



STUDIO HANDBOOK

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LIFE DANCE WELCOME LETTER

Our Mission Statement:

We want to partner with our families and community to bring out the best in your child. We come alongside each child's multiple talents and do life together. We understand our community has many avenues of greatness a child can take. We will show support and enhance those talents through dance. Teaching leadership skills, positive values, work ethic, athleticism, self-confidence, teamwork and of course great technique and artistry all within a safe and inclusive environment.

Welcome to Life Dance!

We are so thankful you are here. Our philosophy is to cultivate a nurturing, positive, creative space for dancers and families. We developed what we call "the family room" so parents and guardians could build relationships with other parents and guardians. Parents and guardians can see and hear all that is happening within the classroom without having to be in the same space as their child. This family room also has space for other siblings to play while your dancer is in class. Many long-time friendships between families have been created here.

The family room was so important to me personally. My daughter has autism but thrived with music and dance. I wanted to see and hear how she was being taught and how the teacher understood her as a person, learner and classmate. It gave me comfort to be able to watch her teachers build a relationship with her and it was amazing to watch her growth in class. It is also fun to be able to see the other classes that are going on.

Life Dance is an all-inclusive facility and does not discriminate against others! No matter race, gender, sexual orientation, or disabilities you are welcome! We invest in people with a whole heart and an open mind. Everyone deserves to feel valued and seen, in the classroom and outside of the classroom. We ask all our families to be respectful of this and follow suit.

We take health and cleanliness very seriously. Our entire building is cleaned nightly for the following day. All bathrooms, ballet barres and equipment used are sanitized.

We have specialty dance floors in every classroom. These floors have cushioning under them that prevent joint and back injury from impact. We have a Marley overlay which also helps with shock absorption and helps with traction.

We've poured our hearts and energy into making this studio the best it can be for our dancers because this is home for us; we hope you find your home here too.

Thank you,
Tanya Dubinski
Owner



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IMPORTANT STUDIO POLICIES:

- We ask that no adults enter the classroom while class is going on. Parents in the classroom are very distracting to other students and can affect the quality of the class. Parents can pull your child's focus from the class and make it difficult to keep them in the room once you have entered. It is important for your child as a learner to be in the classroom only with the teacher.
- For dancers in our preschool classes, it takes 4-6 classes for them to adjust to the environment. We understand they may cry, run around, try to hang on the bars etc. NO WORRIES, the teachers and assistants will help guide them through the class and have been doing this for years. All you need to do is tell them "Great job" when they come out no matter how they have behaved. It is very brave for them just to go into the room for the first few classes by themselves. They WILL adjust with time.
- All young children MUST be supervised while they are at the studio. No children are allowed to run the halls, tumble in the family room, enter any classrooms or throw toys or other items.
- We ask that families arrive no earlier than 15-20 min before class. No student may be dropped off before our opening time of 4:30pm. We do NOT have supervision for our students in the building. Teachers and staff are busy working. Please make sure your dancer is promptly picked up after their last class of the night.
- Please be mindful of the conversations you participate in while in the Parent Viewing Room. Be respectful of others with language or content. Any concerns or questions about a class, teacher or student should be directed to our office. These conversations in the Parent Viewing Room disrupt the friendly, inclusive culture we are trying to create.
- Water is allowed in the classrooms; we have a water bottle fill station available for all our families. No other beverages are allowed in the classes.
- Food is allowed in the building. If you have food, PLEASE make sure your garbage is thrown away and your area is clean. NO food is allowed in the classrooms.
- If your dancer is sick with a fever, diarrhea, vomiting or consistent cough please do NOT bring your dancer to class. They are in an enclosed space, with contact through many avenues in the classroom. We also want to keep our instructors healthy so they can teach. Teachers have a lot of one-on-one contact with students. Although they wash and sanitize their hands frequently, it's not always enough.
- If your dancer misses class, you have the option of making up the missed class on another night for the same age group and level. There are no refunds for missed classes.

- If we must cancel class due to bad weather, no refunds are given. If we cancel more than 2 times on a given night of the week, a makeup class will be scheduled. We use the last week of May to schedule any necessary make-up classes. An email will go out with the date and time of the makeup class.



IMPORTANT STUDIO POLICIES:

- No cell phones, gum, food, or dirty shoes are allowed in any of our classrooms.
- Any items left behind in the studio will be put in our lost and found area. Please check this frequently, things pile up fast. These items are tossed out or donated to goodwill twice a year, in December and May. Please check to make sure we don't discard something of yours.
- No students or parents should be hanging out in the office. This is a professional workspace and Miss Tara needs to have that privacy to complete her work and talk with families about personal information.
- Lockers are available for rent for \$10.00 each School Year Season or \$5.00 each Summer Season. No food can be stored in lockers. Lockers MUST be cleaned out and items taken home the last week of classes. Keys must also be returned at the end of each summer and school year season. If you lose your key, a \$25.00 charge will be added to your account.
- Follow us on Facebook! We have so many things that are posted that could be important or of interest to you on our page. We also run contests, post Student of the Month, classroom pics, pop up classes or workshops and so many other things.
- If your dancer is NOT going to do the end of the year recital shows, we need this in writing to our office by Jan. 1st. We start doing recital dances in Jan. and our instructors need to know for planning purposes.
- We know the importance of keeping consistency with a teacher in our classrooms. We do have substitute teachers that will step in if a teacher must miss. The substitute teachers are given the lesson plan from your main teacher to keep the same curriculum for each class.



