

BESFI 2021

VALIA SEISKAYA
Artistic Director

**LONG ISLAND'S
Master Summer
Workshop July 12
to August 6**

Dancer
Lara
Caraiani

Faculty (dates in residence 2021)

- ❖ AMY RUGGIERO (Jul 12-16)
- ❖ MARY CARPENTER (Jul 12-16)
- ❖ LAURA FEIG-OTTO (Jul 19-23)
- ❖ ERIC OTTO (Jul 19-30)
- ❖ ALVIN TOVSTOGRAY (Jul 26-30)
- ❖ ALEXANDRA BERGMAN (Aug 2-6)
- ❖ ANDREA BERGEMAN-RAK (Aug 2-6)

**Classical Ballet Technique, Pointe, Character, Pas de Deux,
Turns, Variations, Allegro, Broadway Dance, Contemporary
Repertoire, Yoga, Pilates and Stretch & Strengthen**

— FSA Child Care Receipts On Request —

2021 Workshop Fee Schedule	Advanced Program	Intermediate Program
Reservation Deposit (Applicable toward tuition)	\$500	\$350
Four Weeks	\$1,500	\$1,100
Three Weeks	\$1,220	\$860
Two Weeks	\$885	\$620
One Week	\$500	\$350
Daily	\$120	\$ 80
Single Class	\$ 35	\$ 30

Created in 1981, the BESFI Summer Workshop is designed to provide professional training for serious students of ballet. The Ballet Education and Scholarship Fund, Inc. is a not-for-profit organization, one of whose purposes is to provide the highest quality training at an affordable price. The COVID-19 pandemic has resulted in some special changes for 2021. The BESFI Summer Program has been trimmed from six to four weeks and the technique groups have been pared down to Advanced and Intermediate. No merit scholarships are available this year due to the lack of available funds that would have been generated by the 2021 BESFI Spring Benefit performances and attendant journal. Two dedicated non-competitive male work-fellowships are being carried forward from previous years.

Over the past forty years, the BESFI summer program has stressed a full range of classwork. Although varying slightly year-to-year, courses offered include classical technique with specialized classes in variations, pointe, allegro, character ballet, pas de deux, port de bras, contemporary/modern dance and Broadway-theatrical dance.

The 2021 workshop will be held from July 12 through August 6 at the Seiskaya studios located at 7 Flowerfield, Suite 16, St. James, Long Island, New York 11780, (631) 862-6925. Class size is limited. Both large, air-conditioned studios feature resilient composite flooring, mirrors and dressing rooms.

COVID-19 operating guidelines are still in effect, as applicable. Fully vaccinated (both shots - second one at least two weeks prior to program) students and staff do not need to wear masks. A complete set of COVID-19 operating rules is posted in each studio. The following are highlights - all non-vaccinated individuals must wear a mask at all times, everyone coming to the studio will have their temperature taken upon entering the studio, come dressed in ballet attire and bring your own water, social distancing markers are on the floor and walls of each studio, and bathroom breaks during class are disruptive and should be for emergency purposes only. All students should use hand sanitizer upon arrival and at departure from the studio. Kindly note that breaks between classes allow for COVID-19 cleaning requirements.

As you can see from the staff credentials outlined below, under the Artistic Direction of Valia Seiskaya, BESFI continues to attract an outstanding faculty of Master Teachers. The same care is taken in the selection of students.

VALIA SEISKAYA
Artistic Director

Mme Seiskaya was with the Greek National Opera for seventeen years and, as a featured soloist, toured Europe and Russia. In 1974 she established the Seiskaya Ballet School, and in 1981, the Seiskaya Ballet Academy, which has national recognition as an outstanding professional preparatory program. Seiskaya-coached dancers under the artistic direction of Mme Valia Seiskaya have captured numerous regional and national titles, including a Presidential Scholar in the Arts citation. Students have competed with notable merit in ten international ballet competitions, placing

as semi-finalists and finalists and capturing three gold medals and a bronze. Eighty students have opted for professional careers in major companies, such as American Ballet Theatre (5), Royal Swedish Ballet, Boston Ballet (2), Pittsburgh Ballet, Pacific Northwest Ballet, Ballet West, Atlanta Ballet (2), Fort Worth Ballet, Tulsa Ballet, Eliot Feld Ballet, Hartford Ballet (2), Milwaukee Ballet (3), Washington Ballet, State Ballet of Missouri, Ballet Memphis, Louisville Ballet (2), Ballet Austin, Momix (2), Tennessee Ballet, Alabama Ballet (2) and New Jersey Ballet.

