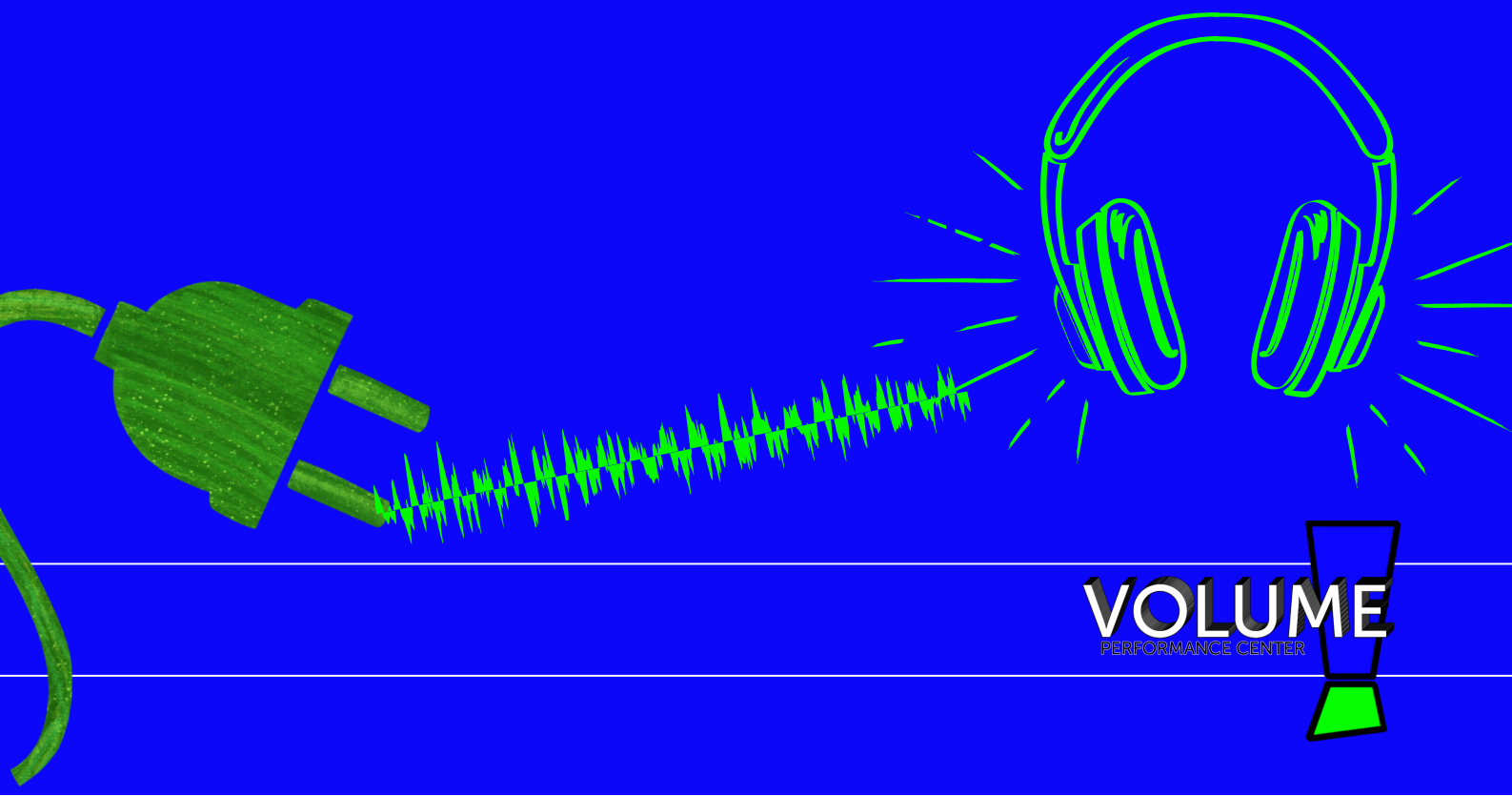


VOLUME DANCE, LLC

# VOLUME DANCE COMPANY HANDBOOK 2023-2024

*Updated and revised June 1, 2023*

***celebrating 15 years of being a dance  
hub for the Indianapolis community***



**VOLUME**  
PERFORMANCE CENTER



# Competition Parents!

**HAPPY 15TH ANNIVERSARY TO VOLUME PERFORMANCE CENTER!**

Since 2009, Volume Performance Center has been creating dancers and building strong young women and men. Our reputation for inspiring young people to be the best dancers they can be is one of the primary reasons for our success. We believe the influence that dance has on a student's future extends far beyond what goes on in the classroom. Our teaching philosophy is centered in instilling a passion for dance while building self-esteem and confidence in every child. The students' well-beings are our priority; their technical capability is secondary.

