

2024-2025 Dance Class Schedule & Policies



movement & sound
DANCE

where EVERY dancer belongs

About Movement & Sound

In 2015, Movement & Sound Dance was born out of a vision to create a dance studio that champions fun, positivity, and inclusivity. Movement & Sound embodies a building-block educational approach that prioritizes safety and meaningful learning -- learning of technique & artistry, which accumulates over time. It is a supportive space where dancers embark on a journey of self-discovery and self-expression. Its philosophy revolves around the joy of movement and personal growth, emphasizing unity over competition. All ages and skill levels come together at Movement & Sound to discover or reignite their passion for dance and revel in the magic of movement in an inspiring environment.

Welcoming and Inclusive: Movement & Sound is a place where everyone is embraced, regardless of their skill or dance experience. The large variety of classes and levels ensures that every dancer has a place.

Joyful and Safe: Movement & Sound is a happy space where dancers are free to be themselves as they explore dance.

Unified Learning: Whether a student takes one class per week or is a member of the Youth Dance Company, Movement & Sound is dedicated to providing meaningful learning experiences to all.

Passion for Dance: Movement & Sound is deeply committed to the love of dance and to artistic exploration. Dancers are encouraged to celebrate the sheer joy of movement.

**move-
& ment
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New for 2024-2025!



Three Studio Spaces

We're adding a third studio, the Side Studio, to be able to offer more options per level each day. The Side Studio is in the former Pilates room space and will be reserved for small class sizes as well as private lessons.

Updated Dancer-Friendly Dress Code

The Movement & Sound dance class dress code creates a balance between what is needed for our teachers to give proper feedback and dance instruction, as well as what is comfortable for the dancers.

New Class Styles Offered

You asked, we answered! Our 2024-2025 schedule includes Poms Jazz classes, Yoga, Progressing Ballet Technique, and more adult dance classes than ever!

Stay Connected

Please call, text or email the studio with questions. (To streamline communication, please do not contact the personal numbers of the teachers).

TEXT OR CALL: 847-404-4133

EMAIL: movementandsounddance@gmail.com

TO FIND QUICK INFO, you can check the following:

- our website - www.movementandsounddance.com
- your Parent Portal - www.dancestudio-pro.com/online/movementandsound
- social media - facebook.com/movementandsound & on instagram @movementandsound



Registration & Payment Policies

- Registration will begin on June 15, 2024, through our Parent Portal, at www.dancestudio-pro.com/online/movementandsound.
- Our tuition rates are calculated on a volume basis, per dancer. The more classes that your dancer takes, the larger discount you will receive! See the Tuition & Discounts chart for details. Additional siblings receive 5% off.
- Dance classes listed in this brochure are school-year length activities culminating in our June 1 dance recital. The dance year is broken into three billing sessions. The Fall Billing Session tuition will be due no later than July 27th, 2024, or upon registration after that date. Your dancer will be automatically re-enrolled in the Winter & Spring billing sessions, with tuition due by the due date, unless you cancel in writing two weeks prior to the start of the next session.
- We accept cash, checks, Zelle, and credit cards. There will be a \$30 fee for all returned checks. Venmo is not accepted.
- If you choose to enroll in AutoPay, we will run your card on the billing due date. Add your card to your account on your Parent Portal, if you would like to use this option.
- Credit card payments will incur a 4% credit card processing fee.
- Zelle payments should be sent to movementandsounddance@gmail.com.
- **LATE FEES:** A \$15 late fee will be applied when an invoice is 15 days late, and an additional \$15 will be charged every 15 days until paid in full. Failure to make payment within 30 days will result in those dancers being asked to sit out of class.
- Payment plans can be scheduled with us, and will incur a \$25 flat fee per billing session. A \$15 late fee will be charged if payments are not made on the dates arranged by the plan. To arrange a payment plan, please email or call the studio.
- **There are no refunds after the start of the second week of each session.** If you need to cancel your registration prior to the second week, a \$30 cancellation fee will be applied to all refunds or credits. **All cancellations must be submitted in writing, via email.**
- Dancers may join a session that is already in progress during Fall & Winter. There is no pro-rate available. Instead, classes will have single class rates (drop-in rates) available for students who join for a partial session.

Registration Fee, Costume Fee, & Recital Fee

- Our non-refundable administration registration fee is \$35 per dancer (\$25 for your second child, \$20 for third child, \$15 for fourth child), and it will be charged only once per school year season, upon your registration (whether you first register for this school year in Fall, Winter or Spring).
- We will begin to order our dance recital costumes after Thanksgiving. The costume fees will be due in December. Costumes are non-refundable and fees differ per age level. Costumes will only be distributed to those with all tuition and fees paid up to date.
- A non-refundable recital participation fee of \$27 per dancer will be added to your dancer's Spring Billing Session bill, and it will include the digital recording of our performance.