STUDIO COMMUNICATION & BILLING:

We communicate to our families through Email and our Facebook page. Any information that needs to go out will be sent in an email to all our families. Important events or exciting happenings are always posted on our Facebook page as well.

It is very important that you keep your account up to date with current phone numbers, email addresses, home address and emergency contacts. Access to your current information is very important for us. If your dancer is injured or sick, we need to be able to call someone immediately. We use your email for ALL billing and to share important information. PLEASE DO NOT select “opt out of our emails” on your profile. Again, this is how we send billing and get our families all the important information. We NEVER sell or share your email.

Our website www.lifedanceacademy.net is a wealth of information. We will upload newsletters, important information, our calendar and much more. All we have to offer is on our site along with contact info and a live registration link to enroll or login to your account.

If you have questions, concerns, or feedback you can always stop into our office and talk with our amazing office manager Miss Tara. If it’s something that needs to be passed on to the owners, she will contact Miss Tanya or Miss Taylor to reach out to discuss it further. We have an open-door policy for all feedback. We always encourage hearing ways we can improve. We know it can be uncomfortable to bring up concerns, but we want to do our best to explain or correct any issues as soon as possible. Other ways to contact us are through email lifedancejnsvl@gmail.com or by calling 608-754-4399.

If we need to cancel classes for any reason, weather, power outage, etc. We will send an email out to our families, and it will also be posted on our Facebook page.

MONTHLY BILLING:

Monthly fees are due by the 1st of each month. After the 7th an automatic late fee of \$15.00 will be added to your account. Billing statements are emailed 2 weeks before tuition is due. You can request our Autopay Feature online or in the office and your payment will be deducted on the 1st of every month between October - May. If your card expires or is replaced for any reason, please update this information online or in our office.

Tuition is billed equally each month, not based on the number of classes in that month. We do have scheduled breaks built in and full tuition for the month the breaks fall on is still required.

If you get behind, please contact our office to set up a payment plan. Any account that is 2 months in arrears will be suspended and your dancer will not be able to attend class. If a plan is set in place and you are actively making payments, your dancer may continue to attend classes.

You can check your account or update it at any time through the registration portal on the website. When you register online you will set up a password which allows you to login any time.

Payments may be made via credit card, check or cash delivered in a labeled envelope. All cards used will have a 3.5% processing fee added. Payments can be made online, in the office or deposited in the payment box on the wall outside the office. There is a \$25 NSF fee on all returned checks.



MONTHLY TUITION:

Our classes range from 30 minutes to 1 hour and 30 minutes in length and are held once a week. Monthly tuition is **due by the 1st of each month**. Past due accounts will receive a \$15 late charge after the 7th

30 MINUTE PRIVATE LESSON \$40/lesson

SINGLE CLASS

30-minute group class	\$40/month
45-minute group class	\$60/month
60-minute group class	\$65/month
90-minute group class	\$95/month

2 CLASS BUNDLES

(2) 30 minute group classes	\$65/month
30 minute & 45 minute group class	\$85/month
(3) 30 minute or (2) 45 min group classes	\$95/month
45 minute & 60 minute group class	\$110/month
(2) 60-minute group classes	\$115/month

DISCOUNTED CLASS PACKAGES

2 hrs. 15 mins of group classes	\$115/month
2 hrs. 30 mins of group classes	\$125/month
2 hrs. 45 mins- 4 hrs. 15 mins of classes	\$155/month
4 hrs. 30 mins - 6 hrs. 30 mins of classes	\$175/month
6 hrs. 45 mins or more of classes	\$195/month

ADDITIONAL FEES FOR SCHOOL YEAR SEASON

School year Registration Fee	\$25/per student (non- refundable)
Summer Registration Fee	\$15/per student (non- refundable)
Recital Fee	\$60/per family Due Feb 1 st non-refundable after March 1 st

Costumes range	\$65-\$85/per class
Costume Deposit Due Oct. 1 st	\$40.00 deposit per class non- refundable after Jan. 1 st
Costume Balance Due March 1 st	\$25-\$45 remainder of costume fees

SUMMER SESSION TUITION

Summer Session runs 6 weeks between July-August and is paid in its entirety at time of registration. NO further billing will occur for the rest of the summer session. There is no end of session performance or costume fees. Please see www.lifedanceacademy.net for further information on Summer Tuition fees.



SPECIAL SERVICES & EVENTS:

Check the Online Yearly Calendar for Dates & Times

WELCOME NIGHT Every year we hold a Welcome Night in early September for all new students ages 6 and under. Come tour the studio, meet the teachers and do a little dancing to get acclimated to the classrooms. We also offer assistance during this time to be sized for and order dance shoes.

TRIAL CLASSES We offer free trial classes throughout the year. Anyone who would like to try a certain style of dance to see if it's a good fit may attend a class for free. This is open to new and existing dancers.