The objective of this handbook is to keep our competition parents on the same page as the staff. The philosophies, policies, and information included in these pages reflect the attitudes, beliefs, and goals of the program. Please take the time to read the entire handbook.

## **CONTACT INFORMATION**

Volume Performance Center

1728 East 86th Street Indianapolis, Indiana 46240

Tel: 317-574-0599 (this is the number for studio related business)

Email: [volumedance@yahoo.com](mailto:volumedance@yahoo.com) Web: [www.volumedance.com](http://www.volumedance.com)

### **Office Hours:**

Tuesday to Thursday: 5-8:30 PM

Saturday: 10AM to 2PM

Mondays and Fridays: Closed (you will not receive answers to emails or texts on this day)

*Note:* Drop off is 15 minutes before each class begins.  
Early drop off and late pick up will cost \$1 per minute.

### **Connect:**

Like us on Facebook: Volume Performance Center

Join our Facebook groups: Volume Parent Group AND Volume Competition Teams

Follow us on Instagram: @IndyVPC

VOLUME PARENT HANDBOOK

# Studio Goals

STRETCH LAB  
COMMUNICATION  
2023-2024

# COMPANY GOALS

As a staff, we have several goals for the dance companies and the families.

- **COMPANY SPLITS**

*We want the entire company to achieve the right and left splits.*

*We want our moms and dads to work on increasing their flexibility.*

*To assist with achieving this goal, we have partnered with Stretch Lab here in Nora.*

## **WHY?**

Flexibility is the ability to move muscles and joints through a full normal range of motion (ROM). Flexibility helps performance, posture, promotes efficient movement, prevents incorrect body alignment, maintains appropriate muscle length and balance and also decreases injury risk

## **STRETCH LAB EVENT**

We want the entire company to achieve the right and left splits.

We want our moms and dads to work on increasing their flexibility.

To assist with achieving this goal, we have partnered with Stretch Lab here in Nora.

If you would like to try Stretch Lab at a one time discounted rate, mark your calendars for:

**AUGUST 13th, 2023 2 to 5 pm**

This event is for parents and students

25 minute stretch=60% off \$55

50 minute stretch=60% off \$105

- **READ A DANCE BOOK**

We want each child to read an age appropriate book about dance.

We want our studio moms to read TRASH THE TROPHIES

Reading is fundamental and there is great value in reading about dance. Since all of the girls are interested in dance, we want them to read about dance.

## **TRASH THE TROPHIES!**

We will do a book club in blog format. You read the book and post about what you read at your leisure. NO PRESSURE. At the end of the season, we will come together and talk about the book.

- **INCREASED RESPONSIBILITY**

We are asking our parents to allow the dancers to pack their own dance bag weekly.

- **COMMUNICATION**

There will be no team moms this season. We want our parents to read the studio emails more frequently.

# COMMUNICATION

**"Good communication is the bridge  
between confusion and clarity."-Nat Turner**

## HOW YOU CAN COMMUNICATE WITH THE STUDIO

By now you have probably noticed that we are BIG on written communication here at VPC. It is our promise to communicate all important information. It is also our promise to respond to all inquiries within 48-hours and we will never leave a query unanswered. The best way to communicate with the studio is through our email address or studio phone.

**NOTE: The staff's personal phone is not the way to communicate studio business.**

Call or text 317-574-0599 Email: volumedance@yahoo.com

## HOW WE COMMUNICATE WITH YOU

For convenience, our primary means of communication is via email. You will receive important information via email so please ensure you have provided the studio with an up-to-date email address that is regularly checked. We are, of course, happy to include multiple email addresses per family if you would like your correspondence sent to numerous recipients. Don't forget to add our email address to your contacts so we don't end up in the dreaded Spam folder.

We are also proud to provide you information round-the-clock via instagram (@indyvpc), Facebook (Volume Performance Center, and the BAND App. You can download Band via your phone's App Store. Just follow the prompts to install the app on your mobile device and you'll receive alerts as they happen. In the frequent case of urgent information (for example, unexpected class cancellations or performance changes), we will send an SMS and/or telephone to all families. So, for this reason, please make sure the mobile phone number you have provided to the studio is correct and up-to-date.

Facebook is a great way for us to keep in touch with a large number of people at once, so we encourage all families to join two closed Facebook groups: (1) Volume Dance Company Parents (2) Volume Parent Group. This group can be found on Facebook.

We always display important information, dates and studio details on our noticeboard by the desk so please have a quick look when dropping off and picking up in case there is anything you may have missed. We are always happy to chat in more detail about communications you may receive from the studio, so if you need any clarification please don't hesitate to call us the studio to chat.