Tuition Rates & Volume Discounts

- Our tuition fees are calculated as the total number of hours of dance per week, per dancer. The more classes a dancer takes, the more you save! (See the chart on the next page).
- All tuition fees are for the length of each billing session, which is 11 weeks each for the Fall & Winter Billing Session and 12 weeks for the Spring Billing Session. (Please note: the chart reflects the tuition costs for an 11 week session).
- Tuition is automatically pro-rated for any scheduled days off (see the calendar on the following pages).
- When you register online, the volume discounts are built in to the tuition calculations and they will not show up as a separate line item.
- Each additional child per family, after 1 dancer, will receive an extra 5% off of their tuition for each billing session.
- At Movement & Sound, all dance company group rehearsals are counted towards the volume discount totals and unlimited rates.

Force Majeure Policy

- In the case of dangerous and inclement weather, classes will be cancelled. Students may do a make-up in a comparable class. In the event of state regulations demanding that our dance studio closes for in-person classes, we will shift to an online model with zoom classes and/or recorded video supplements. No refunds or credits will be given for classes cancelled due to inclement weather or due to any other pandemic or force majeure event, but make-ups or comparable online content will be available, as stated above.

2024-2025 Tuition Rates & Discounts

These PER DANCER discounts are automatically built in to the tuition fees. They will not show as a separate line item when you register online. Tuition fees and discounts are subject to change.

total hours per week	tuition per 11-week session	built in savings
30 minutes	\$143	based on this rate
45 minutes	\$198	you save \$16
1 hour	\$231	you save \$55
1 hour 15 minutes	\$288.75	you save \$69
1 hour 30 minutes	\$346.50	you save \$82
1 hour 45 minutes	\$404.25	you save \$96
2 hours	\$451	you save \$121
2 hours 15 minutes	\$508.75	you save \$135
2 hours 30 minutes	\$563.75	you save \$151
2 hours 45 minutes	\$621.50	you save \$165
3 hours	\$643.50	you save \$214
3 hours 15 minutes	\$698.50	you save \$231
3 hours 30 minutes	\$731.50	you save \$270
3 hours 45 minutes	\$783.75	you save \$289
UNLIMITED (4 hours+)	\$792	you save \$352+!

Attendance & Make Up Classes

- Consistent attendance ensures the progression of proper technique training. We understand that sometimes more than one class may need to be missed per session due to illness, school commitments or family events. Please call or text us at 847-404-4133 to advise us of any absences, or log your absence in your Parent Portal.
- Refunds or pro-rating will not be given for missed classes, and missed classes cannot be used as a credit towards the next session. Dancers may do a make-up for a missed class in any class at their level or lower, in any style. A make-up class must be scheduled in advance, with at least 3 days notice, by calling or texting our front desk at 847-404-4133.

Photos & Videos

- Pictures and/or videos may be taken by us while at the studio or during performances. They may be used for promotional purposes and to share progress with the parents' of the dancers in each class.

Dancer Drop-Off & Pick-Up

The studio lobby is open to all dancers' parents or guardians. However, we encourage parents of dancers ages 6 & over to drop off and pick up their dancer to help us limit the number of people in the building.

Parents of dancers 5 and younger should wait in our lobby, to assist their dancers during bathroom breaks.

For dancers under age 10, please come inside to pick-up your dancers at the end of their dance class day. If you are running behind, please text the studio at 847-404-4133.



Photo Credit: KT Miller Photography

DANCE CLASS DRESS CODE REQUIREMENTS



MINI MOVERS PARENT-TOT

Clothing

Any clothing that is comfortable and easy to move in

Shoes

bare feet, socks with grippers, or ballet shoes

PRESCHOOL AGE

Clothing

Any type of form-fitting dancewear, like:

- leotard & tights, leggings or shorts
- gymnastics unitard
- tank top & leggings

Shoes

Pink ballet shoes with NO drawstring for On My Own, Fundamentals ballet & jazz

Black tap shoes for On My Own & Tap Fundamentals

BALLET CLASSES -- KINDERGARTEN & OLDER

Clothing

- leotard, any color, or a tank top that is long enough to be tucked in to shorts or leggings
- tights, optional
- dance shorts or leggings
- ballet skirt optional

Shoes

Pink or skin-tone ballet shoes, preferable a split-sole style

No bare midriffs or baggy oversized clothing. No jeans. Long sleeves only for warm-ups.

