

2008 - 2009

DANCE MOVES PERFORMING ARTS SCHOOL



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DANCE MOVES

OUR MISSION IS TO PROVIDE THE FINEST QUALITY DANCE EDUCATION TO OUR STUDENTS. OUR PROGRAM IS DESIGNED TO POSITIVELY INSPIRE, DEVELOP AND ENRICH DANCERS TO REACH THEIR HIGHEST POTENTIAL AS WELL AS LOVE DANCE AS AN ART.

DANCE MOVES CURRICULUM IS BASED ON THE GRADED BALLET SYLLABUS OF THE **CECCHETTI COUNCIL OF AMERICA**. CLASSES IN OTHER DANCE STYLES ARE OFFERED TO BROADEN OUR DANCERS' TRAINING. WE ADHERE TO PROFESSIONAL STANDARDS IN OUR TEACHING TO DEVELOP A STRONG DANCE FOUNDATION.

FOUNDED IN 1992, *DANCE MOVES* HAS GROWN TO BE A PREMIERE DANCE FORCE IN THE TWIN CITIES WITH ITS HIGHLY QUALIFIED STAFF AND PROGRAMS.

DANCE MOVES IS A NON-COMPETITION, PERFORMANCE BASED SCHOOL.



DANCE MOVES IS AFFILIATED WITH **MINNESOTA ALLIANCE FOR DANCE ARTS**, A NON-PROFIT GROUP DEDICATED TO ADVANCING DANCE EDUCATION.

POLICIES

ATTENDANCE

- MISSED CLASSES MAY ONLY BE MADE UP DURING THAT SESSION. NO REFUNDS WILL BE GIVEN FOR MISSED CLASSES.
- NOTIFY THE STUDIO OF ANY ABSENCES.
- ABSENCES SHOULD ONLY BE DUE TO MEDICAL OR SERIOUS PERSONAL REASONS. CONTINUED ABSENCES MAY RESULT IN THE STUDENT'S DEMOTION OR DISMISSAL FROM OUR PROGRAMS.
- STUDENTS ARRIVING OVER TEN MINUTES LATE FOR CLASS WILL BE ASKED TO SIT AND OBSERVE THEIR CLASS FOR THEIR OWN SAFETY.
- CLASSES WILL BE HELD UNLESS OTHERWISE NOTIFIED.
- CLASS TIMES ARE TENTATIVE AND SUBJECT TO CHANGE BASED ON ENROLLMENT. DANCE MOVES RESERVES THE RIGHT TO CANCEL OR CONSOLIDATE CLASSES WITH FEWER THAN FIVE STUDENTS. ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.
- IN THE EVENT OF SEVERE WEATHER CONDITIONS, CLASSES MAY BE CANCELLED. ANNOUNCEMENTS WILL BE PLACED ON THE STUDIOS' VOICE MAIL AND EMAILED AS SOON AS POSSIBLE.

GENERAL RULES OF CONDUCT

- ALL DANCERS AND PARENTS ARE EXPECTED TO TREAT EACH OTHER, THE INSTRUCTORS AND THE STAFF WITH RESPECT AND COURTESY. *DANCE MOVES* RESERVES THE RIGHT TO SUSPEND OR DISMISS ANY STUDENT WHOSE ATTITUDE OR BEHAVIOR IS FOUND TO BE DISRUPTIVE OR DISRESPECTFUL. THESE MEASURES WILL ALSO APPLY TO THE STUDENT'S FAMILY.
- *DANCE MOVES* IS A SMOKE-FREE AND DRUG-FREE ENVIRONMENT.
- NO GUM CHEWING IS ALLOWED DURING CLASSES.





CLASS DESCRIPTIONS

CHILDREN'S PROGRAM

THE CHILDREN'S PROGRAM STIMULATES THE DANCER'S CREATIVITY AND SELF-EXPRESSION THROUGH MOVEMENT. EACH LEVEL IS DEVELOPMENTALLY AND AGE APPROPRIATE. CLASSES MEET ONCE PER WEEK. ALL CLASSES ARE PROGRESSIVE.

