



Winter & Spring Sessions 2010

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>AGE</u>
Tuesday	1:00-1:45	Wee Move	2-4
Tuesday	1:45-2:30	Invitation to the Dance	4-5
Tuesday	2:30-3:30	Belle of the Ball	5-7
Tuesday	3:30-4:30	Jazz It Up!	7-9
Tuesday	4:30-5:15	Wee Move	2-4
Tuesday	5:15-6:15	Jazz It Up!	8-10
Wednesday	2:00-3:00	Jazz It Up!	10-14
Wednesday	3:00-4:00	Belle of the Ball	6-8
Wednesday	4:00-4:45	Wee Move	2-4
Wednesday	4:45-5:45	Prelude to Pointe	10-14
Wednesday	5:45-6:45	Back to Basics	14+
Thursday	1:30-3:00	Movement Medley	8-10
Thursday	3:00-3:45	Wee Move	2-4
Thursday	3:45-5:15	Movement Medley	11-15
Thursday	5:15-6:15	Belle of the Ball	10-12
Thursday	6:15-7:00	Core Conditioning	16+

45-minute class: \$50

1-hour class: \$65

1.5-hour class: \$90

If you are interested in a class listed here that isn't on the schedule, please send me an e-mail stating what class you're interested in and what day/time works best for you.

Class fees are for the entire 8-week semester and are to be paid up front, or in two payments (half the total amount in each). If you're enrolled for both the winter and spring sessions, you may make your payments in four separate increments.

Classes will be held at Social Graces, 22 E, Main Street, Berryville, VA 22611.

122 MILL RACE DRIVE - WINCHESTER, VA 22602

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Class Descriptions

WEE MOVE

In this class designed just for toddlers we will explore movement and music and the interrelation between the two. Students will dance to slow and fast tempos, work on counting beats, and bend, stretch, and strengthen their bodies as well as their imaginations. Lots of emphasis is placed on listening, following directions, and taking turns. Parents are encouraged to participate with their little ones.

Ages 2-4 (45 minutes)

INVITATION TO THE DANCE

Dancers in this class, the bridge between our Wee Move and Belle of the Ball classes, will begin learning the fundamentals of ballet while still being given the chance to explore the wonder of movement and imagination. We'll do lots of skipping, hopping and twirling while working on proper ballet placement, steps, and positions. Students are encouraged to come to class on their own.

Ages 4-5 (45 minutes)

BELLE OF THE BALL

From the basic positions of the feet and arms to grand battements and grand jetés, each lesson will focus on ballet fundamentals, with a few minutes near the end for creative movement and interpretation.

Ages 5+ (1 hour)

JAZZ IT UP

Beginning with upbeat warm-ups and progressing into fun combinations and turning and leaping exercises, this is the class for the child who enjoys sharp, strong movements and peppy music. We'll work on jazz basics such as lindys, pivot turns, and isolations, as well as fundamentals like core strength, balance, and spotting.

Ages 7+ (1 hour)

LYRICALLY MINDED

Although it incorporates jazz, modern and contemporary movements and techniques, lyrical is based very strongly in ballet. Through this style students will learn to express the lyrics and emotion of selected musical pieces, while strengthening their basic ballet technique.

Ages 10+ (1 hour)

MOVEMENT MEDLEY

In this hour and a half class, dancers will experience the discipline and grace of ballet, the sharp movements of jazz, and the emotion and fluidity of lyrical. Some weeks students will switch from one genre to another during the same class and other weeks we will focus on one dance style for the entire lesson.

Ages 8+ (1.5 hours)

PRELUDE TO POINTE

This class is for the serious dancer interested in getting her first pair of pointe shoes. We will work on balance, foot and ankle strength, and technique. Additionally, students will learn about the structure of a pointe shoe and be quizzed on ballet terminology and history. Homework may be assigned for this class.

Ages 10-14 (1 hour)

BACK TO BASICS

This is the perfect class for the older student who has "always wanted to learn ballet." We'll cover basic ballet technique and work on posture, core strengthening, flexibility, and endurance. Expect to work hard from the first plié to the last reverence, challenging both your body and your mind.

Ages 14+ (1 hour)

CORE CONDITIONING

Using dance as a springboard for body position and control, this class combines high-energy warm-ups with slower exercises that will improve balance, posture, and flexibility. Great for dancers and non-dancers alike!

Adult: 16+ (45 minutes)

PLEASE NOTE: As much as I would love to be able to offer tap and pointe classes, the owner of the studio we're using has requested that I refrain from teaching those particular styles so that we don't harm the floor. Thank you for understanding.

And Dance 2010 Calendar

WINTER SESSION

First Payment Due by January 8, 2010

January 5, 6, 7

January 12, 13, 14

January 19, 20, 21

January 26, 27, 28

February 2, 3, 4

Second Payment Due by February 5, 2010

WINTER BREAK

February 16, 17, 18

February 23, 24, 25

March 2, 3, 4

SPRING SESSION

First Payment Due by March 19, 2010

March 16, 17, 18

March 23, 24, 25

March 30, 31, April 1

April 6, 7, 8

April 13, 14, 15

Second Payment Due by April 16, 2010

SPRING BREAK

April 27, 28, 29

May 4, 5, 6

May 11, 12, 13

Assistant Teachers Needed

I am still in need of one or two more assistant teachers. If you know anyone who might be interested, please ask them to send me an e-mail (rebekah@and-dance.com) with the following information: age, contact information, prior dance/teaching experience, at least two references, classes interested in assisting with. Student teachers must be at least 13 as of January 4, 2010 and will receive discounted or free tuition, depending on the amount of hours worked.

