



## 2021-2022 Welcome Packet

Welcome to Movement Dance & Fitness! Thank you for choosing us to guide your children in the wonders of dance and acro. Ballet, tap, and jazz and other forms of dance are excellent ways to develop or maintain alignment, mobility, coordination, flexibility, and creativity. We are proud to offer a variety of styles in our community. We want everyone to feel comfortable at the studio, so please take time to look over all of the following information as it should answer any questions that may come up. You should keep this packet in a safe place for future reference.

The first of each month you should login to your account and pay your tuition balance with a card and the option to set up auto pay! A monthly newsletter will be emailed, which will contain important dates and information. **One parent/caregiver** may wait in our lobby and watch dance class through our observation windows at any time. As a courtesy, please leave room or take turns for others to watch as well. Please do not bring food or drinks (exception of water) into the studio rooms. All students should bring their items into their studio room and place in the cubicles provided. Regular attendance for students is very important, especially before a performance. Please call or email in advance if your child is sick and is unable to attend. No student should attend if running a fever or having symptoms. Classes may be made up in a similar level. Please notify the front desk in advance at 641-691-4923 or [movementdanceandfitness@gmail.com](mailto:movementdanceandfitness@gmail.com).

**CLASSES BEGIN TUESDAY, SEPTEMBER 7.**

Spring Recital Production 2022 and dress rehearsal is scheduled for May 19-21, 2022 at Gallagher Bluedorn Performing Arts Center in Cedar Falls. Students will have costumes ordered for them to fit the theme of the show. These costumes run anywhere from \$55 - \$85 per class. You may make payments towards costumes when the season begins. *Please Note: there are no refunds or credit on tuition, dancewear or costumes! No exceptions - thank you for respecting our policy.* This performance is a wonderful way for the students to showcase what they have been working on in class all year long. Spring Recital Tickets will be approximately \$15 a person for reserved seating.

## **CLASS DESCRIPTIONS + DRESS CODE REQUIREMENTS**

**Tippy Toes** A creative movement class designed to enhance gross motor development, listening skills, musicality, and nurture the creative spirit. *Dress Code: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes*

**Tiny Tots** Introduces the young dancer to Ballet through the stories of the great ballets and the rhythm of Tap *Dress Code: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes, Black Tap Shoes*

**Demis** Introduces the young dancer to the grace of Ballet skills and vocabulary, and the rhythm of Tap *Dress Code: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes, Black Tap Shoes*

**Kidlets** Introduces the young dancer to Ballet sequences and steps and sequences of Tap. *Dress Code: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes, Black Tap Shoes*

**Beginning Ballet/Tap/Jazz** Introduces the young dancer to Ballet, Tap, Jazz technique and combinations. *Dress Code: Ballet/Tap: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes, Black Tap Shoes. Jazz: Fitted dance attire, Tan Jazz Shoes.*

**Building Ballet/Tap/Jazz** Builds on Beginning Ballet, Tap, Jazz with barre, center work, difficulty and faster tempos, and traveling exercises and turns. *Dress Code: Ballet/Tap: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes, Black Tap Shoes. Jazz: Fitted dance attire, Tan Jazz Shoes.*

**Acro** Have fun learning to tumble and roll with friends! This class will have a performance opportunity in our Spring Recital! *Dress Code: Any colored leotard. Jazz pants/leggings/shorts optional. Barefeet.*

**Hippity Hop** Bounce to the beat in this class for kids! *Dress Code: Fitted Dance attire, Black High Top Tennis shoes with white soles.*

**Lyrical** A beautiful blend of Ballet and Jazz set to contemporary music *Dress Code: Any Colored Leotard. Optional jazz pants, leggings or shorts. Half Soles for Shoes.*

**Ballet / Pointe** Ballet is the foundation of all other dance styles. It is highly recommended in order to build a strong dancer. Concentrates on technique, body placement, flexibility, leaps and turns. Ballet Students are required to have split sole ballet shoes for Level 1-3. Students who are approved to be on pointe, will need to be fitted for the proper shoes. *Dress Code: Leotard, pink tights, ballet shoes, and a bun.*

**Tap** An exciting way to learn rhythm and timing to music. Encourages discipline and exercise and allows students to create new sounds and rhythms. *Dress Code: Any Colored Leotard. Optional jazz pants, leggings or shorts. Black Tap Shoes.*

**Jazz** Includes the instruction of several different styles. Ballet classes are strongly recommended. *Dress Code: Any Colored Leotard. Optional jazz pants, leggings or shorts. Tan 'laceless' jazz shoes.*

**Hip Hop** Focuses on the latest moves in street dance as seen on TV or in music videos. Jazz classes are strongly recommended. *Dress Code: Any Colored Leotard. Optional jazz pants, leggings or shorts. Black High Top shoes with white soles.*

**Pom Pom** Exciting and energetic way to prepare for cheerleading or dance team. *Dress Code: Any Colored Leotard. Optional jazz pants, leggings or shorts. Tan 'laceless' jazz shoes. Pom purchased from the studio (\$25+tax).*

## 2021-2022 Tuition & Fee Information

Registration/Performance Fee: \$35/Student and \$50/Family

(Registration fees are non-refundable and do not apply to your monthly tuition.)

30 Minute Class: \$26.75/month

45 Minute Class: \$40.13/month

60 Minute Class: \$50.83/month

Unlimited Rate: \$136.43/month

(above rates include sales tax)

### Technique/Private Lessons:

1 Student: \$26.75

2-3 Students: \$13.38/student

4 or more: \$8.03/student

(above rates include sales tax)

**Tuition is due at your first lesson of the month.**

**A \$12.50 late fee will be applied to accounts that are not paid by the 15th of the month.**

**Tuition may be paid online through the parent portal or in the studio by cash, check or card.**

## **Studio Rules, Guidelines and Policies**

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- 1.) **DRESS CODE:** A student must wear proper dance attire to class. Please review the dress code. Students will be allowed to participate if they are not dressed appropriately. Please note: pink tights are required for ballet class & cover ups are not allowed in tumbling.
  - 2.) Hair must be securely fastened back. BUNS are required for ballet class & hair may be down for hip hop class.
  - 3.) Personal hygiene is very important for dance & tumbling classes.
  - 4.) Please use the restroom before & after class. Do not go into the studio until your instructor has called for your class.
  - 5.) Put your name on EVERYTHING. (shoes, poms, bags, etc.)
  - 6.) No running or tapping in the waiting area.
  - 7.) Please pick up after yourself in the lobby area. Only studio staff are allowed behind the front desk.
  - 8.) Lost & Found is located in the lobby. Items not claimed at the end of each month will be donated to Trinkets & Togs.
  - 9.) Keep hand off mirrors, music systems, and anything that isn't yours. Please do not touch or press face against observation windows.
  - 10.) Complete respect for the staff and total politeness to other students is expected from EVERYONE.
  - 11.) Please do not interrupt the instructor during class by having a conversation with others.
  - 12.) Absolutely no food or drink in the studios. No hanging out in the studios, if there is not a class happening.
  - 13.) Negative attitudes will not be tolerated. We will succeed by staying positive and having a cheerful atmosphere!
  - 14.) **THANK YOU FOR YOUR LOYALTY, SUPPORT AND COOPERATION TO OUR POLICIES AT MOVEMENT!** We appreciate you being part of our tumbling and dance FAMILY!

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