WORKSHOPS & MASTER CLASSES Throughout the year we will bring in guest teachers to do pop up workshops and master classes. We will do specialty dance pop up classes and many other unique opportunities for our dancers. These are always released on our Facebook page and by email. We try to bring in a variety of styles and try to have something for all ages.

DANCE SHOE SIZING AND ORDERING As a service, we provide sizing and ordering of dance shoes at the studio. It is recommended to be fit for ballet shoes, as each company has their own unique sizing that varies from street shoe sizes. We have most sizes of ballet shoes available to try on at the studio. Tap and jazz shoes will be ordered based on the dancer's street shoe size you provide. We now offer online ordering via Google Forms.

REFERRAL PROGRAM

Grab a referral card from our office, write your name on the back, and give to a friend! For every student you refer that enrolls, you will receive **\$10 off** your next month's tuition. We will also give them **\$10 off** their second month of tuition. Our referral program runs all season.



REFER A FRIEND CAMPAIGN

September - October 31st we will run our "Refer A Friend Campaign."

All referral cards that come in during that time will be put into a jar and we will pull a winner to receive \$50 off their dance bill!

DID YOU KNOW WE HAVE GIFT CERTIFICATES?

We have beautiful gift certificates that can be purchased. Give the gift of dance for the holidays or as a birthday present. The certificates can be used on your dance account. Add them to your holiday wish list!

MERCHANDISE FOR SALE

Visit our merchandise store in the front of the building. Here you can find shoes and tights that are needed for classes. We have an assortment of LDA clothing for adults, youths and even our littlest dancers. You can grab your logoed car decals, stickers, magnets, water bottles, bags, teddy bears, notebooks and so much more!



SPECIAL SERVICES & EVENTS:

Check the Online Yearly Calendar for Dates & Times

HOLIDAY CLASSES We have fun holiday classes built into our schedule in October and December. In October for Halloween, students are invited to come in costumes. We will do games, make up dances, and have treats. We use Halloween music, have a costume parade, the older dancers will come into classrooms and have a dance party with our younger dancers. During December holidays we have everyone wear festive clothes to celebrate their holiday, ugly Christmas sweaters, Hanukkah clothes etc. We really want everyone to deck all out and get in the spirit. We will also play games, make up dances and have treats. We have a big Christmas tree set up with gifts with one gift for each dancer.

HALLOWEEN DANCE PARTY AND TRUNK OR TREAT! On a weekend before Halloween, we hold a costume dance party and trunk or treat at the studio. All community members are welcome! In addition to the Trunk or Treat, we have a creepy, Haunted Room, Dance Disco Party, lots of Games, and of course Candy! Our event will be finished before dark.

FRIENDSGIVING WEEK Every November we invite our dancers to bring a friend to dance class. Your dancer can bring one friend to attend dance class with them for free. Our students and friends love this! An email will be sent home with details along with it being posted on our social media.

COMMUNITY OUTREACH TREE In December every year we partner with Rock County Human Services and host a community outreach project to help families in need. We have a Christmas tree set up with "family tags" that can be checked out in our office with the needs and special wants for adults and children that will be gifted to them for Christmas. You can check out as many tags as you like. Every year this

event gets bigger and bigger and I'm proud to say every year all families have been adopted through Life Dance!

PHOTOS WITH SANTA We will host photos and hot chocolate with Santa one weekend in December. All community members are welcome! This is a great time to bring friends and other family members and have treats, write letters or send drawings to Santa, and have professional photos taken by Rose Photography. An email with your photo link will be sent out for you to download and purchase your photos. It is a fun filled day with Santa's helpers!

BRING A BOY TO BALLET WEEK We hold "Bring a boy to Ballet". Your dancer can bring one boy of their choosing for free. Dads, grandpas, uncles, brothers, cousins, friends or boyfriends are all welcome. It is a huge hit! An email will be sent home with details along with it being posted on our social media.

PICTURE DAYS We offer picture days here at the studio for families to bring their dancers in to have professional photos taken in their recital costumes. There is no cost to attend. You will get a picture link in your email for you to purchase the pictures of your choosing. SarahKay Photography does a beautiful job capturing our dancers. These are not mandatory to attend, just a service we provide. Your hair and makeup are of your choosing, they are your photos. A detailed schedule will be released with your classes picture time in the spring.

COMPETITION TEAM AUDITIONS We hold our annual Competition Team auditions every summer. This is for dancers 5.5yrs- 18yrs. One year of Jazz and Ballet is required to audition. We select dancers for our Novice, Intermediate and Elite teams for each age at these auditions. It's a great experience for our serious dancers and kids that live for the stage. They have several performance opportunities and competitions throughout the year.



HELPFUL STUDIO HINTS:

- ✓ Build excitement before class! Explain to your dancer the fun they will have and all the new friends they will make. Let them know they are safe, and you will be right there to get them after class.
- ✓ Always have your dancer use the restroom before class.
- ✓ Bring a water bottle to class and have your dancer bring it into the classroom. We have a water filling station they can use throughout the night. Having the bottle in the classroom makes water breaks go MUCH faster if they don't need to leave the classroom to use the water fountain.
- ✓ If your dancer has a long night at the studio, please bring snacks or a dinner for them. We deal with hungry kiddos all night. We do have a refrigerator and microwave available for our families. We also have snacks and concessions available for sale (A hot food item, fruit, granola bars, chips, etc.)
- ✓ Please label your dancer's shoes! We find lost shoes all the time in the studio. If you have lost something, please check our Lost and Found.
- ✓ Have extra hair ties. All dancers are required to have their hair pulled back in class. If your dancer forgets one or it breaks, we can provide a backup from the office.
- ✓ We have feminine care products in both our bathroom cabinets. These are there for emergencies.

