

MOVEMENT DANCE & FITNESS

2023-2024 HANDBOOK

INTRODUCTION:

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.



2023-2024 CALENDAR

September 5: Classes Begin!
November 21 - 26: No Classes (Thanksgiving Break)
November 24: Christmas Cookie Social - Time TBA
December 1: Costume Deposits Due
December 22 - Jan 1: No Classes (Winter Break)
January 2: Classes Resume
March 11-16: No Classes (Spring Break)
May 1-2, 6-8th: In Studio Rehearsals @ Movement Dance
May 9th: Dress Rehearsal @ Gallagher Bluedorn Performing Arts Center
May 11th: Recital @ Gallagher Bluedorn

STUDIO COMMUNICATION:

For any questions about the studio classes, tuition, policies, etc. Please feel free to talk with our front desk or contact us at movementdanceandfitness@gmail.com or 641-691-4923.

Please note our studio hours for the 2023-2024 Season:
Monday - Thursday 3:45-8:30 PM

We send monthly studio newsletters to all of our families. Be sure you have opted into our e-mails and are receiving them. If you are not receiving our e-mails please confirm your e-mail address with us.

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REGISTRATION & PAYMENT

Registration

Registration requires paying for the annual registration fee of \$30-\$60. This reserves your spot in your desired classes. Registration fees are applied to account when enrolling in 2023-2024 classes. Registration fees are non-refundable.

Class Minimums & Maximums

A minimum of 5 dancers will be needed to keep a class secured. Registration will close in November to give staff time to measure for costumes. Maximums vary on class due to style and instructor. A student may not be able to register for a class, if it is at maximum capacity.

Dropping a Class

You must notify the studio if your student is dropping a class. You will be required to pay that month of tuition, and months following the drop, you will not be charged. AFTER December 1st - there is a drop fee of \$100 and you will be required to still pay for your costumes.

Tuition

Tuition fees are paid monthly. Tuition is posted to accounts on the 1st of each month. Auto pay is processed on the 1st of each month. You are responsible for your account. Tuition is non-refundable and must be paid on the first of each month. Tuition is averaged on the number of weeks of the dance season, not by the number of classes per month. There are no refunds or credits for missed classes. Late fees are charged after the 5th of the month.

Classes

Movement Dance reserves the right to reschedule or combine classes or to provide a substitute. Movement Dance reserves the right to deliver class content via an online system in the event that classes are not able to be conducted live for any reason including, but not limited to: weather, teacher absence or governmental advisory.

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INCLEMENT WEATHER

In the event of inclement weather, an email will be sent and a Facebook post will be made by 2:30 PM if classes are cancelled. Please note that we do not always follow the school closings, as sometimes roads are often cleared by the time studio classes begin. As long as our schedule allows, we try to make up these missed classes.



PERFORMANCES

CHRISTMAS COOKIE SOCIAL

- Fun & Informal performance to kick off our holiday season.
- All students are encouraged to participate.
- Ballet and Pointe classes will not perform.
- Monthly newsletters will contain more detailed information.

SPRING RECITAL PRODUCTION

We end our season with our Annual Spring Recital. We encourage but do not require participation. Spring Recital is held at Gallagher Bluedorn Performing Arts Center in Cedar Falls. Students will have to attend a dress rehearsal their during recital week, as well as their performance time. Students begin learning routines as soon as mid-December - March. Combo classes will learn two routines.

Students are measured in October/November for our themed recital. Costume fees will be anywhere from \$65 - \$95 per class. Costume deposits are due December, Costume Balances are due in March.

All spectators will purchase tickets through the GBPAC.

Recital schedules, locations and other information will be published in February.

Note: If you are NOT going to participate, please let the office know as soon as possible, so we do not order your student a costume.

STUDIO POLICIES



DRESS CODE: A student must wear proper dance attire to class. Please review the dress code. Students will not 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.



Hair must be securely fastened back. BUNS are required for ballet classes Levels 1-3. Hair may be worn down for Hip Hop Classes.



Personal hygiene is very important for dance and tumbling classes.



Please use the restroom before or after class. Do not go into the studio until your instructor has called you for your class.



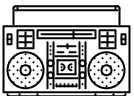
Put your name on EVERYTHING (shoes, poms, bags, etc.)



No Running or Tapping in the waiting area.



Please pick up after yourself in the waiting area. Only studio staff are allowed behind the front desk. Lost & Found is located in the waiting area. Items not claimed at the end of each month will be donated to Trinkets & Togs.



Keep hands off mirrors, music systems, and anything that isn't yours. Please do not touch or press face against observation windows.



Complete respect for the staff and total politeness to other students is expected from EVERYONE. Please do not interrupt the instructor during class by having a conversation with others.



Absolutely no food or drink in the studios. No hanging out in the studios, if there is not a class happening.

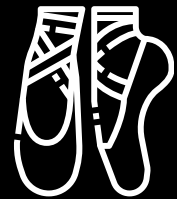


Negative attitudes will not be tolerated. We will succeed by staying positive and having a cheerful atmosphere!

THANK YOU FOR YOUR LOYALTY, SUPPORT, AND COOPERATION TO OUR POLICIES AT MOVEMENT!
We appreciate you being part of our tumbling and dance FAMILY!



DRESS CODE



Dancewear is designed to allow freedom of movement and allow the teacher to see the lines of the body. Simple styles are best.

Children Classes

TIPPY TOES

TUTUS & BOWTIES

KIDLETS

KIDDANCE

Attire:

- Black or Pink Leotard
- Pink Ballet Tights

Shoes:

- Tippy Toes
 - Pink Ballet Shoes
- Tutus & Bowties, Kidlets & Kiddance
 - Pink Ballet Shoes & Black Tap Shoes
- Hippity Hop
 - Black High Top Sneaker (Converse Style)
- Mini Pom Pom
 - Tan Laceless Jazz Shoes
- Tumbling
 - Barefoot



No dangling jewelry



Hair should be pulled away from the face in a ponytail or bun.

BUILDING LEVEL

Attire:

- Black or Pink Leotard
- Pink Ballet Tights

Shoes:

- Pink Ballet Shoes (Ballet)
- Black Slip On Tap Shoes (Tap)
- Tan Laceless Jazz Shoes (Jazz/Mini Dance Team)
- Black High Top Sneakers (Hip Hop)
- Barefoot (Tumbling)
- Tan Half Soles (Lyrical)



No dangling jewelry



Hair should be pulled away from the face in a ponytail or bun.

GRADED LEVELS 1-3

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SPECIALTY CLASSES

Attire:

- Any solid color leotard
- Pink Ballet Tights

Shoes:

- Pink Ballet Shoes (Ballet)
- Black Slip On Tap Shoes (Tap)
- Tan Laceless Jazz Shoes (Jazz/Mini Dance Team)
- Black High Top Sneakers (Hip Hop)
- Barefoot (Tumbling)
- Tan Half Soles (Lyrical)

Attire for Hip Hop, Lyrical, Tumbling or Pom:

- Leotard OR
- Fitted Top and Bottoms
- No T-Shirts or baggy clothing

Attire for Guys

- Clean Athletic Gear
- Black Tennis Shoes (Hip Hop)
- Solid White T-shirt and Black Pants for technique classes
- Black Jazz and/or Ballet shoes