ALL OTHER CLASSES -- KINDERGARTEN & OLDER

Clothing

Any type of form-fitting dancewear, like:

- leotard & tights, leggings or shorts
- gymnastics unitard
- tank top & leggings

Shoes

JAZZ & MUSICAL THEATRE-- black slip-on jazz shoes

TAP -- Black tap shoes (NO split sole) & older dancers need leather sole

LYRICAL/CONTEMPORARY - skin-tone dance paws, pirouette shoes, or barefoot

ACRO - white acro shoes with rubber sole

HIP HOP -- clean gym shoes that are not worn outside

Boys' Clothing

Athletic shorts or pants with snug-fitting tank top or t-shirt

Shoes - same as above, except black ballet shoes for ballet

Hair pulled back & no dangly jewelry, please!

Session Dates



FALL BILLING SESSION

*tuition due by July 24 or
upon registration*

Thursday September 5th through Saturday November 23rd, 2024

No classes on the following dates:

Thursday October 3rd

Friday October 11th

Saturday October 12th

Thursday Oct 31st

Thanksgiving Break - November 24th through December 1st

WINTER BILLING SESSION

*tuition due by Nov 18th
costume fee due by Dec 14th*

Monday December 2nd, 2024 through Saturday March 1st, 2025

No classes on the following dates:

Winter Break - December 23, 2024 through January 5th, 2025

*classes resume on Monday January 6th, 2025

SPRING BILLING SESSION

*tuition & recital fee
due by Feb 21st*

Monday March 3rd through Sunday June 1st, 2025

No classes on the following dates:

Spring Break - March 24th through March 30th, 2025

*classes resume on Monday March 31st

Friday April 18th

Monday May 26th

May 27th - June 1st is Recital Week (no regular classes), and is reserved for rehearsals, performances, and extra practice as needed.

Spring Dance Recital



Our end-of-season Spring Showcase Dance Recital is scheduled for Sunday June 1st, 2025, with rehearsals on the days prior (exact rehearsal schedule to be released in early spring 2025).

Our shows are generally 90-120 minutes long, and we will have multiple shows. We will determine which classes will perform in which shows as we get closer to the performance. Our On My Own, Fundamentals, and Elements dancers will generally perform in one show only. Older or blended levels may perform in more than one show.

WHEN:

Sunday June 1, 2025, with exact performance times TBD

*be sure to block off May 27-May 30 for possible dress rehearsals

WHERE:

Barrington High School

616 W Main St, Barrington IL

We believe there is so much value in our dancers showcasing all they have learned, in a performance setting. Though not required, all dancers are invited and encouraged to participate in the recital.



Description of Dance Styles



Ballet

In the tradition of the classical ballet style, each class will cycle through barre work, center work, and across-the-floor combinations depending on age, using repetition to build muscle memory and recall of steps. The dancers work on proper ballet posture, and on increasing strength and flexibility. The content of each level is customized to each age group.

Jazz

Jazz dance embodies percussive, sharp, and high-energy steps and choreography, encompassing turns, jumps, isolations and stylized movement. The classes will include strength, flexibility, center work, and across-the-floor. Poms Jazz incorporates the use of poms.

Tap

Tap dance uses intricate footwork patterns, using tap shoes, to create rhythmic movement. Using clarity, speed, and control, students will learn to change the rhythm and speed of their steps and to be accurate with their sounds and they will work on timing, holding the downbeat, and musicality.

Lyrical or Modern/Contemporary

Lyrical & modern dance class uses a combination of vertical and off-vertical movement such as undercurves, overcurves, contract and release, floorwork, inversions and more. The dancers will explore using their emotions and the lyrics in the music, or in a choreographer's story, to fuel their movement.

Hip Hop

These classes will introduce the students to the facets of dance that evolved from hip hop culture and hip hop music. The class will use technique, combos, and choreography to explore the many styles and skills that fall under the hip hop umbrella, with a focus on rhythm and musicality.

Musical Theatre Dance

In this class, the dancers will learn jazz dance technique common in many musicals. They will work on using acting skills while dancing and will learn fun mini routines to favorite showtunes.

Acro

The dancers will work on building strength and flexibility, in addition to skills like bridges, somersaults, handstands & more. They will also work on combining dance with acrobatics.

Progressing Ballet Technique

Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet-technique specific exercises to train skill acquisition in a graded and progressive manner from junior through to advanced levels. *This is a supplement to ballet class, not a substitute for a ballet requirement.*

Description of Levels



Mini Movers & On My Own Creative Dance

The Mini Movers Parent-Tot class is geared towards walking toddlers & young 2's, with their caregiver. Students in the On My Own independent class must be at least 2.5 years old, and they stay in this level for a school year.



