MOVEMENT
DANCE + FITNESS

9th Season

2022-2023 PROGRAMMING GUIDE

More Than Just Great Dancing!®
Affiliated Dance Studios

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 onstage performance opportunities in the Christmas Cookie Social in November and the annual Spring Recital in May.

Tippy Toes

Tutus & Bowties™

AGE 2

CLASS	TEACHER	DAY	TIME
Tippy Toes	KH	Tuesday	10:00-10:30 am
Tippy Toes	KH	Tuesday	4:15-4:45 pm

AGE 3 + 4

CLASS	TEACHER	DAY	TIME
Tutus & Bowties	KH	Tuesday	10:30-11:15 am
Tutus & Bowties	RB	Tuesday	4:15-5:00 pm
Preschool Tumbling	KH	Wednesday	4:15-4:45 pm
Tutus & Bowties	AB	Wednesday	4:50-5:35 pm

TUITION

30 Minute Class
$29/month

45 Minute Class
$39/month

*Sales Tax Included

★★★
EXPLORER Experience
PRE K

2 Classes Include:

- Season 9 T-Shirt

WIGGLE Wednesdays!

ATTENTION: FAMILIES WITH LITTLE ONES!

Join us on the first Wednesday of every month for a movement class, playtime, crafts, and connection! Each lesson will consist of story time, imaginatory dance time, a new craft, and time to play and connect with other families.

Begins Wednesday, September 7th

18 mo. - 4 years
9:30-10:30am
$5/dancer

*The guardian is also invited to participate in the class with their dancer. This class does not perform in the Spring Recital.

MOVEMENT DANCE + FITNESS

Register Online!

movementdanceandfitness.info

629 G Ave. Grundy Center | 641-691-4923

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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. Dancers have onstage performance opportunities in the Christmas Cookie Social in November and the annual Spring Recital in May.

KINDERGARTEN

CLASS	TEACHER	DAY	TIME
Kidlets	RB	Tuesday	5:05-5:50 pm
Kidlets	AB	Wednesday	6:15-7:00 pm

1ST GRADE

CLASS	TEACHER	DAY	TIME
Kiddance	RB	Tuesday	5:55-6:40 pm
Kiddance	KH	Thursday	4:15-5:00 pm

K & 1ST GRADE

CLASS	TEACHER	DAY	TIME
Hippity Hop	RB	Tuesday	6:45-7:15 pm
Hippity Hop	AB	Wednesday	5:40-6:10 pm

MULTI-AGE (K-3RD)

CLASS	TEACHER	DAY	TIME
Mini Tumble	KH	Monday	4:15-5:00 pm
Mini Dance Team	AB	Wednesday	4:15-4:45 pm
Mini Tumble	KH	Wednesday	4:50-5:35 pm
Mini Tumble	KH	Wednesday	6:30-7:15 pm

HippityHop™

Kidlets™

Kiddance™

TUITION

30 Minute Class
$29/month

45 Minute Class
$39/month

*Sales Tax Included

ULTIMATE Experience

4 Classes Include:

- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag
- Custom Dance Jacket

EXPLORER Experience

3 Classes Include:

- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag

INTRO Experience

2 Classes Include:

- Season 9 T-Shirt

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CHILDREN'S PROGRAM: 2nd & 3rd

Our Building program is a two year program where dancers will "Build" foundations in proper dance technique in addition to the fun of music and movement! Our Building classes are perfect for trying new styles and preparing skills needed for Level 1. Dancers have onstage performance opportunities in the Christmas Cookie Social in November and Spring Recital in May.