Are you Interested in a Recital?

Several of you have asked if we will be having a recital in the spring. This is something I would love to do, but will depend on how much interest there is. In order to participate in the recital, students must be enrolled in both the winter and spring sessions. A recital also comes with additional costs such as costumes and tickets. I will do my best to keep costs low and am willing to help with a "dance school" fundraiser or two to help cover the extra costs families will incur. Please consider the time commitment as well as the financial commitment that will be involved and indicate on your registration form whether or not you're interested in participating. (Checking "yes" will not commit you, but will help me to determine whether or not there is enough interest to pursue a performance.)

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Additional Information

ARRIVAL

Please make sure you arrive 10-15 minutes early the first day to familiarize yourself with the studio space. Students should be dressed for class 5 minutes prior to their class time. When you arrive at the studio, please do not park at the bank unless it's after 5:00 p.m. There is parking on the street. The door is on the front of the building—please use the side door, not the main entrance into the downstairs studio. Because there are ballroom lessons going on during the day, we have lessons in whichever studio is not occupied when I first arrive. A quick peek through the window as you enter the studio should indicate whether you need to go to the upstairs or downstairs dance room. Please remember to enter (and exit) quietly so as not to disturb the other students.

ATTIRE

Please make sure your child arrives at class in proper dancewear. Leotards for girls, solid colored shorts and t-shirts (tucked in) for boys. Tights should be worn under leotards, not over. Dance skirts are also acceptable. If your child's hair is long enough to touch her shoulders, it should be pulled away from her face in a ponytail, a braid, etc. Bare feet are allowed for Wee Move classes, but please make sure your child does not arrive with tights and no shoes, as she may slip on the hardwood floors. Either ballet or jazz shoes may be worn in any of the classes. Jazz pants and t-shirts may be worn in jazz classes. (Movement Medley students still need to wear leotards, as we will also be covering ballet.) Adults in the Core Conditioning class should wear something that allows them to move freely. Please remember to keep your attire modest, as everyone has different standards of dress.

ATTITUDE

We desire for these classes to be a fun and enjoyable time for everyone involved and for students to learn and grow as dancers during the time we're together. In order to accomplish this, we ask that students come ready to listen and learn, and to honor and respect the other students and the teachers in their classes. Students who are constantly disruptive, disrespectful, or rude to other students may be asked to leave class (or to sit in the observation section if their parents are not available) until they can return with a better attitude.

ATTENDANCE

Registration fees are for the entire class, not per-month fees. Because of this, there are no refunds or pro-rated fees available for students who are not able to attend the every week. However, if a student is unable to make their class time on one day, they may be able to make it up in another class. Please contact Rebekah if your child might need to make up a class. To help maintain continuity, only one makeup class is allowed per student per session.

ADULTS

There is limited seating available in the studio. Parents may stay and observe classes if they choose, or they may leave their children for the duration of their class. Please do not leave children unattended during a sibling's class time. Moms and dads who choose to observe classes are requested to keep their conversations quiet, so as not to distract the students. Parents are encouraged to actively participate with their little ones in the Wee Move classes. We encourage older students to participate on their own. Please refrain from correcting or critiquing your child while she is in class, unless you are in Wee Move. There is a playground directly across the street from the studio, where parents may wish to take younger children while the older ones are in class.

Registration Form

Winter & Spring 2010

Parents' Names _____

Full Address _____

E-mail _____ Phone _____

Referred by _____

We are signing up for:

Winter Session Only _____ (8 weeks of classes)

Spring Session Only _____ (8 weeks of classes)

Both _____ (16 weeks of classes)

CHILD'S NAME

AGE/BIRTHDATE

Student 1 _____ / _____

Desired class(es) _____

Student 2 _____ / _____

Desired class(es) _____

Student 3 _____ / _____

Desired class(es) _____

Are you interested in participating in a spring recital? (This does not obligate you.) YES _____ NO _____
(We will hold a recital in the spring if there is enough interest. Students who wish to participate must be enrolled in both the winter and spring sessions. I will have more information when winter session starts.)

Winter session starts the week of January 4. We are off the week of February 8 for Winter Break.

Spring session begins the week of March 15. We are off the week of April 19 for Spring Break.

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Release Form

RELEASE FORM **MUST** BE COMPLETED BEFORE YOU OR YOUR CHILD CAN PARTICIPATE IN DANCE CLASSES.

I, _____, hereby give permission for myself and my child(ren), _____, to participate in dance or movement activities with Rebekah Bentley/And Dance. I understand that all reasonable precautions will be taken to ensure the safety and health of all participants and I therefore agree to hold the hosting facility and all staff free of liability in case of an injury, accident, or death.

Signed _____ Dated _____

In case of emergency, contact: _____

Relation _____ Phone _____

Additional emergency contact: _____

Relation _____ Phone _____

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