

# IN MOTION STUDIO OF DANCE



## STUDIO HANDBOOK

### Classes for ages 3 years to adults in:

Tiny Tots - Mini's Combo - Jazz - Modern - Ballet - Hip Hop  
Tap - Lyrical - Leaps, Jumps, & Turns - Cardio African Dance  
Ballroom - Tango - Salsa - Swing - Ashtanga Yoga - Family Yoga  
Pilates - Belly Dancing - Aerial Silks - Adult Cardio Jazz

**JENNIFER AUGUST**  
**OWNER/ARTISTIC DIRECTOR**

**9410 PROTOTYPE DRIVE, SUITES 20 & 21**  
**RENO, NV 89521**

**775-851-0808**

## **HISTORY:**

In Motion Studio of Dance opened its doors in the summer of 2003. Since then it has tripled its enrollment, added some exciting new faculty members and expanded its studio space to accommodate more classes and to limit class size. Our instructors are highly trained, energetic individuals who love what they do. Many have performed professionally and are skilled at instructing their students in the proper form and technique of their own, specialized area of expertise. For your child's safety, both of our studios are equipped with the latest in sprung flooring. Numerous foam blocks beneath the floor surface provide protective cushioning for the dancer's knee and hip joints. This greatly reduces the possibility of dance related injuries.

We offer classes to students of all ages and levels. Included in this handout are descriptions of the various styles of dance taught at In Motion Studio of Dance.

In Motion Studio of Dance is proud to be the home of two dance companies. The Sierra Nevada Ballet, whose recent appearances include Artown, Bartley Ranch and Sand Harbor, and who annually perform the "Peanutcracker" for our local schools, rehearses and trains at In Motion. The Company works under the direction of Rosine Bena, our own director and instructor of ballet.

Additionally, Owner, and Artistic Director, Jennifer August, formed Black Rock Dance Company - a modern and jazz based company who made its wonderfully received debut performance at Artown in 2006. It is a goal of Black Rock Dance Company to create an apprentice program for aspiring modern dancers.

In Motion has a Performance Dance Team consisting of dancers from age 6 through 16 that competes locally and regionally, and the entire studio participates in a Spring Recital at the conclusion of the regular year, sometime at the end of May or first week in June.

## CLASS AGE REQUIREMENTS

Tiny Tots - 3 year olds      Minis Combo - 4 & 5 year olds  
Kids - 6-8 year olds      Pre-Teen - 9-12 year olds  
Teen/Adult - 13 & up      Adult - 18 & up

## LEVEL DEFINITIONS

I - Beginner      II - Intermediate      III - Advanced

## PRICE LIST

CLASSES PER WEEK	TOTAL MONTHLY
1	52
2	96
3	132
4	160
5	190
6	216
7	238

Unlimited - Individual - \$275      Unlimited - Family - \$350

Family Discount - 10% off each additional member

Annual Registration - \$20/New Students - \$10/Returning

5 month pre-payment discount - 10% (sep thru Jan or Feb thru Jun)

10 month pre-payment discount - 15% (Sep thru Jun)

10 Class Yoga or Cardio Jazz Card (3 month exp) - \$100 (no discounts)

Drop In Classes - \$15.00

\$10.00 (UNR/TMCC Students with ID)

Studio Rental Daily - \$20/hr - Monthly - \$15/hr

## TUITION

Tuition is due and payable on the first of each month. If paid after the 6<sup>th</sup>, a \$10.00 late fee will be added. Tuition is a flat rate based on an average of four weeks per month. Tuition is only pro-rated when you register during the middle of the month. When five weeks occur, the extra lessons balance out the "holiday months" when students receive fewer lessons. Tuition is non-refundable for any reason other than cancellation of classes. Students are expected to attend all classes in which they have registered, and will be billed accordingly. Missed classes may be made up within one month only in an age and level appropriate class. If you decide to drop a class, thirty days notice is required.

