



Body Moves Youth/Teen Classes

Dance Gymnastics Karate Cheering

September 12, 2009 - June 26, 2010

The following classes meet once (or twice) a week from September until June, with a **Student Showcase Recital Performance** in June. All students are expected to perform in the showcase. Please consult your Student Handbook for additional information.

Monday

6:45pm-7:45pm	Studio
Pre-Pointe (8-17 yrs) Beg	3
Cheer Technique (8-14 yrs.) Beg-Int	4
Youth Hip Hop I (5-8 yrs.) Beg	5

7:45pm-8:45pm

Teen Hip Hop (13-17 yrs.) Beg-Int	5
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Tuesday

6:45pm-7:45pm	Studio
BCDC Ballet Tech. (Company Members)	2
Teen Jazz (13-17 yrs.) Beg-Int	3
Martial Arts 1 (6-15 yrs.) Beg-Int	4

7:45pm-8:45pm

BCDC Modern Tech. (Company Members)	2
Teen Ballet (13-17 yrs.) Beg-Int	3

Wednesday

Studios Available for Parties and Rentals

Thursday

6:45pm-7:45pm	Studio
Youth African (6-14 yrs.) Beg-Int	2
Boys Tap (6-14 yrs.) Beg-Int	3
Martial Arts 1 (6-15 yrs.) Beg-Int	4

6:45pm-8:45pm

BCDC Repertory (Company Members)	5
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7:45pm-8:45pm

Youth Hip Hop 2 (9-12 yrs.) Beg-Int	3
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Friday

6:45pm-7:45pm	Studio
BabyKicks Pre-Tae Kwon Do (4-5 yrs.) Beg	2
Tumbling Technique 1 (6-16 yrs.) Beg	4

7:45pm-8:45pm

Tumbling Technique 2 (6-16 yrs.) Int	4
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Saturday

9:30am-10:30am	Studio
Ballet II (9-12 yrs.) Int (Evaluation required)	2
BabySteps 1 (3-4 yrs.) Beg (Pre-Ballet/Pre-Tap)	3
Tumble Tots 2 (4-5 yrs.) Beg (Pre-Tumbling)	4
Ballet III (10-17 yrs.) Adv (Evaluation Required)	5

10:30am-11:30am

Jazz II (9-12 yrs.) Int (Evaluation Required)	2
BabySteps 2 (4-5 yrs.) Beg (Pre-Ballet/Pre-Tap)	3
Tumble Tots 1 (3-4 yrs.) Beg (Pre-Tumbling)	4
JazzIII (10-17 yrs.) Adv (Evaluation Required)	5

11:30am-12:30pm

Tap II (9-12 yrs.) Int (Evaluation Required)	2
BabySteps 3 (3-4 yrs.) Beg (Pre-Ballet/Pre-Tap)	3
BabySteps 4 (4-5 yrs.) Beg (Pre-Tumbling)	4
Tap III (10-17 yrs.) Adv (Evaluation Required)	5

1:30pm-2:30pm

Tap I (6-8 yrs.) Beg	3
Tap II (6-8 yrs.) Int (Evaluation Required)	4

2:30pm-3:30pm

Ballet I (6-8 yrs.) Beg	3
Ballet II (6-8 yrs.) Int (Evaluation Required)	4

3:30pm-4:30pm

Tap I (9-12 yrs.) Beg	2
Jazz I (6-8 yrs.) Beg	3
Jazz II (6-8 yrs.) Int (Evaluation Required)	4

4:30pm-5:30pm

Ballet I (9-12 yrs.) Beg	3
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5:30pm-6:30pm

Jazz I (9-12 yrs.) Beg	4
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1:30pm-3:30pm

BCDC 2 nd Company Rehearsal	2
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1:30pm-5:30pm

BCDC 1 st Company Rehearsal	5
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BodyMoves, LLC reserves the right to change or cancel classes at it's sole discretion without advance notification.

Youth & Teen Combo Programs (3-17 yrs.)

BabyMoves Combo (3-5 yrs. Pre-Ballet, Pre-Tap, Pre-Tumbling): This program introduces the youngest students to the concept, structure and expectations of the studio environment. **The combo consists of one hour of Tumble Tots (pre-tumbling) and one hour of BabySteps (pre-tap and pre-ballet).** The combination of these classes emphasizes gross motor skills development and controlled body movement. Basic ballet, tap and tumbling techniques are taught as well as an introduction to basic musicality and rhythm.

Student's ages 4-5 years may substitute BabyKicks (Pre-Tae Kwon Do) for the Tumble Tots (Pre-Tumbling) class to complete the combo.

