



Big Dreams Start Small!

MOVEMENT
DANCE + FITNESS

More Than Just Great Dancing!
Affiliated Dance Studios

2024-25 Programming Guide

WELCOME!

Welcome to Movement Dance! Thank you for choosing us to guide your children in the wonders of dance. Ballet, 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.

We can't wait to dance with you! - Miss Kara & Movement Staff



Registration begins on Monday, July 1st online.

Register through our website movementdanceandfitness.info or download the 'DSP Portal' App and log in with your Parent Portal credentials.

As you look through our programming guide, you'll note that our tuition structure has changed. We have switched to an all-inclusive tuition, so there will be no additional fees charged throughout the year (i.e. costume fees, registration fees). Our dress code has also had some changes, so please read through that. Please note that class times and offerings may shift as things progress. We will conclude our season on May 10th, with our Annual Spring Recital.

There are so many benefits of dance such as intellectual, academic, social-emotional, physical support and more! So, whether you are taking your first class or preparing for another year, we would like to say "Welcome Home!" We can't wait to have you apart of our Family. ❤️

2024-2025 Calendar

July 1st: Registration Opens!

Aug. 19th-20th: Back to Dance
Open House

Sept. 3rd: Classes Begin

Oct. 31st: No Classes (Halloween)

Nov. 25th - 30th: No Classes
(Thanksgiving Break)

Nov. 29th: Holiday Extravaganza

Dec. 21st - Jan. 5th: No Classes
(Christmas Break)

March 17th - 23rd: No Classes
(Spring Break)

May 8th - 9th: Dress Rehearsals
@ GBPAC

May 10th: Annual Spring Recital
@ GBPAC

PRESCHOOL PROGRAM

Movement's preschool classes are designed to enhance gross motor coordination, listening skills, musicality and nurture imagination. Each class includes developmentally appropriate instruction through the use of music and dance. Dancers will have the opportunity to perform at our Holiday Extravaganza in November. They will also receive a costume and have an on stage performance in May!

AGE 2

CLASS	TEACHER	DAY	TIME
Tippy Toes	LO	Thursdays	4:00-4:30
Tippy Toes	LO	Thursdays	4:40- 5:10

** Parent Participation with dancer is encouraged in Tippy Toes. We work hard throughout the year to reach our goal of dancing independently.

AGE 3-4

CLASS	TEACHER	DAY	TIME
Preschool Jazz and Hip hop	EP	Mondays	4:15-5:00
Preschool Ballet and Tap	LL	Tuesdays	4:15-5:00
Preschool Poms and Tumble	MS	Wednesday	4:15-5:00
Preschool Poms and Tumble	OL	Wednesday	5:05-5:50

TUITION

AGE 2

\$56/class per month

AGE 3-4

\$74/class per month

Register in 1+ classes and SAVE!

Register online

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CHILDREN'S PROGRAM: K-1ST

With a focus on fun and friendship, Movement's K-1st Grade Program is the perfect opportunity for the early elementary school-age dancer to grow in confidence as they learn technique basics.

K-1ST GRADE

CLASS	TEACHER	DAY	TIME
Building Jazz and Hip Hop	EP	Mondays	5:05-5:50
Building Poms and Tumble	MS	Wednesdays	5:05- 5:50
Building Poms and Tumble	MS	Wednesdays	5:55-6:40
Building Ballet and Tap	KR	Thursdays	4:30-5:15

TUITION

**\$74 / month for
1 class**

Register in 1+ classes and SAVE!

Dancers will have the opportunity to perform at our Holiday Extravaganza in November and onstage performance during our annual Spring Recital in May!



Register online

movementdanceandfitness.info

629 G Ave. Grundy Center, IA | movementdanceandfitness@gmail.com



Classes begin Tuesday, September 3rd!

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CHILDREN'S PROGRAM: 2ND & 3RD

Our Beginning program is where dancers will build foundations in proper dance technique in addition to the fun of music and movement!

2ND & 3RD GRADE

CLASS	TEACHER	DAY	TIME
Beginning Jazz and Hip hop	CB	Tuesdays	4:15-5:00
Beginning Pom	LL	Tuesday	5:05-5:35
Beginning Ballet and Tap	KR	Thursdays	5:20-6:05
Beginning Intro to Modern	KR	Thursdays	6:10-6:40

Dancers will have the opportunity to perform at our Holiday Extravaganza in November. They will also have an on stage performance during our annual Spring Recital in May!

Register online 

movementdanceandfitness.info

TUITION

1/2 hr: \$56/month

3/4 hr: \$74/month

Register in 1+ classes and SAVE!

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LEVEL 1: Approx. Ages 9-11 / 4th & 5th Grades

Our Level 1 students build foundations in movement, vocabulary, technique and choreography.

Tumble I and II will be based on skills to determine if the student is fit for this type of dance.

Dancers will have the opportunity to perform in our Holiday Extravaganza in November. They will also have an on stage performance during our annual Spring Recital in May!

