

Miss Heejin's Dance Studio 2025-2026 Handbook

Welcome to the 14th season of Miss Heejin's Dance Studio!

We are incredibly excited to get back into the studio with all our dancers and support our students in achieving their dance goals this year. Whether you are a returning dancer or new to the studio, we are thrilled that you are a part of our growing MHDS family!

Please carefully review our MHDS 2025-2026 Handbook to learn more about our studio policies/guidelines, our studio calendar, information regarding tuition, and more. You can always refer to this Handbook with any questions regarding our studio policies. Please do not hesitate to reach out if you have any questions regarding our Handbook.

We are so excited to share an incredible year of dance with you all!

TABLE OF CONTENTS

PAGE 2...Studio Communication

PAGE 3...Mission & Core Values

PAGE 4...Studio Policies/Rules

PAGE 5...Studio Policies/Rules (Cont.)

PAGE 6...Studio Policies/Rules (Cont.)

PAGE 7...Class Schedule

PAGE 8...Dress Code

PAGE 9...Dress Code (Cont.)

PAGE 10...Dress Code (Cont.)

PAGE 11...Important Dates & Closures

PAGE 12...Preparing For Recital

PAGE 13...Tuition & Fees

PAGE 14...Informed Consent



STUDIO COMMUNICATION

Key Contact Information

Address: 28 Rutledge Road Natick, MA 01760

Phone Number: 508-651-9100 Email: mhds@missheejin.com

Website: www.missheejinsdancestudio.com

Owner/Director: Heejin Thelen

Instagram: @missheejinsdancestudio
Facebook: @missheejinsdancestudio

Stay Informed

At MHDS, we pride ourselves at keeping the dance experience organized and fun. Keeping parents and guardians informed is one of our primary goals.

A monthly email will be sent on the first of every month in addition to other important emails. Please be sure to read each email thoroughly, and do not hesitate to reach out if you have any questions regarding the information distributed. If for some reason you do not receive our emails, please let us know as soon as possible.

We aim to respond to all emails/phone calls within 24 hours Monday - Saturday. When we close for vacation, we will respond to all emails/phone calls upon return to the studio.

We are constantly updating our **website** and **social media pages!** Please visit us online at www.missheejinsdancestudio.com and follow/like us on Instagram and Facebook @missheejinsdancestudio. Feel free to invite your friends and family to follow/like us on social media as well!

Download our free app and stay up to date with important information!

The MHDS App is suitable for all mobile devices.

-MHDS App Download-





STUDIO MISSION CORE VALUES

Studio Mission

Our mission is to provide every dancer with exceptional dance education while encouraging them to be their best possible self in a positive and supportive atmosphere.

Core Values

Community and Inclusivity

Whether your dancer chooses to take one class a week or ten, we are committed to creating and upholding a safe and welcoming space that provides each of our dancers with a sense of community and belonging that encourages and fosters lifelong friendships. Children of all ages and abilities are welcome here at Miss Heejin's Dance Studio.

Personal Growth

MHDS believes in maintaining a family-friendly atmosphere that encourages exploration of creativity through dance and fosters individual growth. Whether a dancer dances once a week or commits to being a part of our award-winning MHDS Competition Team, we ensure that all dancers receive the proper attention, discipline, and positive motivation needed to achieve their individual goals. Dance encourages children's self-esteem and self-confidence, teaches time management skills, teaches children teamwork along with other invaluable life skills. We are so proud to be able to offer a safe space for our dancers to grow into their best possible self, both as a dancer and person.

Passion and Love for Dance

Our MHDS Staff all share one thing in common - their undeniable love for all things dance. We are so excited to be able to share our lifelong passion for dance with our students every day! MHDS is proud to employ a staff of trained professionals who offer phenomenal dance instruction, teach with positive energy, and are excited for the opportunity to help mold the next generation of dancers. MHDS Staff must undergo a background check in order to be a part of the MHDS team, promoting a safe environment for dancers to cultivate their passion for dance!

Clear Communication

We strive to keep the dance experience as organized as possible so that our MHDS families can focus on the best part of dance - all the fun! We believe in clear studio policies/guidelines and consistent communication between the studio and our MHDS parents/guardians.



STUDIO POLICIES & RULES

Parent/Guardian Observation

Parents/guardians may choose to sit in our front lobby and observe classes via the televisions. Parents/guardians are not permitted to enter the classroom at any time. Parents/guardians may choose to drop off their children at the front door of the studio and wait in the parking lot at the end of class time to pick up their dancer(s) if they prefer.

Please note that our front lobby is very small, so pick-up and drop-off is preferred.

Parking & Entering/Exiting MHDS

When coming to the studio, please enter via the entrance closest to Wilson Middle School and exit via the exit closest to the gas station.

Please park in a marked parking spot rather than blocking the driveway of the parking lot. Parents may not park their car in front of the studio's front door to wait for their dancer. Both actions cause a lot of traffic build up in our parking lot that then extends to the main road.

Drive carefully and with caution through our parking lot, as children are constantly entering and exiting the studio throughout the day.

Between Class Conversation

MHDS faculty members often teach back-to-back classes and unfortunately cannot have conversations with parents or students in between classes. We must ensure that classrooms are not left unattended. If you would like to schedule a meeting with Miss Heejin or a faculty member, please email us at mhds@missheejin.com. Meetings will be held at 15-minute intervals.

Medical Information

It is essential that parents notify Miss Heejin's Dance Studio regarding children who may require medications or medical care during their time in class. Please inform MHDS director and teachers about any existing medical conditions or learning disabilities at the time of registration so that we may best support your dancer.

Dress Code & Hair Requirements

Miss Heejin's Dance Studio maintains a dress code to allow teachers to assess how well the students are implementing their technique and proper alignment. Please see Pages 8-10 of our Handbook or visit www.missheejinsdancestudio.com to find dress code and hair information for each class. All MHDS dress code can be purchased through Capezio in Wellesley. MHDS does stock tights for sale in studio, however all dance shoes, leotards and accessories should be purchased through Capezio or another similar dance store, in accordance with the MHDS posted dress code.

No jewelry and fitness or Apple watches are allowed to be worn during class. All jewelry and fitness/Apple watches must be left in dancers' bags in the hallway during class time with the exception of stud earrings.

Hair must always be pulled back away from dancer's face.



STUDIO POLICIES & RULES

Injury

In case of injury:please contact us via email immediately and update us on any injuries and/or doctor recommendations/restrictions. Dancers should plan to observe their classes when injured and take notes so that they are prepared to rejoin when they recover from their injury.

Discipline

In order to maintain the fun, happy, and healthy environment at MHDS, we expect students to have respect for other students, MHDS teachers and staff, and studio property. Students who exhibit unacceptable behavior or attitudes will be asked to stop the behavior and be given a warning. If the behavior or attitude continues, the student will be asked to either sit and observe class or to wait in the waiting room. If the misbehavior continues to disrupt the class, the parent or guardian will be called to pick up the student.

Termination of Enrollment

In certain circumstances, it may be necessary for Miss Heejin to terminate a student's enrollment. Reasons for termination of enrollment may include:

- Inability to follow rules, policies, or procedures by students or their parent/guardian
- Dangerous or disruptive behavior by students or their parent/guardian
- Bullying or abuse of other children, staff, or property by students or their parent/guardian

Attendance

All students are expected to attend class regularly. Missing class could mean the dancer misses new steps or choreography. If your dancer is going to be absent, please call the front desk at 508-651-9100 or email the studio at mhds@missheejin.com.

Picture Week, Dress Rehearsal, and Recital are mandatory.

