

WELCOME COMBINATION STUDENTS!

At North Crest, we do combination classes better than the rest! We take a gymnastics class and a dance class and place them at convenient times so that you get the benefits of both programs and then we severely discount the combination to make it affordable for you. Please refer to the program information packets below for information on both of these exceptional programs.

Welcome Dancers!

We are excited to have you as part of our dance program! This welcome packet is laid out in question and answer format to provide you with the information necessary for you and your dancer(s) to have a successful and enjoyable time with us at North Crest! If you have additional questions, please do not hesitate to ask one of our staff members. We want your dancer to love their class!

General Information:

What is North Crest Kids Activity Center's mission?

We exist to inspire kids to achieve their full potential in the disciplines of dance and gymnastics by providing quality programming, because we believe that kids can do amazing things when they have someone who believes in them unconditionally!

What is North Crest Kids Activity Center's goal?

To promote physical, emotional, and social skills supporting the discovery of one's personal excellence.

What is Recreational Dance?

Recreational dance includes our Ballet/Tap, Tappin' Tumbler, Jazz/Hip Hop, Jazzin' Jumper, Breakdancing, and Boys classes. Recreational Dance is for dance students who enjoy dancing one or two times per week as an athletic or artistic hobby. It is a great opportunity for young students to develop listening and attention skills for school readiness while being active and engaged.

What do I do if the class I am registered for is too easy or too hard?

If you find that your child is in a class that doesn't compliment their needs, please let us know. We have several options. We want your dancers to be placed in the correct class!

Where do I go and who do I talk to if I have a question?

When you are at North Crest: The front desk employees would be happy to answer your questions about payments, scheduling, facility closures and special events.

If you are out and about: The best way to reach us is by emailing us at office@northcrestkids.com. This allows our staff the time to get the most accurate answer for you. You can also call us at 320-251-3416.

If you have questions about your dancer's specific class: Your dance instructor is typically available right before and right after your dancer's class. If they have a class immediately before or after, feel free to write them a note or ask to set up a time to talk.

If you have questions about the Recreational Dance Program: You can email the recreational Dance Director, Olivia at dance@northcrestkids.com

Dance Class Specific Information:

What should I do to prepare for the dance season?

Your dancer will need a small bin or box of your choice to store their dance shoes in. This could be a plastic or cardboard shoe box, or any container of similar size. In the past this has been a small bag, however due to covid we are changing this up as these boxes are easier for you to clean at home, eliminate clutter for your dancer and are easier for teachers to direct children towards what they're looking for without contact.

What clothing should my dancer wear to class each day?

Please note for both boys and girls: tighter fitting athletic apparel that stretches with your dancer is always best. This allows the instructor to see a dancer's form and body position so that proper corrections can be made.

The following are all appropriate class-wear options: Leotard, compression/tight fitting t-shirt, tight-fitting tank top, shorts, leggings, ballet skirt, and convertible tights.

Please understand:

Girls: No midriff-baring shirts or sports bras worn alone.

Boys: A shirt must always be worn for classes.

What shoes should my dancer wear to class?

Ballet/Tap and Tappin' Tumblers: Pink ballet shoes for girls, black ballet shoes for boys, and black tap shoes for both boys and girls.

Jazz/Hip Hop and Jazzin' Jumpers: Black jazz shoes and solid black tennis shoes with white soles.

Where can I purchase dance attire?

Our pro-shop sells a variety of shoes, clothing and other apparel items that will meet all of your class needs. This includes tights, leotards, shorts, compression shirts, dance skirts, ballet shoes, jazz shoes, tap shoes and tennis shoes. If you are in a Jazz/Hip Hop or Jazzin' Jumper class, black tennis shoes with white soles can be purchased at many local and online stores. Please avoid shoes with any color on them as we want the shoes to be completely neutral. These shoes are only necessary for performance and pictures. Jazz shoes can be worn for both jazz and hip hop until just before performance time.

How should I prepare for class each day?

Please bring your child to class in the proper attire, with a smiling face, and a pre-practice bathroom break. Please explain to your child that they can ask if they need to go to the bathroom, but it is best if they can go before or after their class, so they don't miss out on the fun or the instruction time!

How is dance class structured?

All of our instructors follow a weekly lesson plan that includes stretching, technique, games, skills, and routines. Instructors will engage with all students in a positive and affirmative manner while giving them a quality dance education. The class will always begin with attendance, so please be on time. The class will always end with encouraging words, stickers, and possible parent communication. All classes will follow current distancing and mask protocol.

I have a young dancer. What if they are nervous to leave me during class time?

