

# Parent Student Handbook



**Urbana**  
**DANCE**  
**Studio**

*create. inspire. transform.*

## *Vision:*

Provide a balanced well-rounded dance education that lasts a lifetime

## *Mission:*

To stimulate one's CREATIVE spirit, INSPIRE personal growth beyond perceived limits, and TRANSFORM mentally, physically, and artistically through a balanced, well-rounded dance education that lasts a lifetime

UDS accomplishes this mission by:

- Offering quality classes in a variety of genres that are held in a supportive environment balanced with tradition and discipline, yet flexible and accommodating;
- Offering continued education for the contemporary stage through workshops and master classes with current professionals;
- Offering opportunities to achieve one's goals, be it social, recreational, professional, or competitive, through shared values, mutual respect, and cultural appreciation; and
- By sharing a passion for dance as a means for creative expression and life-long wellness.

## *Staff:*

*CEO & Artistic Director:* Sonja Davis

*Finance & Marketing:* Kim Switlick

*Studio Manager:* Nicole Stassi

*Instructors:*

Instructor photos and bios can be found on the studios website.

## *Contact Info:*

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Website: [www.urbanadance.com](http://www.urbanadance.com)

Facebook: Urbana Dance and Performing Arts Studio

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## Welcome

Thank you for choosing Urbana Dance for your child's dance education. Our programs serve beginner through advanced students aged two and a half and up. We also welcome college and pre-professional students in their continued training toward mastering technique.

The policies and procedures you will find here were created to give you a clear understanding of our mutual commitments and responsibilities. Parents are responsible for being aware of all dates, schedule changes, holiday schedules and recital information. Urbana Dance communicates via studio **email, bulletin boards, website, and facebook**. Check ALL of these forms of communication often for important updates and messages.

# **A Full 2019-20 Studio Calendar**

can be found on our website, [www.urbanadance.com](http://www.urbanadance.com)

## The Dance Year

The dance year consists of the **Fall/Spring Season** and is a total of 35 weeks. Classes convene once or twice a week for 30, 45, 60, 75, or 90 minutes. UDS does NOT follow FCPS, MCPS, or any state public or private school closings. Please refer to the studio calendar on the studio website for scheduled closings and special events.

UDS does occasionally offer classes for parents and students looking for a smaller commitment. These classes will be posted on the studio website.

The **Summer Season** classes are offered for students to stay active, fresh and on top of their skills. It is also a great opportunity for students to try a different genre of dance or for beginners to just try out a class. During the summer season, UDS offers evening classes, camps & intensives, and workshops for students in beginning through advanced levels.

**PLEASE NOTE:** All policies and procedures outlined in this booklet must be adhered to regardless of which season students are enrolled.

### Cancellations

You will be notified by email should any class need to be cancelled due to under-enrollment. UDS reserves the right to cancel any under-enrolled class, session, camp, or workshop, and place students in a comparable level if available. If a comparable class cannot be offered a full credit will be given within 10 days of the cancellation.

### Snow Policy

UDS does NOT follow FCPS, MCPS, or any state public or private school closings due to inclement weather. We will make a decision to close approximately 2 hours before the day's classes begin.

Should we need to close to keep our students & instructors safe we will:

- Post all closings on our website and facebook page
- Send an email to the address on file in the office
- Record a message on the studio answering machine

We will notify you should the Artistic Director decide make-up classes are necessary when the studio closes due to unforeseen and weather-related emergencies. UDS does not issue refunds due to cancellations caused by severe weather.

## Registration Procedure

We are delighted you will be joining us for your child's dance education. Please do not hesitate to call the office should you have any questions regarding the registration process, tuition rates, fees, or creating your on-line dance account.

### To Register

Fill out an online or paper registration form completely. Registration is open through December 31 or until class(es) are full, whichever comes first. Tuition is prorated for late enrollment.

A non-refundable registration fee is required at time of registration. The fees are:

New Students:	\$20 individual / \$35 family
Returning Students:	\$10 individual / \$15 family*

Your child's space in class is reserved upon receipt of registration (online or paper), registration fee and payment of first and last month's installment.