## **CLASSES OFFERED:**

**AERIAL SILKS** (also known as aerial ballet in silk or aerial contortion) is a new and impressive dance form popularized by Cirque du Soliel. It combines elements of ballet, gymnastics, contortion and climbing sports. Learn to climb, wrap, twist and drop while improving your strength and flexibility. It's an awesome total-body workout.

**ASHTANGA YOGA** is a system of breath-synchronized movement. Through a breathing technique called Ujahi, the body produces an internal heat which cleans and detoxifies the body. The result of this style of yoga is a light, strong body and a calmer mind.

**BALLET** is the foundation of all dances. It is important for students who wish to further their education in dance to take ballet. Ballet includes traditional barre and center work. Students will learn proper ballet technique which will build graceful, strong bodies. It is mandatory for all students to wear ballet shoes, leotard and pink tights. Hair should be pulled back in a bun.

**BALLET CONDITIONING WORKOUT** combines basic ballet with cardio and Pilates based exercises to increase strength and core training. Bring a yoga mat and water bottle.

**CARDIO AFRICAN DANCE** is a fusion of African and hip-hop movement to cultural based music. Bring a water bottle and be prepared to "break a sweat" in this class.

**CONTEMPORARY DANCE** is a blend of modern, lyrical, hip-hop, jazz, and ballet movement.

**HIP-HOP** is a high energy blend of street style dance. Students learn fun, energetic dances which include sharp, isolated, stylized movements. It is recommended that dancers wear jazz shoes and clothing they can move in.

**JAZZ** is a style of movement all its own. Students learn isolations, kicks, turns, leaps and a jazz combination. Using contemporary music, dancers are introduced to different styles of jazz dance. Jazz shoes are mandatory. Clothing should be fitted so the student can move freely. A leotard and jazz pants are recommended.

**LEAPS AND TURNS** is a class designed to challenge the student on progressing in their leaps & turns technique and is intended for the intermediate or advanced dancer only.

**LYRICAL DANCE** is a combination of jazz, ballet, and modern. Students learn to move by telling a story through their body with the lyrics of music. Lyrical dancing expresses feelings and emotions. Lyrical dancing is done to music that is slow, powerful and inspiring. Students learn control and flexibility of their bodies. Students can wear jazz or ballet shoes or choose to dance barefoot. Clothing attire should be fitted so the dancer can move freely.

**MINIS COMBO** classes explore the movement of Ballet, Tap, and Jazz. Students learn motor skills, flexibility, rhythm and balance. Each class is divided into three sections of ballet, tap, and jazz. This provides an excellent foundation for further dance studies. Ballet and tap shoes are recommended for this class. Clothing should be a leotard and tights.

**MODERN DANCE** teaches the student many different styles of movement from Martha Graham to Lester Horton and more. Modern dance, like jazz, is multi-faceted. It is stylized and students learn the technique and body placement to further their education in classical modern dance. Class consists of a warm-up, across the floor and a combination. Like ballet, it is recommended that students wear a leotard and tights. Modern dance is performed barefoot.

**PILATES** is not just exercise, but a series of controlled movements engaging your body and mind, performed on specifically designed exercise apparatus and supervised by an extensively trained teacher.

**TAP DANCE** is popular all around the world. The name comes from the tapping sound made when the small metal plates on the dancer's shoes touch a hard floor. This lively, rhythmic tapping makes the performer not just a dancer, but also a percussive musician.

**TINY TOTS** is a creative movement class geared for the three year old. It is a 45 minute class that emphasizes learning gross and fine motor skills, following verbal direction, and introduction to dance and fitness. Tiny tots learn movement games, simple and creative dances, and social interaction. Clothing attire for this class is anything your child feels comfortable moving freely in.