- **CREATIVE MOVEMENT** AGES 4 – 5 (PRE-KINDERGARTEN ~ MUST BE 4 BY 9/1/08 AND WILL ATTEND KINDERGARTEN IN 2009) A MOVEMENT AND ACTIVITY CLASS TO DEVELOP GROSS MOTOR SKILLS, RHYTHM, COORDINATION AND MUSICALITY.
- **PRE-BALLET** AGES 5 - 6 (KINDERGARTEN ~ MUST BE 5 BY 9/1/08) AN INTRODUCTION TO BALLET WITH FURTHER DEVELOPMENT OF GROSS MOTOR SKILLS, RHYTHM, COORDINATION AND MUSICALITY.
- **BEGINNING BALLET** (FIRST GRADE AND OLDER) BEGINNING DEVELOPMENT OF TRADITIONAL BALLET TECHNIQUE INCLUDING BARRE AND CENTER WORK AS WELL AS BODY PLACEMENT, RHYTHM, STRENGTH, FLEXIBILITY, MUSICALITY, CORRECT FRENCH TERMINOLOGY AND ARTISTRY.
- **TAP ENRICHMENT** (REQUIRED WITH ALL BALLET CLASSES.) BASIC RHYTHM SKILLS FOR BEGINNING DANCERS.
- **DANCE GROOVIN'** AGES 7-10
A MOVEMENT AND EXERCISE CLASS THAT EXPLORES MUSIC, SELF EXPRESSION AND FUN.

NON-DANCERS WELCOME.



PERFORMING ARTS PROGRAM

THE PERFORMING ARTS PROGRAM IS FOR DEVELOPING DANCERS WHO WANT TO MAKE A HIGHER COMMITMENT TO THE ART OF DANCE. DANCERS IN THE PERFORMING ARTS MUST ATTEND AT LEAST TWO BALLET CLASSES PER WEEK (ONE CECCHETTI AND ONE REGULAR). PARTICIPATION IN THE PERFORMING ARTS PROGRAM REQUIRES A YEAR-ROUND * COMMITMENT WHICH FOSTERS THE DANCER'S PROGRESS. TAP AND JAZZ ARE REQUIRED IN THE PERFORMING ARTS PROGRAM; OTHER STYLES ARE STRONGLY ENCOURAGED.

- **CLASSICAL BALLET** (AGE 9 + ~4TH GRADE +) (1-2 YEARS PREVIOUS BALLET REQUIRED) TRADITIONAL CLASSICAL BALLET TECHNIQUE UTILIZING THE GRADED CECCHETTI SYLLABUS WITH EXPOSURE TO OTHER RELEVANT BALLET STYLES INCORPORATED IN BARRE AND CENTER WORK.
- **POINTE** (TEACHER EVALUATION AND APPROVAL) REQUIRES A MINIMUM OF TWO YEARS PREPARATION IN THE DANCE MOVES PERFORMING ARTS PROGRAM AS WELL AS THE NECESSARY TECHNIQUE, MUSCULAR STRENGTH, PHYSICAL MATURITY AND PERSONAL STAMINA NEEDED.
- **TAP** (REQUIRED) DANCERS LEARN TO USE THEIR FEET LIKE DRUMS TO CREATE RHYTHMIC PATTERNS AND TIMELY BEATS .
- **JAZZ** (REQUIRED) ENERGETIC, FUN MOVEMENT IN CURRENT AND CLASSICAL STYLES.
- **MODERN** (STRONGLY ENCOURAGED-BALLET 3 +) CONTEMPORARY DANCE EXPLORING USES OF TIME AND SPACE.
- **MASTER CLASSES** CLASSES OFFERED THROUGHOUT THE YEAR BY GUEST ARTISTS IN DIFFERENT STYLES MAY BE AVAILABLE.

ADULT PROGRAM

THE ADULT PROGRAM IS GEARED TO ANYONE INTERESTED IN EXPLORING DANCE AND MOVEMENT.