### Waiver & Release

By its very nature, dance is physically demanding. In case of injury, parents and/or legal guardians grant UDS permission to administer first-aid as needed and waive the right to any legal action for such injuries sustained on studio property; either before, during or after class, or through participation in any community dance performance.

### Emergency Medical Form & Injuries

A completed Emergency Medical Form is required at registration. Students with injuries (dance related or otherwise) must submit a doctor's note to be excused from and readmitted to class. However, it is the instructor's discretion if a student should join in all class activities and/or perform in the annual recital.

## Photo Release

Upon registration parents/guardians grant permission for Urbana Dance Studio to photograph and video minor students to be used in promotional materials including but not limited to printed materials, advertising, website, facebook, youtube, DVDs and other marketing materials. Further, such materials become the sole property of Urbana Dance to be used by others only with express written permission and without compensation.

## On-Line Dance Account

Once you are registered your on-line dance account will be created. To access your account:

Go to the website: [www.urbanadance.com](http://www.urbanadance.com)

Click on **Programs** on the menu bar

Hover on **Recreational** and a drop down menu will appear

Click on **Returning Students**, you will be redirected to our online student registration system, The Studio Director

Enter your email address and password provided upon registration

If you do not know your password, click “Forgot your Password” and a new password will be sent to your email

## Tuition & Fees

The 35-week **Dance Year** tuition rates are calculated as a yearly commitment and divided into 10 equal monthly installments due on the first of each month. First and last installments are paid in advance at registration, reserving your spot in class. Example: You register for class on Sept. 15<sup>th</sup> and pay first and last installment. Your next installment is due on Oct. 1<sup>st</sup>. Tuition is prorated for those registering after classes have begun and will be taken at time of registration.

**Fall/Spring Season** tuition and fees (i.e. costume payments) must be paid via auto payment (Visa or MC) through your online dance account. A debit/credit card must be on file. Upon registration, you grant permission to charge the card on file for monthly tuition installments on the 1<sup>st</sup> of each month and for costume fees as they become due. However, if you wish to pay by cash or check, payment must be submitted before the 1<sup>st</sup> of the month. Tuition payments are non-refundable and non-transferable.

**Summer Season** tuition is due at time of registration. Class, camp, intensive, and workshop fees can be found in the Summer Season brochure released in March.

Cancellations are subject to the following:

- Cancellation prior to June 1; 75% tuition is refundable  
Please note: the registration fee is NOT refundable
- After June 1; 50% tuition is refundable.  
Please note: the registration fee is NOT refundable
- No refunds given if cancellation occurs within 7 days prior to camp or class start date
- No refunds given if a student withdraws at any time after camp or class begins
- There are no reduction of tuition amounts for late arrival, early departures ; missed classes or weather related closings

**Adults, College Students, and PreProfessionals** should inquire at the office for class cards and/or drop-in rates.

## Discounts

Class / family discount offered with the second class / child enrolled in the full dance year (Fall/Spring Season): \$5.00 with each additional class.

## Withdrawals & Refunds

We hate to see you go, but understand sometimes withdrawals are necessary due to unforeseen circumstances. Please complete a withdrawal form **in person** during office hours no later than 30 days prior to your scheduled withdrawal. Tuition will continue to accrue until this form is submitted and signed by both the parent/guardian and a representative of UDS.

The registration fee, tuition and costume fees are non-refundable and non-transferable. Studio credit, valid for one calendar year, is given for any tuition credit you may have at time of withdrawal.

In the unlikely event UDS terminates enrollment of any student, a pro-rated tuition refund will be issued.

If student hasn't showed up in four consecutive classes and/or is a month behind in tuition and all attempts to communicate have failed, that student will be dropped from the class. Should they decide to come back, they must re-enroll and are subject to all back tuition.

### **Late Fees & Service Fees**

A \$25 late fee is charged for all declined transactions not reconciled by the 10<sup>th</sup> of the month. A \$25 service fee is charged for checks returned unpaid. UDS reserves the right to charge the credit card on file if a check is returned unpaid. Accounts more than 30 days in arrears will cause the student(s) to be dismissed from the studio, unless acceptable arrangements are made in writing with the Finance Director.