## CHATTING WITH STAFF

During class hours, we may not be able to have long chats, so please be mindful when dropping off. If you would like to chat about an issue, please email before class so we can set up a time to talk. Otherwise, we will not be able to talk for a long period of time due to classes beginning.

**VOLUME PARENT HANDBOOK**

**DANCE  
CAMP  
WEEK**

**2023-2024**

# DANCE CAMP WEEK

August 21st-25th, 2023

arrival at 5:30pm for stretch

6-8:00 pm choreography

**THIS IS AN IMPORTANT WEEK!**

*We have moved the 2023 dance camp. We are competing in November 2023 at our first convention and also the Butler University game and we will use camp time to learn the choreography for our production number. This is our mandatory camp week and missing will result in being worked out of the routine.*

**Reminder (as listed in the audition information) that \$200 per child non refundable fee is due for registration, fitting costs, choreography, camp fees, and music. This will be deducted on August 1st, 2023.**

*Dancers need to come dressed in their favorite leotard, dance shorts, and tights. Water bottles are permitted.*

**NO DANCE BAGS, NO PHONES.**

**We will learn choreography this week**

**Get measured for costumes**

**Get fitted for shoes**

**Meet our sisters**

**Get a cubby assignment**

**MANDATORY PARENT MEETING**

**FRIDAY 6:30-8:00 pm**

VOLUME PARENT HANDBOOK

# **Class Structure**

**2023-2024**



## **CLASS STRUCTURE**

Dancers will be required to wear different attire on different days to help the instructors see body lines and to clean angles. Dancers who wear the incorrect clothing will be asked to take an observation day. So please be sure to plan ahead for class! Wash day is not an excuse to wear the incorrect attire.

Competition company classes are divided into two categories: Technical and choreography

**Technical Classes:** Each company will take a series of technical classes. Technical classes have a specific dress code (please see the dress code for technical class). Dancers need to follow the weekly dress code or they will be asked to sit out.

**Team Classes:** Dancers will need to wear the required leotard to choreography days. They will be asked to sit out if they do not have on the appropriate clothing.

**Hair:** Ponytail or bun. No exceptions. No flyaways. This includes beaded styles.

## **CLASS ATTENDANCE**

Technical and choreography classes are weekly. Note that one is not more important than the other! Consistent class attendance is extremely important for a dancer to progress, grow and improve. One student's absence affects the entire company, therefore all dancers are expected to come to class each week, and on time.

## **ABSENCE POLICY**

Absences will be monitored. If a student is absent 2 times (unexcused) in any required class, parents will be contacted. If a student is absent 3 times (unexcused) in any required class, parents will be contacted and students will be considered on probation. If a student is absent a 4th time (unexcused), the dancer may end up being removed from the company at the director's discretion. We understand that emergencies and illness happen. If your student must miss class, we ask that you let us know ahead of time via email so that the absence will be marked as excused prior to missing class. We do not have make up classes for students and tuition will not be discounted for missed classes. Students should not miss class for reasons such as birthday parties, going shopping, extended family in town, or doctor's appointments (please schedule these appointments at other times) Note: Dancers who miss ballet class will have to make the class up with a teacher and the parent will have to pay for a private lesson.

## **HOW TO COMMUNICATE AN ABSENCE**

EMAIL ONLY. Please do not text an absence.

## **EXCUSED ABSENCES**

Illness, graded school activity, or death in the family

Illness note: If the dancer has a fever, please have them stay home. If the dancer has a cold, put a mask on them, have them come to class dressed and take an observation day.

## **UNEXCUSED ABSENCES**

An email that says the dancer will be absent with no explanation, ungraded school activity, not feeling it today, grandma's birthday dinner, watching a tv show, too much homework

## **WHY IS TOO MUCH HOMEWORK UNEXCUSED?**

This applies mostly to the Teen company. We are closed Mondays, Fridays, and our teen classes begin later. The students have to learn to use their time wisely and practice time management,

## **PRIORITY AND COMMITMENT**

Dancers must make Volume dance rehearsal their priority. All other non graded extra curricular activities will need to be secondary to our required class times. Students should not participate in other sports or in school plays if it conflicts with our practice times. YES! School comes first. But graded activities are what should come first, not extra curricular school activities. It is expected that dancers who are placed in the company commit to all activities. When a student does not fulfill their obligation to complete the season, it affects the entire group!

## **INJURY**

Sometimes dancers get injured. If the dancer is injured, please bring a doctor's note so we can better understand the injury. Once the dancer is cleared to dance, please bring the doctor's note.

