



Movement Dance & Fitness
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Movement Dance & Fitness would like to welcome back our returning students and welcome in our NEW students!! We are so excited to start the 2019-2020 season at Movement Dance & Fitness. Our goal is to provide your child the very finest in dance education. We are here to help your child achieve their best individual abilities in the art of dance, this leads to personal growth in work ethic, self-esteem and confidence. These are characteristics that can be seen on and off the dance floor throughout their lives.

We cater to all ages and levels! It's definitely going to be another amazing year with all of you but we need your help:

*Yes, you may drop your child off for class and leave, just make sure they arrive no earlier than 10 minutes before their scheduled class time.

*Help us keep our studio neat and tidy... Please clean up your mess in the parent waiting area down in the basement, as well as the bathrooms. Accompany small children to the bathroom and keep food and drink away from the dance floor.

*Be on time to class. Students concentrate and follow direction better if parents are not present in the classroom. Younger students are less inhibited and more responsive to their teacher. We will schedule parent observation week for you to observe your child's progress, ask questions, and receive information regarding costumes and recital details. Most of the classes you will be able to watch live on our TV in our parent waiting area.

If your class is held in the 'Back Studio' you may access through the back door. We ask you do not enter and walk through the back studio while a class is in session.

Movement Dance & Fitness Handbook

Registration Information

Registration Fee (non-refundable): 1 Student: \$25 Family: \$40

Withdrawals: Movement Dance requires a 30 day notice prior to withdrawal. Costume payments, registration, previous tuition non-refundable.

Tuition Information

Tuition is due at the first lesson of the month. We do not email your invoices. You are responsible for your own account. A late fee of \$10 will be added after the 10th of the month. Payments may be made at the studio, online or by mail. We only accept cash, credit/debit card, or check. Tuition remains the same regardless of absences and whether it is a long, five-week month or a short, three-week month. There is a \$20.00 returned check fee, per check, on all returned checks.

Any student with an overdue balance for more than 30 days will not be allowed to participate in class until payment is received in full.

*Keep in mind tuition is averaged for 9 months of instruction. It is not determined by the lessons in one month.

*Also, tuition is based on enrollment not attendance.

Tuition Rates:

Toddlers & Tutus:	\$22.50+tax/month
Tiny Tots:	\$40+tax/month
Demis:	\$40+tax/month
30 min. Class:	\$22.50+tax/month
45 min. Class:	\$35+tax/month
60 min. Class:	\$45+tax/month
Unlimited Rate/Student Max.:	\$110+tax/month

Account Info

There are no credits or refunds for missed classes due to schedules or sickness. If we have to cancel class due to weather we will provide a make-up class when possible.

Other Dance Studios Students enrolled in dance classes at Movement Dance & Fitness, are not permitted to participate in classes at other dance studios. This policy is intended to insure that proper technique is maintained and skill level is not delayed in progression. It is also enforced to protect studio material and choreography.

Insurance Movement Dance & Fitness does not carry medical insurance for its students. It is required that all students be covered by their own family insurance policies and if injury occurs it is understood that the student's own policy is the only source of reimbursement.

Bad Weather/Make Up Classes If Grundy Center Schools are canceled for the day, released early, or evening events are canceled due to poor weather conditions, the studio will NOT be open for classes. If you are ever in doubt about classes being held, please call the studio first or check our Facebook page. Overall, use your own discretion regarding attendance if driving is difficult from your area. If the calendar permits, classes will be made up at another time.

Photo Release A dancer's picture may be taken during class by the Director or a designated agent for the sole purpose of publicity to be used on but not limited to our studio website, social media pages, promotional flyers, posters, ads, mailers, and/or banners. Dancers not wishing to have their photos taken must submit a letter in writing indicating revocation of consent at the time of registration. All pictures chosen for use

are based on good dance technique & proper attire. All pictures are family friendly & positive.

Studio Rental During open time slots, you may rent Movement Dance & Fitness space for any addition dancing for \$15/hour. (Please contact Miss Kara to set up times)

Performances We will have two performances during our 2019-2020 Season.