We handle this often. Do not be embarrassed; many children go through anxiety of some sort in a new environment. Let us help you! If you need to come inside the studio during the first or second week of class, please know you are welcome to sit by the back door and allow your child to sit near you or on your lap. We will include them gently until they are ready to fully participate. Don't feel you are wasting your time or that of your child, we know that children still learn a great deal through observation. If you take the time to help ease your child into class, the benefits will be well worth it and your child will feel great about their accomplishment! Please keep in mind that anyone in the building will have to abide by current Covid restrictions such as wearing a mask, social distancing and temp checks.

What is my role as a parent or guardian to a dancer?

To be their cheerleader! Encourage and support them through the process of learning to become a dancer. Watch their "shows" when they are eager to perform what they have learned in classes. Remember to check your child's bin and your email for handouts each week; this is our primary source of communication with parents.

Dance Performances:

How many performances are there?

All North Crest dancers are encouraged to participate in two performances, one in the winter and spring. Although they are only required to participate in the Spring Performance, if you choose to participate in the Winter Performance we will cover the cost of their costume. The Spring Performance costume is paid for as part of tuition.

What is the difference between the Winter and Spring performances?

The Winter Performance is a dance production that features our Company North Crest Dancers. All recreational dance students are invited to perform as guests in a short, introductory number at the beginning of this dance production.

The Spring Performance is a dance show that highlights and showcases all of our recreational dancers. They will perform in three dance numbers at this show. Company North Crest will also perform several numbers.

Additional Expenses:

Costumes:

The price of the **Spring Performance Costume** will be included in your tuition for the year. However, **the Spring Performance t-shirt** used for our finale will be an additional cost paid for by you. This shirt will include a show logo on the front, as well as the names of all participants on the back. Shirts normally cost between \$15 to \$20. These shirts will become treasured memories in your dancers experience. Should you choose to participate in the Winter Performance we will cover the cost of your child's costume.

Winter Performance Tickets:

Tickets can be ordered at www.paramountarts.org, prices and ticketing fees are determined by the Paramount Theater, however, they normally run between \$12 and \$15. Due to fire code, a ticket must be purchased for anyone entering the theater, this includes small children. Lap sitting is not permitted per Paramount policy.

*At the time of this printing, the Paramount is still hosting January events. When we become aware of their covid protocol or if this changes, we will pass that information on to our families.

Spring Performance Tickets:

Information regarding the Spring Performance tickets will be released at a later date. Tickets for this performance typically run between \$10 and \$15 depending on performance venue.

How do I order a copy of my dancer's performance?

We do not allow flash photography or videography at either of our dance performances. Instead, we offer a recording on a flash drive for \$15 each. Prior to the show, you will receive an email and/or handout with ordering information closer to the date of our performances.

Other Information

When are dance pictures and what are our responsibilities?

Dance pictures for the 2020-2021 season are April 10th-15th, 2020. Dancers will be taking class pictures and will have the option for individual photos as well. Our pictures are done by The Camera Shop during your regular class day and time. You will receive more information as the date gets closer. Please plan on arriving with your dancer in their costume at the beginning of your scheduled class time with hair and makeup as you feel appropriate. Dance classes will continue as normal following pictures; however, combination class athletes will only attend dance during this week. If you wish to take individual gymnastics pictures for your combination class, they can be done after the completion of dance class and a separate photo order envelope will need to be filled out.

What is awards week and why do we do it?

It is our mission to have your family be a part of North Crest from the beginning of your child's dance career until the end. We like to recognize and celebrate each dancer for their completion of each season with us during the last week of class in May.

What is Company North Crest?

Company North Crest is comprised of dancers age 5-18 from Central Minnesota who have been selected through instructor recommendation &/or an audition process because of their talent, dedication, and love for the art of dance. Our dance year begins with Placement Auditions, for current Company dancers. These will be held at the beginning of August. Dancers are impartially evaluated on their skills and current technique level and placed in groups accordingly. Placements of your dancer(s) are dependent upon the ability, desire and age of the dancer.

Pre-Company is our preparation program that teaches the skills and techniques needed to be successful future Company dancers. Pre-Company participates in performances and practices similar to Company dancers, but Pre- Company will not attend competitions. Pre-Company groups are Broadway Babies and Showstoppers. Company dancers will have core class time weekly which consists of Ballet. Company core (Ballet) group names in progressive order are: Debut, Premier, Junior, Senior, and Elite. Conditioning and acro are included in your core costs. Company dancers will have elective opportunities including Jazz, Lyrical/Contemporary, Tap, Hip Hop, and Pointe (Pointe needs approval from Miss Kathi). In progressive order, these group names are: Novice, Intermediate, Advanced, and Superior.

