



**Youth Dance Program
Student Handbook 2018-2019**

MoveStudio Charlotte
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OUR STAFF/INSTRUCTORS

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OUR MISSION

MoveStudio Charlotte seeks to promote the joy of movement through high quality instruction, community classes and special events.

OUR YOUTH PROGRAM

Our youth dance program is designed to emphasize the joy of movement, promote physical fitness, and instruct children in a variety of dance disciplines.

We pride ourselves on providing a welcoming environment where young dancers can meet new friends and develop coordination and musicality.

Ballet technique is incorporated into every class.

CLASS DESCRIPTIONS

Acrobatics

Students develop strength, coordination and flexibility while learning age and level appropriate acrobatic exercises on the mat (stretches, rolls, bridges, cartwheels, splits, walkovers, handsprings, etc.). Each child receives individual instruction and progresses at his/her own pace. Sequences and dance choreography incorporate acrobatics skills and teach students group dynamics.

Ballet

Young dancers learn the fundamentals of ballet, while practicing barre work, across the floor combinations, and center choreography. Instructors emphasize proper body alignment while teaching positions of the feet, arms and body, and ballet terminology. As we believe that ballet is the basis of all dance, we incorporate ballet technique into every dance class.

Creative Movement

Young movers explore shapes, tempo, sizes, and locomotion, while developing gross motor skills and coordination. Games, music and fun props are incorporated into every class.

Hip-Hop

An introduction to hip hop dance, exploring rhythm, musicality, basic footwork, and simple choreography. A high-energy class for your little mover!

Jazz

With a focus on body alignment and technique, our modern jazz dance classes incorporate a variety of styles, including lyrical, Broadway, and contemporary (with no suggestive movements). Dancers will practice fun choreography, leaps, and turns while developing core strength and flexibility.

Partner Dance

Students will learn the fundamentals of partner dance, including lead and follow technique, basic footwork, turns, dips and proper social dance etiquette. Dancers develop rhythm, musicality, and confidence on and off the dance floor! Sample styles include swing, salsa, and waltz.

Tap

Tap footwork and choreography are designed to teach dancers rhythm, musicality, speed of movement and coordination while building flexibility and strength of the feet, ankles and legs.

Tutwos and Threes

Our tiniest dancers gain an introduction to ballet in a supportive, creative, and fun learning environment. Through basic ballet exercises, creative movement, games, and music, baby ballerinas develop cognitive skills and a joy for dance!

CLASSES BY AGE

Age groups indicated are guidelines for selecting the appropriate level of class. Prior dance experience and maturity level of the child should be taken into consideration. If you would like to register your child for a different age or grade level, please contact us to discuss your needs.

Pre-K Classes: Ages 2 to 5 years

TuTwos and Threes (ages 2 to 3.5)

The ideal first movement classes for children to practice group dynamics and develop listening, following, social, and gross motor skills.

Intro to Dance Classes (ages 3.5 to 5)

Young children gain an introduction to dance concepts through basic dance technique, creative movement and simple acrobatics, ballet, jazz, and tap steps.

Elementary Classes: Grades Kindergarten to 5

Elementary 1 (Ages 5 - 7 or grades K - 1)

Combination Classes intended to give children a basic understanding of a variety of dance styles in one convenient class.

Elementary 2 (Ages 7 - 9 or Grades 2 - 3) and

Elementary 3 (Ages 9 - 11 or Grades 4 - 5)

Technique classes in classical and contemporary dance styles designed to provide a more thorough training in each style.

Middle School Classes: Grades 6 - 8

Coming Soon!

High School Classes: Grade 9 - 12

As we continue to build our youth dance program, we encourage high schoolers to register for our adult ballet and jazz technique classes.

CLASS ATTIRE

Dress code plays a vital role in building the discipline that dance training instills in a young dancer. Students should take care to dress for class, and not plan to participate in their school clothes. Proper dress makes it easier for students to move comfortably and for instructors to assess body alignment and correct form. As we also want to encourage individual expression, we do not enforce a strict class uniform. However, we expect students to reference the following dress code when preparing for class.