Fundamentals Level - ages 3.5 to 5.5 years

This level allows the dancers to learn the **fundamentals** of basic dance technique, with the focus on FUN! Each class will be centered around an imaginative theme, which engages the students while encouraging proper dance technique and lots of individuality & creativity.



Elements Level - ages 5-7

This class is for kindergarten and 1st grade dancers who have completed our preschool dance program and/or have had one year of the Elements level. It is also appropriate for new dancers who are in kindergarten through 2nd grade. *2nd graders who have danced with us previously will be ready for the Foundations level.* The dancers will learn the important concepts and **elements** of dance technique, with the focus on FUN! The dancers will learn new and progressing dance vocabulary, while still incorporating imaginative games, creativity and individuality.



Foundations Level - ages 7-9

This class is for dancers ages 7-8 who have completed 2 years of our Elements dance program, or something comparable. It is also appropriate for new dancers who are 9-10 years old. The dancers will learn developmentally-appropriate dance technique, working on mastering the **foundations** of each dance style. They will focus on clarity of rhythm, sequencing, patterns, recall of choreography, and musicality. They will have opportunities in class for creativity and individuality through dance movement and choreography games.



Foundations/Explorations Level - ages 8-11

This class is for dancers ages 8-10 who have completed 1-2 years of our Foundations level classes, or something comparable. It is also appropriate for newer dancers who are 11 & up. The dancers will build on dance technique and vocabulary learned in previous levels, with the focus on **exploring** the concepts behind different ways of moving. The classes will include new elements as well as repetition and review of past skills for mastery, speed, and clarity. Dancers will work to increase strength, flexibility, balance, and control.

MORE ON NEXT PAGE

Description of Levels



Accelerations Level- ages 11-18

The Accelerations level classes will build on dance technique and vocabulary learned in the previous levels and the dancers will delve deeper into the "how" and "why" behind the technical skills, **accelerating** their progress. The classes will include new elements as well as repetition and review of past skills for mastery, speed, and clarity. Dancers will work to increase, strength, flexibility, balance, and control. Dancers will be pushed to step outside of their comfort zones, take risks, and be fully committed and focused while in the dance classroom.

The Accelerations level encompasses many age groups and experience levels. See below for details.



Explorations/Accelerations Level - 6th grade through adult

This class is for dancers who have previously taken our Explorations level classes or something comparable. Certain 5th grade dancers may also be ready for this level, and may enroll by invitation. The students in these levels need at least 2 years of prior dance experience. Adults with experience may also enroll



Accelerations 1 Level - 6th grade-9th grade

This class is for dancers who have previously taken our Explorations level classes or something comparable. Certain 5th grade dancers may also be ready for this level, and may enroll by invitation. The students in these levels generally need at least 2-3 years of prior dance experience.



Accelerations 2 Level - 7th grade-12th grade

This class is for dancers who have previously taken our Accelerations level 1 classes or something comparable. Certain 6th grade dancers may also be ready for this level, and may enroll by invitation. The students in these levels generally need many years of prior dance experience.



Accelerations 3 Level - 9th grade -12th grade

This class is for dancers who have previously taken our Accelerations level 2 or higher classes, or something comparable. The students in these levels need extensive prior dance experience.

Teen & Adult Classes

These classes are geared towards our adult dancers, but teens ages 12 & up may also enroll. The Beg/Int are for limited experience and Int/Adv are for extensive experience.

DAILY SCHEDULE -- MONDAYS



Below is a chart of all of the classes that will be held on Mondays. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

time	FRONT STUDIO	BACK STUDIO	SIDE STUDIO
4:15-4:30			
4:30-4:45	Tap Foundations/Exp	Ballet Elements	
4:45-5:00	4:30-5pm	4:30-5pm	Tap Fundamentals
5:00-5:15	Tap Elements	Ballet & Lyrical Found/Expl	4:45-5:15pm
5:15-5:30	5-5:30pm	5-6pm	Ballet/Jazz Fundamentals
5:30-5:45	Jazz Elements		5:15-6pm
5:45-6:00	5:30-6pm		
6:00-6:15	Lyrical & Modern Exp/Acc	Jazz Found/Exp	Company
6:15-6:30	6-6:45pm	6-6:45pm	6-6:30pm
6:30-6:45			
6:45-7:00	Company	Ballet Accel 1 & Prepointe	
7:00-7:15	6:45-7:15pm	6:45-7:45pm	Teen & Adult Beg/IntTap
7:15-7:30	Company		7-7:45pm
7:30-7:45	7:15-7:45pm		
7:45-8:00	Tap Accel 1	Jazz Exp/Acc	Evening Restore Yoga
8:00-8:15	7:45-8:30pm	7:45-8:30pm	7:45-8:30pm
8:15-8:30			
8:30-8:45	Company	Adult & Teen Ballet	
8:45-9:00	8:30-9pm	8:30-9:15pm	
9:00-9:15			
9:15-9:30			