- **PILATES & CONDITIONING** AN EXERCISE SYSTEM FOCUSED ON IMPROVING FLEXIBILITY AND STRENGTH FOR THE TOTAL BODY. IT USES A SERIES OF CONTROLLED MOVEMENTS TO DEVELOP YOUR "POWER SOURCE" OR CENTER AND ABDOMINAL MUSCLES. BRING YOUR OWN PILATES MAT.
- **YOGA** HATHA YOGA PROMOTES GOOD HEALTH, POSTURAL ALIGNMENT AND TEACHES WAYS TO REDUCE PHYSICAL AND MENTAL STRESS. CLASSES INCLUDE BREATHING AND RELAXATION TECHNIQUES, STRETCHING, BALANCE, STRENGTH AND FORM. BRING YOUR OWN YOGA MAT.
- **ADULT TAP** CLASSES GEARED TO ADULTS WHO WANT TO EXPERIENCE A FUN, EASY-GOING INTRODUCTION TO TAP DANCING USING BASIC STEPS AND RHYTHMS.
- **BALLROOM DANCE** TRADITIONAL SOCIAL DANCE STYLES FOR ADULTS. FORM AND FUN ARE THE FOCUS OF THESE CLASSES! (*PARTNERS ONLY*). (PLEASE WEAR LEATHER SOLED SHOES. WET SHOES ARE NOT ALLOWED ON THE DANCE FLOORS.) WEDDING PREPARATION AND PRIVATE COACHING CLASSES AVAILABLE.
- **ADULT BALLET** BEGINNING BALLET BASICS TAUGHT WITH THE ADULT IN MIND.

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TUITION & FEES

- TUITION IS LISTED ON THE CLASS SCHEDULE INSERT AND ON THE WEBSITE.
- THE SCHOOL YEAR FOR THE *YOUTH* CLASSES IS DIVIDED INTO THREE SESSION (FALL, WINTER AND SPRING). EACH SESSION IS APPROXIMATELY THREE MONTHS LONG ALLOWING FOR SCHOOL BREAKS AND HOLIDAYS. THE *ADULT* SESSIONS ARE 6 WEEKS LONG. A SEPARATE SUMMER SESSION IS OFFERED.*
- ALL FEES ARE DUE WITH REGISTRATION. CLASS PLACEMENT CAN NOT BE RESERVED UNTIL FULL PAYMENT OF FEES IS MADE AND KEPT CURRENT.
- ALL TUITION PAYMENTS ARE DUE **TWO WEEKS** PRIOR TO THE START OF THE NEXT SESSION. **AUTOMATIC REENROLLMENT WILL BE ASSUMED AND BILLED.**
- ALL YOUTH STUDENTS WILL HAVE AN ANNUAL REGISTRATION FEE OF \$50 PER FAMILY.
- ALL ADULTS WILL HAVE AN ANNUAL REGISTRATION FEE OF \$15.
- DANCE MOVES OFFERS A DISCOUNT PROGRAM FOR ITS CLASSES:
~25% DISCOUNT FOR EACH ADDITIONAL YOUTH DANCER FROM EACH FAMILY.
~10% DISCOUNT FOR ADULTS WHO HAVE DANCERS IN THE YOUTH PROGRAMS AND NO ADDITIONAL REGISTRATION FEE.
- **ALL FEES ARE NONREFUNDABLE AND NONTRANSFERABLE.**
- FEES WILL BE APPLIED FOR ALL RETURNED PAYMENTS.
- SEE THE SCHOOL CALENDAR FOR COSTUME AND PERFORMANCE FEES.

DRESS CODE

- **BALLET : WOMEN** ~ SOLID COLORED ONE PIECE LEOTARD IN THE CLASS COLOR AND STYLE, PINK TIGHTS, PINK BALLET SHOES, HAIR SECURED IN A BUN. DANCE SKIRTS MAY BE WORN FOR SPECIAL CLASSES AND THE FIRST CLASS OF THE MONTH FOR THE CHILDREN'S CLASSES. **MEN** ~ SOLID COLORED T-SHIRTS, BLACK TIGHTS OR DANCE PANTS, BLACK BALLET SHOES, HAIR SECURED. NO EXTRA COVER-UPS OR EXCESSIVE JEWELRY. DANCE SWEATERS AND LEG WARMERS ARE PERMITTED DURING COLD WEATHER .
- **TAP: WOMEN** ~ BALLET CLOTHES, TAN TAPS IN THE REQUIRED STYLE. **MEN** ~ BLACK TAPS IN THE REQUIRED STYLE.
- **MODERN:** BALLET CLOTHES, APPROPRIATE DANCE COVERING ALLOWED, BAREFOOT.
- **JAZZ:** BALLET CLOTHES, APPROPRIATE DANCE COVERING ALLOWED, BLACK JAZZ SHOES, IN THE REQUIRED STYLE.