BESFI SUMMER INTENSIVE (July 12-August 6)

The daily BESFI class schedule provides for three distinct class periods. Our emphasis on a wider array of speciality ballet and contemporary classes continues this season. The following biographical profiles will introduce you to our staff. The color coding utilized is for ease of locating a specific instructor on the 4-week schedule centerfold spread. We look forward to another exciting summer!

AMY RUGGIERO (July 12-16)

Amy Ruggiero trained under Mme Valia Seiskaya and graduated from Goucher College with a BA in Dance with Biological Sciences. She has performed with Ballet Austin, American Repertory Ballet, and Twyla Tharp Dance. Additional credits include: Carousel (Broadway), the 1st National/Japan Tour of Come Fly Away, the Radio City Christmas Spectacular, Little Dancer (Kennedy Center), Manon (Metropolitan Opera), ADM₂₁ (Joyce Theatre). Most recently, she danced in the Netflix limited series Halston and Kate Spade's Summer/Fall 2021 Campaigns. She will return to Broadway in The Music Man in the fall of 2021.

MARY CARPENTER (July 12-16)

Mary is currently on faculty at Steps on Broadway, The New School University, and American Liberty Ballet. She is a former faculty member of Barnard College and The Ballet Hispanico School. She danced for: The Metropolitan Opera Ballet, Ohio Dance Theater, Maryland Ballet and in many musicals and plays. Mary is a pointe shoe expert and has worked with dancers at ABT, NYCB and The Royal Ballet, and her Youtube channel Dancewithmary NYC shares her knowledge and insights. She has directed nine ballet classroom CDs and three instructional ballet class DVDs. Additionally, she is certified in Pilates Mat and Progressing Ballet Technique.

LAURA FEIG-OTTO (July 19-July 23)

A Seiskaya alum, Laura danced with the Atlanta Ballet where she spent ten years, becoming a principal dancer with the company. She has also performed as a member of the Metropolitan Opera Ballet, Morphoses/The Wheeldon Company, The National Ballet of Canada, BalletX, Chautauqua Ballet, and Ballet NY. Laura was an original Broadway cast member of the recent revival of Carousel as well as An American in Paris. She has also toured the US, Canada, and Japan starring in Twyla Tharp's Movin' Out in the role of Judy. Laura appeared in the Starz original TV series Flesh and Bone as a member of the company.

Class assignments are subject to change.
All students must exit each class during sanitization.

ADVANCED						ADVANCED					
July 12-16						July 19-23					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Advanced Ruggiero	Advanced Carpenter	Advanced Ruggiero	Advanced Carpenter	Advanced Ruggiero	9:30 AM 11:00 AM	Advanced Feig-Otto	Advanced Otto	Advanced Feig-Otto	Advanced Otto	Advanced Feig-Otto
11:20 AM 12:20 PM	Pilates Carpenter	Contemp Rep Ruggiero	Turns Carpenter	Pointe Ruggiero	Beats Carpenter	11:20 AM 12:20 PM	Adagio Otto	Variations Feig-Otto	Pas de Deux Otto	Broadway Dance Feig-Otto	Variations Otto
1:30 PM 2:30 PM	Variations Ruggiero	Grand Allegro Carpenter	Contemporary Ruggiero	Variations Carpenter	Broadway Dance Ruggiero	1:30 PM 2:30 PM	Contemporary Feig-Otto	Grand Allegro Otto	Turns Feig-Otto	Beats Otto	Contemp Rep Feig-Otto
INTERMEDIATE						INTERMEDIATE					
July 12-16						July 19-23					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Intermediate Carpenter	Intermediate Ruggiero	Intermediate Carpenter	Intermediate Ruggiero	Intermediate Carpenter	9:30 AM 11:00 AM	Intermediate Otto	Intermediate Feig-Otto	Intermediate Otto	Intermediate Feig-Otto	Intermediate Otto
11:20 AM 12:20 PM	Turns Ruggiero	Variations Carpenter	Pointe Ruggiero	Port de Bras Carpenter	Contemporary Ruggiero	11:20 AM 12:20 PM	Pointe Feig-Otto	Contemp Rep Otto	Broadway Dance Feig-Otto	Variations Otto	Contemporary Feig-Otto
1:30 PM 2:30 PM	Pte Shoe Fitting Carpenter	Broadway Dance Ruggiero	Turns Carpenter	Beats Ruggiero	Variations Carpenter	1:30 PM 2:30 PM	Turns Otto	Port de Bras Feig-Otto	Adagio Otto	Turns Feig-Otto	Beats Otto