DAILY SCHEDULE

MONDAYS & TUESDAYS (DAYTIME)

Below is a chart of all of the classes that will be held on Mondays & Tuesdays, during the day. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

Mondays

time	FRONT STUDIO
9:30-9:45	
9:45-10	
10-10:15	Mini Movers/On My Own
10:15-10:30	10-10:30am - transitional
10:30-10:45	Tap Fundamentals
10:45-11:00	10:30-11am
11:00-11:15	Ballet Fundamentals
11:15-11:30	11-11:30am
11:30-11:45	
11:45-12:00	
12:00-12:15	
12:15-12:30	
12:30-12:45	
12:45-1	
1-1:15	
1:15-1:30	
1:30-1:45	
1:45-2	
2-2:15	
2:15-2:30	

Tuesdays

time	FRONT STUDIO
9:30-9:45	
9:45-10	
10-10:15	
10:15-10:30	
10:30-10:45	
10:45-11:00	
11:00-11:15	
11:15-11:30	
11:30-11:45	
11:45-12:00	
12:00-12:15	
12:15-12:30	
12:30-12:45	On My Own
12:45-1	Creative Dance Only (no tap)
1-1:15	Jazz Fundamentals
1:15-1:30	
1:30-1:45	Tap Fundamentals
1:45-2	
2-2:15	Ballet Fundamentals
2:15-2:30	

DAILY SCHEDULE -- TUESDAYS



Below is a chart of all of the classes that will be held on Tuesdays. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

TUESDAY	FRONT STUDIO	BACK STUDIO	SIDE STUDIO
4:15-4:30			
4:30-4:45		Ballet & Lyrical Foundations	
4:45-5:00	Company	4:30-5:15pm	Ballet Elements 4:45-5:15pm
5:00-5:15	4:45-5:15pm		4:45-5:15pm
5:15-5:30	Tap Foundations	Ballet & Lyrical Found/Exp	Jazz Elements 5:15-5:45pm
5:30-5:45	5:15-5:45pm	5:15-6:15pm	5:15-5:45pm
5:45-6:00	Jazz Foundations		Tap Elements 5:45-6:15pm
6:00-6:15	5:45-6:30pm		Tap Found/Exp 6:15-6:45pm
6:15-6:30			Jazz Found/Exp 6:45-7:30pm
6:30-6:45	Adult Int/Adv Tap	Progressing Ballet Technique	
6:45-7:00	6:30-7:15pm	6:30-7pm	
7:00-7:15		Ballet Accelerations 2	
7:15-7:30	Tap Accel 3	& Pointe/Prepointe 7-8pm	
7:30-7:45	7:15-8pm		
7:45-8:00			
8:00-8:15	Tap Accel 2	Accelerations 3 Technique Class	
8:15-8:30	8-8:45pm	8-9:15pm	
8:30-8:45			
8:45-9:00	Company	alternating weeks of modern, contemporary, jazz & more	
9:00-9:15	8:45-9:15pm		

DAILY SCHEDULE -- WEDNESDAYS



Below is a chart of all of the classes that will be held on Wednesdays. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

time	FRONT STUDIO	BACK STUDIO	SIDE STUDIO
4:15-4:30	Tap Foundations		
4:30-4:45	4:15-4:45pm Tap Foundations	Ballet & Lyrical Foundations/Exp	
4:45-5:00	Ballet & Lyrical Foundations	4:30-5:30pm Ballet & Lyrical Foundations/Exp	
5:00-5:15	4:45-5:30pm Ballet & Lyrical Foundations		
5:15-5:30			
5:30-5:45	Progressing Ballet Technique	Company	Jazz Foundations
5:45-6:00	5:30-6pm Progressing Ballet Technique	5:30-6pm Company	5:30-6:15pm Jazz Foundations
6:00-6:15	Jazz Foundations/Exp	Lyrical Company & Class	
6:15-6:30	6-6:45pm Jazz Foundations/Exp	6-7pm Lyrical Company & Class	
6:30-6:45			
6:45-7:00	Tap Foundations/Exp		
7:00-7:15	6:45-7:15pm Tap Foundations/Exp	Ballet & Pointe Accelerations 3	
7:15-7:30	Company	7-8:30pm Ballet & Pointe Accelerations 3	
7:30-7:45	7:15-7:45pm Company		
7:45-8:00	Jazz Accel 1		
8:00-8:15	7:45-8:45pm Jazz Accel 1		
8:15-8:30			
8:30-8:45		Honors Dance Ensemble	
8:45-9:00		8:30-9:30pm Honors Dance Ensemble	
9:00-9:15			
9:15-9:30			

