

Saturday, September 11, 2010 – Saturday, June 18, 2011

The following classes meet once or twice a week from September until June, ending the season with a Student Showcase (Recital) Performance on June 18, 2011. **All students** are expected to perform in the Student Showcase. Please consult your **Student Handbook** for additional information about the Year End Student Showcase.

Monday

6:45pm-7:45pm Studio

Youth Hip Hop 3 (9-12 yrs.) Beg-Int	2
Youth Hip Hop 1 (4-5 yrs.) Beg-Int	4
Youth Hip Hop 2 (6-8 yrs.) Beg-Int	5

7:45pm-8:45pm

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

6:45pm-7:45pm Studio

Boy's Tap (6-12 yrs.) Beg	2
Tae Kwon Do (6 yrs. Up) All Levels	4
Dance Company Ballet Technique (BCDC Members Only)	5

7:45pm-8:45pm

Teen Ballet (13-17 yrs.) Beg	2
Dance Company Modern Technique (BCDC Members Only)	5

Wednesday

No Classes - Studios Available for Rentals

Thursday

6:45pm-7:45pm Studio

Youth Teen African Dance (6-17 yrs.) Beg-Int	2
Tae Kwon Do (6 yrs. Up) All Levels	4

6:45pm-8:45pm

Dance Company Repertory (BCDC Members Only)	5
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Friday

6:45pm-7:45pm Studio

Pre-Tae Kwon Do (4-5 yrs.) Beg.	2
Tumbling Technique 1 (6-12 yrs.) Beginner	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-Adv	2
Pre-Ballet 2 (4-5 yrs.) Beginner	3
Pre-Tumbling 1 (3-4 yrs.) Beginner	4
Ballet I (9-12 yrs.) Beginner	5

10:30am-11:30am

Jazz II (9-12 yrs.) Int-Adv	2
Pre-Tap 1 (3-4 yrs.) Beginner	3
Pre-Tumbling 2 (4-5 yrs.) Beginner	4
Jazz I (9-12 yrs.) Beginner	5

11:30am-12:30pm

Tap II (9-12 yrs.) Int-Adv	2
Pre-Tap 2 (4-5 yrs.) Beginner	3
Pre-Ballet 1 (3-4 yrs.) Beginner	4
Tap I (9-12 yrs.) Beginner	5

1:30pm-2:30pm

Tap II (6-8 yrs.) Int-Adv	3
Tap I (6-8 yrs.) Beginner	4

1:30pm-3:30pm

BCDC 2 nd Company Rehearsal (BCDC Members Only)	2
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1:30pm-4:30pm

BCDC 1 st Company Rehearsal (BCDC Members Only)	5
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2:30pm-3:30pm

Ballet II (6-8 yrs.) Int-Adv	3
Ballet I (6-8 yrs.) Beginner	4

3:30pm-4:30pm

Jazz II (6-8 yrs.) Int-Adv	3
Jazz I (6-8 yrs.) Beginner	4

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

Toe, Tap & Tumble Combo (3-4 yrs.): This combo program introduces the youngest students to the concept, structure and expectations of the studio environment. **The combo consists of one hour each of pre-tumbling, pre-ballet and pre-tap.** The combination of these classes emphasizes gross motor skills development and controlled body movement. Basic ballet, tap and tumbling techniques are taught utilizing fun games and activities. The classes also provide the students with an introduction to basic musicality and rhythm. This is the perfect combo to introduce your toddler to dance and tumbling. The classes may also be taken as individual classes.

BabyMoves Combo (4-5 yrs.): This three class combo program allows parents to create the perfect combination of classes for their 4-5 year olds. The available classes to create the combo include: Pre-ballet 2, Pre-tap 2, Pre-tumbling 2, Pre-Tae Kwon Do and youth hip hop 1. All classes provide the perfect age appropriate curriculum and healthy body movements for active growing pre-schoolers. These classes may also be taken as individual classes.

DanceMoves Combos (Structured Dance Program for ages 6-12 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 ages 6-12 years. 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.

- ❖ **Level I (Beginner) –** 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/Advanced) –** 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

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.** Taking three classes per week should provide your child with 60% of the weekly recommended amount of physical exercise required to keep her/him healthy and maintain proper body weight (when incorporated with proper eating habits).