## **STUDIO POLICIES AND RULES:**

- If you follow all of these rules, you will be providing yourself and everyone in the studio the best dancing and learning environment possible. Thank you for your consideration!
- No food or drinks (except water) in class.
- The studio office is a private area - students/families must enter only with a staff member present.
- The studio doors will be unlocked 15 minutes prior to the first class of the day.
- Call or e-mail with any questions that may arise, instead of trying to talk to the instructor before or after class. We are on a very tight schedule during the week and we do not want to short-change the other students by starting the class late.
- Disrespect from students and parents toward any staff member will not be tolerated.
- In Motion Studio of Dance has the right to dismiss any student or parent who disregards the policies, shows inappropriate behavior, or upsets the overall harmony of the studio.
- Monthly updates and other pertinent information will be e-mailed and posted on our website. If you do not have web access, please check the front desk for updates. We DO NOT pass out information during class times. It is your responsibility to check the website or the front desk for information throughout the year.

- Parents are responsible for the behavior and safety of their children. Siblings and friends brought into the studio are to be monitored at all times.
- Please keep conversation in the lobby positive and up-beat. Negativity is not appreciated, or tolerated.
- Maintain and keep your studio, dressing rooms, bathroom and lobby area clean. Please pick up your trash and any trash that you see lying around.
- No gum allowed in class or in the studio at any time. This applies to students, parents, and visitors.
- Good attitudes and good attendance are expected from every student.

## **CLASSROOM BEHAVIOR**

- Wait in the lobby until your instructor calls you into class
- Students are not allowed in the classroom until the instructor has arrived.
- Please keep your hands and "bodies" off the mirrors!
- Do not make unnecessary conversation or noise during class, especially while your instructor is working with another student or talking to the class.
- Please keep your hands to yourself, no pushing or bullying of other students.
- Continual disruption of the class may result in dismissal from the studio.

- Pay attention to your instructor and stay alert for the entire class.
- Depending on the class, hair must be put up in a bun or ponytail if it is long enough. If you have short hair, you must use a stretch headband and clips to pull your hair back away from your face and off your neck. This rule is for your safety!
- Any student not in proper dance attire or hair properly pulled back will not be allowed on the dance floor until properly attired and groomed.
- Students may not leave the studio unless permission is granted from their teacher. If you need to leave class early, please let the teacher know before the class begins.
- Dancers should be respectful to instructors and fellow students at all times!
- Good behavior in the classroom should be displayed throughout the class and while you are in the studio.
- In Motion is not responsible for any lost clothing. We will maintain a lost and found box, but PLEASE check it periodically as items left will be donated on a monthly basis to charity.
- Be sure to write your name in your shoes and on any other dance attire.

## **CLASS PLACEMENT:**

All placement decisions by the instructor are based on class participation, attendance, progress, ability, and consistency. It is not unusual to remain in the same level for more than one year. Each student has a rate at which they will progress physically and mentally. Please respect the instructor's knowledge of where your child should be placed in each year of their dance training. A student who is placed in a class that is too difficult or a level that is not appropriate to their working ability will lose interest in their development as a dancer or hold the class back from progressing. The directors and instructors of In Motion Studio of Dance want to further your child's training as a dancer and want them to enjoy dance for many years.

## **CLASS OBSERVATION**

NO visitors are allowed inside the dance room during class time. In order to create a focused environment, we limit the amount of distractions to our dancers. During the dance year, In Motion Studio of Dance will have parent's week(s), which is a perfect time to view your child's progress. Dates will be announced during the year. We also ask that you stand away from the viewing window and or door if it is obvious that your child is distracted. All teachers at In Motion have the right to pull the blinds down on the viewing window if he or she feels their class is being distracted. Please note that all students can feel additional pressure when there are viewers during class time.

## **CLASS SIZE**

Class size on some classes is limited based on the style and level of the class. Tiny Tots (3 year olds) are limited to the maximum of seven students. Minis Combo classes (4-5years) are limited to ten students per class. After a class is full, In Motion will provide a wait list, or if the schedule allows, create a new class. Weekly, any class of five or less students is subject to rescheduling, cancellation, shortening the length of the class, or combining classes. We apologize for any inconvenience this may cause, but we have no control over how many students show up for class at any time.