ADVANCED						ADVANCED					
July 26-30						Aug 2-6					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Advanced Tovstogray	Advanced Otto	Advanced Tovstogray	Advanced Otto	Advanced Tovstogray	9:30 AM 11:00 AM	Advanced Bergman	Advanced Bergeman-Rak	Advanced Bergman	Advanced Bergeman-Rak	Advanced Bergman
11:20 AM 12:20 PM	Adagio Otto	Turns Tovstogray	Pas de Deux Otto	Variations Tovstogray	Variations Otto	11:20 AM 12:20 PM	Variations Bergeman-Rak	Variations Bergman	Pilates Bergeman-Rak	Beats Bergman	Variations Bergeman-Rak
1:30 PM 2:30 PM	Pas de Deux Tovstogray	Contemp Rep Otto	Variations Tovstogray	Grand Allegro Otto	Beats Tovstogray	1:30 PM 2:30 PM	Contemp Rep Bergman	Turns Bergeman-Rak	Pointe Bergman	Yoga Bergeman-Rak	Contemp Rep Bergman
INTERMEDIATE						INTERMEDIATE					
July 26-30						Aug 2-6					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Intermediate Otto	Intermediate Tovstogray	Intermediate Otto	Intermediate Tovstogray	Intermediate Otto	9:30 AM 11:00 AM	Intermediate Bergeman-Rak	Intermediate Bergman	Intermediate Bergeman-Rak	Intermediate Bergman	Intermediate Bergeman-Rak
11:20 AM 12:20 PM	Variations Tovstogray	Contemp Rep Otto	Port de Bras Tovstogray	Variations Otto	Beats Tovstogray	11:20 AM 12:20 PM	Pointe Bergman	Variations Bergeman-Rak	Contemp Rep Bergman	Stretch/Strengthen Bergeman-Rak	Beats Bergman
1:30 PM 2:30 PM	Turns Otto	Character Tovstogray	Adagio Otto	Character Tovstogray	Grand Allegro Otto	1:30 PM 2:30 PM	Petite Allegro Bergeman-Rak	Grand Allegro Bergman	Yoga Bergeman-Rak	Turns Bergman	Port de Bras Bergeman-Rak

All Advanced classes are held in Studio A.

All Intermediate classes are held in Studio B.

All Advanced pointe students must have 1 1/2 years of pointe.

Students must have sufficient usable pointe shoes for all classes that require pointe.

Proper foot care is important. Give your feet TLC.

Class assignments and instructors are subject to change at the sole discretion of management.

If you are not COVID-19 immunized, you must wear a mask at all times.

ERIC OTTO (July 19-July 30)

Trained at SAB, Eric Otto danced professionally with NYCB, ABT, Metropolitan Opera Ballet and BalletX. His Broadway credits include lead roles in Come Fly Away, Movin' Out and The Phantom of the Opera. Eric also joined Twyla Tharp on her 50th Anniversary tour. His extensive repertoire includes works by Ashton, Cranko, MacMillan and Robbins. He has danced roles created for him by Tharp, Taylor, Taylor-Corbette and Neenan. An ABT Certified Teacher in Primary Level 6/7 and Partnering, Eric has served as Ballet Master, guest faculty and Artistic Director for several highly regarded companies and schools.

