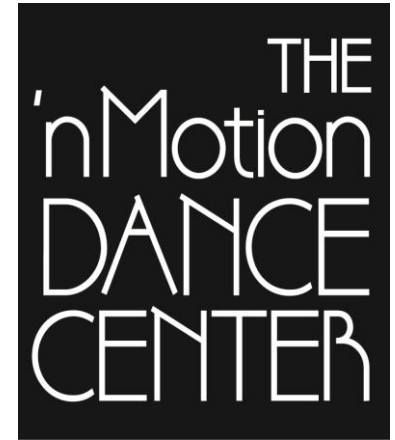




University Center II
7988 University Avenue NE
Fridley, MN 55432

2016 - 2017 Handbook



Ballet
Hip Hop
Jazz
Lyrical
Modern/Contemporary
Pointe
Tap
Musical Theater
Choreography
Fitness

www.nMotionDanceCenter.com



Welcome to...

The 'nMotion Dance Center!

My talented staff and I are excitedly planning another season of dance! We have been working hard to continue to offer the best non-competitive dance education to the children and families of the Fridley and surrounding area. We are focused and committed to creating a fun and positive environment for our students that cultivates artistic appreciation, self confidence, respect, and creativity within the art of dance!



What makes us unique compared to most dance studios is:

- **Our teaching method** – It is a progressive dance program with lesson plans purposefully modified as a student continues in their dance education.
- **Many dances in a wide variety of styles are appropriately taught at the right times** – students learn many new dance styles, steps and routines quickly, not just focusing on a limited few each year for competition purposes.
- **You don't have to attend several different dance classes each week to take in all that you wish to learn** – the dance elements for your age group and skills level are incorporated into a single weekly lesson designed to promote excellent dance technique in a variety of styles for the entire class.
- **Each student is encouraged to excel individually**
- **Community outreach** – our choice is to be community oriented instead of competition focused. We give our students opportunities to dance in community events to hone their performance skills while giving back to others, instead of participating in high stress (and expensive) competitions. Some examples of past work include: **Spring Brook Nature Center's Pumkin Night in the Park, The Fridley Music & Arts Festival with MN Sinfonia Orchestra, Dancing with our Local Stars, Anoka County's Got Talent, Empty Bowls, StarGazers, Fridley 49er Days** and dancing in the **MN Dance Festival**, and the **MN State Fair Talent Contest** (making it to semi-finals).

This remains an amazing journey for me. The more I strive to teach and share with my students, the more I learn from them. I am excited about growing with you over the next season, and continuing to make The 'nMotion Dance Center a place of distinction.

Sarah Goar

Work/Study

Demos (Teacher Assistants) –

Intermediate I level students and above are eligible to be classroom assistants and will receive a tuition reimbursement. Call for more information.

Please conduct all business through the main office – Sarah Goar

via **EMAIL...**

sarah@nMotionDanceCenter.com

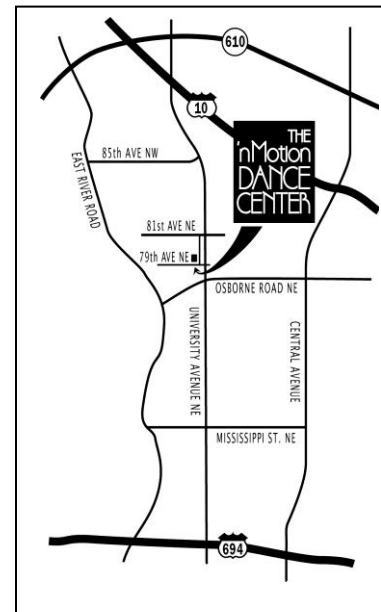
by **MAIL...**

7988 University Ave. NE
Fridley, MN 55432

by **PHONE...** 763-571-6180

in **PERSON...** Fridley Studio

Monday – Thursday
(Office hours TBA)



Dress Code

It is important for the instructor to be able to see the line of the body while teaching to insure proper technique. Generally, Female students are required to wear a leotard and tights for ballet, Pointe, jazz, and tap classes. Little shorts, a ballet skirt, or jazz/yoga pants can be added as an extra layer. Male students should wear a t-shirt and sweatpants or shorts. Hip Hop, Choreography, and Musical Theater students should wear comfortable clothing that allows movement and will not be in the way while moving. Jeans or other street clothing are NOT appropriate and not allowed in class. Ballet, Pointe, jazz, and tap students are required to have the appropriate shoes. Hip Hop students need light soled, clean tennis shoes. Hair MUST be pulled back away from the face. Gum, cell phones, and jewelry are not allowed in class.