Core (Ballet) and Jazz are required at all levels. Tap is required through the Intermediate level. Debut, Premier and Junior Company members must take a minimum of 2 electives in addition to their core class. Senior and Elite Company members are required to take at least 3 electives in addition to their core class. Varsity Dance Team members should speak with Miss Paula or Miss Michaela if they are concerned that their Fall/Winter Schedule will be too overwhelming. Allowances will be considered.

All Company dancers will participate in one competition. Competition routines are usually announced in the fall. Advanced/Superior groups will participate in an additional Regional Competition. Solo/Duets/Trios will have the option to compete in 2 competitions, if in the Novice/Intermediate level and 3 competitions, if in the Advanced/Superior level. We will travel to competitions as a team and support one another for the entire competition. Dancers will be expected to stay at the competition with the group. As North Crest receives competition dates and specific schedules, more specific information will be given.

Important Dates for Recreational Dance 2020-2021

September 10th- First day of school session recreational classes

October 15th- MEA; classes will remain in session

October 31st- Halloween; North Crest Trunk or Treat

November 20th- First Rec. Winter Performance Rehearsal @ North Crest; times on Winter Show Rehearsal handout.
- Final Day for Winter Performance commitment

November 25th & 26th- Thanksgiving; North Crest closed

December 11th- Second Rec Winter Performance Rehearsal @ 5:00pm at North Crest

December 18th- Third Rec Winter Performance Rehearsal @ 5:00pm at North Crest

December 22nd through January 3rd- Christmas & New Years; North Crest closed

January 4th- Classes resume

January 9th- Final Rec Winter Performance rehearsal at the Paramount times TBA

January 10th- Winter Performance at the Paramount
Arrival times TBA
Show times TBA

March 13th- North Crest Gymnastics' Showtime Showdown (Combination Only)

April 2nd through 5th- Easter; North Crest closed

April 10th through 15th- Picture Week during regularly scheduled class time
(combo kids will take pictures during dance class)

May 9th through 15th- Awards Week- Last Week of rec. Dance and Combination Classes

May 16th through 22nd- Last week of gymnastics classes

May TBA- Spring Performance Rehearsal

May TBA- Spring Performance

2021 Winter Dance Show Rehearsals

Hello parents/guardians, This is an important update pertaining to the winter dance show.

We will be holding rehearsals for recreational dancers;

November 20th, December 11th and December 18th at North Crest,

January 9th at the Paramount

The performance will take place January 10th at the Paramount. Times TBA.

November 20th: Starting at 4:30PM at North Crest

4:30-5:15 Ballet/Tap, Tappin' Tumbler 1

5:00-5:45 Ballet/Tap, Tappin' Tumbler 2

5:30-6:15 Ballet/Tap, Tappin' Tumbler 3

6:00-6:45 Jazz/Hip Hop, Jazzin' Jumper 1

6:30-7:15 Jazz/Hip Hop, Jazzin' Jumper 2

7:00-7:45 Jazz/Hip Hop, Jazzin' Jumper 3

7:30-8:15 Junior Dance Team

All dancers will need either ballet or jazz shoes ONLY.

Dancers should come in athletic apparel that follows our dance dress code.

December 11th & 18th: 5:00-7:30PM at North Crest

All dancers will be here from 5:00-7:30PM

They will need either ballet or jazz shoes ONLY.

Dancers should come in athletic apparel that follows our dance dress code.

January 9th: at the Paramount, times TBA

ATTENTION: We are in search of parent volunteers for the show. As a volunteer you are asked to attend AT LEAST two of the three upcoming rehearsals at NorthCrest and the rehearsal at the Paramount, as well as show day. Show volunteers are able to watch their dancer from the side of the stage and will not need to purchase a ticket for the show.

Please let the front desk know if you are interested.

2021 Recreational Winter Show Participation Form

PLEASE DETACH AND TURN INTO THE FRONT DESK BY **end of day November 20, 2021!**

Dancer's Name: _____

Class, Day & Time: _____

(if unsure of class name, please write down your dance teacher's name and day of the week)

Yes, my dancer will be participating in the Winter Performance on January, 20th 2020

No, my dancer will not be participating in the Winter Performance on January, 20th 2020