Basic Dress Code

Girls:	Boys:
Solid Color Leotard	Solid Color Fitted T-Shirt
Convertible Tights	Solid Color Gym Pants
Appropriate Dance Shoes	Appropriate Dance Shoes

Hair should be secured away from the face in a ponytail, bun, braid or pigtails. Please no large earrings or excessive jewelry. **DANCE SHOES SHOULD NEVER BE WORN OUTSIDE.** Keeping a dance bag with shoes, hair accessories, a brush, and a water bottle is a great practice!

In addition to the basic dress code, students may wear the following for the indicated dance genre:

Acrobatics

Girls: leggings, dance shorts, and fitted tops. Boys: shorts.
Patterned unitards or tops/shorts are also acceptable for acrobatics. No shoes.

Ballet

Girls: ballet skirts, leotard dresses. Ballet shoes required.

Jazz and Tap

Girls: leggings, jazz pants, and fitted tops. Jazz/Tap shoes required.

Hip-Hop

Students may wear more street-like attire, but nothing too baggy/loose, nor too constrictive. Converse-type sneakers required. Students should not wear sneakers outside before class!

All costumes from prior MoveStudio showcases are accepted and welcome in class! We do have most of the items listed above for purchase at the MoveStudio Dance Shop.

ATTENDANCE AND TARDINESS

It is important that students attend all classes in order to progress in their training and learn showcase reparatory. Please inform us if you will be late or if you will be missing a lesson. Students are expected to arrive at the studio in time for the start of the class. Latecomers will be allowed to participate at the instructor's discretion (i.e. the current exercise is safe to begin with no prior warm-up). A missed class may be made up by attending another class at the same level with the teacher's approval.

PARENT VIEWING

We will invite parents/guests to watch class during each the session. Please refer to the calendar for these dates.

STUDENT SHOWCASE

The annual showcase will be held at the end of the Winter/Spring semester. It is assumed that your child will participate in the showcase. Please inform us as soon as possible if you will not be performing in the showcase so that the instructor can plan accordingly.

The 6th Annual MoveStudio Charlotte Student Showcase will be held Saturday May 18th, 2019. There will be a \$50 showcase fee per student per class due my March 22nd for those who wish to participate. The showcase fee covers the cost of costumes, two tickets per dancer, and other associated costs.

STUDIO POLICIES

- **Food/Drink:** No food or drink besides H2O is allowed in the studio. There is a water fountain in the lobby at which you may fill your water bottle.
- **Shoes:** No street shoes on the dance floor. Please bring your dance shoes or sneakers and change into them before entering class.
- **Weather Policy:** We use the Charlotte Mecklenburg School Closing schedule as a guideline in regards to inclement weather. Please refer to our web site, Facebook, Twitter, and Instagram pages for the latest information, and please be sure your contact information is up to date in our scheduling system so that we may contact you as necessary.
- **Cold and Flu:** PLEASE do not attend classes if you are sick. Thank you for helping us to maintain a healthy environment at MoveStudio!
 - Bathroom trips should be taken before class. Parents, ensure that your child has visited the bathroom before class starts.
 - Students are expected to listen and be respectful to the instructor and to their classmates.
 - Have fun and express yourself!

QUESTIONS, CONCERNS, FEEDBACK

We love to hear from our studio families. Please email us at info@movestudiocharlotte.com or call/text 980-329-6683 if we can assist you.

NOTE FROM THE DIRECTOR

Parents,

Thank you for taking the time to read this handbook and to help your child read and understand our policies. I know how valuable your family's time is, and we feel that understanding our expectations will provide immeasurable benefit to your child's training and growth. Please don't hesitate to contact us!

My best,

April Nolan
Director, MoveStudio Charlotte
april@movestudiocharlotte.com

PARENT/CHILD AGREEMENT

I certify that I have read and understand the information and policies provided in the MoveStudio Charlotte Student Handbook. I agree to do my best to uphold these standards.

Child's Name

Child/Parent's Signature

Date