DanceMoves Combos (Structured Dance Program for ages 6-17 yrs. - Ballet, Tap and Jazz): These age appropriate classes consist of one hour each of **ballet, tap and jazz** per week and are the core classes in our comprehensive dance program for youth and teens. This program provides excellent foundation and structure for serious young dancers at all levels. The classes are divided according to age and ability with two levels in each group for ages 6-9 years and a third advanced level for ages 10-17 years. **Students must be evaluated for placement in levels II and III.**

- ❖ **Level I (Beginner – Ages 6-17 yrs.):** In each genre, beginning students will develop a basic understanding of movement, vocabulary, and dance terminology with an eye toward a contemporary dancer. Class structure will include warm-up and stretching, basic steps and routines or combinations.
- ❖ **Level II (Intermediate –Ages 6-17 yrs.):** Ballet students will focus on intermediate level barre work and jumps as well as more advanced center floor and traveling exercises. Strong emphasis on body alignment. Musicality and terminology are also further developed and ballet history is added. Tap students will concentrate on intermediate level exercises including precision techniques and strong rhythmic skills. Jazz students will learn jazz techniques to further develop musicality, coordination, and strength
- ❖ **Level III (Advanced – Ages 10-17 yrs.):** Ballet students focus on advanced barre work, jumps and pre-pointe strengthening exercises. Advanced center floor and traveling techniques are introduced. Tap students focus on advanced precision techniques including jumps and turns. Jazz students will learn advanced across the floor combinations and body isolation techniques.

KidMoves Combo (6-17 yrs.): This program allows students to take **any three youth/teen classes offered** (see available options under Youth/Teen Classes). **Please note that combos that include Ballet, Tap or Jazz classes will be priced at the DanceMoves Combo price.** Students 15 years and up also have the option of participating in the adult Eight Week Program. However, the two programs cannot be combined.

BodyMoves Contemporary Dance Company Program (BCDC)

Pre-Professional Dance Company (8-21 yrs.): This programs offer students the opportunity to train at a professional level in dance for performance opportunities. All levels are welcome. Auditions are required! Members attend mandatory weekly technique classes and rehearsals where they learn timing, choreography, stage presence and technical execution to improve performance. The company fee includes training and rehearsal time, as well as unlimited classes at BodyMoves. Costumes, travel expenses or competition fees (if applicable) are not included in the fee. The company is divided into 2 levels, 1st Company and 2nd Company. The difference between the two companies is the level of skill and ability. The company director will determine into which company perspective members are placed.

Youth/Teen Classes (3-17 years)

African Dance (6-14 yrs. – All Levels) – This class introduces young dancers to traditional African dance steps, music and routines while exploring the cultural history associated with traditional African dance movements. The class begins with warm-up and stretching exercises then gradually heats up to a fast paced crescendo of various African dance steps and routines that help to increase stamina and improve breathing techniques. The class ends with cooling down exercises and stretching for flexibility.

BabyKicks – Pre-Tae Kwon Do (4-5 yrs. – Beginner) – This first martial arts class designed for the littlest power puncher's, introduces 4-5 year olds to the expectations of the "Do Jang" environment. Students will learn basic Tae Kwon Do class protocol as well as some basic Korean words. Students will also begin to learn some of the basic Tae Kwon Do Forms. Students enrolled in this class are much better prepared to move into the Martial Arts I class at age six. The more focused students who start this class at age 4 may be recommended for the Martial Arts I class at age 5. Students may also be evaluated for placement at age three and a half.

BabySteps – Pre-Ballet & Pre-Tap (3-5 yrs. – Beginner) – This first dance class makes learning basic ballet and tap movements fun and interesting to our youngest dancers. The instructor's friendly, non-intimidating approach to teaching dance to toddlers and pre-schoolers, keeps them motivated, captivated and interested. This first exposure to dance offers a fun learning experience for your child.

Ballet, Tap or Jazz (6-17 yrs.) – See description of classes listed above under **DanceMoves Youth & Teen Structured Dance Program.**

Youth/Teen Classes (3-17 years) Continued:

Boys Tap (6-14 yrs. – Beginner) – This class designed especially for boys, introduces them to the rhythm, and precision techniques of tap without the stigma of “dance being for girls”. In this class, they are free to be themselves with the companionship of other boys, while learning the art of “male dominated” tap dance.

Cheer Technique (8-14 yrs. – Beginner - Intermediate) – This is an excellent class for boys and girls interested in learning about the sport of cheerleading. Students will learn partner stunt/pyramids, tosses, dismounts, motions, dance routines and choreography as well as some basic tumbling moves. There is also stretching and floor exercises to increase flexibility and strengthen the body for the stunts required in cheerleading.

Hip-Hop (6-17 yrs. – Beginner - Intermediate) – These classes teach young dancers innovative moves and energetic dance routines with an emphasis on contemporary street-style dance. The classes encourage the dancers to be creative giving them opportunities to spotlight their own funky dance moves and routines. Students also enrolled in Tumbling Technique can combine the skill sets learned to create the urban dance style moves seen in popular hip-hop movies and videos. The classes are divided according to age. No violent and profane lyrics are used.

