

Why Study at the Sacramento Academy of Dance?

- ◆ Expert, caring instruction
- ◆ Limited class size
- ◆ Individual attention
- ◆ Spacious studios
- ◆ Small faculty, consistency of approach
- ◆ Semi-annual examinations
- ◆ Scholarship programs

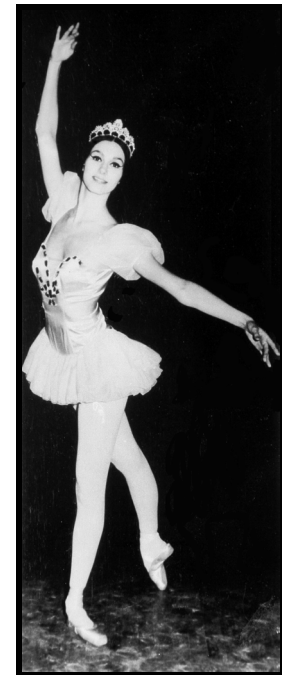
Sacramento Academy of Dance offers ballet classes for preschoolers through teens and adults.

Instruction is grounded in the Cecchetti Method, which offers a completely balanced and planned system for the development of the student from the first lesson to solo status.

In addition to the “set” exercises, “unseen” steps are included in each lesson, so that students learn to adapt easily to any pattern of steps or rhythm. Students are encouraged to work in both Cecchetti syllabus and non-syllabus (“free style”) classes. In addition, intermediate and advanced students are exposed to Danish, French, Russian, and Royal Academy methods.

Sacramento Academy of Dance
PO Box 214325
2818 Marconi Avenue
Sacramento, CA 95821

The Sacramento Academy of Dance



Janelle Sebren

2818 Marconi Avenue
Sacramento, CA 95821

(916) 971-0945

www.sacdance.org

We Are Proud of Our Faculty

Janelle Sebren, Owner, Director and Teacher, is a Licentiate of the Cecchetti Council of America, and in 1985 was honored with the “Young Teacher of the Year” award from the Council. During her 15-year professional career, she danced with the Tulsa Ballet and at La Scala (Barcelona), and was prima ballerina for the Nevada Dance Theater.



She operated successful schools in Colorado Springs, Anaheim, and Reno during an 18-year period prior to opening the Sacramento Academy of Dance in 1992. She has coached hundreds of students through the Cecchetti examinations.

Ms. Sebren counts among her former students dancers in the New York City Ballet, Joffrey Ballet, Broadway theatre, Moulin Rouge (Paris), the Sacramento Ballet, and other major companies.

Melanie Haller trained at Central Pennsylvania Youth Ballet for ten years under the world renowned direction of Marcia Dale Weary, where she performed at the International Ballet Competition in 1994 and 1998. Her performance experiences included the roles of Sugar Plum Fairy with principal guest artists from the New York City Ballet and American Ballet Theater.

In 2000, she joined the Sacramento Ballet as an apprentice and within a year was promoted to the company. She danced with the company for six years, performing principal roles such as “Titania” in *A Midsummer Night’s Dream*; “Russian Girl” in *Serenade*; and the “Red Couple” in *Carmina Burana*.

In addition to teaching ballet, Melanie attends Sacramento City College and is a proud member of E:motion Dance Ensemble.

Sunny Staton Mitchell is a freelance choreographer and instructor, specializing in ballet, contemporary and musical theatre stylings. She danced many principal and soloist roles during her career with the Sacramento Ballet. Sunny graduated from UC Irvine with a BFA specialization in choreography, receiving numerous awards and scholarships. Ms. Mitchell was on staff at Sacramento Ballet as the Education & Outreach Director, Assistant Ballet Mistress and Program Administrator for the Dance Education Training Program. Sunny has also worked with California Musical Theatre as an actor, Assistant Choreographer, artist in-residence, and guest instructor. Ms. Mitchell is currently earning her Masters degree in Education at CSU Sacramento. Her thesis project is Directing the Undergraduate Musical. Ms. Mitchell is the founding Lead Artist for E:motion Dance Ensemble and is a proud member of Actor’s Equity.

Jeanne Jacobson trained at the Westside School of Ballet in Santa Monica, California with Yvonne Mounsey and Rosemary Valaire. A former soloist with the Sacramento Ballet, she has taught for the Sacramento Ballet Dance Education Training Program (Sacramento), El Dorado Dance Academy (El Dorado Hills), Conservatory of Dance (Rocklin), and Come Dance With Me (Auburn), joining the faculty of Sacramento Academy of Dance at the start of 2009. A proud member of Actor’s Equity Association, Ms. Jacobson’s professional credits include Universal Pictures, Melody Films, Volcano Entertainment, Sacramento Music Circus, and E:motion Dance Ensemble. Additionally, Jeanne uses her love of Lindy Hop to help others “learn to swing dance” Friday nights at Midtown Stomp!

We are dedicated to the fullest development of each student’s potential, whether the goal is a professional career or a lifelong avocation. We strive to impart the love of dance along with the necessary technical training.

Sacramento Academy of Dance

Student Dress Code

General Ballet Classes

Solid color leotard, pink tights, pink ballet slippers, hair secured in a bun, no loose jewelry

Cecchetti Classes (Grades I – VII)

Black leotard, pink tights, pink ballet slippers, hair secured in a bun, no loose jewelry

Jazz, Musical Theatre, and Contemporary

Leotard, tights, jazz pants (optional), jazz shoes, hair pulled back off face

Sweat pants, plastic pants, and other loose-fitting attire are not permitted.

