



## SUMMER WELCOME PACKET

**Welcome to the 2021 Summer Program at Movement Dance & Fitness!** Our Summer program is a great experience for new students to begin dance and/or tumbling, and a great way for our experienced students to stay ahead. The program is designed to build confidence in our youth! We will have technique driven classes known as our 'Stay Strong' program for students who have dance experience, and we will have specialty classes for students to try new styles, learn new choreography, and perform at the end of our 6 week session. MDF will be in its 8<sup>th</sup> Season this coming Fall! We are so excited to be in a different facility with more space! ONLINE REGISTRATION BEGINS IN APRIL [www.movementdanceandfitness.info](http://www.movementdanceandfitness.info)

**Summer 6 Week Session begins on Monday, June 7<sup>th</sup> and goes through Wednesday, July 14<sup>th</sup>.** During the first week of classes, parents can stop by the front desk to pick up any shoes or dancewear that was pre-ordered. Parents can observe classes at any time through the observation windows. Please be courteous to others who are also trying to watch.

**Summer Showcase will be held Sunday, July 18<sup>th</sup>. Details Tba. Students in specialty classes of our Summer 6 Week Session will be performing. Any camp students or students enrolled in Stay Strong classes will not perform. Camps will have their own in-house showcases on their last camp day.**

**Summer Perk: Students enrolled in our Summer Session will get first pick of classes for our next season 2021-2022!**

Included in this packet is a schedule of classes and tuition, a list of our studio policies, and staff introductions. Please read it over carefully and keep for future reference. If questions arise, please do not hesitate to ask. We want the studio to be a comfortable atmosphere for everyone!

**"One Step Ahead of the Rest"**

## Class Descriptions & Shoe Requirements

*Levels are not necessarily determined by age, but also by experience, ability and maturity!*

**Mommy & Me** is a 30 minute class designed for toddlers and caregivers to enhance gross motor coordination and listening skills through music, props, and dance. 6 Week Summer Program Class. Performance at the end of the 6 Weeks.

**Tippy Toes (Ages 3-4)** is a 30 minute creative movement class designed to enhance gross motor development, listening skills, musicality and nurture the creative spirit. 6 Week Summer Program Class. Performance at the end of the 6 Weeks. Shoe Requirement: Pink Ballet Shoes, Black for boys.

**Tutus & Bowties (Ages 4-5)** is a 30 minute class that introduces the young dancer to ballet sequences and the basic steps of jazz. 6 week Summer program class. Performance at the end of the 6 weeks. Shoe Requirement: Tan Jazz Shoes, Black for boys.

**'JoJo' Mini Jazz (Ages 5-7)** is a 30 minute themed class that will introduce basic jazz steps, jazz progressions, and jazz choreography for our end of summer performance. 6 week Summer program class. Shoe Requirement: Tan Jazz Shoes, Black for boys.

**Kidlets (Ages 5-7)** is a 30 minute class that introduces the young dancer to ballet sequences and the basic steps of jazz. 6 week Summer program class. Performance at the end of the 6 weeks. Shoe Requirement: Tan Jazz Shoes, black for boys.

**Hippity Hop (Ages 5-7)** Bounce along to the beat in this 30 minute introductory hip hop class for kids. 6 week Summer program class. Performance at the end of the 6 weeks. Shoe Requirement: Clean Tennis Shoes.

**Beginning Hip Hop (Ages 8-11)** A funky, fast-paced style of dance. Shoe Requirement: Clean Tennis Shoes

**Mini Pom Pom (Ages 5-7)** introduces the young dancer to basic pom and jazz technique. \*Poms will be provided for our 6 Week summer program\*. Shoe Requirement: Tan Jazz Shoes.

**Beginning Lyrical (Ages 8-11)** an expressive form of dance for ballet technique students. Shoe Requirement: Barefoot or Half Soles.

**Junior Pom Pom (Ages 8-11)** is a 30 minute dance team class. The class will review basic pom motions, build up to pom combinations, practice jazz technique. 6 Wee Summer program class. Performance at the end of the 6 weeks. Shoe Requirement: Tan Jazz Shoes.