- ✓ We follow the **Janesville School District Calendar** and cancellations due to weather. We follow both Milton and Janesville's Spring break due to our population being a 50/50 split between the districts.
- ✓ Email is very important, read what we send! All information, special events and billing is done through your account email. Please keep it updated. **DO NOT** select the "opt out of emails" option on your family information page online. You will miss all the information!
We **DO NOT** sell or share your email with anyone, it is for the sole purpose of Life Dance information and billing.
- ✓ Follow us on Facebook, we have so many things posted on our page to keep you updated, special events, we run contests, and post pics of our classes.
- ✓ We sell dance shoes, tights, dance class apparel and LDA merchandise in the studio. It's very convenient for any first-time purchases or reorders that are needed for shoes. Dancer's love to sport our merchandise and we have a great selection.
- ✓ If your dancer is having problems with holes in the big toe area of any dance shoes, check their toenails! Chances are they need to be cut.
- ✓ Our enrollment ends Feb. 1st. No classes can be added or changed after that time.
- ✓ All basic recital information will be in our Recital Handbook. Emails will be sent home with detailed schedules specific to each year. Rehearsal dates and times, show dates and times, picture day schedules and so much more will always be sent out in an email after our Feb. enrollment closing.



FREQUENTLY ASKED QUESTIONS:

- 1. Can I leave my dancer when they are in class?**
YES, if your student is in the classroom taking class you can leave and return 5 mins. before their class ends. If your child is under 7, we do recommend appointing another adult at the studio to be a go-to if your child needs something while you are away.
- 2. What are the specific shoes or dance attire requirements?**
In this HANDBOOK and on our website, we have all the dress code requirements, hair requirements, and shoes listed for each class. We also offer suggestions where you can purchase.
- 3. Do I have to have the specific brand/style of shoes listed?**
YES, we ask that dancers have the required shoes for each specific class. Dancing in socks or tights is very slippery. Dancing barefoot hurts their feet and makes it very difficult to turn.
- 4. What if their shoes or dance attire haven't come in yet, can they take class?**
YES, they can. We understand it takes time to get the items needed. We often have students attend while waiting to receive shoes or attire that have been ordered.

5. Can I sit in the classroom to watch?

No, it can be very distracting to the other students and the teachers to have parents inside the classroom. This can affect all of the students' quality of learning. We do have a full observation room available for you to monitor your dancer while they attend class.

6. Should I intervene if my young dancer is misbehaving in class?

PLEASE DO NOT INTERRUPT THE CLASS by opening the door or knocking on the windows to correct your child. Rest assured we've got it handled! We know parents sweat it out watching their kids run around, swing on bars, cry or not pay attention. We've got it though. It takes about 4-6 classes for our younger dancers to fully understand the class structure and for them to feel completely comfortable. We know it is a process for them to get the hang of being in a class and we let them have the time they need to acclimate, while redirecting them when appropriate. If WE feel your dancer is really struggling and we need a parent to step in, we will come out and get you.

7. Once the door is closed can my dancer exit the classroom?

Our older classes that are 45 minutes or longer will have water breaks and are excused to use the bathroom when necessary. We do not allow children to go in and out unless they ask permission. Our younger dancers in 30 minute classes will only leave the room if they need to use the restroom or if the teacher brings them out to the parent. Please make sure your child brings a water bottle to class for in class water breaks.

8. Do you have a visitor's week?

The great thing about our family room is every night can be visitor's night! We allow extended family to come with you at any time to watch classes.

9. What is an assistant teacher?

We use student assistants, 12yrs or older, to help in classrooms of all ages. All of our assistants attend training before becoming part of a classroom. These assistants are an extra set of hands and feet that can work one on one with kids, demonstrate skills, help facilitate across the floor exercises and may even run warmups or take attendance. Older assistants may be asked to substitute teach if needed.



FREQUENTLY ASKED QUESTIONS:

10. Who are the lockers for in the studio?

Lockers are available on a first come, first serve basis and are for any student to rent. They are there as a convenience for dancers to store dance shoes and attire at the studio or to hold outside coats and bags while in class. A locker is \$10.00 to rent for the School Year Season or \$5.00 to rent for the Summer Season. Keys not returned at the end of the season will incur a \$50.00 fee.

11. Can we bring food in?

YES, but it cannot be brought into a classroom, and we ask that you please pick up any mess that is left behind. No opened food may be left in lockers.

12. How is information related to parents?

EMAIL! Please always read your emails. If you haven't received your monthly billing statement or other communications in a while, please check your SPAM folder, as we have had a few families that missed information for this reason. Your personal information is confidential. We never share or sell your information.