Online Store

All dancewear and shoes may be purchased through our online store. Get sized at the studio then visit curtaincallforclass.com to place your order. It is easy, convenient, and items can be shipped directly to your home! Use passphrase NMotion1.

Personal Belongings

The 'nMotion Dance Center is not responsible for lost or stolen articles. Place your name on all dancewear, including shoes. Keep valuables with you.

www.nMotionDanceCenter.com

Performance Opportunities

Students have busy schedules and lots of other priorities and we understand that! Learning and growing in dance, building self-esteem, and a sense of group accomplishment are the primary focuses at the 'nMotion Dance Center. High stress, competition performance is NOT the driving force of our work. But performance opportunities still do exist as follows:

The 'nMotion Dance Company – An opportunity for dance performances with an emphasis on learning performance skills – students are evaluated in their regular classes and must be invited to perform at various community events/shows/parades typically once a month. Individuals can choose which shows they are able to attend. Company members will enjoy field trips and special events throughout the year.

Annual Recital – Our spring year end performance is open to all students to celebrate dance and student achievement. The recital is held in the Anne Simley Theater on the beautiful campus of Hamline University. We pride ourselves on putting together a stellar, professional, performance to show off the talents and hard work of our students each year!

2016-2017 Calendar
(September 2016 through
Annual recital in June 2017)

Classes start on
Monday, September 12th

Thanksgiving Vacation
Wednesday, November 23rd through
Sunday, November 27th

Winter Vacation
Monday, December 19th through
Sunday, January 1st

Memorial Day Weekend
NO CLASSES
Friday, May 26th – Monday May 29th

Cancellation of Classes Due to Bad Weather

As a general rule, we will follow the Fridley School District in regards to cancelling classes due to bad weather. Refunds are not given for cancelled classes; however, students are always encouraged to make up missed classes. Cancelled classes will always be announced on our facebook page!



Dance Curriculum Includes...

Ballet – represents the basic form, structure, strength, and rules (proper balance, line, and position) required for all other types of dance.

Hip Hop – an ever evolving, improvisational, rhythmic and contemporary dance form.

Jazz – more than just dancing to faster music, its unique rhythms and positionings push the limits and boundaries of dance.

Lyrical – a more sophisticated and emotive form of dance that is freeing and liberating with a modern influence.

Modern/Contemporary – a style that centers on a dancer's own interpretation instead of structured steps favoring a more relaxed, free style of dance based on momentum, contraction, and release.

Pointe – a more advanced style of ballet in which dancers wear special shoes that allow them to dance on their toes – Pointe is the essence of classical dance for experienced dancers and requires strict prerequisites.

Tap – provides a dual audible/physical sense of rhythm that is an important foundation for all dancers and especially those interested in hip hop and jazz.

Musical Theater – gives students an opportunity to expand their ballet, tap, and jazz dance skills in a whole new way. Students will be introduced to the great musical theatre classics as well as the best of Broadway today. This class will focus on character building, storytelling skills, and adapting to styles in dance through exercises in acting, improvisation and storytelling. Working at each student's comfort and skill level we will help foster creativity and self-expression, building confidence in your student that will shine in performance.

Choreography Class – Students will learn the main elements of creating dance compositions (choosing and mapping music, building upon a theme, improvisation, finding inspiration, etc.). Students will then use these newly learned skills to create a piece that will be performed at the recital. Great for Seniors, or soon-to-be Seniors, who will perform a solo in the recital.

Fitness – Yoga, Zumba, Barre, Pilates, and more! Adults, parents, and teens are invited to get moving in these dance inspired fitness classes. Classes are for those who want to gain strength, flexibility, help to prevent injuries through cross training, or just get some exercise.