DAILY SCHEDULE

THURSDAYS (DAYTIME)

Below is a chart of all of the classes that will be held on Thursdays, during the day. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

time	FRONT STUDIO	BACK STUDIO	SIDE STUDIO
9:30-9:45			
9:45-10			
10-10:15	Mini Movers		
10:15-10:30			
10:30-10:45	Adult Intermediate Tap		
10:45-11:00			
11:00-11:15			
11:15-11:30	On My Own		
11:30-11:45	Creative Dance & Tap		
11:45-12:00			
12:00-12:15			
12:15-12:30			
12:30-12:45			
12:45-1			
1-1:15	Ballet Fundamentals		
1:15-1:30			
1:30-1:45	Tap Fundamentals		
1:45-2			
2-2:15	Jazz Fundamentals		
2:15-2:30			

DAILY SCHEDULE -- THURSDAYS



Below is a chart of all of the classes that will be held on Thursdays. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

THURSDAY	FRONT STUDIO	BACK STUDIO	SIDE STUDIO
4:15-4:30	Tap Elements		Musical Theatre Fundamentals
4:30-4:45	4:15-4:45pm	Hip Hop Company 1	4:15-4:45pm
4:45-5:00	Musical Theatre Elements	(class + rehearsal combined)	Tap Fundamentals
5:00-5:15	4:45-5:15pm	4:30-5:15pm	4:45-5:15pm
5:15-5:30	Tap Foundations	Hip Hop Elements	
5:30-5:45	5:15-5:45pm	5:15-5:45pm	
5:45-6:00	Company	Hip Hop Found/Exp	Teen/Adult Beginning/Int Tap
6:00-6:15	5:45-6:15pm	5:45-6:30pm	5:45-6:30pm
6:15-6:30	Company		
6:30-6:45	6:15-6:45pm	Hip Hop Company 2	
6:45-7:00	Musical Theatre Found/Exp	(class + rehearsal combined)	Jazz Found/Exp
7:00-7:15	6:45-7:30pm	6:30-7:15pm	6:45-7:30pm
7:15-7:30		Jazz Accel 2	
7:30-7:45	Adult Hip Hop	7:15-8:15	Musical Theatre Exp/Acc
7:45-8:00	7:30-8:15pm		7:30-8:15pm
8:00-8:15			
8:15-8:30	Company	Company	Hip Hop Exp/Accel
8:30-8:45	8:15-8:45pm	8:15-8:45pm	8:15-9pm
8:45-9:00			

DAILY SCHEDULE

Below is a chart of all of the classes that will be held on Fridays & Saturdays. To see all of the class options for a certain age level, please continue to the level-specific pages in this brochure. Teachers will be listed in the online registration portal. Schedule is subject to change.

FRIDAYS

time	FRONT STUDIO	BACK STUDIO
4:15-4:30		
4:30-4:45	Poms Jazz Elements	Preschool Acro
4:45-5:00	4:30-5pm	4:30-5pm
5:00-5:15	Tap & Jazz Fundamentals	Beginning Acro
5:15-5:30	5-5:45pm	5-5:45pm
5:30-5:45		
5:45-6:00	Tap Elements	Intermediate Acro
6:00-6:15	5:45-6:15pm	5:45-6:30pm
6:15-6:30	Poms Jazz Found/Exp	*by placement
6:30-6:45	6:15-7pm	Advanced Acro
6:45-7:00		6:30-7:15pm
7:00-7:15	Tap Found/Exp	*by placement
7:15-7:30	7-7:30pm	Flips & Aerials (must also take Adv)
7:30-7:45		7:15-7:45pm

SATURDAYS

time	FRONT STUDIO	BACK STUDIO
9:30-9:45	Tap Foundations	Mini Movers
9:45-10	9:30-10pm	9:30-10am
10-10:15	On My Own	Jazz Foundations
10:15-10:30	10-10:45pm	10-10:45pm
10:30-10:45		
10:45-11:00	Ballet/Jazz Fundamentals	
11:00-11:15	10:45-11:30pm	Jazz Elements
11:15-11:30		11-11:30pm
11:30-11:45	Tap Fundamentals	Ballet Elements
11:45-12:00	11:30-12pm	11:30-12pm
12:00-12:15	Tap Elements	
12:15-12:30	12-12:30pm	

CLASS SCHEDULE BY LEVELS



Teachers will be listed in the online registration portal. Schedule is subject to change.