13. Do you offer private lessons?

YES, we do. They are set up one on one with an instructor that is offering them. Not all our teachers do private lessons. You can ask in the office and we can connect you with the contact information to get one scheduled. Privates are paid directly to the teacher you are working with.

14. Do private lessons perform in the shows?

NO, the purpose of our private lessons is to work on specific skills, technique or strength. There is no performance with a private lesson.

15. Do Acro classes perform in the recital?

NO, our Acro classes work on skills that can be incorporated into classroom choreography, but these classes have no performances at the end of the season.

16. Do you have multiple shows throughout the year?

We have one show in June. Our summer and fall sessions are for working technique and building step knowledge. In January, we will start working on our routines for our spring show that is in June.

17. How do you determine costume sizes?

We measure each child in class. Each costume company has their own sizing chart to work from. We input the measurements then go by what the sizing chart tells us is the proper size. If the costume comes and doesn't fit, the owner will work with the company to try to get you another costume.

18. What additional fees are there besides class tuition?

A one-time registration fee of \$25 per dancer when you sign up for our school session, a \$15 registration fee for summer session. A family recital fee of \$60 to cover show week expenses. A costume deposit fee of \$40 to get costumes ordered and then what is remaining for the cost of the costume when they come in will be due.

19. Are the shows in June videotaped?

YES, we have a professional videographer that will come and videotape our performances then you will get the video link emailed to you once it is ready.



FREQUENTLY ASKED QUESTIONS:

20. Do I have to do the recital?

Most students participate in the recital but it is not required. We will not force a student to go on stage. If your student will not be in the recital, we do need to have that information in writing by Jan 1st. They, of course, may continue taking class through the season until it ends in May.

21. Can we get a trial class for free?

YES, all our new, existing or potential families can try one class of a genre to see if it's something your dancer will like or is a good fit. They must meet the age requirement for the genre.

22. Do you offer adult classes?

YES, all our classes are listed under the classes offered in this handbook and on our website. These are for ages 18yrs and up and are appropriate for all levels of dancers.

23. Do adult classes perform in the show?

NO, it is a class just for you to enjoy without the stress of performing. Your class may request to be in the show if you wish. This will be coordinated with your teacher.

24. When I register for classes, and it says my dancer has been waitlisted what does this mean?

It means the class is full. If a slot opens, then you will be contacted that your child can move into the class. We always suggest you enroll in a second option to get a class slot then you can transfer classes if a spot opens in your first choice. Our classes fill very fast!

25. How do I know what level to register my dancer for?

In this packet we have broken down the level descriptions and they are also listed on our website. You can also talk with the office or your teacher to get advice on a level.

26. When is the office open?

Mon.-Thur. 4:30pm-7:30pm

27. Why doesn't anyone answer the phone during the day?

We are not in the studio during daytime hours unless we are on site teaching or choreographing. No one is available to answer the phone until the office is open.

28. Can I switch classes during the season?

YES, if there are openings, you can switch classes, times or days at any point during the season up until we close enrollment on Feb. 1st.



DRESS CODES:

Our dress codes are used to ensure your dancer has the best learning experience and gets the most out of their time with us.

HAIR pulled back helps them to see instructions clearer, turn easier, see in their side vision, and not to fuss with their hair as a distraction.

SHOES are used for each genre of dance for the best execution of steps and choreography. Can be purchased in the studio, on Amazon, discountdance.com or Rosy Cheeks in Madison

DRESS ATTIRE helps us as teachers to see their alignment and body placement, for students not to trip on or get tangled in baggy clothing, to be able to stretch, and to be in the mindset of dance class.

NO jeans, recital costumes or outfits with glitter that can shed Dress up clothes are only for the special dress up days announced by your teacher or the studio

OOPS CARDS - Students who do not adhere to the Dress Code will receive an OOPS CARD. This is a warning. They must come to their next class in proper attire and hair or they will have to watch class and not participate. The Dress Code is important to the integrity and safety of the class. OOPS Cards do not apply to Tiny Tots or Adult Classes.

TINY TOTS & LIFE'S LITTLE MOVERS

Hair: Neatly pulled back and away from face (hair ties, barrettes, buns)

Shoes: Ballet shoes, non-slip socks, bare feet or tennis shoes (for Life's Little Movers)

Shoe style numbers: Ballet- Capezio Daisy 205C leather full sole - ballet pink for girls / black for boys

Attire options:

One piece dance outfits, leotards, comfy shorts, leggings, dance skirt, tank tops or fitted t-shirts.

BALLET

Hair: Must be back in a neat bun

Shoes: Girls- Pink leather, Boys- Black leather

Shoe style numbers:

Child -Capezio 2027C Juliet leather split sole or Capezio Daisy 205C leather full sole

Adult -Capezio 2027 Juliet split sole

Attire options:

Girls- Pink Ballet tights only, any color Leotard (Ballet skirt or spandex shorts optional)

Boys- White fitted tank or t-shirt, black fitted pants or shorts

OOPS Cards will be handed out to anyone who does not have correct hair, attire or shoes.