### **Recital Fees**

UDS holds its annual recital at the end of each Fall/Spring Season. Students are encouraged to participate; however, may choose not to. If a student chooses to participate in recital, a recital costume fee of \$80 per class costume will be charged to the student's dance account.

Other fees associated with recital are: recital T-shirt (optional), shoes, tights, tickets, etc.

## **Studio Policies & Guidelines**

### **Studio Etiquette**

All formal dance training is rooted in respect for others and UDS upholds this proud tradition. Disrespect of any kind toward fellow students, parents and their families, instructors, or staff will not be tolerated.

Urbana Dance is committed to offering a high quality, well-rounded dance education to its students and the studio is a place for dance education requiring quiet and appropriately controlled behavior in all areas of the building. . Please be courteous by keeping voices low, as sounds outside the classrooms can be disruptive to student's learning.

Please be responsible and refrain siblings from running, yelling, or opening/closing doors to the studios. Young children should not be left unattended. All hallways must remain open and clear for emergency exit, thus strollers are not permitted in the hallways.

## Waiting Area

Our lobby area is small and your cooperation is appreciated to keep the inside noise level to a minimum while classes are in progress. UDS provides a study/snack area for families and students and is equipped with a microwave and refrigerator. Be considerate and clean up after yourself.

The shopping center provides several options while waiting for students. Feel free to mention Urbana Dance when frequenting these establishments. As always, please be prompt when returning to the lobby to pick up your student dancer, and remember we discourage students from leaving the lobby on their own.

## Drop Off/Pick Up

Keeping your child safe is of utmost importance to us, both in the studio and upon arrival/dismissal. UDS discourages pulling up to the curb for drop off and pick up, and waiting in the parking lot for our little ones 12 and under. All students are encouraged to remain in the lobby until parent pick up.

Please call the office as soon as possible if you are going to be late for pick up—your children worry about you! Limited staffing and space restrictions do not allow UDS to provide before and after class care. Due to abuse of this policy (and because our instructors and staff would like to get home to their families too), a late fee of **\$5.00 for every 5 minutes** will be added to your dance account after three repeated late pick-ups.

## Attendance

Learning dance is a layering process with one class building upon the next. For students to grow and succeed, they are expected to attend all scheduled classes and arrive on time ready to dance. Please inform the office when absences are necessary. Tardiness may result in sitting out of class and taking notes once the student has missed important start of class warm-ups. **Repeated absences and/or tardiness may result in being placed in a lower level class, termination of classes or pulled from any performance opportunities.**

Unexpected absences due to illness, injury or other emergencies are excused. In this case, classes are to be made up as soon as possible. Please contact the Studio to find out which classes will be an appropriate make up class. **Three** excused absences are permitted during each session: Fall (Sept-Jan) and spring (Feb-June).

Vacations and school programs (other than graded events such as chorus and concerts) are not excused absences. Students may jeopardize their participation in the end-of-year recital if more than three classes are missed during the Spring session. No refunds or class credits are issued for missed classes, excused or unexcused.

Class times may be shortened by 10 – 15 minutes in the event less than three students report to class.

## Communication

Lobby bulletin boards, email, facebook, and the UDS website are the primary sources of current information and communication. Rarely are printed papers sent home with students. It is parents' responsibility to be aware of studio activities. Please add Urbana Dance to your email contact list and inform the office immediately of any address, email, or phone changes. Refer to page 2 for a calendar of studio events and "Like Us" on facebook at Urbana Dance and Performing Arts.

## Music

UDS will make every effort to ensure that music played during class time does not contain lyrics about sex, drugs, violence, etc. However, we cannot control how individuals may interpret different lyrics and will not be held accountable.

## Food & Drink

Students are encouraged to bring capped water bottles into class with them. Other food or drinks are not permitted in the studios. Please clean up after yourself. **ABSOLUTELY NO CHEWING GUM**

## Restrooms

Encourage your child to use the restroom before class to minimize "potty" breaks. Please use the dressing room for changing clothes, not the restrooms. Dirty diapers are not to be disposed of on site, please take them with you.

## Lost & Found

We recommend all students write their name on their belongings. Lost and found is located in the dressing room. It is emptied at the beginning of each month.