### **DROP-OFF:**

Students must arrive (dressed and ready to dance) 10 minutes before class time, but may not be dropped off more than 15 minutes prior to their class time (unless prior arrangements have been made).

### **PICK-UP**

Students should be picked up immediately after their last class time. It is mandatory for all dancers to stay inside the studio until their ride arrives.

### **ATTENDANCE AND ABSENCES**

Dance is a commitment to yourself and the other students in your class. Please be consistent in your attendance since performing together means relying on each other.

To insure that your child is progressing in their dance technique the best they can, proper attendance is a must! Consistent attendance is important so your child can benefit the best they can. Absences and tardiness can have a negative effect on the entire class. In Motion reserves the right to have a student who is frequently late or absent to class, sit out of class. If you are over 15 minutes late, it will be up to the teacher to decide if you can participate in the class.

If you are unable to attend class, please call the studio front desk (851-0808) to let us know you will be absent. Dancers have one month to make up any missed classes. Any class you are taking as a make-up class must be age and level appropriate.

## **DRESS CODE:**

Dance is a discipline. Having a dress code promotes unity and professionalism in the studio. For your safety, no jewelry (watches, dangling earrings, bracelets, or ankle bracelets) is to be worn in any dance class. The following represents In Motion's current dress code:

### **Ballet**

Once evaluated, your mandatory color will be:

- Intro to Ballet - Pink - pink tights
- Beg Ballet I- Pink - pink tights
- Ballet II - Light Blue - pink tights
- Ballet III - Sapphire - pink tights
- Ballet IV - Black - pink tights
- Hair pulled back tightly in a proper "ballet" bun
- No tight booty shorts
- No clothing (t-shirts, sweatshirts, shorts, etc.) except during warm-up

### **Pointe**

- Pre-Pointe/Pointe I - No skirts
- Pointe II-III - Navy, Royal, or Black skirt
- Leg warmers - pink or black

### **Modern/Jazz/Lyrical**

- Leotard - solid/any color
- Black Jazz Pants or Black Jazz Capris
- Black Jazz shoes
- Bare feet or dance paws
- Hair pulled back tightly out of face in ponytail or bun
- No tight booty shorts
- No clothing (t-shirts, sweatshirts, shorts, etc.) except during warm-up

### **Hip-Hop**

- Comfortable clothing, no jeans
- Black Jazz shoes or Jazz sneakers or lightweight tennis shoes
- Hair pulled back tightly out of face

### **Adult Classes**

- Comfortable dance or gym attire with appropriate shoes

### **Dance Technique**

- Leotard - solid/any color
- Pink tights
- Black Jazz Pants or Black Jazz Capris
- No clothing (t-shirts, sweatshirts, shorts, etc.) except during warm-up

# IMPORTANT 2008/2009 DATES:

- 9-01-08 Studio Closed - Labor Day  
Performance Team Auditions
- 10-31-08 Studio Closed - Halloween  
Parent's Week  
Spring Recital Info Packet handed out
- 11-24-08 Thru 11-28 Studio Closed - Thanksgiving
- 12-22-08 Thru 1-5-09 Studio Closed - Christmas
- 2-16-09 Studio Closed - President's Day
- 4-13-09 Thru 4-19-09 Studio Closed - Spring Break
- 5-25-09 Studio Closed - Memorial Day
- 6-19-09 Last day of fall classes
- 6-20-09 Spring Recital Rehearsal
- 6-20-09 Spring Recital
- 6-09 Summer Schedule Begins
- 6-09 Summer Camps begin

**UPDATES ON THE FOLLOWING ACTIVITIES  
TO BE GIVEN AT A LATER TIME:**

- ❖ **TICKETS ON SALE FOR SPRING RECITAL**
- ❖ **SPRING RECITAL PICTURE DAY**
- ❖ **SPRING RECITAL DRESS REHEARSAL**
- ❖ **SUMMER CAMP FORMS HANDED OUT**

## **DANCE IS FOR EVERYONE!**