JAZZ & MUSICAL THEATER

Hair: Neatly pulled back in a ponytail, braids, bun

Shoes:

Students registered in 5-7yrs Jazz Class- Tan slip-on Jazz Shoe - Capezio EJ2C Child or Theatricals T7802C Girls- color: Carmel, Boys- color: black

Students registered in classes 7-9yr and up- Unisex Capezio HO62 leather Pirouette II Color: Nude

Attire options:

Any type of fitted clothing. Examples: sports bras, tank tops, fitted t-shirts, stretch shorts, fitted joggers, leotards. OOPS Cards will be handed out to anyone who does not have correct hair, attire or shoes.



DRESS CODES:

HIP HOP

Hair: Neatly pulled back in a ponytail, braids, bun

Shoes: clean, dry tennis shoes. Muddy, sandy, rock filled, or wet shoes will NOT be allowed in the classroom.

Attire options: Easy to move in comfortable clothes. Examples: Joggers, sweats, t-shirts, leggings, stretch shorts, sports bras, tank tops. OOPS Cards will be handed out to anyone who does not have correct hair, attire or shoes.

LYRICAL, STRETCH, TINY TUMBLERS & ACRO

Hair: Neatly pulled back in a ponytail, braids, bun

Shoes: Lyrical- Unisex Capezio HO62 leather Pirouette II Color: Nude

Tiny Tumblers & Acro- Bare feet

Stretch- Bare feet or tennis shoes

Attire options:

Any type of fitted clothing. Examples: sports bras, tank tops, fitted t-shirts, stretch shorts, fitted joggers, leotards. NO loose or baggy clothing. If wearing a t- shirt in Tiny Tumblers or Acro you Must have a sports bra or tank underneath. OOPS Cards will be handed out to anyone who does not have correct hair, attire or shoes.

TAP

Hair: Neatly pulled back in a ponytail, braids, bun

Shoes:

3-8yrs Classes- Tan strap shoes Color: Theatricals T9050C

9yrs and up Classes- Black lace up shoes - Theatricals Child T9500C or Theatricals Adult T9500 Bloch

Advanced Classes - Black lace up shoes- Bloch S0361L Adult "Respect"

Attire options: Any type of fitted dance or yoga clothing. Examples: sports bras, tank tops, fitted t-shirts, stretch shorts, fitted joggers, leotards. OOPS Cards will be handed out to anyone who does not have correct hair, attire or shoes.

ADULT CLASSES

Hair: Neatly pulled back in a bun, ponytail, or braids

Shoes: All the above specific genre shoes

Attire: Any dance or athletic wear you are comfortable in



PRESCHOOL CLASSES OFFERED:

PARENT & ME CLASS Ages 16mos-2yrs (SUMMER ONLY)

Parent and me classes are a wonderful steppingstone to introducing your little to a classroom. This program is designed in a 6-week session with the intention of transitioning your little dancer into a classroom comfortably. It is a fun class that focuses on the adult and child experiencing things together and acclimating to a new environment. You get to be with your child interacting and creating smiles and memories together in a playful and imaginative class. The class will teach following directions, socialization, large motor skills, and self-confidence. Once your dancer turns 2ys they can move up to Tiny Tots and attend class alone, while you relax and observe from our parent room.

TINY TOTS Ages 2-3yrs

A creative Movement class that acclimates your dancer to a classroom setting. We work on listening skills, following directions, structure, socializing, slow/fast, up/down, patterns, and the use of imagination and guided play all to follow along, fun music.

LIFE'S LITTLE MOVERS COMBO CLASSES

Ballet / Tap: Beginners class ***Ages 3-4yrs***

Ballet / Jazz: Beginner class ***Ages 4-5yrs***

Ballet / HipHop: Beginner class ***Ages 4-5yrs***

These combo classes are a great introduction to the world of dance. All Little Movers classes begin with the basis of technique and step knowledge through Ballet, then add either Tap, Jazz, or Hip Hop. Tap is a form of dance based on rhythmic patterns. Musical timing is stressed in our tap classes. Jazz is a progressive form of dance that is performed to the latest upbeat music and focuses on stretch, strength, jumps, turns and precision using fast skillful movements. Hip Hop is an exciting, upbeat, fun, fast-paced form of dance and exercise that works on body control.

BALLET BASICS Ages 3-5yrs

Our Ballet basics class teaches basic dance vocabulary, positions of the feet, barre work, balancing, body placement, arm positions, and beginner Ballet steps. Starting them off with the basis of ballet technique and step knowledge will support them in moving forward with other genres of dance as they get older.

TAP BASICS Ages 3-5yrs

Tap is a form of dance based on rhythmic patterns. Our Tap program has its own style and pizzazz using fun and upbeat music to make it enjoyable and innovative. Introduction to musical timing is stressed in our tap basics class.



SCHOOL AGE CLASSES OFFERED:

BALLET Ages 5+

Ballet technique is the base of all forms of dance. This class is taught by our certified instructors specializing in Royal Academy of dance and ABT Ballet. Proper technique is taught through barre work, across the floor, center of the floor and stretch, and strengthening exercises. We offer Beginning, Pre-Pointe, and Pointe classes. All students are placed according to ability and age.

Levels I-IV offered

Adults only classes offered

TAP Ages 5+

Tap is a form of dance based on rhythmic patterns. Our Tap program has its own style and pizzazz to make it fun and innovative. Musical timing is stressed in our tap classes. Both the classical and modern approaches of tap technique are taught.