No credits or refunds will be given if your dancer must miss class due to injury or illness, including COVID-19.

Class Placement

MHDS classes are primarily separated by age/grade, with the exception of our Competition classes, Pointe classes, and Acro classes for dancers grades 7-12. Students will enroll in the class based on their age/grade as of the first day of classes. If students seem to excel or need to move classes, those changes will be made during Session 1. Please trust us to make class placement decisions. As teachers, we are able to see how quickly students pick up choreography, how engaged they are in class, how mature they are, and how they interact with other members of the class.

As a condition of enrollment at Miss Heejin's Dance Studio, students and their parents/guardians agree to abide by all rules and regulations set forth by Miss Heejin's Dance Studio, its director, faculty, and staff. Miss Heejin's Dance Studio reserves the right to terminate enrollment at any time for inappropriate actions or misconduct by either the student or their parent/guardian.



STUDIO POLICIES & RULES

- All meetings with Miss Heejin or MHDS staff will be by appointment only at 15-minute intervals.
- No one may enter the area behind the front desk except for MHDS staff.
- No food, drink, or gum is allowed in the dance studios with the exception of water. Dancers should bring their water bottles into the dance room so that they do not have to disrupt class to leave and retrieve their water.
- No street shoes are allowed on the dance floor. This includes siblings and parents as well. On snowy or rainy days, please take your shoes off in the waiting area before entering the back hallway, including when using the restroom. We don't want the floor to be slippery for our dancers who are walking around barefoot and in dance shoes.
- If a class does not meet the minimum requirement of students enrolled, the class will be canceled.

 Students will be able to choose another class to take. If classes are filled, you will be added to a wait list.
- MHDS is a nut-free studio.
- Dancers may purchase water, drinks, and snacks at the front desk with cash only.
- We love babies and children of all ages and enjoy meeting our students' siblings. However, our priority is the safety of every child on the premises. Children must be supervised at all times and are not allowed to run free in the waiting rooms or classrooms.
- We encourage students to leave their cellphones, laptops, etc. at home. If a dancer needs to bring their cellphone, laptops, etc. to the studio, it must remain in their dance bag. Electronics are not to be used during class time. If any students or classes have issues with staying off of their phone during class time, cellphones will be collected prior to class and returned after class concludes.
- Treat the studio like your own house.
- Lost and Found: Please mark all dance wear, shoes, and personal items with your child's name. We will make every effort to locate and return items. However, we cannot be responsible for any items that your child brings to class.
- If you need to get in contact with Miss Heejin or any of the teachers, please email us at mhds@missheejin.com or call us at 508-651-9100.
- MHDS is not responsible for personal injury, loss, or damage of any personal property. All dancers and their parent/guardian have signed and agreed to the following Informed Consent on the MHDS Registration Form (Page 15).



2025-2026 CLASS SCHEDULE



MHDS 2025-2026 CLASS SESSIONS:

| SESSION 1: September 2, 2025 - November 30, 2025 | SESSION 2: December 1, 2025 - March 1, 2026 | SESSION 3: March 2, 2026 - May 30, 2026

| MHDS | CLASS COI | OR KEY: |
|-----------------------|--------------|-------------|
| Creative (Age 2.5-3) | Kindergarten | Gr. 5-12 |
| Tiny Tots 1 (Age 3-4) | Gr. 1-2 | Gr. 7-12 |
| Tiny Tots 2 (Age 4-5) | Gr. 3-4 | Competition |
| | Gr. 5-6 | Adult Class |

NOTES:

** Indicates Director's Approval Needed

"All dancers enrolling in pointe classes must also enroll in ballet.

MHDS 2025-2026 CLASS SCHEDULE

| | Monday | | | Tue | sday | | | Wednesday | y | | Thursday | | Frie | iay | Saturday |
|--------------|-------------|---------------|--------------|--------------|----------------|-------------|-------------|--------------|-------------|-------------|-------------|--------------|--------------|--------------|---|
| | | | | | | | | | | | | | | | Creative Movement (Age 2.5-3) Ballet |
| | | Gr. 5-12 | | | | | | | | Teen | | | | | 9:30-10:15AM |
| ١, | | Pre-Pointe ** | | | | | | | | Team | | | | | |
| | Gr. 3-4 | | Kindergarten | | Mini | | | Kindergarten | Gr. 1-2 | Jazz | Gr. 1-2 | Gr. 3-4 | Shine | Kindergarten | Tiny Tota 1 |
| | Acro | | Ballet/Tap | | Team | | | Hip Hop | Acro | | Jazz | Hip Hop | Pre- | Acro/Jazz | (Age 3-4) |
| | | | | | Jazz | | | | | | | | Professional | | Ballet/Tap |
| | 4:00-5:00PM | | 4:00-5:00PM | | 4:00-5:00PM | | Gr. 5-6 | 4:00-5:00PM | | 3:30-5:00PM | | 4:00-5:00PM | Team | 4:00-5:00PM | 10:30-11:30AM |
| Gr. 7-12 | Gr. 3-4 | Teen | | | Competition | Team Hours | Ballet | Gr. 7-12 | Gr. 1-2 | Gr. 5-6 | Junior | Gr. 3-4 | | Gr. 1-2 | Tiny Tots 2 |
| Lyrical | Ballet | Team | | | | | | Acro | Hip Hop | Hip Hop | Team | Jazz | | Ballet/Tap | (Age 4-5) |
| | | Contemporary | Gr. 3-4 | Gr. 5-6 | Mini Team | 5:00-6:00PM | | Level 2 ** | | | Lyrical | | | | Ballet/Tap |
| 5:00-6:00PM | 5:00-6:00PM | | Lyrical | Jazz | | | | | 5:00-6:00PM | 5:00-6:00PM | 5:00-6:00PM | 5:00-6:00PM | | 5:00-6:00PM | 11:30AM-12:30PM |
| Gr. 5-12 | Gr. 3-4 | | | | Junior Team | 5:00-7:00PM | 4:45-6:15PM | 5:00-6:15PM | | Gr. 5-6 | Junior | Senior | | | |
| Pointe ** | Tap | 5:00-6:30PM | 5:30-6:30PM | 5:30-6:30PM | | | Gr. 5-6 | Gr. 7-12 | Gr. 7-12 | Lyrical | Team | Team | 4:00-6:30PM | J | |
| | | Gr. 7-12 | | Gr. 5-6 | Teen (Light) | 5:00-6:30PM | Acro | Ballet | Hip Hop | | Jazz | Hip Hop | | | |
| | 6:00-7:00PM | Acro | | Contemporary | | | | | | 6:00-7:00PM | 6:00-7:00PM | 6:00-7:00PM | | | |
| | Gr. 5-12 | Level 1 | Gr. 7-12 | | Teen (Reg.) | 5:00-7:30PM | | | 6:15-7:15PM | Gr. 5-6 | Senior | Gr. 7-12 | | | |
| 6:00-7:30PM | Musical | | Jazz | 6:30-7:30M | | | 6:15-7:30PM | | | Tap | Team | Contemporary | | | |
| | Theatre | 6:30-7:45PM | | | Senior (Light) | 5:30-7:30PM | Adult | 6:15-7:45PM | | | Jazz | | | | |
| Senior | 7:00-8:00PM | | | | | | Jazz Funk | Gr. 7-12 | | 7:00-8:00PM | | | | | |
| Team | | | 7:00-8:15PM | | Senior (Reg.) | 5:30-8:30PM | | Tap | | l | | 7:00-8:15PM | | | |
| Contemporary | | | | | | | 7:30-8:30PM | | | | 7:00-8:30PM | | | | |
| | | | | | | | | 7:45-8:45PM | | | | | | | |
| man oursen | | | | | | | | | | | | | | | |
| 7:45-9:15PM | | | | | | | | | | L | | | | | |



DRESS CODE **PART 1/3**

** All Shoes & Tights are conveniently fit and purchased through the studio!**

CREATIVE MOVEMENT/BALLET (AGES 2.5 - 3 YEARS OLD)

Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916C) Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Required Shoes (Purchased/Fit Through The Studio): CAPEZIO Luna Ballet Shoe (V100C)

Color - Ballet Pink \$21



Required Leotard:

Any solid light pink leotard. Any style/sleeve length.