TUITION
30 Minute Class
$29/month
45 Minute Class
$39/month
60 Minute Class
$58/month
*Sales Tax Included

2ND & 3RD GRADE

CLASS	TEACHER	DAY	TIME
Building Jazz	AB	Thursday	4:30-5:00 pm
Building Ballet/Tap	AB	Thursday	5:05-6:05 pm
Building Lyrical	AB	Thursday	6:10-6:40 pm
Building Hip Hop	AB	Thursday	6:45-7:15 pm

MULTI-AGE

CLASS	TEACHER	DAY	TIME
Mini Tumble	KH	Monday	4:15-5:00 pm
Mini Dance Team	AB	Wednesday	4:15-4:45 pm
Mini Tumble	KH	Wednesday	4:50-5:35 pm
Mini Tumble	KH	Wednesday	6:30-7:15 pm
Clogging 1	ES	Thursday	7:30-8:00 pm

★★★★★ ULTIMATE Experience

4 Classes Include:
- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag
- Custom Dance Jacket

★★★ EXPLORER Experience

3 Classes Include:
- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag

★ INTRO Experience

2 Classes Include:
- Season 9 T-Shirt

Building**BALLET** Building**TAP** Building**JAZZ**

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GRADED TECHNIQUE & SPECIALTY CLASSES: Level 1 & 2

Our Level 1 & 2 Graded Technique students build foundations in movement, vocabulary, technique and choreography. Students in Level 1 & 2 are strongly encouraged to take Ballet as their first class and add additional styles such as Lyrical, Hip Hop, Tumbling, Clogging, and Pom. All students in our Graded Technique Program participate in annual skills testing in their core classes (Ballet, Tap, & Jazz). Dancer have two performance opportunities, at our Christmas Cookie Social in November and our annual Spring Recital in May.

LEVEL 1

CLASS	TEACHER	DAY	TIME
Jazz 1	CB	Monday	4:15-4:45 pm
Ballet/Tap 1	CB	Monday	4:50-5:50 pm
Tumbling 1	KH	Monday	5:55-6:40 pm
Pom 1	CB	Tuesday	4:50-5:20 pm
Hip Hop 1	CB	Tuesday	5:25-5:55 pm
Lyrical 1	CB	Tuesday	6:00-6:30 pm
Tumbling 1	KH	Wednesday	5:40-6:25 pm
Clogging 1	ES	Thursday	7:30-8:00 pm
Clogging 2	ES	Thursday	6:30-7:00 pm

LEVEL 2

CLASS	TEACHER	DAY	TIME
Tumbling 2	KH	Monday	5:05-5:50 pm
Ballet/Tap 2	CB	Monday	6:30-7:30 pm
Jazz 2	CB	Monday	7:35-8:05 pm
Pom 2	CB	Tuesday	6:35-7:05 pm
Hip Hop 2	CB	Tuesday	7:10-7:40 pm
Lyrical 2	CB	Tuesday	7:45-8:15 pm
Clogging 2	ES	Thursday	6:30-7:00 pm
Hip Hop 2	KH	Thursday	7:15-7:45 pm
Jazz 2	KH	Thursday	7:45-8:15 pm

INTRO Experience

2 Classes Include:
- Season 9 T-Shirt

EXPLORER Experience

3 Classes Include:
- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag

ULTIMATE Experience

4 Classes Include:
- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag
- Custom Dance Jacket

TEEN CLASSES

Our Teen program is a perfect way for a dancer 10+ looking to get started in Jazz & Ballet. These classes provide a fast track way for dancers to learn and get caught up. Classes are geared towards our Level 1 & 2 classes.

CLASS	TEACHER	DAY	TIME
Teen Jazz/Ballet	KH	Thursday	5:05-5:50 pm

POINTE

Please e-mail movementdanceandfitness@gmail.com for complete pointe information. If you are using pointe shoes in class, please enroll for Pointe.

CLASS	TEACHER	DAY	TIME
Pre Pointe	CB	Monday	5:55-6:25 pm
Pointe	CB	Monday	8:10-8:50 pm

TUITION

30 Minutes: $31.00/month

45 Minutes: $41.00/month

60 Minutes: $60.00/month

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GRADED TECHNIQUE & SPECIALTY CLASSES:

Our Level 3 Graded Technique students continue to grow in strength, control, and flexibility as well as artistry and expression. Dancers will have performance opportunities in our Christmas Cookie Social in November and our annual Spring Recital in May.