## Observation Days

Parents are invited to observe classes during observation days, refer to the website for the studio calendar to obtain these dates. Classes are closed to the public at all other times so as not to disrupt students' concentration.

## Discipline Policy

Disrespect of any kind toward fellow students, parents and their families, instructors, or staff will not be tolerated. Disciplinary actions will be taken on a case-by-case basis in the following manner:

- **Step 1:** Instructor will talk with student about behavior and may be asked to sit out of class
- **Step 2:** Parents will be contacted and informed of student's behavior and may be asked to immediately pickup student
- **Step 3:** At the Artistic Director's discretion, the student may be suspended from class for one week
- **Step 4:** If issues cannot be resolved, the student will be expelled from all classes for the remainder of the year

UDS reserves the right to accelerate the disciplinary process and expel the student without intermediary steps. Should a student be removed from class, no refund or credits will be issued.

## Concerns/Questions

Your concerns are our concerns. Please do not hesitate to contact us at (301) 874-4367 or email to [urbanadance@urbanadance.com](mailto:urbanadance@urbanadance.com). Office hours are: Monday through Thursday 4:00 pm to 8:00 pm and Saturdays 9:00 am to 12 noon. Phone messages and emails are picked up on a regular basis and returned within 24-48 hours during normal business hours.

## Class Policies & Guidelines

### Class Etiquette

1. Be on time and ready for class
2. Show respect for your instructor and fellow classmates
3. Do not enter a class in session without first getting permission from instructor

4. Do not sit or leave class without instructor's permission, except in emergency
5. Be considerate of students around you
6. Be attentive to the instructor's remarks
7. Be alert to all corrections/notes given to you and other students in the class
8. Keep an open mind and do not complain

## Dress Code

Students must attend class with appropriate attire and shoes. **Failure to wear the required apparel could result in the student being asked to sit out of class.** Repeated failure to wear required attire could result in termination of classes.

The following Dress Code Requirements are generally to be followed. However, individual instructors may have specific attire requirements. Please do not purchase attire before receiving your class confirmation indication any specific attire requirements.

### For all classes:

- Absolutely no jewelry, silly bands, friendship bracelets or ponytail holders on wrist
- No bright finger / toe polish
- No jeans or street shoes worn in class
- Sport glasses or goggles or none at all
- FOR BALLET: No shorts, cover ups or warm up clothing once class begins
- Shoes and tights must be in good repair with no holes or runs
- Hair must be tightly secured with bobby pins

## Class Dress Requirements

**Wiggles & Giggles, Intro to Dance, PreDance & PreBallet:** Pink leotard, Capezio mesh transitional classical pink tights (preferred), pink leather full sole ballet shoes and black Mary Jane style tap shoes (**tap shoes for Intro to Dance and PreDance classes only**). Tap shoes will not be needed until November/December. Your instructor will notify you. Hair slicked back and pulled into a bun in the middle of the head.

**Beginning Ballet 1, 2 & 3:** Pink leotard, Capezio mesh transitional classical pink tights (preferred), pink leather full sole ballet shoes. Hair including bangs slicked back and pulled into a bun in the middle of the head.

**Intermediate Ballet 1, 2, & 3:** Maroon leotard, Capezio mesh transitional classical pink tights (preferred), pink leather full sole ballet shoes (canvas and split sole for students also enrolled in Pointe class). Hair including bangs slicked back and pulled into a bun in the middle of the head.

**Advanced Ballet 1 & 2:** Black leotard, Capezio mesh transitional classical pink tights (preferred), pink leather full sole ballet shoes (canvas and split sole for students also enrolled in Pointe class). Hair including bangs slicked back and pulled into a bun in the middle of the head.

**Gentlemen in any Ballet Class:** Black tights or leggings with dance belt, white fitted t-shirt tucked in, white dress socks and black leather full sole ballet shoes.

**Jazz:** Black leotard, black dance shorts, capri or jazz pants over leotard. Sports bras must be covered with a top (cami, tank, t-shirt) of any color, black jazz shoes. Hair including bangs slicked back and pulled into a ponytail or bun, no fly-aways. May use elastic sport band.