Optional Dance Skirt/Dress:

Any solid light pink dance skirt/dress.

TINY TOTS 1 (AGES 3-4) & 2 (AGES 4-5) BALLET/TAP



Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916C)

Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO Luna Ballet Shoe (V100C)

Color - Ballet Pink

\$21



Required Leotard:

Any solid light pink leotard. Any style/sleeve length.



Optional Dance Skirt/Dress:

Any solid light pink dance skirt/dress.

CAPEZIO Shuffle Tap Shoe (356C)

Color - White

\$36.50

KINDERGARTEN & GRADE 1-2 BALLET/TAP



Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916C)

Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Required Shoes (Purchased/Fit Through The Studio): CAPEZIO Luna Ballet Shoe (V100C)

Color - Ballet Pink

\$21

CAPEZIO Shuffle Tap Shoe (356C)

Color - White

\$36.50



Required Leotard:

Any solid light pink leotard. Any style/sleeve length.



Optional Dance Skirt/Dress:

Any solid light pink dance skirt/dress.



DRESS CODE **PART 2/3**

** All Shoes & Tights are conveniently fit and purchased through the studio!**

BALLET (GRADES 3-12)



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916)

Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Adult Sizes (S/M; L/XL; XXL) - \$18.50/pair

Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO Margot Canvas Ballet Slippers (2050C / 2050W) Color - Light Pink

\$32



Required Leotard:

Any solid black leotard. Any style/sleeve length.



Optional Dance Skirt Any color ballet skirt.

**Hair in a ballet bun.

KINDERGARTEN HIP HOP



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961C)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$19/pair



Required Leotard:

Any color leotard. Any style/sleeve length.



Optional Dance Shorts:

Any color dance shorts.



Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO Rock-It Dansneaker (DS24C)

Color - Black

\$82 or \$92 (Depending on Size)



KINDERGARTEN ACRO/JAZZ



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961C)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$18.50/pair



Required Leotard:

Any color leotard. Any style/sleeve length.



Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO E-Series Jazz Slip On (EJ2)

Color - Caramel

\$52



Optional Dance Shorts:

Any color dance shorts.



DRESS CODE
PART 3/3

**All Shoes & Tights are conveniently fit and purchased through the studio! **

TAP (GRADES 3-12)



 $Required\ Tights\ (Purchased/Fit\ Through\ The\ Studio):$

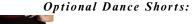
CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$18.50/pair

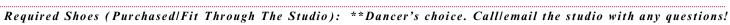
Adult Sizes (S/M; L/XL; XXL) - \$20/pair

Required Leotard:



Any color dance shorts.

Any color leotard. Any style/sleeve length.







CAPEZIO Fluid Tap Shoe (CG17C/CG17)

Color -Black

\$76 or \$77 (Depending on Size)



CAPEZIO Cadence Tap Shoe (CG19C/CG19)

Color -Black

\$94 or \$98.50 (Depending on Size)



CAPEZIO Flexmastr (CG16C/CG16)

Color -Black

\$99.50 or \$112 (Depending on Size)

*Recommended for tappers with experience ONLY.

ALL OTHER STYLES (GRADES 1-12)



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$18.50/pair

Adult Sizes (S/M; L/XL; XXL) - \$20/pair

Required Leotard: Any color leotard.

Optional Dance Shorts:

Any color dance shorts.

Any style/sleeve length.



Required Shoes (Purchased|Fit Through The Studio):



JAZZ & MUSICAL THEATRE

CAPEZIO E-Series Jazz Slip On (EJ2)

Color - Caramel

\$52



HIP HOP

BLOCH - Omnia Lightweight Knitted Sneaker

Color - Black

\$82



MALE DANCERS (ALL AGES & STYLES)



Fitted White T-Shirt



Black Dance Pants

Required Shoes (Purchased/Fit Through The Studio):

Black Shoe According to Style of Dance

NOTES

- Dress Code is MANDATORY in all classes.
- · No jewelry or Apple/Fitness watches are allowed to be worn during class.
- Hair must be pulled back and away from face at all times.



IMPORTANT

DATES

First Day of 2025-2026 Classes: September 2nd, 2025

Nutcracker Audition: September 13th, 2025

Halloween Dress Up Week: October 24th - October 30th, 2025

Bring a Friend Week: November 3rd - November 8th, 2025

Session 2 Begins: December 1st, 2025 (Tuition & Fees Due 11/10/25)

Pajama Week: December 15th - December 21st, 2025

Nutcracker Show: January 10th (Tentative)

Session 3 Begins: March 2nd, 2026 (Tuition & Fees Due 02/09/26)

MHDS Spirit Week: March 9th - March 14th, 2026

Recital Ticket Sale Week: April 6th - April 11th, 2026

Picture Week: April 27th - May 1st, 2026

Recital Dress Rehearsal: May 4th, 2026 (Mandatory)

Recital: May 9th, 2026 (Mandatory)

Bring a Friend Week: May 18th - May 23rd, 2026

Auditions for 2026-2027 Competition Team: May 19th, 2026

Last Day of 2025-2026 Classes: May 30th, 2026

STUDIO

CLOSURES

Rosh Hashanah: September 23rd, 2025

Yom Kippur: October 2nd, 2025

Indigenous Peoples' Day: October 13th, 2025

Diwali: October 20th, 2025

Halloween: October 31st, 2025

Veteran's Day: November 11th, 2025

Thanksgiving Break: November 26th - November 30th, 2025

Winter Break: December 24th, 2025 - January 4th, 2026

MLK Jr. Day: January 19th, 2026

February Break: February 16th - February 22nd, 2026

Eid al Fitr: March 20th, 2026 Good Friday: April 3rd, 2026

April Break: April 20th - April 26th, 2026

Studio Closed: May 8th, 2026 Memorial Day: May 25th, 2026

Note: MHDS generally follows the Natick Public School Calendar and cancellations due to weather.

There will be no refunds for classes canceled due to weather. If you would like to make up a snow day, you may do so by attending a different age-appropriate class for your dancer the same week as the snow day.

Please check our class schedule and email mhds@missheejin.com prior to attending. PAGE 11



PREPARING FOR RECITAL

Costumes

Each dancer enrolled in Miss Heejin's Dance Studio has the opportunity to perform in the Annual Recital. Each dancer will be appropriately measured for their costume. Each costume is age appropriate and chosen by MHDS faculty with care. Each class will have a different costume fee of \$90 (sizes child XXS - LG), \$100 (sizes child XL - Adult XL), and \$110 (sizes Adult XXL - XXL). This costume fee is due with your Session 2 Tuition. Please take care of this costume! Your dancer will wear this costume three times during the year: during Picture Week, Dress Rehearsal, and the Recital. The costume is yours to keep at the end of the year.

