

DANCE FROM THE HEART CLASSES - FALL 2013

October 1st to December 20th

Tuesdays – Classes meet at the Arlington Reformed Church

4:30-5:30pm - Intermediate Ballet I (Ages 10+) – An intermediate level ballet class with an added emphasis on strength, technique, and artistry. *This class may also be taken by students enrolled in Intermediate Ballet II, seeking an additional ballet technique class. Requirements: light pink tights, black leotard, and pink leather ballet slippers. A simple black, white, or pink skirt is optional. Boys: white tee-shirt along with dark colored pants, or shorts with white or black ballet shoes

\$154 for the session or \$56 per month

5:30-6:30pm - Elementary Ballet Plus – (Ages 7-9 with previous Pre-ballet/ballet experience) – This ballet class is ideal for children with prior ballet training. This class covers the fundamentals of ballet technique using simple combination patterns to allow students to focus on technique and learn new steps. The class consists of ballet, center, and across the floor exercises. Sections of the class allow for creativity and self-expression, thus enhancing the special qualities of each dancer. Requirements: light pink tights, age-specific leotard, pink leather ballet slippers. A simple, black, white or pink skirt is optional. Boys: white tee-shirt along with dark colored pants, or shorts with white or black ballet shoes.

\$154 for the session or \$56 per month

Thursdays – Classes meet at the Arlington Reformed Church

5:00-6:00pm - Intermediate Ballet II (Ages 11+) - Ballet training for continued advancement in technique, strength, artistry, and musicality. This class will challenge dancers on both strength and artistic interpretation of steps. Requirement – Light pink tights, black leotard, pink leather ballet slippers. A simple black, white, or pink skirt is optional. Boys: White tee-shirt along with dark-colored pants or socks and black or white ballet slippers.

\$126 for the session or \$56 per month

Fridays – Classes meet at InnerLight Health Spa

4:30-5:15pm - Creative Ballet (Ages 3-5) – A class designed to facilitate your child's exploration of movement in a developmentally-appropriate manner. Creative Ballet introduces basic ballet skills as well as helps to develop gross motor skills, strength, balance, musicality, flexibility and social skills. In this creative atmosphere of the class, your little dancer will swirl, jump, leap and float in a joyful atmosphere of movement. Requirement: Pink Leotard, light pink tights, pink leather ballet slippers. A simple black, pink, or white skirt is optional. Boys: white leotard, black pants or shorts, black or white ballet shoes.

\$120 for the session or \$48 per month

5:15-6:15pm - Petite Ballet (Ages 5-7) – A wonderful, fun-filled, and loving introduction to the world of ballet. This class creatively introduces balletic movements using songs, props, literature, and more. Students will learn body placement, musicality, spatial awareness and balance all in a supportive and nurturing atmosphere. Requirement: Age appropriate leotard, light pink tights, pink leather ballet slippers. A simple black, white, or pink skirt is optional. Boys: white leotard, black pants or shorts, black or white ballet shoes.

\$140 for the session or \$56 per month

6:15-7:15pm - **Ballet and Pointe** (Ages 10+ / 11+ for pointe with teacher approval) – A class for dancers serious in reaching a higher level of dance training. Students will be introduced to exercises to build strength and stamina. Proper placement and technique will be emphasized as dancers pave the way for pointe work. Pre-requisite: Approval by Miss Kerry for pointe work as well as an additional class. Black leotard, light pink tights, simple skirt (optional), and pink leather ballet slippers, (PLEASE SEE MISS KERRY BEFORE PURCHASING POINTE SHOES) Boys: white tee shirt, black pants, black or white ballet slippers.

\$140 for the session or \$56 per month

(5% discount for dancers taking 2 or more classes or 2 or more students enrolled per family)

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No Classes - October 31st (Thu) - Halloween

No Classes - November 27-29th (Wed-Fri) – Thanksgiving Recess

December 17-20th – In Class Demonstrations – Friends and Family Invited! ***

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Age-Specific Leotard Colors

Ages 3-4 – light pink

Ages 5-6 – light blue

Ages 7-9 – purple or royal blue

Ages 10+ - black

(Leotards and tights can be ordered through Dance from the Heart or another vendor as long as they conform to the dress code requirements. Please check with Miss Kerry with any uncertainties.)

Please simple skirts only. Please no skirts with glitter or sequins. Small earrings are the only jewelry that may be worn to dance class. Hair must be pulled back from the face for all classes in a bun, pony tail, or braid.

*** In-Class Demonstration Week is the time when we invite family and friends to attend class and watch our progress. We ask that you please wait outside of the dance room during all other weeks as it will help to keep the attention of your child and the rest of the class as well.





Dance from the Heart

DANCE CLASS REGISTRATION FORM - 2013

October 1 to December 20

(One form per dancer...Please write clearly and fill out completely. Thanks!)

Dancer's Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Age: _____ DOB: _____ School: _____

Dance Experience: _____ Studio Name: _____

Medical Restrictions/Allergies _____

Emergency Contact Name: _____ Phone: _____

Parent's Name (if <18): _____ Email: _____

Please Circle Class(es) Desired

Intermediate Ballet I.....Tuesdays 4:30-5:30PM

Elementary Ballet Plus.....Tuesdays 5:30-6:30PM

Intermediate Ballet II.....Thursdays 5:00-6:00PM

Creative Ballet.....Fridays 4:30-5:15PM

Petite Ballet.....Fridays 5:15-6:15PM

Ballet & Pointe.....Fridays 6:15-7:15PM

Please See Class Descriptions for Monthly and Session Prices for Each Class

CLASS FEE(S): _____ + REGISTRATION FEE: \$0 = TOTAL DUE: _____

(5% off Total Due for entire session for families with 2 or more children enrolled OR those taking 2 or more classes)

Full session payment or 1st month's payment is due at registration (Cash or Checks – Please make checks out to Dance from the Heart). No monetary refunds or credits will be issued during the session. Payment is due on the 7th of each month or a late fee of \$5 may be assessed. Registration fee is non-refundable. Class schedule is subject to change. It is understood that *Dance from the Heart* does not carry medical insurance and each dancer must be covered by a policy. If required, I release *Dance from the Heart* to administer first aid treatment, obtain services of a physician and/or rescue squad to authorize the same to affect such treatment all at my expense.

Parent/Guardian Signature: _____ Date: _____

Hand-deliver form to Kerry Bevans upon completion or mail to: 11 Park Drive, Apartment 102, Pleasant Valley, NY 12569