ALVIN TOVSTOGRAY (July 26-July 30)

Ukrainian born Alvin Tovstogray has garnered medals in several noted international ballet competitions. His training began at the Dnipro State Choreographic School and continued until he joined the San Francisco Ballet School in 2008 which was followed by a stint with the Washington Ballet Studio Company. He later joined the Oklahoma City Ballet rising to Principal Dancer in 2015 and is currently with BalletMet. Alvin's professional repertoire includes several works by legends Balanchine, Bournonville, Tudor, Kylián and Tharp. An ABT® National Training Curriculum Certified Teacher, he has also been a BESFI guest artist.

ALEXANDRA BERGMAN (August 2-6)

Swedish born Alexandra, a Seiskaya alum, began her professional career at Tulsa Ballet as an apprentice and retired as a principal dancer in 2013. Her extensive repertoire includes principal roles in the Rite of Spring, Val Caniparoli's Lambarena, Ma Cong's Carmina Burana, The Great Gatsby, La Sylphide, Theme and Variations, Carmen and Push Comes to Shove. In addition, several roles were created specifically for her. Alexandra has staged works for Ballet Des Moines, at Kansas City Dance Festival and for Tulsa Ballet. She is on faculty with Tulsa Ballet and continues to teach master classes across the US.

ANDREA BERGEMAN-RAK (August 2-6)

Seiskaya alum Andrea Bergeman-Rak began her career with Ballet Memphis and later, Minnesota Dance Theatre. She was a principal dancer with Peoria Ballet and also performed with the English National Ballet and Tulsa Ballet. Her repertoire includes soloist and principal roles in The Nutcracker, Giselle, Swan Lake, Carmina Burana, and the title role in Firebird. Multifaceted, Andrea was on the faculty at the schools of Ballet Memphis, Minnesota Dance Theatre and the Indianapolis School of Ballet. She is also a comprehensively certified Pilates instructor, having been a master instructor with Peak Pilates, and is a certified yoga teacher.

ATTIRE: Fully-functional dance clothing in good repair. All female dancers en pointe must have at least three pairs of pointe shoes in new or serviceable condition. Advanced students attending for four weeks - four pairs of pointe shoes. Character shoes are strongly recommended for those taking Character classes.

SUMMER WORKSHOP INFORMATION

ELIGIBILITY: Advanced and Intermediate levels are available in 2021. Ballet students must be at least at the Intermediate technique level. Students must either audition in-person, have the strong recommendation of their current teacher or provide a recent videotape of a classical variation being performed en pointe, as applicable. A placement audition by the director is required of all students who were accepted by other than an in-person audition.

RESERVATION DEPOSIT: In order to assure a place in the workshop, a NON-REFUNDABLE \$500/\$350 reservation fee, as applicable, must be deposited with BESFI. The deposit is fully applicable towards tuition and must be received **NOT LATER THAN June 20, 2021**. For students accepted and registering for the workshop after June 30th, the total tuition is due in advance upon registration. For students with a reservation deposit, total tuition is due on the first day of class unless other arrangements have been made in advance. A complete listing of all tuition fees is on the front panel of this brochure. **ALL FEES ARE NON-REFUNDABLE AND ARE DUE AS NOTED.**

For those students looking for summer ballet classes prior to July 12 and after August 6, **SEISKAYA BALLET** offers a variety of evening classes for youth and adults. Below is a snapshot of the offerings. Further information is available at www.seiskaya.com.