LEVEL 1

CLASS	TEACHER	DAY	TIME
Ballet/Jazz 1	KR	Mondays	4:30-5:30
Intro to Modern	KR	Mondays	5:35-6:05
Tumble II	EP & MC	Mondays	5:55-6:40
Hip Hop I	CB	Tuesdays	5:05-5:50
Lyrical I	CB	Tuesdays	5:55-6:40
Pom I	LL	Tuesdays	6:50-7:20
Tumble I	OL	Wednesday	5:55-6:40
Clogging 1		Thursdays	6:30-7:00

Register online 

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TUITION

1/2 hr = \$56/class per mo

3/4 hr = \$74/class per mo

1 hr = \$92/class per mo



Register in 1+ classes and SAVE!

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LEVEL 2: Approx. Ages 12-14 / Middle School

LEVEL 3: Approx. Ages 14+ / High School

Our Level 2 & 3 students build on the foundations developed in earlier levels to build strength, control and flexibility - all while gaining confidence with artistic expression and new styles. Dancers will have the opportunity to perform at our Holiday Extravaganza in November. They will also have an on stage performance during our annual Spring Recital in May!

LEVEL 2

CLASS	TEACHER	DAY	TIME
Ballet II	KR	Monday	6:10-6:55
Pointe *MUST BE ENROLLED IN BALLET	KR	Monday	7:00-7:35
Jazz II	EP	Monday	7:35-8:05
Intro to Modern II	KR	Monday	8:30-9:00
Tumble II	EP & MC	Monday	5:55-6:40
Pom II	LL	Tuesday	5:40- 6:10
Hip Hop II	CB	Tuesday	6:45-7:30
Lyrical II	CB	Tuesdays	7:30-8:15
Clogging II	ES	Thursdays	7:05-7:35

LEVEL 3

CLASS	TEACHER	DAY	TIME
Tumble III	EP & MC	Mondays	6:45-7:30
Ballet III	KR	Mondays	7:40-8:25
Intro to Modern II	KR	Mondays	8:30-9:00
Pom III	LL	Tuesdays	6:15-6:45
Hip Hop III	LL	Tuesdays	7:30-8:15
Jazz III	CB	Tuesdays.	8:20-9:05
Clogging III	ES	Thursdays	7:40-8:10



TUITION

1/2 hr = \$56/class per month

3/4 hr = \$74/class per month

1+ hr = \$92/class per month

Register online



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Register in 1+ classes and SAVE!

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REGISTRATION INFO:

Register Online at movementdanceandfitness.info

Registration for our 2024-2025 Season begins July 1st!

REGISTRATION

Registration requires paying 50% of your first month of tuition.

PAYMENT

Tuition fees are paid monthly on the 1st of each month. Auto - Pay is process on the 1st of each month. You are responsible for your account. Tuition is non-refundable and must be paid on the 1st of each month. There are no refunds or credits for missed classes. Late fees are charged after the 5th of the month. May tuition is a half 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.

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.

ATTIRE

Proper attire and hair etiquette are required for all classes. All items can be purchased through the studio. Dancewear is designed to allow freedom of movement and allow the teacher to see the lines of the body.

PERFORMANCES

HOLIDAY EXTRAVAGANZA

- Fun & Informal performance to kick off our holiday season.
- All students are encouraged to participate.
- Monthly newsletters will contain more detailed information

SPRING RECITAL PRODUCTION

We end our season with our Annual Spring Recital. It is held at Gallagher Bluedorn Performing Arts Center in Cedar Falls. Students begin learning routines as soon as December. Combo classes will learn two routines.

- Spectators purchase tickets through GBPAC
- Recital Schedules, locations and other information will be published in February.
- We take care of all the costume measuring & ordering.



STUDIO POLICIES & DRESS CODE

STUDIO POLICIES

- Hair must be securely fastened back.
- 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 in for your class.
- Put your name on EVERYTHING.
- No Running or Tapping in the waiting area.
- Please pick up after yourself in the waiting area.
- Keep hands off mirrors, music systems and anything that isn't yours. Please do not touch, knock or press face against observation windows.
- Complete respect for the staff and total politeness to other students is expected from EVERYONE
- Negative attitudes will not be tolerated. We will succeed by staying positive and having a cheerful atmosphere!

DRESS CODE

NEW - FLESH colored convertible tights & ballet shoes!
This will eliminate multiple pairs of tights :)

Preschool Classes & K-1st

- Black or Pink Leotard, Flesh tone tights, Flesh tone ballet shoes & black tap shoes.
- For Jazz & Hip Hop: Same attire, flesh or tan colored jazz shoes & Black high top sneakers.

Class Types

- Ballet & Pointe: Black leotard, flesh tone tights, flesh tone ballet shoes.
- Hip Hop: Non-fitted top and pants/shorts, black high top sneakers
- Jazz, Pom, Modern, Lyrical, & Tumble: Fitted top or leotard, fitted bottoms, tan jazz shoes or half soles. No shoes for Tumble.
- No dangling jewelry.
- Hair pulled away from the face and secured.
- No street clothes or costumes.