****The cost of costumes for this performance will be covered by North Crest.**

North Crest Recreational Shoe Order Form 2020-21

Student Name: _____ Student Street Shoe Size: _____

Phone: _____ Date of Order: _____

Class Day & Time: _____

Class Type: Ballet/Tap Jazz/Hip Hop Junior Dance Team

<u>Shoe Type</u>	<u>Size</u>	<u>Cost</u>
Girls Pink Leather Ballet Shoe (Child 7 - Adult 12)	_____	\$16.96
Boys Black Leather Ballet Shoe (Child 7 - Adult 12)	_____	\$16.96
Girls Black Tie Tap Shoe (Child 6 - Adult 10)	_____	\$18.11
Boys Slip On Tap Shoes (Child 11 - Adult 11)	_____	\$20.64
Black Jazz Shoe (Child 9 - Adult 13)	_____	\$23.45
Black Sequin Low-Top Sneaker (Child 9 - Adult 12) **NO HALF SIZES**	_____	\$20.64
Child Footed Tights (no tax) Sizes: S, M or L Colors: Pink (Ballet/Tap) or Tan (Jazz/Hip Hop)	_____	\$5.18
Adult Footed Tights (no tax) Sizes: A, B, C or D Colors: Pink (Ballet/Tap) or Tan (Jazz/Hip Hop)	_____	\$6.04
Dancing Fair- Child Convertible Tights (no tax) Sizes: S/L or M/L Colors: Pink (Ballet/Tap) or Tan (Jazz/Hip Hop)	_____	\$8.34
Dancing Fair- Adult Convertible Tights (no tax) Sizes: A/B or C/D Pink (Ballet/Tap) or Tan (Jazz/Hip Hop)	_____	\$9.20

Subtotal: _____
 Sales Tax (x.07375): _____
 Shipping: \$5.00
Grand Total: _____

*Convertible tights are ideal for combo classes.
 **All orders must be prepaid at the front desk.
 ***Returns or exchanges within 14 days on unworn items only.

Welcome Gymnasts!

We are excited to have you as a part of our gymnastics program! We enjoy working with children in a fun and enthusiastic environment. If you find that your child is in a class that doesn't complement his or her needs, please let us know. We want your gymnast to be placed in the right class!

Our Objectives:

- To develop strength, flexibility, coordination, and kinesthetic awareness.
- To develop self-discipline and the ability to concentrate on and analyze physical movement.
- To instill physical activity as a daily part of life.
- To develop a positive self-image and self-confidence through the acquisition of gymnastics skills.

What will my Gymnast need for class?

- A water bottle is recommended as our crash bar and spigot are currently unavailable for use. We do have a drinking fountain the kids can use.
- A synch bag to carry personal items in.
- It is not required to bring but hand sanitizer is recommended and will be used often in class. We have some available for use in the gym.
- A face mask is necessary to wear in all public areas of the facility and can be kept in your child's bag should they choose not to wear during practice.
(Please make sure the water bottle are plastic, not glass and has your child's name on it!)
- Female Gymnasts: Leotard, biketard, leggings, and shorts (optional), are all acceptable attire for class. (No shorts too baggy.)
- Male gymnasts: Unitard, compression Shirt, and shorts are acceptable attire for class. (No shorts too baggy.)

Things we DO NOT want gymnasts wearing:

- Anything baggy. This will/can get wrapped around equipment and coaches, which can lead to serious injury to the gymnast and coach.
- Tank tops or t-shirts, to avoid pinching skin on equipment.
- Crop or midriff showing top.
- Layers, we don't want kids to lose things in the gym so please don't layer clothing.
- Socks or footed tights should not be worn in class; they make it slippery for the gymnasts and can lead to injury.
- Leotard with attached skirts or tutus will not be allowed. They will/can get wrapped around equipment and coaches, which can lead to serious injury.
- Fitness watches and dangly jewelry.

Where can we put our shoes, coats, extra clothing, etc.?

Street shoes are not allowed in the gym. Please make sure your belongings are together and with a parent. Please do not leave belongings in the lobby or by the gym door.

Class Structures:

Please have your gymnast use the bathroom before class. It is good to explain to your child that they can ask if they have to go to the bathroom but it is best if they go before or after class so they don't miss out on the fun! When one child asks to leave, it usually triggers others to ask, therefore, we only allow one child out of the room at a time (unless there is an obvious need). We also encourage gymnasts to stretch and eat a healthy snack prior to practice. We work hard and want to avoid stomach aches.

Preschool Classes held in the Ocean Gym: Parent Tot held in the jungle gym:

- Gymnasts will start with a warm up and stretch, during which kids are encouraged to interact and participate.
- The class will rotate around different stations, where they will learn how to stay with a group and understand and follow directions.
- Our lesson plans will build on those classroom management concepts while introducing your child to physical activities that will engage their imagination and develop gross motor skills, strength, coordination and introductory gymnastics fundamentals.