**VOLUME PARENT HANDBOOK**

# **Company Performance Schedule**

**2023-2024**

# VOLUME DANCE COMPANY CALENDAR

Blue=performances

Red=Closings

Green=Camps and practices

## August 2023

August 13th, 2023 2:00-5:00 pm: Stretch Lab Event#1

**August 21st-25th, 2023:**

**Dance Camp for Dance Company Members**

## September 2023

September 1st, 2023: Tuition due

September 3rd, 2023: DOWNTOWN Kick Off Clinic

September 5th, 2023: First Day of Classes

September 6th, 2023: Late fee accessed

September 15th, 2023: Other fee#1

**September 16th, 2023: Company Rehearsal 1-4 pm**

September 24th, 2023: Stretch Lab Event#2 noon to 5 pm

**September 30th, 2023: Company Rehearsal 1-4 pm**

## October 2023

October 1st, 2023: Tuition due

October 6th, 2023: Late fee accessed

**October 14th, 2023: Company Rehearsal 1-4 pm**

October 15th, 2023: Other Fee#2

**October 28th, 2023: Company Rehearsal 1-4 pm**

October 31st, 2023: Halloween (coming to class?)

October 31st, 2023: Universal Studio Trip fee #1 due

## November 2023

November 1st, 2023: Tuition due

**November 4th, 2023: Company Rehearsal 1-4 pm**

November 6th, 2023: Late fee accessed

**November 10th-12th, 2023: HEAT Dance Convention**

November 15th, 2023: Other fee#3

**November 19th-25th, 2023: Closed for Thanksgiving Break**

November 30th, 2023: Universal Studios fee#2 due

## December 2023

December 1st, 2023: Tuition due

**December 2nd: A Holiday Spectacular Run Through 6-9 pm**

**December 3rd: A Holiday Spectacular 4-6pm**

December 6th, 2023: Late fee accessed

**December 9th, 2023: Company Rehearsal**

**December 15th, 2023: Butler University Game**

**December 15th, 2023: Other fee#4**

December 21st, 2023: Last day of classes

**December 22nd, 2023 to January 3rd, 2024:**

**Closed for holiday break**

## January 2024

January 1st, 2024: Tuition due

January 4th, 2024: Studio reopens

**January 6th, 2024: Company Rehearsal 1-4 pm**

January 6th, 2024: Late fee accessed

January 15th, 2024: Other fee#5

January 16th, 2024: Dance Theatre of Harlem@Purdue

**January 20th, 2024: Free Show for Family and Friends**

January 28th, 2024: Fifteen and Fabulous Brunch

## February 2024

February 1st, 2024: Tuition due

**February 3rd, 2024: Company Rehearsal 1-4 pm**

February 6th, 2024: Late fee accessed

**February 9th-11th, 2024: Hollywood Dance Connection**

February 15th, 2024: Other fee#6 due

February 28th, 2024: Universal Studios fee#3 due

## March 2024

March 1st, 2024: Tuition due

**March 1st-3rd, 2024: Imagine Dance Competition**

March 6th, 2024: Late fee accessed

March 15th, 2024: Other fee#7 due

**March 16th, 2024: Company Rehearsal 1-4 pm**

March 30th, 2024: Universal Studios fee#4 due

**March 24th to March 31st, 2024: Closed for Spring Break**

## April 2024

April 1st, 2024: Tuition due

April 2nd, 2024: Studio Reopens

**April 6th, 2024: Company Rehearsal 1-4 pm**

April 6th, 2024: Late fee accessed

April 15th, 2024: Other fee#8 due

**April 20th, 2024: Company Rehearsal 1-4 pm**

**April 26th-28th, 2024: Turn It Up Challenge**

## May 2024

**No company rehearsals this month**

May 1st, 2024: Final tuition payment

and one week of June tuition due

May 6th, 2024: Late fee accessed

May 15th: Other fee #9

## June 2024

**June 1st, 2024: Final fee due**

**June 9th, 2024: Volume 15! Pop Royalty Run Through**

**June 10th, 2024: Volume 15! Pop Royalty**

## July 2024

**July 11th-14th, 2023: Universal Studios Trip**

(this is not a competition nationals trip!)