**'Zombies' Jazz/Hip-Hop (Ages 8-11)** is a 30 minute themed class that will introduce basic jazz and hip hop steps, jazz/hip hop progressions, and jazz/hip hop choreography for our end of

summer performance. 6 week Summer program class. Shoe Requirement: Tan Jazz Shoes, Black for boys.

**Tuition Rates for the Entire 6 Week Summer Program**

**\*No Registration Fees\***

30 Minute Classes: \$35/class, each additional 30 minute class: \$22/class

60 Minute Classes: \$65.00/class, each additional 60 minute class: \$52.00/class

Unlimited Classes: \$125

**Camp Tuition**

Single Camp: \$45.00

So Much Fun (Two Camps): \$80.00

Ultimate Summer Fun (Three Camps): \$115.00

**MONDAY NIGHT CLASSES**

TIME	CLASS	AGE	STUDIO	TIME	CLASS	AGE	STUDIO
5:00-5:30	Int/Adv Lyrical	12+	A	5:00-5:30	Mom & Me	2	B
5:30-6:00	Int/Adv Hip Hop	12+	A	5:30-6:00	Tippy Toes	3-4	B
6:00-6:30	Tutus & Bowties	4-5	A	6:00-6:30	JoJo Jazz	5-7	B
6:30-7:00	PrePointe	Approval	A	6:30-7:00	Kidlets	5-7	B

**TUESDAY NIGHT CLASSES**

TIME	CLASS	AGE	STUDIO	TIME	CLASS	AGE	STUDIO
4:30-5:00	Beg. Hip Hop	8-11	A	4:45-5:15	Tumble Tots	3-4	B
5:00-5:30	Hippity Hop	5-7	A	5:15-5:45	Beg. Tumbling	8-11	B
5:30-6:00	Mini Pom	5-7	A	6:00-6:30	Mini Tumbling	5-7	B
6:00-6:30	Beg. Lyrical	8-11	A	6:30-7:00	Int./Adv Tumbling	12+	B
6:30-7:00	Junior Pom	8-11	A				

**WEDNESDAY NIGHT CLASSES**

TIME	CLASS	AGE	STUDIO	TIME	CLASS	AGE	STUDIO
5:00-6:00	Stay Strong Jazz	Level 1-2	A	5:30-6:00	Zombies Jazz/HH	8-11	B
6:00-7:00	Stay Strong Ballet	Level 1-2	A				
7:00-8:00	Stay Strong Jazz	Level 3-4	A				
8:00-9:00	Stay Strong Ballet	Level 3-4	A				

\*\*Stay Strong classes may be split up by individual level depending on enrollment.

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

- 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.) **Person 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!**

# SUMMER SHOWCASE - SUNDAY, JULY 18<sup>TH</sup>!

6 Week Program Classes will perform.  
(Camps, Stay Strong Classes, and Pre Pointe will not perform.)



Our 2021 6 Week Summer Program will be putting on a Summer Showcase on Sunday, July 18<sup>th</sup>. Details will be announced prior to Summer beginning. Each Summer we donate profits made to the I'm A Dancer Against Cancer campaign. Last year, despite the pandemic, we were grateful to send \$849 to the organization. Our goal this Summer is to raise \$1000!

## SUMMER CAMPS 2021

JUNE 7-9



Ages 2-4: 9:00-10:30 AM  
Ages 5-7: 10:30 AM - 12:00 PM  
Cost: \$45  
In house showcase on the last day!

JUNE 14-16



Ages 2-4: 9:00-10:30 AM  
Ages 5-7: 10:30 AM - 12:00 PM  
Cost: \$45  
In house showcase on the last day!

JUNE 21-23



Ages 2-4: 9:00-10:30 AM  
Ages 5-7: 10:30 AM - 12:00  
Cost: \$45  
In house showcase on the last day!

JUNE 28-30



Ages 2-4: 9:00-10:30 AM  
Ages 5-7: 10:30 AM - 12:00  
Cost: \$45  
In house showcase on the last day!



**JULY 6-8**

**Ages 2-4: 9:00-10:30 AM**

**Ages 5-7: 10:30 AM - 12:00**

**Cost: \$45**

**In house showcase on the last day!**

**Once Upon  
a Time**

**JULY 12-14**

**Ages 2-4: 9:00-10:30 AM**

**Ages 5-7: 10:30 AM - 12:00**

**Cost: \$45**

**In house showcase on the last day!**