Ticket Sales

Advanced Recital Ticket Sales will take place during the week of April 6th - 11th, 2026 at a discounted price. Please check our website for updates on specific sale times. Full price tickets will also be available at the door provided that the show does not sell out during "Ticket Sales Week." We strongly encourage families to purchase their tickets during the April 6th - 11th sale as we do typically sell out. MHDS enrolled students performing in the Recital do not need to purchase tickets for the show they are performing in. No refunds or exchanges once tickets have been purchased. More information regarding Ticket Sales will be emailed in the spring.

Picture Week

Picture Week will take place the week of April 27th - May 1st, 2026. During this week, a photographer will come in and take pictures of their entire class. Some class pictures will be taken during regular class time, while others are taken outside of their regular class time. If you would like an individual photo of your dancer, it will be by appointment only. Group and individual photos must be purchased beforehand. Attending this week is mandatory for all MHDS dancers. It is not required for families to purchase pictures. More information regarding Picture Week will be emailed in the spring.

Annual Recital

Miss Heejin's Dance Studio's 14th Annual Recital will take place on May 9th, 2026 at Regis College in Weston, MA. Dress Rehearsal will take place on May 4th, 2026 at Regis College in Weston, MA. Dress Rehearsal is *mandatory* and is a "closed" rehearsal - meaning only teachers, MHDS faculty, and approved volunteers will be allowed backstage and in the audience during this time. More information regarding Dress Rehearsal and Recital will be emailed in the spring.

PAGE 12

www.missheejinsdancestudio.com (503)651-9100 23 Rutledge Road Natick.MA 01760



TUITION, FEES, AND DUE DATES

| CLASS LENGTH | COST PER SESSION |
|---------------------|------------------|
| 45 MINS | \$225 |
| 1 HOUR | \$300 |
| 1 HOUR 15 MINS | \$375 |
| 1 HOUR 30 MINS | \$450 |
| 2 HOURS | \$600 |
| 2 HOURS 30 MINS | \$750 |
| 3 HOURS | \$900 |
| | |

SESSION DATES

Session 1

9/2/25 - 11/30/25

Session 2

12/1/25 - 3/1/26

Session 3

3/2/26 - 5/30/26

FOR TUITION PAYMENTS, THE FOLLOWING OPTIONS ARE

AVAILABLE:

- 1. Auto Pay
- 2. One-Time Credit Card Payment
- 3. Payment by Check (to avoid the credit card convenience fee)
- 4. Payment by Cash (to avoid the credit card convenience fee)

PAYMENT DUE DATES

**ALL Tuition and Fees are non-refundable and non-transferable.

Registration Fee

Payment Due Date: At time of registration.

Details: Registration fee must be paid upon registration to secure dancer's spot in class.

Cost: \$50/Individual Registration Fee; \$75/Sibling Registration Fee

Session 1 Tuition

Payment Due Date: At time of registration.

Details: Session 1 Dates - September 2, 2025 - November 30, 2025

Session 2 Tuition, Recital Finale T-Shirt & Video, Recital Costume(s)

Payment Due Date: Monday, November 10th, 2025

Details: Session 2 Dates - December 1, 2025 - March 1, 2026

Recital Finale T-Shirt: \$30/dancer; Recital Video: \$TBD/family

Recital Costume: Child XXS - Child LG: \$90/costume; Child XL - Adult XL: \$100/costume; Adult XXL - XXXL: \$110/costume

Costume fees subject to change.

Session 3 Tuition

Payment Due Date: Monday, February 9th, 2026

Details: Session 3 Dates - March 2, 2026 - May 30, 2026

SIBLING DISCOUNT

\$10 off per class per session
*Applied to sibling enrolled in *less* classes**

LATE FEE - \$35 fee per dancer if tuition and fees are not received by the due date listed above.

If tuition is not received by the first day of each session, the dancer will not be able to participate in class. Invoices are sent via email approximately two weeks before tuition is due.

If you do not receive this email, please let us know.

In the event that Miss Heejin's Dance Studio must close in-studio classes due to a pandemic or other state of emergency, classes will be temporarily converted to virtual classes until dancers are able to safely return to the studio. No credits, discounts, or refunds will be given.

Snow days are not considered a state of emergency.

Details regarding make-up classes can be found in the "Studio Closings" section of the MHDS Handbook.



MHDS Informed Consent

I, the undersigned, allow my child to participate in the exercise and recreational, instructional program(s), dance lesson(s), recital(s) and other activity(its) offered by Miss Heejin's Dance Studio. In consideration of my child's participation in the programs offered by Miss Heejin's Dance Studio, I hereby fully and forever release, acquit, hold harmless, and indemnify Miss Heejin's Dance Studio, its owner, Heejin Thelen, her employees, agents, instructors, officers, successors, and assigns from any and all claims, actions, cause of action, liability(its), damages, injuries, losses and attorney's fees, arising from my child's participation in any program(s) or activity(ies) offered by Miss Heejin's Dance Studio. I give "Miss Heejin's Dance Studio" permission to allow pictures of my child to appear on "Miss Heejin's Dance Studio" website and other promotional material. In the event that Miss Heejin's Dance Studio must close in-studio classes due to a pandemic or other state of emergency, classes will be converted to virtual classes until dancers are able to safely return to the studio. No credits, discounts, or refunds will be given. Snow days will not be considered a state of emergency and details regarding makeup classes can be found in the Miss Heejin's Dance Studio handbook and website. I agree to read and abide by the MHDS handbook and will check www. MissHeejinsDanceStudio.com for school rules and policies. I execute it voluntarily and with the full knowledge of its significance. I have read this agreement/release and I understand all of its terms. I understand that by registering for multiple classes and/or registering multiple students, my dancer(s) may be assigned to varying recital shows during the MHDS Annual Spring Recital. I understand that MHDS will make every effort to place my dancer(s) in the same recital show and cannot guarantee that they will be placed in the same show.

Thank you for taking the time to read our 2025-2026 MHDS Handbook and for being a part of Miss Heejin's Dance Studio.

We can't wait to celebrate our 14th year with our dance family!



MHDS 2025-2026 COMPETITION TEAM CODE OF CONDUCT

Congratulations!

You've been selected for the MHDS 2025-2026 Competition Team, and we're thrilled to have you represent our studio! We can't wait to support you as you grow, achieve your goals, and shine on stage this season.

Let's make it an amazing season!

Please carefully review our MHDS 2025-2026 Competition Team Code of Conduct with your child(ren) and fill out the google form to show that you and your child(ren) understand its terms. The google form acknowledgement for this Code of Conduct must be filled out online by Tuesday, September 2nd, signed by both the dancer and a parent/guardian.

I have every confidence that this season will be truly exceptional. Together, we'll work hard, form meaningful connections, and create lasting memories. Here's to an inspiring and successful 2025-2026 Competition Season—our best yet!

TABLE OF CONTENTS

PAGE 2...Team Schedule

PAGE 3...Class & Rehearsal Expectations

PAGE 4...Private Lessons & Select Dance Rehearsals

PAGE 5...Behavior Expectations

PAGE 6...Team & Dance Placement Info

PAGE 7...Competition & Convention Expectations

PAGE 8...Competition & Convention Expectations (Continued)

PAGE 9...Parent/Guardian Support

PAGE 10... General Policies



COMPETITION TEAM SCHEDULE

September 2, 2025 - Competition Invoice Payment 1 Due (cash or check only)

October 1, 2025 - Competition Invoice Payment 2 Due (cash or check only)

December 6 - December 7, 2025 - In-House Convention (Deviate)

Mandatory for Junior, Pre-Teen, Teen, and Senior Teams; Optional for Mini Team Schedule will be sent soon. Please block off the whole weekend.