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. Students must have at least 2 years of previous dance training. 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. 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 (6-17 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.

Ballet, Tap or Jazz (6-12 yrs. – Beginner - Advanced) – See description of classes listed above under **DanceMoves Combo (Structured Dance Program for ages 6-12 yrs.)**.

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. **FYI – BodyMoves offers full tuition paid dance scholarships for boys. Pick up your application at the front reception desk!**

Hip-Hop (4-17 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. All classes have age appropriate curriculums. No violent, profane or inappropriate lyrics or dance moves are used.

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

Pre-Ballet & Pre-Tap (3-5 yrs. – Beginner) – These first dance classes 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.

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 and self protection moves. Students enrolled in this class are much better prepared to move into the Tae Kwon Do class at age six. The more focused students who start this class at age 4 may be recommended for the Tae Kwon Do class at age 5. Students may also be evaluated for placement in this class at age three and a half.

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.

Tae Kwon Do (6-yrs. – Up All Levels) – 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. This is an optional competitive program that uses the martial arts belt testing system from white to black to measure and verify skills and ability. It is encouraged that students compete in tournaments at least once per quarter. More information regarding tournaments will be provided as it becomes available.

Teen Ballet (13-17 yrs. - Beginner) – This beginner contemporary ballet class for teens helps them to develop a basic understanding of movement, vocabulary, and dance terminology. Class structure will include warm-up and stretching, basic steps and routines or combinations as well as basic barre work.

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.

BodyMoves has a Student Showcase Recital on June 18, 2011. Students enrolled in all classes are expected to perform in the Student Showcase. There will be additional fees for costumes and accessories. Please see Student Showcase information in your Student Handbook once you have completed your class registration.

BodyMoves offers a limited number of tuition free **Dance Scholarships for Boys**. If you’re interested, pick up your application at the front counter.

Fees

Combo Programs: Monthly Fee:

Toe, Tap & Tumble Combo (3-4 Yrs.) Includes Pre-Ballet 1, Pre-Tap 1 and Pre-Tumbling 1	\$110/mo (\$95)
BabyMoves Combo (4 – 5 Yrs.) Includes 3 classes from the following selections: Pre-Ballet 2, Pre-Tap 2, Pre-Tumbling 2, Hip-Hop 1 and Pre-Tae Kwon Do	\$110/mo (\$95)
KidMoves Combo (6 – 17 Yrs.) 3 one hour Youth/Teen Classes. See available classes under Youth/Teen Classes.	\$125/mo (\$110)
DanceMoves Combo (6 – 8 Yrs.) One hour each per week of Ballet, Tap, Jazz.	\$130/mo (\$115)
DanceMoves Combo (9 – 12 Yrs.) One hour each per week of Ballet, Tap, Jazz.	\$135/mo (\$120)
5 Or More Classes (5 – 17 Yrs.) 5 one hour Youth/Teen Classes. See available classes under Youth/Teen Classes.	\$165/mo (\$150)

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

BodyMoves Dance Company (BCDC):

1 st Company (8 – 21 Yrs.)	\$180/mo (\$165)
2 nd Company (8 – 17 Yrs.)	\$180/mo (\$165)

One – Two Classes: Monthly Fee:

One Class (3-17 Yrs.) One hour per week	\$75/mo (\$60)
Two Classes (3-17 Yrs.) Includes any 2 one hour classes per week	\$110/mo (\$95)
Tae Kwon Do (6 yrs.- Up) meets 2 times per week	\$110/mo (\$95)
Additional Class w/ Combo	\$25/mo

Registration Fees:

Per season

Martial Arts Includes uniform and one belt	\$75
Dance/Tumbling	\$30

Services:

Drop-In (1 Class)	\$20
Drop-In Card (4 one hour Classes)	\$75
2 Drop-In Cards (8 one hour Classes)	\$140

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.

BodyMoves offers a limited number of tuition paid Dance Scholarships for Boys. Application information is available at the front reception counter.