**Lyrical/Contemporary:** Black leotard, may add black dance shorts, capri or jazz pants over leotard. Sports bras must be covered with top (cami, tank, t-shirt) of any color. Shoes: Paws/Foot Undeez (skintone/nude). Hair including bangs slicked back and pulled up into a bun, no fly-aways. May use sport band.

**Tap:** Black leotard, may add black dance shorts, capri or jazz pants over leotard. Sports bras must be covered with a top (cami, tank, t-shirt) of any color. Shoes: Youth: Capezio or Bloch full sole oxford style, Pre Teen & above: Capezio or Bloch split sole oxford style. All hair including bangs slicked back and pulled up into a ponytail or bun, no fly-aways. May use elastic sport band.

**LET:** Black leotard, may add black dance shorts, capri or jazz pants over leotard. Sports bras must be covered with a top (cami, tank, t-shirt) of any color. Shoes: Paws/Foot Undeez (skintone/nude). Hair including bangs slicked back and pulled up into a ponytail or bun, no fly-aways. May use elastic sport band.

**Hip Hop:** Black sweat pants, jazz pants, capri pants or dance shorts (no jeans), any color plain top (t-shirt, tank, cami) and black flat soled sneakers (i.e. Converse). Shoes are for classroom only, no street shoes allowed. Knee pads required. Hair including bangs slicked back and pulled up into a ponytail, no fly-aways. May use elastic sport band.

**Poms:** Black capri pants, jazz pants, or spandex shorts, any color top (form fitting), no loose or baggy clothing. Tan jazz shoes. Hair including bangs slicked back and pulled up into a ponytail or bun, no fly-aways. May use elastic sport band.

## Placement & Advancement

UDS takes great care in appropriately placing each student in a class to be challenged, but not overwhelmed. Students new to UDS attend a placement class to be evaluated. In addition, instructors evaluate each student for proper placement during the first weeks of each season. Students are advanced through graded classes based upon their achievement of targeted goals and mastery of technique and syllabi.

## Evaluations & Recommendations

Student evaluations are an ongoing process in every class and instructors will be pleased to discuss your individual child's progress. However, in order not to infringe upon class time, please schedule an appointment with your instructor outside of class time for a thorough and private consultation. Written evaluations with placement recommendations for the Summer and Fall seasons are distributed at the end of the dance year.

## Instructor Conferences/Questions

If you wish to leave a note for the director or instructor, their mailboxes are located at the front desk. They will be happy to assist or address any concerns you may have. Please do not delay instructors before, during, between, or after class.

## Class Descriptions

**Wiggles & Giggles** (ages 2 1/2 – 3) *a non-recital class offered in Mini Season sessions*  
This class is a few steps from mom and a great stepping stone for independence. Classes focus on following direction, listening skills, body awareness, motor skills, rhythm, coordination, balance, and imagination. We believe in repetition, creativity, and a positive and encouraging learning environment. *Class meets once a week for 30 minutes.*

### **Intro to Dance** (ages 3-4)

This class focuses on creative expression, pre-ballet and basic tap. Classes are designed to introduce basic steps, vocabulary, creative movements and styles. Class may include tumbling and/or mat work. *Class meets once a week for 45 minutes.*

### **Pre-Dance 1** (ages 4-5) **and Pre-Dance 2** (ages 5-6)

These classes introduce a strong foundation in ballet. Classes continue to build on following direction, listening skills, body awareness, motor skills, rhythm, coordination, balance and imagination. Students learn basic steps with terminology and work on proper body placement. Emphasis is placed on proper ballet technique and a positive learning environment through encouragement and repetitive choreography and creative center work. Students learn pre-ballet, beginner tap skills, and creative movement. Classes may include some tumbling and/or the use of mats. *Class meets once a week for 45 minutes.*

### **Pre-Ballet 1 and 2** (ages 4-6)

This class introduces fundamental principles of ballet and will progress slowly and carefully. Positions of the feet and arms, proper posture, placement and body alignment are introduced. Students learn age appropriate warm ups and stretches. Center work includes basic locomotor skills such as skipping, hopping, jumping and leaping. *Pre-Ballet I meets once a week for 45 minutes. Pre-Ballet II meets once a week for 60 minutes.*