January 17, 2026 - Tremaine Dress Rehearsal

Mandatory for all dancers competing at Tremaine. Schedule and details TBD. Please block off the entire day.

January 24 - January 26, 2026 - Tremaine Convention and Competition

Convention - Mandatory for all MHDS 2025-2026 Competition Team Members Competition - Optional for all dancers

February 7, 2026 - 2025-2026 Competition Full Team Dress Rehearsal

Mandatory for all team members to attend Schedule and details TBD. Please block off the entire day.

COMPETITIONS

- 1 -2/27-3/1 TURN IT UP DANCE CHALLENGE
 - Weston, MA
- 2 3/6-3/8 STARQUEST (No Mini Team)
 - Location TBD
- 3 3/20-3/22 WORK IT DANCE CHALLENGE
 - Marlborough, MA
- 4 4/10-4/12 HIGH DEMAND DANCE COMPETITION
 - Worcester, MA

Optional Competition:

- 5 5/29-5/31 DIVA DANCE COMPETITION (Shine Team Mandatory)
 - Worcester, MA

All competitions are **mandatory**. Schedule and details TBD. Please block off the entire competition weekend Friday - Sunday evening.



Class & Rehearsal Expectations:

- Be on time and prepared for all classes (including competition & regular classes)
- Come stretched and ready to dance before your Tuesday Competition Class begins. If your class begins at 4:30PM, you should plan to arrive at 4:15PM to stretch and warm up safely.
- All competition classes and rehearsals are dedicated to choreography, technique, and "cleaning". A dancer who misses competition class holds back the progress of the entire group. We require one week's notice of competition class absence. If a dancer misses learning choreography, they must learn the choreography through video or from a friend before returning to the next competition class. It is not fair to the rest of the team that was at class if the dancer that was absent does not come to the next one prepared and ready to go.
- All competition classes and other weekly classes are mandatory unless in case of illness or emergency. Please let Miss Heejin know as soon as possible if class will be missed. Dancers must try their best and have good attendance in all of their weekly classes, not just their competition classes. Significant absences will be handled by Miss Heejin on a case-by-case scenario, which could include being removed from certain dances or from the competition team altogether.
- Poor behavior in *any* class is not tolerated. Dancers are expected to be respectful of their peers and teachers. If dancers are disrespectful or disruptive to any class, they will be removed from the class and parents will be called to pick them up early.
- Follow the MHDS Dress Code during all classes this includes attire and appropriate hair (pulled back in a high ponytail, low ponytail, high bun, low bun, or braids). Dancers should look appropriate during all classes and hair should not have to be fixed at any time during class. If dancers do not follow the MHDS Dress Code, including acceptable hair, they will not be allowed to take class.
- No cell phones or fitness watches will be allowed during class unless approved by Miss Heejin. All cell phones and fitness watches will be left with dancers' bags in the hallway.
- Only water is permitted in studios. Snacks and all other beverages are to be consumed in the hallways/homework room only.
- Dancers are not permitted to video their own class/rehearsal footage and send their video to their team. After learning new choreography, MHDS staff will video each dance and upload the video to a private Google Drive folder for your dancer to access and review on their own time. You will receive a link to the private Google Drive folder after that dance's first rehearsal. This is to ensure that each team member receives the rehearsal video and nobody is accidentally left out. Rehearsal videos are the sole property of MHDS and are not to be shared with anyone not affiliated with MHDS. Dancers are expected to use these videos to their advantage and review frequently.



Notes on Private Lessons | Select Dance Rehearsals:

- Private lessons must be scheduled by email. Private lessons are payable by cash only and are due at the time of scheduling. If you are scheduled for a semi-private or private lesson, you must call or email the studio and cancel at least 24 hours prior to the lesson. If you do not cancel before the 24-hour period, you will be responsible for reimbursing the studio for that lesson in full.
- Parents are not permitted to come into private lessons to video their child's solo, duo, trio, etc. If a dancer has their own cell phone, they may retrieve it at the end of their private lesson to film their solo/duo/trio. If a dancer does not have their own phone/cannot record their dance, the instructor/choreographer will record the dance on their own phone to air-drop to the dancer's parents. If air-drop is not an option, the video will be sent over text from the MHDS studio phone. MHDS staff/choreographers are never permitted to share their phone number with a parent in order to share a rehearsal video.
- If your dancer is selected for a solo, duo/trio, or a select dance for the 2025-2026 dance season, we will not be able to accommodate schedule requests or conflicts. If a dancer has significant conflicts with any select dance rehearsals they have been assigned, they may be pulled from sections of dances or pulled from the dance altogether.
- If a dancer is selected for a solo, duo/trio, or select dance for the 2025-2026 season but needs to step back from any routines, the dancer will opt out of their solo first. As always, we value the commitment to our team dances and believe in the importance of growing and shining together as a full team.



General Behavior Expectations:

- Be a role model! Demonstrate good teamwork, sportsmanship, and behavior.
- Be respectful in and out of class, including on social media.
- Be thoughtful and kind to your teammates at all times! This includes both in and outside the studio. Do not exclude your teammates from team bonding activities. If you plan an event where the majority of the team is attending, we expect the entire individual team (i.e. Mini Team, Junior Team, etc.) to be invited.
 - **We cannot possibly be everywhere or control what happens outside the studio, but we expect our dancers to follow the golden rule and treat their teammates the way they would like to be treated.**
- Be a good Team Sibling! The dancers are paired with Competition Families. Leave your team family encouraging and supportive notes throughout the year, cheer for them, and help them backstage. You have a lot to learn from each other!
- Teams will occasionally run their dances on their own for short periods of time. This allows them to discuss details of the choreography and review as a team. Dancers will treat each other with respect and work together.
- Resist the urge to direct your teammates. In rehearsals, it may be tempting to tell the person next to you that they're turning the wrong way, on the wrong foot, off the counts, etc. Correcting dancers is the teacher/choreographer's responsibility. If you are positive that you're right and the other team member is wrong, raise your hand and ask us "Is this turn on the right or left?" We can then address any questions on choreography with the group. We will not tolerate any dancer bossing another dancer around at MHDS.
- We have zero tolerance for any behavior such as bullying, being exclusive of other team members, inappropriate language or conduct, or unsportsmanlike and unsupportive behavior from dancers and/or parents. We do not tolerate any negativity, talking poorly about the studio, MHDS staff, other dancers, or other parents. Such behaviors will be handled by Miss Heejin, and you may be removed from the team and the studio immediately without warning depending on the severity of the offense.
- We always encourage and support our dancers to participate in outside intensives, workshops, conventions, etc. to further their dance training by master teachers/guest teachers. However, we do not tolerate any MHDS Competition member being enrolled in classes at another dance studio. If you have questions regarding this or would like suggestions of intensives/workshops/conventions to attend, please contact Miss Heejin via email.
- If an individual's behavior, team's behavior, or a group of dancers' behavior is considered inappropriate where they are not getting along, they will not be allowed to compete and their dances will be pulled from competition. No refund or credit will be given.
- Running/rehearsing dances outside of the studio: We highly encourage our dancers to get together and review dances as a team on their own time whenever possible. However, we do not permit our dancers to "train" other teammates, clean other dances, or to change any choreography. This is to ensure our dancers receive safe training from their qualified teachers. Please reach out to Miss Heejin at the studio email to schedule any desired additional group rehearsals at an additional cost.



Notes Regarding Competition:

We attend four mandatory competitions as a team throughout the season (Minis attend three). There are different judges with various backgrounds, expertise, and preferences at each of these competitions. Due to this, your score may vary at each competition. Please do not let your dancer get too discouraged by their score after competing, but encourage them to do the best that they possibly can onstage. The time and effort that you put into your dancing will reflect how well you perform.

