

# Gretchen's Dance Class 2019/2020 Registration

**Studio Address: 307 Elm Street, Washington, MO 63090**

My goal is to instill a passion and love for dance that will last a lifetime, while building a strong foundation upon which a beautiful dancer can grow! Dance lessons give your child confidence and poise, develop coordination, and build friendships that last a lifetime!

Dancing makes my soul happy.....add friendships and fun music.....it doesn't get any better than that!

**Student 1- Name** \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Medical Info/Health Concerns \_\_\_\_\_

**Student 2 - Name** \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Medical Info/Health Concerns \_\_\_\_\_

**Student 3 - Name** \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Medical Info/Health Concerns \_\_\_\_\_

**Parent(s) / Guardian Name** \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email(s) \_\_\_\_\_

Cell Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_ Alt Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

**Emergency Contact Name** \_\_\_\_\_

Relation to Student \_\_\_\_\_ Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

**Emergency Contact Name** \_\_\_\_\_

Relation to Student \_\_\_\_\_ Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

## **MEDICAL RELEASE & STUDIO POLICIES**

In the event you are unable to reach me, in the case of accident or injury, I give my permission for treatment as deemed necessary by staff or emergency personnel. I also release Gretchen Long of liability in case of injury or accident incurred to: Child(ren)Name \_\_\_\_\_

I have read all information and policies on second page. I fully understand and agree to abide by policies.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**\*Please mail this form and payments to Gretchen Long at 697 Eastland Oaks Drive, Washington, MO 63090**

## CLASSES ENROLLED IN DANCE YEAR 2019/2020

<u>Name</u>	<u>Class</u>	<u>Time</u>	<u>Tuition</u>
Student 1. _____	<b>Monday or Wednesday</b>	_____ - _____	\$ _____
Student 2. _____	<b>Monday or Wednesday</b>	_____ - _____	\$ _____
Student 3. _____	<b>Monday or Wednesday</b>	_____ - _____	\$ _____
<b>Total Tuition Due: \$</b>			_____

FOR OFFICE USE ONLY: Amount Paid: \$ \_\_\_\_\_ Cash or Check# \_\_\_\_\_ Date Paid: \_\_\_\_\_

### DANCE CLASSES & SCHEDULE

#### ***Creative Movement - Monday 5 - 5:30 pm (ages 2.5-3.5)***

The class will introduce Body Movement and Ballet skills to first year students for ages 2.5-3.5. Students learn about level changes, role-playing improvisation activities, this type of movement is often a precursor to formal ballet/tap/jazz classes and is so very important. Creative Movement matters because it helps young students to focus the mind, creating community, assisting with children's cognitive and motor skill development, developing aerobic capacity and impulse control, introducing movement themes and body awareness, increasing interpersonal skills, introducing and instilling class rules and etiquette.

#### ***Beginner Dance - Monday 5:30 - 6:30 pm (ages 4-5)***

The class will introduce Tap and Ballet skills to first year students or for students who have completed the creative movement class. Class is 20 minutes of Tap, Ballet, tumbling for ages 4-5. Students learn to focus the mind while introducing and instilling class rules and etiquette. Beginning terminology in tap and ballet along with body awareness and seasonal dances create a fun new challenge for young dancers. Class is about creating community, assisting with children's cognitive and motor skill development, developing aerobic capacity and impulse control.

#### ***Dance 2 - Wednesday 5:30 - 6:30 pm (ages 5-7)***

A dance class for second or third year students with 20 minutes of Tap, Ballet, tumbling for ages 5-7. This is a one-hour combination class with about 40 minutes in ballet shoes and 20 in tap. Students are continuing to learn basic ballet steps, proper technique and French terminology. Learning more progressive tap steps and combining into combinations to help develop a better sense of rhythm and timing. In tumbling, students will continue learning all kinds of rolls, lots of animal movements, and introduction to handstands and cartwheels when ready.