# 2023-2024 PERFORMANCE SCHEDULE DETAILS

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**HEAT Dance Convention-Nashville, TN November 10th to 12th,  
2023**



**Sheraton Music City Nashville 777 McGavock Pk Nashville, TN**

*This will be our 1st competition AND convention for the season. We will be ATTENDING and COMPETING at HEAT Dance Competition in Nashville, TN.*

*The dancers will attend ballet, jazz, contemporary, hip-hop, musical theatre, ballroom, tap, and improvisation classes as well as compete a few dances. MOST OF THE COMPANY will attend classes and compete Friday, Saturday, and Sunday so they may have to be pulled from school early on that day.*

***Please see the chart for the dances that will compete at this competition.***

***Please book your hotel room ASAP via the website or secure a room at another location.***

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**A Holiday Spectacular - December 2nd and 3rd, 2023**

***The studio will have a FORMAL holiday showcase this season with holiday costumes . A HOLIDAY SPECTACULAR will be held at Marion University Theatre.***

***Saturday, December 2nd, 2023-***  
*Technical Rehearsal and Show for family*  
***Sunday, December 3rd, 2023-***  
*Show for guests*



*Seating for this show will be first come, first serve*

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**Butler University Boys Basketball Game**  
**Friday, December 15th, 2023**



*The company will perform a holiday dance at the Butler University's halftime game.*

# VOLUME LIVE! A FAMILY AND FRIENDS EVENT

Saturday, January 20th, 2024 1 pm

Location : TBA



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## Hollywood Dance Connection - February 9-11th, 2024

Indianapolis East Marriot 7202 East 21st St, Indianapolis, IN 46219

We will be ATTENDING and COMPETING at HOLLYWOOD DANCE CONNECTION here in Indianapolis. The dancers will attend ballet, jazz, contemporary, hip-hop, musical theatre, ballroom, tap, and improvisation classes as well as compete a few dances. Please see the chart for the dances that will compete at this competition.



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## Imagine National Dance Challenge - March 1st-3rd, 2024

TENTATIVELY-Star Bank Performance Center Indianapolis, IN 46077

We will compete at IMAGINE NATIONAL DANCE CHALLENGE here in Indianapolis. Please see the chart for the dances that will compete at this competition.



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## Turn It Up-April 26th-28th, 2024

Pike Performing Arts 6701 Zionsville Road Indianapolis, Indiana 46268

We will compete at Turn It Up here in Indianapolis. Please see the chart for the dances that will compete at this competition.



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## Volume 15: POP Royalty Location TBA

to the music of Michael Jackson, Janet Jackson, Beyonce, and Prince

June 8th and 9th, 2024

Saturday, June 8th, 2024

Technical rehearsal and FREE show for mom and dad

Sunday, June 9th, 2024

Show for guests



VOLUME PARENT HANDBOOK

# The Jackrabbit System

2023-2024

# The Jackrabbit System

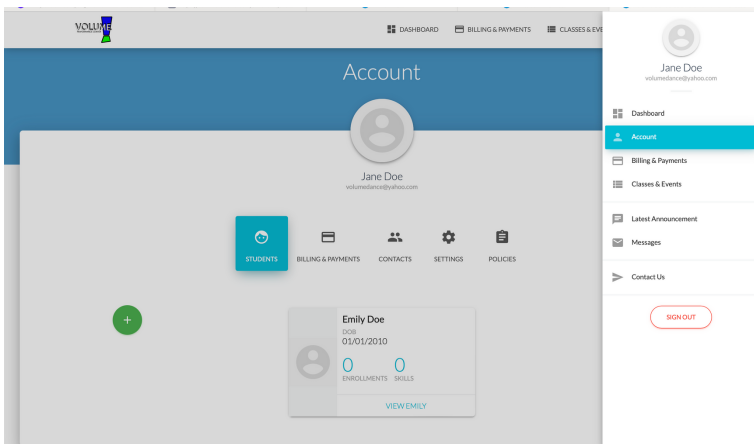
It's easy sometimes to take for granted that all families will understand how the. For this reason, this section is to help you understand how the registration process works.

Before lacing up your child's jazz shoes, it's important that all students and/or parents – whether returning or new - use the Jackrabbit system so we can ensure we have the most up-to-date contact details for you. This information includes your registration form, liability waivers, and media release form (so we can show off photos and videos of our amazing dancers in and around the studios)

VPC uses the **JACKRABBIT SYSTEM**.

(1) Click the login then type in your name and password.

(2) The easiest way to access all of the information is to click "ACCOUNT."