Levels I-IV offered

Adults only classes offered

JAZZ Ages 5+

Jazz is a progressive form of dance that uses traditional ballet technique and is performed to the latest upbeat music. This class focuses on stretch, strength, jumps, turns and precision. Jazz is presented through creativity, style, and fast skillful movements.

Levels I-IV offered

Adults only classes offered

HIP HOP Ages 5+

Hip Hop is an exciting, upbeat, fun, fast-paced form of dance and exercise that is choreographed to the latest hip hop and pop music. This form of dance works on body control and teaches dancers to be precise, even with the smallest of movements.

Levels I-IV offered

Boys only classes offered

Adults only classes offered

TINY TUMBLERS Ages 5-7yrs

This will be an introduction to tumbling and flexibility skills. Safety and proper form are of utmost importance in our programs. Students will focus on flexibility, strength, beginning and finishing positions, safety, and proper body, foot and leg positions.

STRETCH AND STRENGTH Ages 7+

Cross training and body maintenance is essential for dancers in order to prevent injury and to increase skill level. The first half of class is spent using Pilates, yoga, and other strengthening modalities to build core muscles and to strengthen the smaller muscles needed for dance. The second half of the class is spent doing a series of passive and active stretches to increase flexibility. Props like yoga blocks, straps, and Thera bands are used as well as a Yoga exercise Ball.



SCHOOL AGE CLASSES OFFERED:

ACRO Ages 7+

Acrobatic Dance or "Acro" incorporates gymnastic-like tumbling and flexibility skills with the beauty of dance execution. Safety and proper form are of utmost importance in our acrobatic training program. Beginning Acro students will focus on flexibility, strength, beginning and finishing positions, safety, and proper body, foot and leg positions. Skills that will be taught within this class are forward and backward rolls, cartwheel variations, handstands, headstands, forearm stands, walkovers, round- offs, and bridges. All upper level Acro dancers will build upon the skills they have already learned. Skills include, Ariels, handsprings, shoulder stands, Acro partnering, and hand walking. Upper-level students must be currently enrolled in a Ballet or Jazz class. The teacher will have one on one time with a group of students then will have them work on the skill while she moves to another group. This is the best way to have students get the teachers time as well as time to practice the skill independently.

Levels I-IV offered

LYRICAL Ages 7+

Lyrical dance is choreographed to interpret the emotions of the music with the intention that the audience will feel the lyrics of the song. Lyrical is a technically strong creative mixture of both Ballet and Jazz.

Ballet required at same time to take this class

Levels I-IV offered

Adult only classes offered

MUSICAL THEATER Ages 8+

Musical Theatre class works on the three elements of musical theater: dancing, acting, and singing. In this class, students take 3-4 weeks to learn the plot, lyrics, choreography, and character development from part of a Broadway show (for example: "Seize the Day" from Newsies). Vocalization will not be taught, but the class emphasizes the importance of singing lyrics and playing a character while dancing. This class is great for getting students stage ready for plays and musicals. Musical theater choreography is mainly based in jazz and ballet techniques. This is a very fun class where students can expand their creativity, imagination, and step out of their comfort zone.

Levels I-IV offered

Adult only classes offered

CONTEMPORARY Ages 10+

Contemporary dance almost defies description because it can be balletic or wholly abstract, jazz-influenced or lyrical, structured or unconventional. We fuse this style of dance into our more advanced Lyrical classes. Switching between the two to keep our dancers well rounded and challenged.

Ballet required at same time to take this class

Levels I-IV offered

Adult only classes offered



ADULT CLASSES OFFERED:

Ages 18+

Each season we offer different Adult level classes, not all of these options will be offered every season. Please see current Class Schedule at lifedanceacademy.net

ADULT BALLET

We cover basic Ballet foundations, ballet positions, steps and vocabulary with a focus on proper posture and body alignment. We will do standing barre work and center of the floor exercises to enhance coordination, strength, balance and flexibility. Appropriate for all adult ages and levels. Exercises can be modified towards beginner or intermediate adults.

ADULT JAZZ

This class will include a warm-up that develops strength, flexibility, coordination, and dance technique that is specific to jazz dance. Students will learn choreography and combinations to pop music and be encouraged to portray their style and expression.

ADULT HIP HOP

This class is all about movement that is fast paced, energetic, and groovy set to hip hop music. It is great for rhythm, coordination, cardio workout, and expressing personal style. Class will always include a warmup and a combination.

ADULT TAP

You will be taught basic tap terminology and steps. The steps will then be put into a combination. It will greatly improve your cardio stamina, balance, rhythm, and memorization skills.

HEELS

This class is focused on femininity and confidence! It is a more feminine based class with burlesque elements. Appropriate for adults only. This class will teach a dance combination to more mature music using clean jazz lines, basic jazz technique and fluidity, hard hitting hip hop moves and intricate details. This class is traditionally done in high heels and includes floor choreography. Heels are NOT required, and all floor work will have modifications if needed. Class will always have a warm-up and a combination to learn.