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 11, 2010 – June 18, 2011):					
<input type="checkbox"/> Toe, Tap & Tumble Combo (3-4 yrs.) – \$110/mo	<input type="checkbox"/> BabyMoves Combo (4-5 yrs.) – \$110/mo	<input type="checkbox"/> KidMoves Combo (6-17 yrs.) – \$125/mo			
<input type="checkbox"/> DanceMoves Combo (6-8 yrs.) – \$130/mo	<input type="checkbox"/> DanceMoves Combo (9-12 yrs.) – \$135/mo	<input type="checkbox"/> Tae Kwon Do (6yrs. - Up) - \$110/mo			
<input type="checkbox"/> 1 Class (3-17 yrs.) – \$75/mo	<input type="checkbox"/> 2 Classes (3-17 yrs.) – \$110/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) (8- 21 yrs.) – \$180/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"/> Youth Hip Hop 3 (9-12 yrs.) <input type="checkbox"/> Youth Hip Hop 1 (4-5 yrs.) <input type="checkbox"/> Youth Hip Hop 2 (6-8 yrs.) <input type="checkbox"/> Teen Hip Hop (13-17 yrs.)					
Tuesday:					
<input type="checkbox"/> Boys Tap (6-12 yrs.) <input type="checkbox"/> Tae Kwon Do (6 yrs.- Up) <input type="checkbox"/> Company Ballet Technique (BCDC Members) <input type="checkbox"/> Teen Ballet (13-17 yrs.) <input type="checkbox"/> Company Modern Technique (BCDC Members)					
Thursday:					
<input type="checkbox"/> Youth/Teen African Dance (6-17 yrs.) <input type="checkbox"/> Tae Kwon Do (6 yrs. - Up) <input type="checkbox"/> BCDC Repertory (BCDC Members)					
Friday:					
<input type="checkbox"/> Pre-Tae Kwon Do (4-5 yrs.) <input type="checkbox"/> Tumbling Technique 1 (6-12 yrs.) <input type="checkbox"/> Tumbling Technique 2 (6-16 yrs.)					
Saturday:					
<input type="checkbox"/> Pre-Ballet 1 (3-4 yrs.)	<input type="checkbox"/> Pre-Tap 1 (3-4 yrs.)	<input type="checkbox"/> Pre-Tumbling 1 (3-4 yrs.)	<input type="checkbox"/> Pre-Ballet 2 (4-5 yrs.)	<input type="checkbox"/> Pre-Tap 2 (4-5 yrs.)	<input type="checkbox"/> Pre –Tumbling 2 (4-5 yrs.)
<input type="checkbox"/> Ballet I (6-8 yrs.)	<input type="checkbox"/> Tap I (6-8 yrs.)	<input type="checkbox"/> Jazz I (6-8 yrs.)	<input type="checkbox"/> Ballet II (6-8 yrs.)	<input type="checkbox"/> Tap II (6-8 yrs.)	<input type="checkbox"/> Jazz II (6-8 yrs.)
<input type="checkbox"/> Ballet I (9-12 yrs.)	<input type="checkbox"/> Tap I (9-12 yrs.)	<input type="checkbox"/> Jazz I (9-12 yrs.)	<input type="checkbox"/> Ballet II (9-12 yrs.)	<input type="checkbox"/> Tap II (9-12 yrs.)	<input type="checkbox"/> Jazz II (9-12 yrs.)
<input type="checkbox"/> BCDC 2 nd Company Rehearsal (BCDC Members Only)			<input type="checkbox"/> BCDC 1 st Company Rehearsal (BCDC Members Only)		
Payment Options			Discount Programs		
<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit/Debit Cards (Visa/MC/Amex)			Discount Programs available to Youth/Teen Students		
Send Check or Money Order Payments by mail To: BodyMoves – P.O. Box 441136 Fort Wash. MD 20749			<input type="checkbox"/> 5% - Additional Family Members (minimum 2 classes each member)		
On-Line Invoicing and Payment is available			Pay Early Savings – Save \$15 on your monthly payment if paid on or Before		
There is a \$35 fee for all returned checks.			<u>The First Saturday Of Each Month.</u>		
Signature					
Please review your Student Hand Book to familiarize yourself with the policies and guidelines of the company. We <u>will</u> follow the policies outlined in your Student Handbook.					
_____			_____		
Parent/ Guardian Signature			Date		
Office Use Only: Registration Completed by: _____ Date: _____ Amount Paid: \$ _____ Balance Due: \$ _____					