Toddlers & Preschool Level	MON	TUES	WED	THURS	FRI	SAT
Mini Movers	10-10:30am			10-10:30am		9:30-10am
On My Own	see Mini Movers	12:30-1pm		11:15-12pm		10-10:45am
Ballet Fundamentals	11-11:30am	2-2:30pm		1-1:30pm		
Ballet/Jazz Fundamentals	5:15-6pm					10:45-11:30am
Jazz Fundamentals	5:15-6pm	1-1:30pm		2-2:30pm		
Tap Fundamentals	10:30-11am, 4:45-5:15pm	1:30-2pm		1:30-2pm, 4:45-5:15pm		11:30-12pm
Musical Theatre Fundamentals				4:15-4:45pm		
Acro					4:30-5pm	
Tap/Jazz Fundamentals					5-5:45pm	

Elements Level	MON	TUES	WED	THURS	FRI	SAT
Tap	5-5:30pm	5:45-6:15pm		4:15-4:45pm	5:45-6:15pm	12-12:30pm
Jazz	5:30-6pm	5:15-5:45pm				11-11:30am
Ballet	4:30-5pm	4:45-5:15pm				11:30-12pm
Musical Theatre				4:45-5:15pm		
Poms Jazz					4:30-5pm	
Hip Hop				5:15-5:45pm		
Acro	SEE THE ACRO CHART					

Foundations Level	MON	TUES	WED	THURS	FRI	SAT
Tap		5:15-5:45pm	4:15-4:45pm	5:15-5:45pm		9:30-10am
Jazz		5:45-6:30pm	5:30-6:15pm			10-10:45am
Poms Jazz					see Found/Exp	
Ballet & Lyrical		4:30-5:15pm	4:45-5:30pm			
Musical Theatre				see Found/Exp		
Hip Hop				see Found/Exp		
Poms Jazz				see Found/Exp		
Acro	SEE THE ACRO CHART					

Foundations/Explorations Level	MON	TUES	WED	THURS	FRI	SAT
Tap	4:30-5pm	6:15-6:45pm	6:45-7:15pm		7-7:30pm	
Jazz	6-6:45pm	6:45-7:30pm	6-6:45pm	6:45-7:30pm		
Ballet & Lyrical	5-6pm	5:15-6:15pm	4:30-5:30pm			
Musical Theatre				6:45-7:30pm		
Hip Hop				5:45-6:30pm		
Acro	SEE THE ACRO CHART					
Poms Jazz					6:15-7pm	

MORE ON NEXT PAGE

CLASS SCHEDULE BY LEVELS

Teachers will be listed in the online registration portal. Schedule is subject to change.

Exp/Acc & Acc 1 Level	MON	TUES	WED	THURS	FRI	SAT
Tap	7:45-8:30pm			7-7:45pm		
Jazz	7:45-8:30pm		7:45-8:45pm			
Ballet & Prepointe	6:45-7:45pm					
Ballet	see Adult/Teen					
Musical Theatre				7:30-8:15pm		
Hip Hop				see Acc 2		
Lyrical & Modern	6-6:45pm					

Accel 2 Levels	MON	TUES	WED	THURS	FRI	SAT
Tap		8-8:45pm				
Jazz				7:15-8:15pm		
Ballet & Prepointe		7-8pm				
Hip Hop				8:15-9pm		

Accel 3 Levels	MON	TUES	WED	THURS	FRI	SAT
Tap		7:15-8pm				
Ballet & Pointe			7-8:30pm			
Modern/Contemporary/Jazz		8-9:15pm				
Honors Dance Ensemble			8:30-9:30pm			
Hip Hop				see Acc 2		

ACRO	MON	TUES	WED	THURS	FRI	SAT
Preschool					4:30-5pm	
Beginning (ages 5 & up)					5-5:45pm	
Intermediate (by placement)					5:45-6:30pm	
Advanced (by placement)					6:30-7:15pm	
Flips & Aerials (must take adv)					7:15-7:45pm	