EFFECTIVE JULY 6TH THROUGH SEPTEMBER 2ND

Monday	Tuesday	Wednesday	Thursday	Saturday
Y-LEVEL 1-2 BEGINNER 4:30-5:30 PM	Y-LEVEL 2 ADV. BEGINNER 4:30-5:30 PM	Y-LEVEL 1-1 STARTING BEGINNER 4:30-5:30 PM	Y-LEVEL 0 PRE-SCHOOL 4:30-5:30 PM	Y-LEVEL 1-1 STARTING BEGINNER 11:00 AM-NOON
A-LEVEL 1 BEGINNER 5:45-6:45 PM	C-LEVEL 3 INTERMEDIATE 5:45-6:45 PM	A-LEVEL 1 BEGINNER 5:45-6:45 PM	C-LEVEL 2 ADV. BEGINNER 5:45-6:45 PM	Y-LEVEL 1-2 BEGINNER 12:15-1:15 PM
C-LEVEL 2 ADV. BEGINNER 7:00-8:00 PM	C-LEVEL 4 ADV. INTERMEDIATE 7:00-8:30 PM **	C-LEVEL 4/5 ADV. INT./ADVANCED 7:00-8:30 PM **	C-LEVEL 4 ADV. INTERMEDIATE 7:00-8:30 PM **	C-LEVEL 3 INTERMEDIATE 1:30-2:30 PM

Classes	Tuition	Classes	Tuition	Classes	Tuition	Classes	Tuition
1**	\$23.00	5	\$90.00	9	\$160.00	13	\$224.00
2	\$42.00	6	\$108.00	10	\$176.00	14	\$240.00
3	\$60.00	7	\$126.00	11	\$192.00	15	\$256.00
4	\$72.00	8	\$144.00	12	\$208.00	16*	\$272.00

*Each additional class is \$14.00 **All 90 minute classes are \$35 each. There is no frequency discount.

CODE KEY: Y=YOUTH, A=ADULT, C=COMBINED

TEL: 631-862-6925/1722

The studio is closed for classes from July 1-5 and Labor Day, Sept. 3-6, 2021.

THIS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

TRANSPORTATION AND HOUSING: The town of St. James is located on Long Island, approximately fifty miles east of midtown Manhattan. Rail transportation is via the Long Island Railroad, North Shore Line, which terminates in Port Jefferson. St. James is the appropriate stop on the Port Jefferson Line. The studio is a five-minute drive from the train station, and taxi and other services are available. Accommodations can be arranged with either a host family or similar facility. The fee, without meals included, is approximately \$275.00 per week. Contact BESFI for further details on housing availability and meals.

DIRECTIONS: From Manhattan, take the Midtown Tunnel to the Long Island Expressway to Exit 56, Smithtown-Route 111. Turn left at the bottom of the ramp to head north on Route 111. Proceed north/northeast on Route 111 for seven miles, intersecting three main east-west routes: 454, 347 and 25, in that order. North of the Route 111-Route 25 intersection, Route 111 terminates and becomes Route 25A East. No turns are involved. At the end of the seven miles you will be in the hamlet of Head of the Harbor/St. James, and you will see Mills Pond Road on your right-hand side. Turn onto Mills Pond Road and proceed to the second entrance on your left which is the main entrance of the Flowerfield Park/Gyrodyne complex. Turn left into the complex; building No. 7 is the first large building on your right. Utilize the burgundy canopied building entrance marked 7 North/7N.

Dancer
Maya Butkevich

ALTERNATE APPROACHES: Take the Triborough Bridge to the Grand Central Parkway, then go east on the Long Island Expressway to Exit 56 and follow the directions above. From Brooklyn, south New Jersey, or Long Island's south shore, take the Belt Parkway to the Southern State Parkway, then the Sagtikos Parkway north to the L.I.E., and follow the above. From upstate New York and Connecticut, take the Throgs Neck Bridge to either the Cross Island Parkway south or the Clearview Expressway to the L.I.E., and follow the directions above. For those taking the Bridgeport-Port Jefferson Ferry, proceed west on Route 25A from the ferry terminal for approximately seven miles until you see Mills Pond Road. Turn left and proceed as directed above.

THE BALLET EDUCATION AND SCHOLARSHIP FUND, INC.

P. O. Box 2146

ST. JAMES, NEW YORK 11780

TEL: (631) 584-0192
www.besfi.com

FAX: (631) 862-0507
e-mail: info@besfi.com