LEVEL 3

CLASS	TEACHER	DAY	TIME
Tap 3	KH	Monday	6:45-7:15 pm
Ballet 3	KH	Monday	7:15-8:00 pm
Hip Hop 3	RB	Tuesday	7:20-7:50 pm
Jazz 3	RB	Tuesday	7:50-8:30 pm
Lyrical 3	KH	Tuesday	8:30-9:00 pm
Tumbling 3	KH	Wednesday	7:15-8:00 pm
Pom 3	KH	Wednesday	8:00-8:30 pm
Clogging 3	ES	Thursday	7:00-7:30 pm

TUITION

30 Minutes:
$31.00/month

45 Minutes:
$41.00/month

60 Minutes:
$60.00/month

TEEN CLASSES

Our Teen program is a perfect way for a dancer 10+ looking to get started in Jazz & Ballet. These classes provide a fast track way for dancers to learn and get caught up. Classes are geared towards our Level 1 & 2 classes.

CLASS	TEACHER	DAY	TIME
Teen Jazz/Ballet	KH	Thursday	5:05-5:50 pm

POINTE

Please e-mail movementdanceandfitness@gmail.com for complete pointe information. If you are using pointe shoes in class, please enroll for Pointe.

CLASS	TEACHER	DAY	TIME
Pre Pointe	CB	Monday	5:55-6:25 pm
Pointe	CB	Monday	8:10-8:50 pm

INTRO Experience

2 Classes Include:
- Season 9 T-Shirt

EXPLORER Experience

3 Classes Include:
- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag

ULTIMATE Experience

4 Classes Include:
- Season 9 T-Shirt
- Movement Stuffy
- Movement Tote Bag
- Custom Dance Jacket

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REGISTRATION INFORMATION:

Register online at movementdanceandfitness.info

Registration for the 2022-2023 Season will begin on July 11th at 4:00 PM

2022-2023 CALENDAR

Sept. 6	First Day of Classes
November 22-26	No Classes (Thanksgiving Break)
November 25	Christmas Cookie Social (Performance Opportunity)
December 1	Costume Fees Charged
December 23-Jan 1	No Classes (Christmas Break)
February 13 - 18	Graded Skills Testing Week
March 6 - 11	Bring a Parent to Dance Class Week!
March 13-18	No Classes (Spring Break)
May 8 - 10	In Studio Rehearsals
May 11 - 13	Dress Rehearsals/Recital (TBA)

REGISTRATION

Registration requires paying for the annual registration fee of $35-$50. This reserves your spot in your desired classes. Registration fees are applied to account when enrolling in 2022-2023 classes. Registration fees are non-refundable.

EXPERIENCE PACKAGES

For our 9th Season we have put together special experience packages for each level. The more classes you take the more perks you receive! Watch your e-mail on September 1 for details. No cash value. Void if enrollment is dropped.

ATTIRE

Proper attire and hair etiquette are required for all classes. Special class attire including shoes and hair will be published online. Required items will be available for purchase through Movement Dance & Fitness.

PAYMENT

- Tuition fees are paid monthly.
- May tuition is half a month.
- After registering, monthly tuition is paid by automatic debit or credit card payment on the 1st day of each month. Check or Cash are also accepted forms of payment.
- 5% fee on Late Accounts.

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.

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**
  - We end our season with our Annual Spring Recital. We encourage but do not require participation. The Spring Recital is penciled in for May 13th.
    - Costume Fee: $55-$85 per class, due December 1st.
    - Tickets available for purchase in April.
    - Recital schedules, locations and other information will be published in February.

CHILDREN'S CLASS DESCRIPTIONS & DRESS CODE

Tippy Toes

Tippy Toes is an introduction to classical ballet for 2-3 year olds using creative, imaginative role-playing and movement.

Tutus & Bowties

Tutus & Bowties introduces the preschooler to basic ballet through the stories of the great ballets. A different classical ballet theme is developed each quarter. Students will also learn the fundamentals of tap dance.

Kidlets

Kidlets is a high energy tap & ballet combo class.

Kiddance

Kiddance is a high energy tap & ballet combo class for 1st graders.

Hippity Hop

Hippity Hop is an introductory hip hop class for K & 1st graders. This class will introduce new and basic hip hop movements and is a fun way to learn a new style of dancing.

Tumbling

Tumbling is great for dancers age Kindergarten and up who are looking to improve their overall coordination, strength, agility and flexibility.