Tuition and Payment Schedule

- Monthly tuition is due the first lesson of each month. A \$20 late fee will be charged to unpaid accounts after the 15th of each month.
- Annual tuition is 9 times the monthly fee and is payable by September 15th. [The registration fee (\$20) is waived when tuition is paid annually.]

Refunds – No refunds or credits are given on missed classes. However, missed classes may be made up without additional charge.

<p>FAMILY DISCOUNT</p> <p>1st Child – full price 2nd Child – 25% off 3rd Child – 50% off 4th Child - FREE</p>	<p>MULTIPLE CLASS DISCOUNT</p> <p>1st Class – full price 2nd Class – 25% off 3rd Class – 50% off 4th Class - FREE</p>
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Note: Family discounts and multiple class discounts do not apply for summer classes, senior solo prep class, or in combination with alumni discounts.

Annual Recital

A recital deposit of \$115 is due on or before November 30th, 2nd installment due by February 28th (for students with multiple costumes), and the balance due by May 1st. The recital fee paid by each student covers costume costs, tights, 12 free tickets per family (with the option of purchasing more for \$5/ea.), recital t-shirt, CD of recital music, DVD of recital, and production costs (theater rental, lighting, etc.). This fee is NOT refundable.

Visitor Days

Visitors may observe classes on the 1st lesson in the months of November, January, March, and May. Special permission for visits can be granted on request – please check in advance.



www.nMotionDanceCenter.com

Class Levels and Tuition

(one Class per week)

Wee Dance Levels (2-5 year olds)

Provides dance exposure integrating movement, rhythm training, small and large muscle coordination and physical development.

Tutu's age 2-3 creative movement and tumbling [1/2 hour]

Toddler age 3-4 pre-ballet and tumbling [3/4 hour]

Tiny Tot age 4-5 pre-ballet and tumbling [3/4 hour]

Kinder Kids age 5-6 tap, pre-ballet, and tumbling [1 hour]

Monthly Tuition

\$40.00
57.00
57.00
59.00

Preparatory Dance Levels (1st grade – 6th grade)

Familiarizes students with dance through a combination of dance styles.

Child I – ballet, tap, and tumbling [1 ¼ hours]

Child II and III – ballet, tap, and jazz [1 ¼ hours]

\$62.00
62.00

Junior I – ballet, tap, and jazz [1 ¼ hours]

Junior II – ballet, tap, jazz [1 ¼ hours]

Junior III – ballet, tap, jazz, and pre-Pointe [1 ½ hours]

62.00
62.00
64.00

Performing Arts Levels

Emphasizes technical proficiency and performance abilities while encouraging greater insight into the art of dance – class placement is based on technical proficiency and previous dance experience.

Intermediate I and II

Ballet/lyrical, tap, jazz [1 ¾ hours]

Add Pointe [1/2 hour]

\$68.00
Add'l 18.00

Intermediate III and IV

Ballet/lyrical, jazz [1 ¾ hours]

Add Pointe [1/2 hour]

Add tap [3/4 hour]

68.00
Add'l 18.00
Add'l 20.00

Other Classes

Advanced (by invitation only)

Ballet/lyrical, jazz [1 ¾ hours]

Add Pointe [1/2 hour]

\$68.00
Add'l 18.00

Hip Hop I, II, III & Adult –age 7 thru adult-Hip Hop, funk, and break dance basics [1 hour]

\$ 49.00

Choreography Class – age 12 thru adult [1 hour]

49.00

Musical Theater – age 10 thru adult [1 hour]

49.00

Tap – beginning, intermediate, or advanced for adults & teens [1 hour]

49.00

Monday Madness Fitness/Conditioning classes – Adults & teens

49.00

Modern/Contemporary – teens & adults [1 ¼ hours]

52.00

Adult Ballet/Jazz Combo – beginning or intermediate [1 ¾ hours]

68.00

[Adults may pay monthly, per class (\$15/hour), or purchase a punch card]

REMEMBER... The 2nd class is 25% off... the 3rd class is 50% off... ALL other classes are FREE!