Team and Dance Placement Information/Policies:

- Many factors are considered when choosing a dancer who may receive a select group, solo, duo or trio. This factors include your dancer's effort, execution and behavior in each of their classes, conventions, and competitions. A dancer's stage presence and performance over the last year have also played a role in our decision to provide them with a select group, solo, duo, or trio. Along with these factors, a dancer's strength in a particular style and choreographer availability are also considered. If a dancer receives a select group, duo, or trio one year, it does not mean they will receive a select group, duo, or trio the following year.
- Dancers who have been a part of the MHDS Competition Team for two full years (going on year three) will have the opportunity to perform a solo. Dancers that have been a part of the team for less than two full years are still eligible to be selected to perform a solo if Miss Heejin determines that they are ready.
- If a dancer does receive a select group, solo, duo, or trio, but their behavior, effort and technique are not deemed appropriate to compete, they will not be allowed to compete and no credit or refunds will be given. This policy also applies to dancers performing in *any* team group routines.
- Competition dances will be registered in late August/early September. It is the responsibility of each dancer and team to know the choreography and perfect it. Dances will be evaluated prior to each competition. If for some reason any dance is not ready to perform at competition (a group dance, production, solo, duo, etc.), it will be pulled and no refund will be given. For example, if a dance is pulled from the first competition, it could still compete at the second competition. Similarly, if a dancer is not ready to compete their dance(s), the dancer will be pulled and no refund will be given. If a dancer or team's behavior is deemed inappropriate and unfit to attend competition, dances will be pulled and no refund will be given.



Expectations While at Competition and Convention:

- We strongly encourage dancers and families to stay at competition after their dancer has performed or arrive early to support the rest of their team. Dancers and their families need to be fully available for all mandatory competition weekends.
- Be prepared and early for convention classes and competition. Have your hair and makeup done. If you need help with your hair and makeup, please plan to arrive early and ask a teammate to arrive early to help you. If we plan to meet at 8:00AM as a team, plan on being there by 7:45AM and ready to go. It is not a teacher's or teammate's responsibility to do anyone else's hair and makeup.
- Say "please" and "thank you" to your teachers, parents, and competition staff. Hold the door for others. Be quiet backstage. Don't enter and exit a theater during a dance. Don't talk during anyone's performance. Have good manners and be respectful. Wish both your teammates and dancers from other studios luck and congratulations. Never touch another studio's belongings, including props, costumes, etc. Remember that you represent not only MHDS but also yourself and your parents.
- Competition Team Jackets will be worn when arriving at conventions & competitions, in between competition numbers, and during awards. MHDS Competition Team will have new team warm ups every 2-3 years or every year depending on product availability. Returning members will need to purchase the new style of warm ups.
- Backstage Policy: If performing a solo/duo/trio, dancers are allowed to bring *one* other teammate backstage while they perform for support.
- No phones or gum are allowed on the stage during awards.



Expectations While at Competition and Convention (Continued):

- Dancers are not allowed to correct/reprimand each other before or after going onstage. Mistakes happen, but we do not need to dwell on them. Please encourage your dancer to brush off their mistakes and focus on their next dance. MHDS Staff will go over corrections and what to improve during their next competition class.
- Dancers are expected to remain professional while we are away at competition and convention. This means no temper tantrums or crying onstage at awards ceremonies if dancers do not score as well as they had hoped, no crying backstage in the dressing rooms if a mistake happens onstage, they do not get called onstage during a convention class, etc. Dancers are expected to remain calm and composed, to learn to accept disappointment, and to learn to grow from that disappointment. Dancers will excuse themselves with a parent/guardian or teacher to use the restroom or find somewhere quiet to recompose themselves if needed.
- No fighting is allowed while away at competition or convention. This means no fighting between team members, siblings, parents, staff, etc. We are one team and one dance family, and we will always be respectful of each other!
- Dressing Room Policy: Parents of dancers over 12 years old will not be allowed in the dressing rooms unless in the case of emergency or approved by Miss Heejin. This helps to teach older dancers personal responsibility as well as cuts down on foot traffic in the dressing rooms while we get our dancers organized for the stage. MHDS Staff will be in the dressing rooms at competition to assist dancers with quick changes. Dancers should not be taking photos or videos in the dressing room while other dancers are changing. Dancers are expected to find a quiet space to practice their dances as a team when they have free time between numbers.
- Please feel free to invite any friends and family you'd like to competition! The competitions that we attend are free to observe and open to the public. We love having an MHDS cheering section!
- There are **no videos or photos** allowed at competition. Some competitions will send out photos/videos of our dances for free, and others will have an access code to purchase your dancer's photos/videos. Competitions will take points away from our dances if they notice our studio recording or taking photos of any of our dances while they are onstage. Please share this with any guests you have invited!



Parent/Guardian Support & Expectations

We are so excited that you and your dancer are a part of our Competition Team this season! Please see below for a few important notes regarding your role as a Competition team Parent/Guardian:

It is your role as the parent to support your child's dance goals both financially and emotionally. Please encourage your child to be the best that they can be regardless of what others achieve. Dance is an individual art form, and children need to be allowed to progress at a pace that is comfortable and personal to them. No two students will progress at the same rate, even if they experience the exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied and proud of their own accomplishments. Our dancers must understand that they only receive back what they put in, and that practice makes progress!

Team support and positivity begins with us as instructors and parents! While we aim to offer our dancers the best dance training possible, our ultimate goal is to encourage our dancers to overall become exceptional people. Part of this includes working as a team and building team comaraderie, learning to accept disappointment and take responsibility for why they may not have gotten the outcome they desired, then developing the motivation to move forward, create thoughtful goals, eventually meeting and exceeding those goals. Each dancer has been placed on the 2025-2026 Competition Team because Miss Heejin and her team believe that they are capable of dancing at a level of excellence.

Miss Heejin and MHDS staff have placed your dancer in the groups where we believe they will achieve the most success this year. Miss Heejin and her Staff are professionals in this field and take all decisions regarding your children very seriously. While we understand that you want only the best for your child, we feel the same way. Our MHDS competition team dancers and parents represent the studio, and we want nothing more than for each and every dance/dancer to do their very best!

It is imperative for the culture of our studio and team that our MHDS parents support our decisions. Although our team members are required to enroll in a set number of classes based on their age/grade, we understand that each student progresses at their own speed. It is also important that you share with your dancer your support for their teammates and peers rather than just your dancer's individual team. We do not tolerate any negativity, gossip, or poor sportsmanship from our parents. Parents speaking negatively about other dancers, MHDS staff, or the studio will directly influence your child's behavior and attitude towards their teammates and instructors. Such behaviors will be handled by Miss Heejin, and your dancer may be removed from the team and the studio immediately without warning depending on the severity of the offense.

We are one MHDS family and one team!

Planning Ahead...

Nationals 2026

Very soon, I will send out a Google survey for you to indicate if you and your dancer are interested in attending Nationals with us in Summer 2026. Nationals competition and dates are TBD.

If you know you are interested in attending Nationals in 2026, please plan ahead! For any group numbers that attend, we will be holding group rehearsals at an additional cost during June and July 2026. This rehearsal will be sent out as soon as possible so that you can make summer plans. All group rehearsals for Nationals are mandatory.

If you are selected for a solo/duo/trio in the 2025-2026 Season, you may also choose to bring that dance to Nationals as well.