Mini Dance Team

Your dancer may be young, but opportunities to audition for a high school dance team are around the corner. Get ready with dance team specific skills in this class.

Ballet

Ballet is a foundational dance form that provides grace, poise, and technique needed to be proficient in all other areas of dance. Ballet classes will help dancers with posture, balance, self-discipline and self-confidence.

Jazz

Jazz dance includes strength, flexibility and conditioning technique and progressions including turns, kicks, and leaps.

Tap

Tap dancers use the metal taps on the toes and heels of their shoes to produce an endless variety of sounds and rhythms that differ in dynamics and even pitch. Dancers will learn about musicality and tempo.

DRESS CODE

Tippy Toes (2 yr olds) - Kiddance (1st Grade)

Attire:

- Black or Pink Leotard and 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 Dance Team**
  - Tan Laceless Jazz Shoe
- **Tumbling**
  - Barefoot

Building Level (2nd & 3rd Grade)

Attire:

- Black or Pink Leotard
- Pink Tights

Shoes:

- Pink Ballet Shoes (Ballet)
- Black Tap Shoes (Tap)
- Tan Jazz Shoes (Jazz/Mini Dance Team)
- Black High Top Sneaker (Hip Hop)
- Barefoot (Tumbling)

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

MOVEMENT DANCE + FITNESS

GRADED TECHNIQUE CLASS DESCRIPTIONS & DRESS CODE

Pre Pointe

Pre-Pointe is a pointe preparation class for serious ballet students interested in dancing en pointe. Pre-Pointe is a 30 minute class that meets weekly, usually before or after a student's ballet class. The class is taken in soft. A portion of the class is spent doing foot/ankle exercises and stretches on the floor.

Hip Hop

Hip Hop dance was started in the 1970s in the Bronx, New York, and was made of many different styles like breaking, popping, locking, and more. Hip Hop dance is a movement and culture that represents the freedom to learn, grow and evolve. It continues to grow and change today with dance crews, movements, and choreography.

Lyrical

Lyrical combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires the expression of emotions the choreographer feels from the lyrics of the song.

Tumbling

Great for dancers who are looking to improve their overall coordination, strength, agility and flexibility. Students learn and master cartwheels, aerials, chest stands, handsprings and more. Dancers may be rearranged due to level.

Pom

Your dancer may be young, but opportunities to audition for a high school dance team are around the corner. Get ready with dance team specific skills in this class.

Ballet

Ballet is a foundational dance form that provides grace, poise, and technique needed to be proficient in all other areas of dance. Ballet classes will help dancers with posture, balance, self-discipline and self-confidence.

Jazz

Jazz dance includes strength, flexibility and conditioning technique and progressions including turns, kicks, and leaps. In a Jazz class, the dancers also learn many fun and trendy dance steps that are used for all forms of dance. It is a wonderful class to get a well-rounded variety of all dance steps. Great for dancer interested in dance teams in the future.

Tap

In tap dance class, you'll be training your musical ear as well as your body. Tap dancers use the metal taps on the toes and heels of their shoes to produce an endless variety of sounds and rhythms that differ in dynamics and even pitch

DRESS CODE

Graded Level Technique (Level 1-3)

Attire:

- Any solid colored leotard
- Pink Tights

Shoes:

- Pink Ballet Shoes (Ballet)
- Black Tap Shoes (Tap)
- Tan Jazz Shoes (Jazz/Pom)
- Barefoot (Tumbling/Lyrical)
- Tan Half Soles may be worn for Lyrical
- Black High Top Sneaker (Hip Hop)

Hair:

- Bun for Ballet
- Ponytail or Bun

Specialty Class Dress Codes

Hip Hop, Lyrical, Tumbling, Pom

Attire:

- Leotard OR
- Fitted Top and Bottoms
- No T-shirts

Shoes:

- Black High Top Sneaker (Converse Style)

Hair:

- Hair may be worn down for Hip Hop Only.

Guys:

- Clean Athletic Gear/Black Tennis Shoes (Hip Hop)
- Solid White T-shirt and Black Pants (Technique)

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