Martial Arts (6-15 yrs. - All Levels) – BodyMoves offers Tae Kwon Do, a Korean art of self-defense whose ultimate purpose is to discourage fighting by eliminating the stronger’s oppression of the weaker with a power based on humanity, justice and wisdom. The students learn discipline, respect, body awareness, control, balance, coordination, self-defense, forms and age appropriate martial arts weapons. Students who have problems with self control and anger management may benefit from the techniques taught in these classes. The classes meet two times per week for an hour and will be divided according to skill level and body size. This program will be an optional competitive program. It is encouraged that students compete in tournaments at least once per quarter. More information regarding tournaments will be provided as it becomes available.

Pre-Pointe (8-17 yrs. – Beginner) – This class designed especially for dancers, focuses on strengthening the leg and back muscles used on pointe. This class teaches students “everything they need to know” when starting on pointe, including pointe shoe selection and maintenance and foot care. The class also reinforces barre work, and center floor and traveling exercises to enhance ballet technique. **Students must have 2 full years of recent ballet training in an approved program.** Students will be required to demonstrate their knowledge of ballet technique and terminology to remain in the class.

Tumble Tots – Pre-Tumbling (3-5 yrs. – Beginner) – This class designed especially for toddlers to pre-schoolers focuses on gross motor skill development, coordination and balance. Students learn proper stance and technique for forward roll and cartwheel. Students work at their own pace and comfort level to master these skills. This class is also excellent for improving social skills and introducing students to the structured classroom environment.

Tumbling Technique (6-16 yrs. – Beginner - Intermediate) – These classes are excellent for gymnasts, dancers, martial artists, cheerleaders, athletes or anyone interested in learning tumbling skills to strengthen the body, develop agility and enhance coordination. The classes are divided according to skill level from beginner through intermediate.

Students enrolled in Youth/Teen classes will be given the opportunity to perform the skills they’ve learned in the Year End Student Showcase (recital) in June. All Youth/Teen classes are expected to perform in the Student Showcase. There will be additional fees for Showcase costumes and accessories.



Fees

Programs/Classes:

Combos/Special Programs: Monthly Fee:

BabyMoves Combo (3 – 5 Yrs.) \$100/mo **(\$85)**
Includes BabySteps and either Tumble Tots
Or BabyKicks)

KidMoves Combo (6 – 17 Yrs.) \$120/mo **(\$105)**
3 one hour Youth/Teen Classes

DanceMoves Combo (6 – 8 Yrs.) \$125/mo **(\$110)**
One hour each per week of Ballet, Tap, Jazz.

DanceMoves Combo (9 – 12 Yrs.) \$130/mo **(\$115)**
One hour each per week of Ballet, Tap, Jazz.

DanceMoves Combo (13 – 17 Yrs.) \$135/mo **(\$120)**
One hour each per week of Ballet, Tap, Jazz.

5 Or More Classes (6 – 17 Yrs.) \$165/mo **(\$150)**

*Any Combo including **Ballet, Tap or Jazz** classes will be priced according to the age appropriate **DanceMoves Combo pricing.**

BodyMoves Dance Company (BCDC):

1st Company (8 – 21 Yrs.) \$175/mo **(\$160)**

2nd Company (8 – 17 Yrs.) \$175/mo **(\$160)**

Single Class(es): Monthly Fee:

One Class (3-17 Yrs.) \$75/mo **(\$60)**

Two Classes (3-17 Yrs.) \$105/mo **(\$90)**

Martial Arts (6-15 yrs.) \$105/mo **(\$90)**
meets 2 times per week

Additional Class w/ Combo \$25/mo

Registration Fees:

Dance/Tumbling \$30

Martial Arts \$75
Includes uniform and one belt

Services:

Drop-In (1 Class) \$20

Drop-In (4 Classes) \$70

Drop-In (8 Classes) \$130

Red Indicates \$15 Pay-Early-Discount-Rate – Monthly fees must be paid in full no later than the First Saturday of Each Month to receive \$15 off of your monthly payment.

Youth/Teen Registration Form

Please read carefully, complete all applicable information and sign at the bottom before submitting.