General Competition Team Policies:

- The MHDS Competition Team is a *year-long commitment*. If for some reason a dancer chooses to stop being a part of the competition team, no refund or credit will be given.
- We register and pay for all our competitions and conventions in August & September to secure our spot for the season. No refund or credit will be given if a dancer chooses not to attend any of the competitions/conventions that we have registered for.
- Meetings with Miss Heejin and other MHDS Faculty will be set for 15 minute intervals by appointment only. Please schedule these meetings by email and explain the purpose of the meeting in this email.
- Miss Heejin will not be able to share a team member's contact information due to confidentiality.
- In case of injury: please email Miss Heejin immediately and update her on any injuries and/or doctor recommendations so that she and MHDS Staff may adjust choreography as necessary. Dancers should plan to observe class and rehearsals when injured and take notes so that they are prepared to rejoin when they recover.
- Members of the competition team are not allowed to compete or perform their dances without a member of Miss Heejin's Dance Studio staff present, or otherwise coordinated with Miss Heejin.
- 48 Hour Rule: After receiving the email with your child's Competition dances for the year, you may not contact Miss Heejin or another MHDS Faculty/Staff member for at least 48 hours.
- Late fees (\$45 per day) will be applied to your account if competition payments are not received by the due date. If payments are not received within one week of the due date, dancers will not be able to participate in competition. No Refunds or Credits.



General Competition Team Information

- · Competition Team dancers must fulfill their weekly class requirements and summer requirements
 - Please see MHDS 2025-2026 Competition Team Requirements
- MHDS Competition Team Dancers MUST attend:
 - Mandatory regional competitions (see below)
 - Mandatory in-house intensives/regional conventions (see below)
- All MHDS Competition Team Dancers will have the opportunity to attend additional regional conventions. Dancers with a solo, duo, or trio will have the opportunity to attend additional regional competitions as well as Nationals in Summer 2026.

Regular Requirements (Open to Dancers Grade 1-12)

- · Dancers MUST attend:
 - Regional competitions
 - Gr 1-2...3 competitions
 - Gr 3-12...4 competitions
 - One (1) in-house intensive (Gr 1-2 Optional)
 - One (1) regional convention
 - MHDS June & August Competition Sessions

Dancers must enroll in the number of classes outlined in MHDS 2025-2026 Competition Class Requirements (outlined by grade).

Dancers enrolled in regular competition requirements will have the opportunity to be chosen for select dances, solos, duos, and trios.

Dancers that have been on the team with us for three consecutive years will be offered a solo.

Light Requirements (Open to Dancers Grade 5-12)

- Dancers MUST attend:
 - Four (4) regional competitions
 - One (1) in-house intensive
 - One (1) regional convention
 - MHDS June & August Competition Sessions

Dancers must enroll in the number of classes outlined in MHDS 2025-2026 Competition Class Requirements (Light Requirements Grade 5-12).

Dancers enrolled in light competition requirements will *not* have the opportunity to be chosen for select dances, solos, duos, and trios. Dancers will not be in all combined team group dances.

Shine Pre-Professional Team (Open to Dancers Grade 6-12)

- Shine Team Members MUST attend:
 - Five (5) regional competitions
 - One (1) in-house intensive
 - One (1) regional convention
 - Nationals competition in Summer 2026
 - Nationals rehearsals in Summer 2026
 - MHDS June & August Competition Sessions
- Shine Team Members must enroll in all regular MHDS 2025-2026 Competition Class Requirements as well as Shine Pre-Professional Competition Team class on Fridays, where they will:
 - Take additional technique classes, learn additional select competition choreography, and receive more personalized instruction to achieve their individual dance goals.



Summer Requirements

JUNE SESSION

GRADE 1-2

Tues 6/3, Thurs 6/5, Tues 6/10, & Thurs 6/12 4:30-6:30PM

GRADE 3-6

Tues 6/3, Thurs 6/5, Tues 6/10, & Thurs 6/12 4:30-7:30PM

GRADE 7-12

Mon 6/2, Wed 6/4, Mon 6/9, & Wed 6/11 5:00-8:00PM

AUGUST SESSION

GRADE 1-2

Monday 8/11 - Friday 8/15 12:30PM-4:30PM

GRADE 3-4

Monday 8/11 - Friday 8/15 10:30AM-4:30PM

GRADE 5-12 (Light Requirements)

Monday 8/11 - Friday 8/15 1:30-5:30PM

GRADE 5-12 (Reg. Requirements & Shine Team)

Monday 8/11 - Friday 8/15 & Monday 8/18 9:30AM-5:30PM

2025-2026 Class Requirements

GRADE 1-2

3 mandatory classes

Jazz

Ballet

Jazz

Contemporary

Competition Team Class
1 Additional Class

GRADE 3

4 mandatory classes

Ballet Lyrical

Jazz Competition Team Class

GRADE 4

5 mandatory classes

Ballet

Jazz Lvrical Competition Team Class 1 Additional Class

GRADE 5

Regular Requirements

6 mandatory classes

Ballet Pre-Pointe

Jazz Competition Team Class

Contemporary 1 Additional Class

GRADE 6-12

GRADE 5-12

Light Requirements
5 mandatory classes

Regular Requirements

7 mandatory classes

Ballet

Pre-Pointe OR Pointe

Jazz

Contemporary

Hip Hop

Competition Team Class

1 Additional Class

Competition Team Class

1 Additional Class Contempora

SHINE TEAM

Grade 6-12

8 mandatory classes

Ballet Hip Hop

Pre-Pointe OR Pointe Competition Team Class

Jazz Shine Team Class

Contemporary 1 Additional Class



As a member of the 2025-2026 MHDS Competition Team, we aim to provide every dancer with the tools and opportunities to grow, perform, collaborate with other dancers, and build life-long friendships.

Being part of this team requires dedication, hard work, and support—not just from the dancers, but from their families as well. At MHDS, we're committed to developing not only strong, skilled dancers but confident and compassionate individuals. Through lessons in determination, teamwork, and self-respect, our dancers gain values that extend far beyond the studio.

Let's work together to uplift one another and make this season a positive, enriching experience for all. We can't wait to see all that this incredible year will bring!

Please sign and return this page only to MHDS by Monday, August 11th.

I understand that the MHDS 2025-2026 Competition Team is a year-long commitment.

I have read and understand the MHDS 2025-2026 Competition Team Code of Conduct and agree to abide by all rules and regulations for the 2025-2026 season. I understand that any neglect to abide by these rules may result in my suspension and/or removal from the MHDS 2025-2026 Competition Team.

| Student Name (Printed | d) |
|---------------------------|------|
| | |
| Student Signature | Date |
| | |
| Parent/Guardian Signature | Date |



Miss Heejin's Dance Studio 2025-2026 Staff Handbook

Welcome to the 14th season of Miss Heejin's Dance Studio! We are so excited to share an incredible year of dance with you!