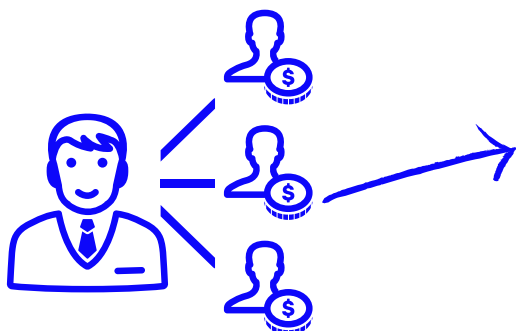
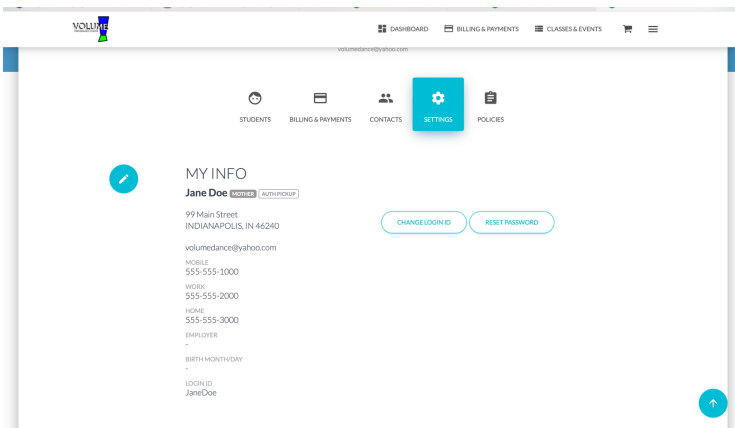
By clicking **STUDENTS**, you can access your child's enrollments and list of skills they have accomplished.

By clicking **BILLING AND PAYMENTS**, you can access your account ledger as well as what is due. Payments are posted on the 20th of each month.

\*\* **CONTACTS**- please update your address, phone number, and emergency contacts.

**SETTINGS**-You can check your information and you can also update your user email and password.

\*\***POLICIES**-Please be sure to agree to the new policies for the 2023-2024 season.



## DANCE COMPANY REFERRAL PROGRAM

*If you refer a studio for the recreational program and they register, you will receive \$50 off of the next month's tuition. This referral offer will end on October 1st, 2023.*

VOLUME PERFORMANCE CENTER

# **Routine Information**

**2023-2024**



## **COMPANY MEMBERS**

*We will have the following companies this season with a few dancers "crossing over" into other age divisions:*

*Mini/Petite Company* (the name will change depending on the competition)

Cryslyn Adams, Kayla Bess (crossover), Avery Byrd, Addison Blanche, Londyn Davis, Germani Russell, Khadijah Williams (crossover)

*Junior Company*

Kayla Bess (crossover), Chloe Bowling (crossover), Mackenzie Futch, Kellsee Harney, Tylan Meyers, Lilian Parker, Kallie Raimondo, Madison Rhodes Gaither, Kilyn Russo, Lillian Tabb, Khadijah Williams (crossover), Laila Williams

*Teen Company*

Chloe Bowling, Journee Collins, Rachel Deeter, Kyndall Gilliam, Jordyn Gowdy, Jaye Harper, Jorie Harris, Maya Hill, Mikenzie Johnson, Peyton Lyles, Moriah Moore, Rhyan Paige, Jordyn Seaton, Laila Taylor

*Parent Company*

Please sign up via jot form.

Mini/Petite, Junior, and Teen Company will compete and participate in all of the conventions and competitions. The Parent Company will compete at Heat and Hollywood Dance Connection.

## **CLASS AND CHOREOGRAPHY DAYS AND TIMES**

*Mini/Petite Company:*

Wednesdays 5:30-7:30 pm, Thursdays 5:30-6:45 pm, Every other Saturday from 1-4 pm  
Classes: Pre Hip Hop, Pre Ballet, Pre Jazz, Mini/Petite Team 1, Mini/Petite Team 2

*Junior Company:*

Tuesdays 5:45-8:15 pm, Wednesdays 5:30-7:30 pm, Every other Saturday from 1-4 pm  
Classes: Lyrical, Intermediate Ballet, Contemporary OR Legs, Feet, Splits, Junior Team 1, Junior Team 2, Junior Team 3

*Teen Company:*

Tuesdays 6:30-8:15 pm, Wednesdays 7:30-9:00pm, Thursdays 5:30-7:30 pm, Every other Saturday from 1-4 pm  
Classes: Advanced Ballet, Contemporary or Legs, Feet, Splits, Teen 1, Teen 2, Teen 3, Hip Hop and Tricks, Team 4, Advanced Jazz Skills

*Parent Company:*

Practice will be on Sundays at 6:30 pm in October and November for 1 hour. (Comp is in November). Please plan to attend all practices. This is a great calorie burn for you!

VOLUME PERFORMANCE CENTER

**Pricing  
and  
Budget  
(forthcoming)  
2023-2024**

# Fees and Pricing

## Types of Fees Accessed:

### Registration Fee:

The registration fee is the one time and must be paid at the time of registration.  
The registration fee is per family, not per child.

### Tuition Payments:

A family's tuition payment is a fixed monthly payment that will change if you drop or add a class. All tuition is charged by AUTOPAY to your credit card/debit card on file on the first of each month, regardless of holidays. Families must place a credit/debit card on file.  
This rate is based on 37 weeks in the season.