#### ***School-Age Beginning Tap/Jazz - Wednesday 6:30 - 7:30 pm (ages 7-10)***

A beginners class for school-age students interested in learning Tap, Jazz and Basic Tumbling for ages 7-10. No previous experience is required for this class. A great way for past or new dancers to learn basic tap steps, turns and leaps, along with jazz steps in a fun noncompetitive environment. Class is broken into 20 minutes of Tap, Jazz, and tumbling which works on learning cartwheels, versions of forward and backward rolls, backbends and handstands. Plus, fun warmup and strength, conditioning and stretching exercises.

#### ***Adult Beginning Dance - Wednesday 7:30 - 8:00 pm***

An adult's beginner dance class with 30 minutes of beginner Tap. This is a great class for adults with no experience or adults who took a few years of dance as kids and who feel more comfortable starting out a little slower.

#### ***Adult Dance - Wednesday 8:00 - 9:00 pm***

An adult's intermediate class with 30 minutes of intermediate Tap and 30 minutes of rotating Ballet/Jazz/Conditioning and Stretching. Great for adults with experience as teens and want to get back into it for some fun and exercise. Prior dance experience preferred.

# CLASS INFORMATION AND POLICIES

## FEES

The first month's tuition fee is required with the registration form to reserve class space. Registration will not be considered complete and class space is not reserved until tuition has been paid. There is NO registration fee or recital this year but an end of the Spring Session performance is optional for families and friends.

- o Class tuition fees are due at the first class of each month. Tuition may be paid by cash or check.
- o Checks should be made payable to **Gretchen Long** and include your child's full name in the memo.
- o There is a \$25 returned check fee, per check, on all returned checks.
- o A one-hour class per week is \$45.00/month. 30 minute class per week is \$25/month
- o A **Session Special** is \$160 for the 16 week 1 hour class, or \$80 for the 16 week 30 minute class, if received by August 21 in the fall and January 15 in the spring.

\*Please mail this form and payments to **Gretchen Long** at **697 Eastland Oaks Drive, Washington, MO 63090**

## STUDIO RULES

- o No student should be in the studio unless enrolled in that particular class.
- o Students should be dressed and prepared for class before it starts.
- o Please use the restroom before class.
- o Please change into dance shoes before class in the lobby waiting area.
- o No food or drinks of any kind are allowed in the dance studio area.
- o Chewing gum is never allowed in class.
- o Always treat your teacher and fellow classmates with respect.
- o Bags to hold shoes are recommended and dancers should bring into the dance studio room.
- o Students should be prompt and prepared for class.

## INSURANCE

Gretchen Long does not carry medical insurance for her students. It is required that all students be covered by their own family insurance policies and if injury occurs it is understood that the student's own policy is your only source of reimbursement.

## BAD WEATHER / HOLIDAYS

- o The studio will not necessarily close for snow days, regardless of area school closings. If in doubt call Gretchen Long (314-435-4032) before coming to class on the given day.
- o **Fall 2019 Class Session Dates for Monday classes** are  
**8/19, 8/26, 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9**
- o **Fall 2019 Class Session Dates for Wednesday classes** are  
**8/21, 8/28, 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11**
- o **Spring 2020 Class Session Dates for Monday classes** are  
**1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27**
- o **Spring 2020 Class Session Dates for Wednesday classes** are  
**1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29**
- o There will be **NO CLASS** on **Monday 9/2 for Labor Day** and **11/27 which is the day before Thanksgiving**.

## PRACTICE WEAR

Dance Wear is required for all classes. Students must wear comfortable form-fitting dance attire to display proper body alignment and allow for easy movement. No baggy t-shirts, baggy shorts, blue jeans, no jewelry or other unsuitable attire will be allowed. Hair should always be securely pulled away from the face.

- o **BALLET** - Leotard, tights and ballet shoes, skirts, wraps, shorts over tights or tutus are allowed but we must always be able to see the knees and ankles. No dance pants please.
- o **TAP** - Same as ballet, but any color of tap shoes are needed.
- o **TUMBLING/JAZZ** - Form-fitting, comfortable attire allowed including unitards, leotards with shorts but we ask that no skirts are worn during tumbling for safety of teacher and student. Ballet or jazz shoes are ok for jazz portion.