### **Beginning Ballet 1** (ages 7-8 with 0-1 year previous ballet training)

This class provides the beginning of formal training, taught slowly and carefully with emphasis on proper posture, placement and body alignment. Students learn age appropriate warm ups and stretches, fundamental barre work and terminology including plie, battement, rond de jambe, port de bras, eleve, and the concept and proper use of turn-out. Center work includes basic locomotor skills such as skipping, hopping, mumping and leaping. *Class meets once a week for one hour.*

### **Beginning Ballet 2 & 3** (ages 8-10, completion of Beginning Ballet I or 1-2 years ballet training)

This class is designed to accommodate both continuing and new students. Beginning ballet fundamentals and terminology are expanded and include movement combinations to develop memory skills. Formalized center work includes preparation for pirouettes, petit and grand allegro. *Class meets once a week for one hour*

**Intermediate Ballet 1** (ages 9-11, completion of Beginning Ballet II or 2-3 years ballet training)

This class will develop and secure muscle memory, understanding of movement theory and a firm foundation of the seven movements of dance. Memorization of combinations and musicality are further developed and include coordination of head, arm, and full body movements. Barre work now also includes fondu, frappe, rond de jambe en l'air and developpes. Center work includes adagio, petit allegro combinations and pirouettes from the corner. *Class meets twice a week for 1-1/4 hour.*

**Intermediate Ballet 2** (ages 12 +, completion of Intermediate Ballet II or 4 years previous ballet training)

Growth of the ballet vocabulary continues as combinations become longer to develop memorization and stamina. Sustained adagios en l'air, double pirouettes and allegro batterie become the standard. Fouettes are introduced. Continued work on core strength to stabilize balances and demi-pointe work are continued with an emphasis on pre-pointe readiness. *Class meets twice a week for 1-1/2 hours. Enrollment in LET and PrePointe is strongly recommended.*

**Intermediate Ballet 3** (ages 12 +, completion of Intermediate Ballet II or 4 years previous ballet training)

Vocabulary continues as combinations become longer. Sustained adagios en l'air, double pirouettes and allegro batterie become the standard. Fouettes introduced. Core strength and demi-pointe. Emphasis on pre-pointe readiness.

**Advanced Ballet 1** (ages 12+, completion of Intermediate Ballet III or 4+ years ballet training)

This class emphasis is the perfection of technique in preparation for more arduous work at the advanced levels. Understanding of anatomy, muscular development and coordinated practice of full body movement with port de bras and sustained poses are obtained. Students must be able to execute all work at this juncture safely and correctly before advancing. *Class meets twice a week for 1-1/2 hours. Enrollment in LET and PrePointe/Pointe is strongly recommended.*

**Advanced Ballet 2** (ages 14+, with approval)

Advanced ballet incorporates both technical and artistic proficiency in movements. Complex and precise movement series and combinations are given to master the technique. Classical variations as well as contemporary movements are explored. Care is given to prepare students for auditions for university, industry, or performing companies. *Class meets twice a week for 1-1/2 hours. Enrollment in LET and Pointe are strongly recommended.*

### **PrePointe** (by recommendation)

This class is required to begin pointe training when taken with a ballet technique class meeting twice a week. Foot and ankle strength and proper alignment are stressed for students to safely begin pointe work. Students work in flat shoes until approved for pointe shoes. *Class meets once a week for one hour.*

### **Pointe 1 and 2** (by recommendation only)

Dancing on pointe is the act of standing on the tips of the toes while performing steps from ballet. It is performed using hard toed and stiff shanked pointe shoes. Dancing on pointe requires strength and skill. Prior permission from the instructor is required. *Class meets once a week for one hour.*

### **Turns**

These classes work on proper preparations, placements, and spotting for successful turns. *Class is offered in Mini Season sessions I and II*

### **Beginning Jazz Level 1**

Youth (ages 7-9), Pre-Teen (ages 10-12) and Teen (ages 13+)