### Costume Fees:

The costume fee is paid one time per session (depending if the studio has a winter or spring show).  
Costume fees do not cover the cost of tights or shoes.

### Choreography Fees:

Choreography fees are paid to the choreography for the time taken to create the routine.

### Competition Fees:

Fees that go directly to the competition company.

### Production Fees:

The production fee is paid once per session (depending if the studio has a winter or spring show). This covers the cost of the auditorium, dancer gifts, and other fees associated with a production.

### Late Fees:

Late fees are accessed on the 6th of the month for any account that is not paid by the 5th of the month.

### Late pick up fees:

These fees are accessed if a family is late picking up their child from the studio.

## Pricing:

**Pricing is determined by the number of minutes/ hours taken per week.**

August camp fee is \$200 and includes the studio registration fee.

Registration Fee: **non refundable** \$50 per family due at the time of registration

Pound classes: \$8 per class (paid via cash app before the class begins)

Private lessons: \$30 per half hour paid directly to the teacher

Late tuition fee: \$25

Late pick up fee: \$1 per minute

Costumes are \$100

Fall/Winter Production is \$100 per family. Spring Production fee is \$100 per family.

Mini Dance Team: \$125 per month

Junior and Senior Dance Teams:\$185 per month

## Payment Methods:

Visa or Mastercard on file

VOLUME PERFORMANCE CENTER

**Class  
Descriptions  
and  
Dress  
Code  
2023-2024**

# 2023-2024 CLASS SCHEDULE

Day	Room V	Room O
<b>Monday and Friday</b>	<b>Volume is closed. Emails and texts will be returned on the next business day.</b>	
<b>Tuesday</b>	<p style="text-align: center;"><b>5:45 - 6:30 pm</b> Lyrical Expressions with Miss Ashleigh</p> <p style="text-align: center;"><b>6:30 - 7:45 pm</b> Advanced Ballet with Miss Ashleigh</p> <p style="text-align: center;"><b>7:45 - 8:15 pm</b> Contemporary Level 2 with Miss Ashleigh</p>	<p style="text-align: center;"><b>5:45 - 6:30 pm</b> Introduction to Ballet/Jazz Level 1 with Miss Jordan</p> <p style="text-align: center;"><b>6:30-7:45 pm</b> Intermediate Ballet with Miss Jordan</p> <p style="text-align: center;"><b>7:45-8:15 pm</b> Legs, Feet, and Splits Class with Miss Jordan</p> <p style="text-align: center;"><b>7:45-8:15 pm</b> Pound with Karsia (taught in the lounge)</p>
<b>Wednesday</b>	<p style="text-align: center;"><b>5:30-6:00 pm</b> Pre Hip Hop with Miss Nikki</p> <p style="text-align: center;"><b>6:00-6:45 pm</b> Pre Ballet with Miss Nikki</p> <p style="text-align: center;"><b>6:45-7:30 pm</b> Pre Jazz with Miss Nikki</p>	<p style="text-align: center;"><b>5:00-5:30 pm</b> Ballet 1: The Basics</p> <p style="text-align: center;"><b>5:30-6:15 pm</b> Junior 1 with Miss Karsia</p> <p style="text-align: center;"><b>6:00-6:30 pm</b> Junior 2 with Miss Karsia</p> <p style="text-align: center;"><b>6:30-7:30 pm</b> Junior 3 with Miss Karsia</p> <p style="text-align: center;"><b>7:30-8:00 pm</b> Teen 1 with Miss Karsia</p> <p style="text-align: center;"><b>8-8:30 pm</b> Teen 2 with Miss Karsia</p> <p style="text-align: center;"><b>8:30-9:00 pm</b> Teen 3 with Miss Karsia</p>
<b>Thursday</b>	<p style="text-align: center;"><b>5:30-6:15 pm</b> Hip Hop and Tricks with Miss Olivia</p> <p style="text-align: center;"><b>6:15-6:45 pm</b> Teen Team 4 with Miss Olivia</p> <p style="text-align: center;"><b>6:45-7:30 pm</b> Advanced Jazz Skills with Miss Olivia</p>	<p style="text-align: center;"><b>5:30-6:15 pm</b> Mini/Petite Team 1 with Miss Ciera</p> <p style="text-align: center;"><b>6:15-6:45 pm</b> Mini/Petite Team 2 with Miss Ciera</p> <p style="text-align: center;"><b>6:45-7:30 pm</b> Beginner Hip Hop with Miss Ciera</p> <p style="text-align: center;"><b>7:30-8:00 pm</b> Introduction to West African Dance for Adults with Miss Ciera</p>
<b>Saturday</b>	<p style="text-align: center;"><b>10:00-10:45 am</b> Itty Bitties with Miss Karsia</p> <p style="text-align: center;"><b>11:00-12:00 pm</b> Teeny Weenies with Miss Karsia</p>	<p style="text-align: center;"><b>1:00-4:00 pm</b> <b>MANDATORY Classes:</b> Volume Dance Company will meet twice per month. Ballet class is included in this time.</p>
<b>Sunday</b>	<p>2023 Debutante Cotillion Pagaent 1:00-6:00 PM</p>	

# PRE- DANCE PROGRAM

Pre Classes are designed to teach ages 6-9 years the basics before entering level 1 classes.