- Holiday Extravaganza – Sat. Dec 14th (To Be Confirmed)
 - Childrens Show
 - Teen Show
- Annual Spring Recital – TBA (end of May/beg of June)
 - Childrens Show
 - Teen Show

Costumes

Holiday Extravaganza	TUMBLING Classes: Solid Black Spandex Shorts with Solid Black Leotard	DANCE Classes: Solid Black Pants or Leggings (NO SHORTS) with Solid Black Leotard.	Each dance class will have a Holiday theme accessory.
Annual Spring Recital	TUMBLING Classes: Costumes will be ordered for ALL Tumbling classes. (min. of \$40)	DANCE Classes: Costumes will be ordered for ALL Dance Classes (min. of \$50)	YOU MUST INFORM US BY DECEMBER 1 st , IF YOU WILL NOT BE PERFORMING.

Costumes for Spring Recital will be ordered first part of Christmas Break. If you decide to drop following December 1st. You will still be responsible to pay for your costume.

Dress Code Dancewear is required for all classes. Students must wear comfortable form-fitting dance attire to display proper body alignment and allow for easy movement. NO baggy t-shirts, baggy shorts, blue jeans, no dangling jewelry or necklaces or other inappropriate attire will be allowed. **Hair should always be pulled securely away from the face.**

TODDLERS & TUTUS: Students are encouraged to wear a Black or Pink Leotard and Pink Tights. They are required to wear Pink Ballet Shoes.

TINY TOTS & DEMIS: Black or Pink Leotard, Pink Tights, Pink Ballet Shoes, and Black Buckle or Tie Tap Shoes. Skirts, wraps, shorts over tights or tutus are allowed but we must always be able to see the knees and ankles.

BALLET/TAP CLASSES: Any colored leotard, Pink Tights, Pink Ballet Shoes, and (NO BUCKLE) Black Tap Shoes. Skirts, wraps, shorts over tights or tutus are allowed but we must always be able to see the knees and ankles.

JAZZ CLASSES: Any colored Leotard or form-fitting top with jazz pants, shorts, or leggings, and Tan Laceless Jazz Shoes.

HIP-HOP CLASSES: Activewear and High Top Black Converse with white laces and a white sole.

LYRICAL CLASSES: Leotard or fitted top with fitted shorts, capris or leggings.

POM POM CLASSES: You will need to purchase Pom-Poms through the studio Mini: \$20+tax and Jr. & Sr.: \$30+tax. Students will need Tan Laceless Jazz Shoes. Any Colored Leotard or form-fitting top with jazz pants, shorts or leggings.

TUMBLING CLASSES: Students will go barefoot for tumbling. They may wear any leotard or fitted top with shorts or leggings.

Join the Competition Team The Dynamic Dance Company is our competition team at Movement Dance & Fitness. DDC is a performance-based team for dancers who wish for additional performance opportunities throughout the year, to further build their technique, and to grow as dancers. The team competes 2-3 times per year in Iowa. The team also does local performances around the community and surrounding communities. This company offers training in select genres of dance and exposes young aspiring dancers to opportunities that will enhance their dance knowledge, dance vocabulary, technical ability and stage presence.

FEES AND EXPENSES (2020-2021):
Rehearsal Fee: \$405+tax over nine months
Plus costumes, makeup, entry fees, travel expenses

For more information on joining the competition team, please contact Miss Kara.

Studio Hours

The studio will open at 3:00 PM and close following the last class that evening.
Saturday the studio will be open 8:30 AM – 11:30 AM.

Studio Rules

These can be found on our website at www.movementdanceandfitness.info as well as posted in the studio.

COMMUNICATION

Email is our number one way of communication. Please make sure we have your correct email and cell phone number. Also, 'LIKE' us on Facebook to get all the latest information. We are also on YouTube, Instagram & Twitter.

We are looking forward to another great year of dance and opportunity to teach your child!