ADULT LYRICAL

This class is all about free-flowing movement. It is choreographed to interpret the emotions of the music with the intention that the audience will feel the lyrics of the song. Lyrical is a mixture of both Ballet and Jazz.

ADULT MUSICAL THEATER

This class will go through the basics of musical theatre dancing which is based in jazz dance technique. You will not learn vocalization or acting techniques in this class. The choreography in the class will work on stylization, performance and footwork. It will be a faster moving class using music from popular Broadway Musicals.

SWING DANCE

This is an upbeat and lively social dance. In this beginner/intermediate class, you will learn the basic swing footwork, as well different underarm variations. This is a great gateway class to feel more comfortable dancing in social settings. Having a partner is not required.



CLASS LEVELS:

Levels are a way for us to divide up teaching of skills. We use a system of Level I - Level IV. Each level has skills and requirements that build on knowledge of the previous level. Our teachers know what expectation we hold for each level and it helps them know what to focus on versus what their students have already been taught. ***Because development and progression is unique to each student, we use a variety of factors when evaluating for placement.***

STEP KNOWLEDGE, TECHNIQUE & SKILLS MASTERY - More advanced steps and skills build on fundamentals that need to be mastered completely before new skills can be taught safely. Once a student has consistently shown to execute steps and skills of a particular level with correct technique, they may be considered for advancement.

MATURITY - As students progress through levels, length of classes increase, as well as behavioral expectations. We aim to place students where they are comfortable and confident while still being challenged appropriately.

SAFETY - Safety is always of primary concern and until a student is ready in mind, body and strength, teachers will not consider them for the next level.

ATTENDANCE - Attendance is a factor in moving through levels as well. Your student may have been in a level for 2 years but misses a lot of classes. Absences will inhibit consistency, slowing their mastery of skills and important fundamental.

Students will not move up a level every year. We anticipate students to spend 2-3 years in each level before progressing. Typically students will go through each level of an age group and begin at level I in the next age group. This is not going backwards. Each level number is a step up and each age level is also a step up. However, teachers can suggest for students to advance onto higher levels if they feel that the student understands and executes the concepts, has the maturity for more advanced expectations and needs to be challenged further. All levels are up to the instructor's discretion. If you have specific questions on your child's advancement, please contact the office and we will be happy to set up a meeting with their teacher.

Level I: for students who are new to a genre of dance OR for students who are currently working on step knowledge, technique and mastery of foundational concepts from the previous age group level I class and have aged out of that age category (Example: 9yo ages out 7-9yr level I into 9-12yr level I)

Level II: for students in this age category who have spent 2-3 years in level I (or who have mastered the concepts from the previous age group Level II class. Based on teacher approval)

Level III: for students in this age category who have spent at least 2-3 years in level II (or who have mastered the concepts from the previous age group Level III class. Based on teacher approval)

Level IV: for students in this age category who have spent at least 2-3 years in level III (or who have mastered the concepts from the previous age group Level III class. Based on teacher approval)



ACRO LEVEL BREAKDOWNS:

**** If you are new to our studio and enrolling in Acro with existing experience, please contact us to schedule an Acro Assessment.***

ACRO I

New to Acro OR

Needs continued work on Level I skills/exercises

Working on hand placement, body alignment, body awareness/coordination, and flexibility

Learning how to control body and movements

Working on gaining proper strength for skills/exercises

Skills/exercises learned in this class may include but are not limited to: plank, tabletop, backwards facing handstand, bridge, rock and roll, forward roll, backward roll, cartwheel, hollow hold, teddy bear stand

ACRO II

New to Acro, but older with more dance experience OR

Has demonstrated clear ability to execute level I skills/exercises with control and flexibility

Has a grasp on body alignment and can start to self-correct with vocal prompt

Continued work on strength and flexibility for new skills/exercises

Skills/exercises learned in this level may include but are not limited to: Roll down and up from standing to bridge, handstand holds in center, handstand walking, bridge kick overs, bridge inside outs, shoulder shrugs, headstand balances, one-handed cartwheels, dive cartwheels, round offs, push-ups, v snaps

ACRO III

Has demonstrated a clear ability to execute level II skills/exercises with control and flexibility

Good body alignment and awareness and can start to self-correct even without prompt

Understands how to generate power for more physically demanding skills/exercises

Continued work on strength and flexibility for new skills/exercises

Skills/exercises learned in this level may include but are not limited to: Front and back walkovers/limbers, front handsprings, handstand to forward roll, backward roll extension, dive forward roll, side aerial, shoulder pops, forearm stands, chest stands, rolling tinsica

ACRO IV

Has demonstrated a clear ability to execute level III skills/exercises with control and flexibility

Great body alignment and awareness and is proficient at self-correction without prompt

Understands how to generate large amounts of power for physically demanding skills/exercises

Continued work on strength and flexibility for new skills/exercises

Skills/exercises learned in this level may include but are not limited to: Straddle press, standing side aerial, front aerial, back handspring, back tuck, punch front, continuous rolling tinsica, full scorpion, handstand holds moving through many positions

Notes:

Some students will need to be moved to different levels based on their class schedule.

Student's attitude in class will be a huge factor in what level they are placed in.

Directors/instructors reserve the right to move students into other levels at their discretion based on all the above factors.