Student Name:		Age:	D.O.B.	M <input type="checkbox"/> Fe <input type="checkbox"/>
Parent/Guardian Name:				
Street Address:				
City:		State:		Zip:
Phone (h):		Phone (b):		Phone (c):
E-mail (required for online billing and payment):				
Health Concerns: Yes <input type="checkbox"/> No <input type="checkbox"/>				
If Yes, please briefly indicate health concerns: _____				
Emergency Contact:		Name:		Phone:
Student Program Selection				
Programs/Classes (September 12, 2009 – June 26, 2010):				
<input type="checkbox"/> BabyMoves Combo (3-5 yrs.) – \$100/mo	<input type="checkbox"/> KidMoves Combo (6-17 yrs.) – \$120/mo	<input type="checkbox"/> DanceMoves Combo (6-8 yrs.) – \$125/mo		
<input type="checkbox"/> DanceMoves Combo (9-12 yrs.) – \$130/mo	<input type="checkbox"/> DanceMoves Combo (13-17 yrs.) – \$135/mo		<input type="checkbox"/> Martial Arts (6-15 yrs) - \$105/mo	
<input type="checkbox"/> 1 Class (3-17 yrs.) – \$75/mo	<input type="checkbox"/> 2 Classes (3-17 yrs.) – \$105/mo		<input type="checkbox"/> 5 or more classes (6 – 17 yrs.) – \$165/mo	
<input type="checkbox"/> Single Class w/Combo (6 -17 yrs.) – \$25	<input type="checkbox"/> BodyMoves Dance Company (BCDC) (7- 21 yrs.) – \$175/mo			
Registration Fees (non-refundable): <input type="checkbox"/> Dance/Tumbling – \$30 <input type="checkbox"/> Martial Arts – \$75 (includes uniform and one belt)				
Student Class Selection				
Monday:				
<input type="checkbox"/> Pre-Pointe (8-17 yrs.) <input type="checkbox"/> Cheer Technique (8-14 yrs.) <input type="checkbox"/> Youth Hip Hop 1 (5-8 yrs.) <input type="checkbox"/> Teen Hip-Hop (13-17 yrs.)				
Tuesday:				
<input type="checkbox"/> BCDC Ballet Technique (BCDC Members) <input type="checkbox"/> Teen Jazz (13-17 yrs.) <input type="checkbox"/> Martial Arts I (6-15 yrs.) <input type="checkbox"/> BCDC Modern Technique (BCDC Members) <input type="checkbox"/> Teen Ballet (13-17 yrs.)				
Thursday:				
<input type="checkbox"/> Youth African Dance (6-14 yrs.) <input type="checkbox"/> Boys Tap (6-14 yrs.) <input type="checkbox"/> Martial Arts I (6-15 yrs.) <input type="checkbox"/> BCDC Repertory (BCDC Members) <input type="checkbox"/> Youth Hip Hop 2 (9-12 yrs.)				
Friday:				
<input type="checkbox"/> BabyKicks Pre-Tae Kwon Do (4-5 yrs.) <input type="checkbox"/> Tumbling Technique 1 (6-16 yrs.) <input type="checkbox"/> Tumbling Technique 2 (6-16 yrs.)				
Saturday:				
<input type="checkbox"/> BabySteps 1 – Pre Ballet/Pre Tap (3-4 yrs.)	<input type="checkbox"/> BabySteps 2 – Pre Ballet/Pre Tap (4-5 yrs.)	<input type="checkbox"/> BabySteps 3 – Pre Ballet/Pre Tap (3-4 yrs.)		
<input type="checkbox"/> BabySteps 4 – Pre Ballet/Pre Tap (4-5 yrs.)	<input type="checkbox"/> Tumble Tots 2 – Pre –Tumbling (4-5 yrs.)	<input type="checkbox"/> Tumble Tots 1 – Pre –Tumbling (3-4 yrs.)		
<input type="checkbox"/> DanceMoves Ballet (6-8 yrs.)	<input type="checkbox"/> DanceMoves Jazz (6-8 yrs.)	<input type="checkbox"/> DanceMoves Tap (6-8 yrs.)		
<input type="checkbox"/> DanceMoves Ballet (9-12 yrs.)	<input type="checkbox"/> DanceMoves Jazz (9-12 yrs.)	<input type="checkbox"/> DanceMoves Tap (9-12 yrs.)		
Payment Options		Discount Programs		
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit/Debit Cards (Visa/MC/Amex) Send Check or Money Order Payments by mail To: BodyMoves – P.O. Box 441136 Fort Wash. MD 20749 There is a \$35 fee for all returned checks. There are no refunds or credits for missed classes.		Discount Programs available to Youth/Teen Students <input type="checkbox"/> 5% - Additional Family Members (minimum 2 classes each member) <input type="checkbox"/> 10% - Pay Program in Full (Minimum 6 months) <input type="checkbox"/> Pay Early Savings – Save \$15 on your monthly payment if paid on or Before The First Saturday Of Each Month.		
Signature				
Please take a few minutes to review your Student Hand Book to familiarize yourself with the policies and guidelines of the company.				
_____			_____	
Parent/ Guardian Signature			Date	
Office Use Only: Registration Completed by: _____ Date: _____ Amount Paid: \$ _____ Balance Due: \$ _____				