OTHER	MON	TUES	WED	THURS	FRI	SAT
Adult & Teen Beg/Int Tap	7-7:45pm			10:30-11:15am, 5:45-6:30pm		
Adult Int/Adv Tap		6:30-7:15pm				
Evening Restore Yoga	7:45-8:30pm					
Adult & Teen Ballet	8:30-9:15pm					
Adult Hip Hop				7:30-8:15pm		
Progressing Ballet Technique		6:15-6:45pm	5:30-6pm			



Photo Credit: KT Miller Photography

YOUTH DANCE COMPANY



The Youth Dance Company is our growth-and-learning-based performing dance company for kindergarten through 8th grade dancers. In this group, the students will learn to work as a team towards a shared goal – learning a specialized routine, mastering it, and working together to create a joyful performance. The Youth Dance Company provides opportunities for our dancers to grow their dance technique and their artistry. They will make friends and learn many positive lessons that they will return to throughout their lives.



The Youth Dance Company dancers will perform at two dance competitions, as well as at community events, and they will be featured at our very special Dance Company Benefit concert, which raises money for a local charity.

REQUIREMENTS:

- must be in kindergarten through 8th grade for 2024-2025 school year
- must enroll in 1 ballet, 1 tap, and 1 jazz class per week, in addition to their assigned rehearsal time
- must be focused, committed, kind to others, and interested in growing as performers and dance artists
- must attend all mandatory dance company events and performances
- must have at least 1 year of prior and recent dance experience

ATTEND THE JUNE 3RD PLACEMENT CLASS AUDITION TO JOIN!

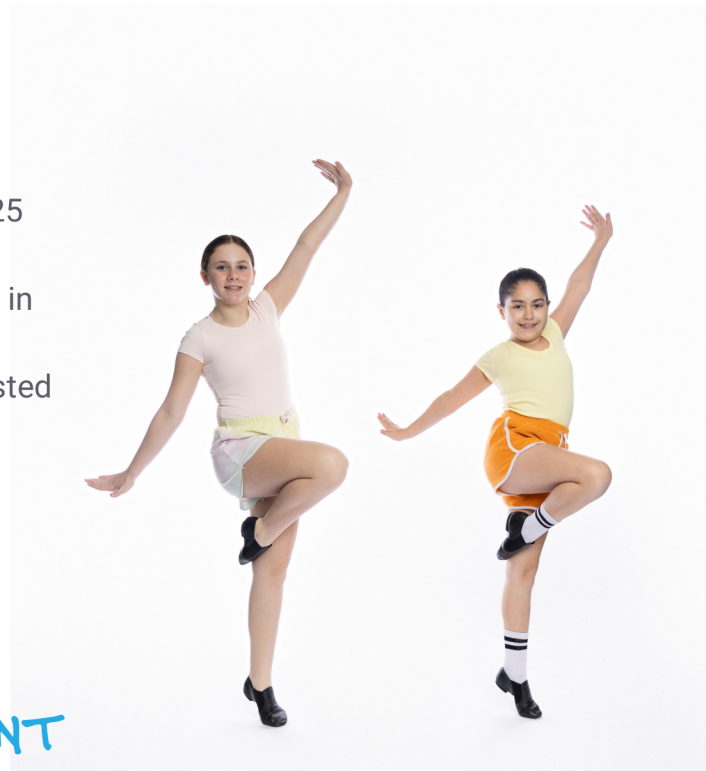


Photo Credit: KT Miller Photography

Get more information by sending an email to movementandsounddance@gmail.com.

HONORS DANCE ENSEMBLE

**move-
& ment
sound
DANCE**

The Honors Dance Ensemble is our collaborative performing opportunity for our **high-school-age dancers**. In this group, the students will focus on the artistic process of dance -- both as performers and as choreographers. The Honors Dance Ensemble provides opportunities for our older dancers to grow as technicians, as artists, as collaborative choreographers, and it provides a way to give back to the community through dance. It also helps them to earn the necessary points to be inducted as a member of our chapter of the National Honors Society for Dance Arts.

REQUIREMENTS:

- must be in high school for 2024-2025 school year, or included by invitation if younger
- must enroll in 3 technique classes in styles of their choice, per week, in addition to the rehearsal time
- must be focused, committed, kind to others, and interested in growing as performers and dance artists

BENEFITS OF HONORS DANCE ENSEMBLE:

The HDE dancers will learn at least one piece of choreography from M&S staff. They will learn choreography skills and tools as a part of this class, and they will create one or more dances together. They will perform at the Spread Kindness benefit concert as well as the recital, and they will have the opportunity to perform at one competition. They will work on dance leadership projects at the studio and the community at large. They are encouraged to attend the in-studio dance convention with the Youth Dance Company.



Photo Credit: KT Miller Photography