*Pre requisite: Teeny Weeny dance or a related summer camp*

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## Pre Ballet

This class starts with the basics! The focus is proper posture, focus at the barre, and correct alignment. Balance, strength, and flexibility is also the focus of the class.

**Dress Code:** Plain black leotard (any style), ballet pink convertible tights, pink ballet shoes, skirts are permitted but they must fit properly

## Pre Jazz

Jazz is exciting for most students because it is more fast paced than ballet. The pre jazz class will learn to dance the jazz style.

**Dress code:** Plain black leotard (any style), ballet pink convertible tights, black jazz shoes, any color jazz shorts or pants are permitted.

## Pre Hip Hop

This is a fun style for students and the class will be structured around kids bop.

**Dress code:** T shirt, sweatpants, no shorts, non marking sole tennis shoes not worn outside. If taking jazz, dancers should put a t shirt and pants over their clothes

## WEEKLY DRESS CODE STRICTLY ENFORCED!

- Class dress codes will be strictly enforced. Students should wear no underwear underneath their leotard and the required shoes for each class must be worn weekly for safety.
- Absolutely no jewelry, candy, or toys allowed during class
- Hair should be in a ponytail, bun, or pulled away from the face. This includes beaded styles.
- Dancers who are not dressed appropriately will be asked to sit out. This includes shoes.

## PARENT OBSERVATION DAYS

Parent observation days will be sent via email.



# RECREATIONAL DANCE CLASSES (FOR AGES 10 YEARS AND OLDER)

**Ballet 1: The Basics:** This is a level 1 ballet class. The focus is on the basics of ballet.

**Intermediate Ballet:** This is a level 2.5 moving into a level 3 class. **Students must be placed and get permission to take this class.**

**Advanced Ballet:** This is a ballet level 3.5 moving into level 4. **Students must be placed and get permission to take this class.**

**Contemporary:** A style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet

**Lyrical Expressions:** A style of dance that combines ballet and jazz.

**Legs, Feet, and Splits:** A class targeting specific body parts.

**Beginner Hip Hop:** Learning the basics of hip hop dance.

**Advanced Hip Hop and Tricks:** Kips, Headsprings, Jackknives, and how to dance the hip hop style.

**Intro to West African for Adults:** Free, expressive, and loaded with culture. Great workout class.

**Advanced Jazz:** Mixture of African and European styles of dance. **Students must be placed and get permission to take this class.**

**Pound:** Drumsticks that way 1/4 of a pound used to workout. Unleash your inner rock star!



**WEEKLY DRESS CODE FOR AGES 10 YEARS AND UP. THIS DRESS CODE IS NOT FOR EARLY CHILDHOOD OR PRE DANCE STUDENTS.**

**STRICTLY ENFORCED!**

**Any child not following dress code (clothing or shoes) will be asked to sit and observe for the day.**

**Ballet class attire:**

Any color leotard, tights are **mandatory**, skirts are acceptable, PINK ballet shoes. Sweatshirts, pants, underwear, and shorts are not acceptable for this class.

**Jazz, Contemporary, Lyrical class attire:**

Any color leotard, tights are **mandatory** with shorts, jazz pants  
Sweatshirts, sweatpants, underwear, and skirts are not acceptable for this class.

Shoes for jazz: Black jazz shoes

Shoes for lyrical: Foot Paw or Lyrical Sandal

Shoes for contemporary: Contemporary Socks

**Hip Hop attire:**

T shirt, sweatpants, no shorts, non marking sole tennis shoes not worn outside.  
If taking another class before hip hop, dancers should put a t shirt and pants on over their clothes.

Sweatshirts shorts are not acceptable for this class.

**Intro to West African attire:**

Loose fitted clothing, bare feet or contemporary sock

**Hair Requirements:**

Hair for this age group must be in a PONYTAIL OR BUN weekly with no flyaways. Students will be asked to leave the room to fix hair if hair is not in the proper style.

Absolutely no jewelry or candy allowed during class

**PARENT OBSERVATION DAYS**

Parent observation days will be sent via email.