These classes focus on basic body isolations of the head, shoulders, ribcage, feet and arms, and will layer jazz style over the traditional technique of ballet. Students master basic jazz steps including kick ball change, step ball change, and jazz runs. Classes are high energy and progress with warm-up, floor crossings, and combinations. Emphasis is placed on developing coordination, rhythmic awareness, individual expression, and flexibility. The jazz program is taught with a strong ballet base for a solid dance foundation. *Class meets once a week for one hour.*

### **Intermediate / Advanced Jazz Level 2 & 3**

Youth (ages 7-9), Pre-Teen (ages 10-12) and Teen (ages 13+)

These classes incorporate many styles such as Fosse Lyrical, Character, and Theatre, to name a few. Classes work on technical skills in the center and progression work. Emphasis is on flexibility, control, conditioning, and incorporating ballet techniques with extensions, leaps, and turns. Choreographed warm-ups and routines challenge student's ability to conform. Class time includes warm-up, across the floor, and technique, ending with choreography. Some classes utilize lyrical movements to sharpen student's technical skills. *Class meets once a week for one hour.*

### **Leaps, Extensions & Turns (LET) Technique Classes** (ages 7 and up)

This class puts an emphasis on ballet and jazz technique. Students continue to build a solid foundation and a solid center frame of the body through rigorous workouts with emphasis on stretch, flexibility, and control. Class incorporates turns, leaps, jumps, extensions, and improving ones flexibility. Classes explore each dancer's potential. Across the floor combinations and center choreography will be taught to encourage utilization of proper technique. *Class meets once a week for one hour.*

### **Lyrical/Pre-Teen Contemporary / Modern** (ages 10-12)

#### **Teen Contemporary / Modern** (ages 13+) (must be enrolled in a ballet class)

So you think you can dance? Learn the history of contemporary jazz dance while learning the moves. This form of dance puts the words, idea and a story through dance. Student's technique is put to work while exploring choreography that is influenced by an expression of the lyrics in the music of today. Students acquire strength, flexibility, grace, technique and alignment necessary for the leaps, turns, kicks, emotion, and fluid movement in Lyrical. *Class meets once a week for one hour and student must also be enrolled in a ballet class.*

### **Tap**

Youth (ages 7-9), Pre-Teen (ages 10-12) and Teen (ages 13+)

Students learn basic foundation for tap vocabulary through playful and creative teaching strategies. Emphasis is placed on proper body placement, positioning, weight shifts, clarity of tap sounds, rhythms, and covers times steps, progressive foot work, and various rhythms and styles. *Class meets once a week for one hour.*

### **Mini Hop** (ages 5-6)

Through sheer fun of movement, this class involves body isolation, strength and coordination while focusing on the latest dance moves of today. *Class meets once a week for one hour.*

### **Hip Hop**

Youth (ages 7-9), Pre-Teen (ages 10-12) and Teen (ages 13+)

Using everything from today's Hip-Hop, R&B, and Old School, this class covers original elements of Hip-Hop such as locking, popping and footwork. The class focuses on building technical skills, freestyle ability, and mastering hip-hop choreography. Students are challenged to improve their coordination, musicality, and groove. *Class meets once a week for one hour.*

## Annual Recital

Participation in the Annual Recital is encouraged. Students learn showmanship, teamwork, choreographic skills and opportunities to express individual personalities through movement. Our goal is to make the recital production experience as organized and exciting as possible. It is a team effort with students, parents, instructors, volunteers, and staff contributing to the success of the show and we thank you all in advance.

### Participation

The end-of-year recital is an exciting and rewarding experience for students and parents alike. Most classes, except technique classes such as LET, participate in the performance. We hope you will join us; however participation in the recital is optional. Recital participation forms are distributed to students in early December. Please indicate whether or not you will participate and return before winter break.

### Recital Costume Fees

A non-refundable costume fee of \$80 or \$90 (depending on the class) per class is charged for each class a student is enrolled. Occasionally, additional charges are incurred for accessories such as rhinestones, tights, hats, gloves, shoes, etc.

The recital costume fee is due in two installments – half on February 15 and half on March 15. This charge is automatically applied to your on-line dance account. If you prefer to pay by check/cash, please be sure to submit payment to the office before the due date.