.
- Street shoes are not allowed on the marley flooring.
- Food and drinks (with the exception of water bottles) are not allowed in the dance studios except during designated meal breaks.

- All water bottles must be non-spill if tipped over. Stanley Cups are not allowed unless they are spill-proof.
- In the case of an emergency, you may call the front desk at 636-244-1530.

Use of Equipment

Students are welcome to borrow studio equipment, including exercise balls, fusion balls, massage balls, small and large rollers, ankle weights, resistance bands, and more, for PBT classes, breaks, or during the intensive.

Please note:

- Equipment must remain in the studio at all times.
- After use, all items must be returned to their designated spots in the equipment cabinet or bins.

Food

Students should bring a packed lunch and snacks each day for the intensive.

Please note:

- There is one microwave available for student use, but no refrigeration space. Pack food accordingly.
- Convenient dining options include three restaurants within the studio plaza, as well as Jimmy John's and St. Louis Bread Company (Panera), both of which offer delivery.

We kindly ask that students only use these dining options when necessary. Students under the age of 16 will not be allowed to leave the premises without a parent or guardian present.

AND FINALLY. . .

Thank you for taking the time to read this handbook. We are thrilled to welcome you to this year's Summer Dance Programming at Bridgeman Academy of Performing Arts!

This summer, we look forward to helping you enhance your technique, develop your artistry, and nurture your passion for dance. If you have any questions or concerns, please don't hesitate to reach out to us. It's going to be an incredible summer!

A copy of the **Acknowledgement Form** is provided below.

Please sign, date, and return the completed form to Bridgeman Academy via email at **summer@bridgemanarts.com** after reviewing the handbook.

Acknowledgment Form

This Summer Intensive Student Handbook is designed to provide a clear understanding of the policies, practices, expectations, and benefits of attending our program. It is essential that you read the entire handbook.

Please note:

- We reserve the right to update or revise policies at any time without prior notice.
- The director retains the discretion to interpret and enforce these policies as needed.

After reviewing this handbook, please sign, date, and return the **Acknowledgment Form** within seven (7) days of registration. Be sure to make a copy for your records before submitting it.

By signing below, you confirm that you have read and understood the policies outlined in this handbook. You agree to adhere to these policies, including any future updates, and acknowledge that this handbook serves as a general guide, not a comprehensive statement of Bridgeman Academy's policies. For any questions or clarifications, please consult the director.

Student Name_____

Signature_____ Date_____

Parent Name_____

Signature_____ Date_____

Student Photograph & Video Release Form

I grant Bridgeman Academy of Performing Arts and all its representatives and employees the right to use photographs of me, my child, and/or my property in connection with Bridgeman Academy of Performing Arts. I authorize the above company to copyright, use and publish the same in print and/or electronically. I agree that the above company may use such photographs of me, my child, and/or my property with or without our names for any lawful purpose, including for example such purposes as publicity, illustration, advertisement, and web content.

By signing this form I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material for educational or promotional purposes.

Student Name _____

Signature _____ Date _____

Parent Name _____

Signature _____ Date _____