School Age classes in the Main Gym and ocean gym:

North Crest offers a multilevel program where children progress from level to level at their own pace. Classes are divided into groups according to age and ability. Great care is taken to teach skills in a thorough and progressive manner to alleviate "gaps" that might restrict their gymnastics potential in later years.

Mini Muscle

- Gymnasts will start with a warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have three 15 min. rotations. They will alternate between vault, bars, beam, floor, Boys area (for Mini Muscle) and tramp. They may not see each event every week. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Our Mini Muscles class is structured around an appropriate curriculum for boys, 5 and 6 years old. This class is designed to begin transitioning children to the big gym and prepare them for an hour long class. The gymnasts will be working on progressing through their skills that will prepare them for Mighty Muscle I.

Muscle Men

- Our Muscle men Level 1 and 2 is structured around an appropriate curriculum for boys 6 years or older. It will work the next level of men's gymnastics skills and increase their strength, flexibility, and knowledge of important body positioning skills pertaining to gymnastics.
- Our Muscle Men Level 3 is structured around an appropriate curriculum for boys that have finished Might Muscles Level 2.
- Gymnasts will start with a 15-minute warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have 15 min. rotations. They will alternate between between floor, vault, and our boy's area (including pommel horse, still rings, parallel bars, and high bar.) They may not see each event every week. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Each event has assigned conditioning to help build strength to help with learning and perfecting each skill.

Girls Level 1- 6

- Gymnasts will start with a 15-minute warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have 15 min. rotations. They will alternate between vault, bars, beam, floor, and tramp. They may not see each event every week. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Each event has assigned conditioning to help build strength to help with learning and perfecting each skill.
- Each class will be following lesson plans provided by the recreational director. With a focus on progressive learning, through strength and technique. This will ensure that the skills will be learned and performed properly, to lower risk of injury and so they can progress onto more difficult skills.

Additional Expenses (optional):

North Crest Leotard: We will be selling North Crest exclusive leotards. We will be selling the leotards in pro-shop and we are ordering based on need in November. Ready for pick up before Christmas.

North Crest Apparel: North Crest apparel will be available a few times throughout the year and will consist of T-shirts, sweatshirts, jackets, etc. Items vary depending on the season.

Performance opportunities for our gymnasts:

Showtime Showdown: Gymnasts love to show off what they have learned throughout the fall and winter months at our mock gymnastics meet, “Showtime Showdown”. Parents, family members and friends get to sit in the gym while the gymnasts show off routines that they have learned on each event. We also have some of our competitive North Crest gymnasts perform at this event. This allows gymnasts to see what they are working towards and what they could be capable of! There will be a bake sale that is ran by Team North Crest booster club.

Summer Splash: “Summer Splash” showcases what our North Crest students have learned over the summer months. Parents, family members and friends get to sit in the gym while gymnasts show off routines on each event. Recreational Dancers will perform the dances they have learned over the summer and our day camp kicks things off with their “camp dance” of the season! Afterwards, weather permitting, we will open the garage door and allow families to play outside in the backyard and open our gym for open gym time while enjoying a customer appreciation picnic of hot dogs and watermelon! Always a fun way to end our summer classes and it gives us an opportunity to say “Thank You” to our customers!

(continue below for important dates)

Important Dates for North Crest Recreational Gymnasts:

September 10: 1st Day of School Season Classes

September 11: First Family and 6+ Open Gym
(Family Open Gym Sun. 2-4; 6+

Sun. 4-6; See website for more details)

October 2: First Parent Night Out Pending covid restrictions
(First Friday of the month, 5:30-10PM Oct.-May, no PNO in January) (Visit our website for more details)

November 12: Leotard Order Deadline

November 25-November 29: North Crest closed, Thanksgiving No classes or open gyms

November 27: Holiday Parent Night Out Pending Covid restrictions 5:30- 10PM

One child - \$28.00 (includes tax)

Two siblings - \$35.00 (includes tax)

Three or more siblings - \$45.00 (includes tax)

Members receive a \$5.00 discount

December 22-January 3: North Crest closed, Christmas No classes or regular open gyms

TBD per covid restrictions. Holiday Family Open Gym
(2:00-4:00pm \$6 for members and \$8 for nonmembers)

March 13: North Crest Gymnastics' Showtime Showdown
(There are no regularly schedule classes gymnastics or dance)

March 14: No Open Gym

April 2-5: North Crest closed, Easter No classes or open gyms

May 9: No Open Gym

May 17-20: Last week of Gymnastics Classes at North Crest

May 16: Last Open Gym of School Season

June 8: 1st Day of Summer Season Classes