TABLE OF CONTENTS

| PAGE 2Staff Agreement |
|-----------------------------------|
| PAGE 3Staff Agreement (Cont.) |
| PAGE 4Class Schedule |
| PAGE 5Dress Code |
| PAGE 6Dress Code (Cont.) |
| PAGE 7Dress Code (Cont.) |
| PAGE 8Studio Calendar |
| PAGE 9Competition Team Calendar |
| PAGE 10Important Dates & Closures |



2025-2026 TEACHER AGREEMENT (PART 1/2)

- Teachers must arrive 15 before the start of each class
- Teachers are required to wear proper dance attire in accordance with the class you teach
- Teachers must have appropriate music for each style and level for the class
- Teachers are expected to teach technique with a positive attitude for all various classes and levels
- Teachers should have a plan of what they want to accomplish every session for each class
- Each teacher is responsible for creating and submitting a syllabus for each class, separated by session. The syllabus will potentially be adjusted.
- · Heejin Thelen will observe class once a month to evaluate each class
- Teachers are subject to correction and instruction as a way to improve the quality of the class
- Teachers and students are not allowed to sit while class is being conducted
- Teachers are not allowed to use cell phones during class unless it is an emergency text from Heejin Thelen
- Teachers are responsible to keep every student enrolled in each class, if not, disciplinary action will be taken
- In case of sickness or emergency, please contact Heejin Thelen as soon as possible. You are also responsible for getting a substitute teacher from Miss Heejin's Dance Studio to cover the class you are not able to teach
 - Teachers need to make sure that the substitute teacher has all materials and knowledge to teach for class
- Teachers are responsible for selecting appropriate music and choreography for each class for the recital
 - Heejin Thelen has the authority to change recital or competition music, costumes, or choreography as she sees fit
- Teachers shall keep all teaching materials and music choreography in their binder. The binder should not leave the studio
- It is understood by both parties that teachers are independent contractors and as such are not employees of the studio. It is also understood that any choreographic works created by teachers will be considered "work for hire" material. Miss Heejin's Dance Studio will retain exclusive ownership rights to any and all material choreographed for recital or competition
- The contractor is responsible for any and all taxes due as there will be nothing withheld by Miss Heejin's Dance Studio
- Teachers are required to attend dress rehearsals and recital
- Teachers must attend teacher/staff meetings



2025-2026 TEACHER AGREEMENT (PART 2/2)

- Teachers at Miss Heejin's Dance Studio are strongly encouraged to not teach at other dance studios within a 15 mile radius
- Unless written permission is given, the teacher agrees to not contact the students, parents, guardians or any other party in connection with Miss Heejin's Dance Studio of enrolled students outside of lessons. This means email, phone calls, social media (Facebook, Instagram, Snapchat, etc.) Teachers should maintain a professional relationship with students and their parents
- Be aware of the relationship between teacher and student and do not cross the line into friendship with young students for your own protection
- It is acknowledged that the names and identities of the students, their parents, their addresses, telephone numbers and email addresses are to be kept confidential and are not to be revealed to any third party without the express written consent from Heejin Thelen. The names, addresses and telephone numbers of the students and parents are not to be copied or otherwise recorded for the personal use of teachers without the express written consent from Heejin Thelen. All staff information, including address and phone numbers are to remain confidential and may not be released to students or parents
- Teachers should only speak positively of Miss Heejin's Dance Studio and its instructors, students, director, programs, etc. with parents, students and other staff
- Teachers will have an individual meeting monthly to discuss classes and progress
- If there is an issue with a student, parent, or guardian please notify Heejin as soon as possible
- Teachers are responsible for tracking any disciplinary issues in writing (in the provided binder) and notify Heejin Thelen of any ongoing issues or absences. If a dancer has been absent for two classes in a row you must notify Heejin Thelen immediately
- If for any reason the owner, Heejin Thelen, considers your conduct or behavior damaging to the students, or the welfare/reputation of the studio, termination will be immediate
- If a teacher decides to leave their position at Miss Heejin's Dance Studio, written notice must be given to Heejin Thelen 30 days in advance. In this case, the teacher will not speak to parents or students about them leaving

Important Dates:

- Teacher/Staff meetings: TBD
- · Recital Music Ideas Due: TBD
- Cut Competition Music Due: TBD
- · Competition Class Choreography Due: TBD
- Recital Choreography, Line-Ups, Black-Out/Lighting Info, and Cut Music Due: TBD
- Teacher Recital Dance Rehearsals: TBD In-person



2025-2026 CLASS SCHEDULE

| | | in | | | | | | | | | | | | | |
|---|--|---|--|---|---|---|---|--|--|--|---|---|---------------------------------------|--|--|
| 1155 | | | | | | | MHDS | 2025-2026 | CLASS SES | SIONS: | | | MHDS | CLASS COL | OR KEY: |
| 1/ | 7 | | | | | | SESSION 1: | September 2 | , 2025 - Novem | ber 30, 2025 | | | Creative (Age 2.5-3) | Kindergarten | Gr. 5-1 |
| И | • | • | _ | | | | SESSION 2: | _ | r 1, 2025 - Mar | | | | Tiny Tots 1 (Age 3-4) | Gr. 1-2 | Gr. 7-12 |
| Al | 111 | 1 44 | A | | | | SESSION 3: | | 2, 2026 - May 3 | 30, 2026 | | | Tiny Tots 2 (Age 4-5) | Gr. 3-4 | Competit |
| //(| Y Y X X | ノハノ | | | | | | | | | | | | Gr. 5-6 | Adult Cla |
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| | | | —гі | K21 10 | 2µ145— | _ | | | | | | | rector's Approval | | |
| | | | | | | | | | | | | **All dancers e | nrolling in pointe | classes must a | lso enroll i |
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| | Monday | | 1 | Tine | sday | | | Wednesda | 17 | | Thursday | | Frid | iav | Satur |
| | | | | 140 | | | | Treumesau, | | | Indistay | | | | |
| | | | | Tue | | | | · · · cunesuu | | | mursuay | | | | Creative M |
| | | | | Tuc | | | | V cuiresuu, | | | Thursday | | | | Creative M (Age 2.5-3 |
| | | Gr. 5-12 | | 740 | | | | - Cancoau | | Teen | mursuay | | | | |
| | | Gr. 5-12 Pre-Pointe ** | | Tue | | | | | | Team | | | | | Creative M (Age 2.5-3 9:30-10: |
| | Gr. 3-4 | | Kindergarten | Tue | Mini | | | Kindergarten | Gr. 1-2 | | Gr. 1-2 | Gr. 3-4 | | Kindergarten | Creative M (Age 2.5-5 9:30-10 |
| | Gr. 3-4 Acro | | Kindergarten Ballet/Tap | 740 | Mini Team | | | | | Team | | Gr. 3-4 Hip Hop | | Kindergarten Acro/Jazz | Creative M (Age 2.5-3 9:30-10 Tiny T (Age 2.5-3 |
| | Acro | Pre-Pointe ** | Ballet/Tap | | Mini Team Jazz | | | Kindergarten Hip Hop | Gr. 1-2 Acro | Team Jazz | Gr. 1-2 Jazz | Hip Hop | | Acro/Jazz | Creative M (Age 2.5-3 9:30-10 Tiny T (Age : Ballet, |
| | Acro 4:00-5:00PM | Pre-Pointe ** 3:30-5:00PM | | | Mini Team Jazz 4:00-5:00PM | | Gr. 5-6 | Kindergarten Hip Hop 4:00-5:00PM | Gr. 1-2 Acro 4:00-5:00PM | Team Jazz 3:30-5:00PM | Gr. 1-2 Jazz 4:00-5:00PM | Hip Hop 4:00-5:00PM | | Acro/Jazz 4:00-5:00PM | Creative M (Age 2.5-3 9:30-10 Tiny T (Age : Ballet, 10:30-11 |
| Gr. 7-12 | Acro 4:00-5:00PM Gr. 3-4 | Pre-Pointe ** 3:30-5:00PM Teen | Ballet/Tap | | Mini Team Jazz 4:00-5:00PM | a Team Hours | | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 | Team Jazz 3:30-5:00PM Gr. 5-6 | Gr. 1-2 Jazz 4:00-5:00PM Junior | Hip Hop 4:00-5:00PM Gr. 3-4 | Shine | Acro/Jazz 4:00-5:00PM Gr. 1-2 | Creative M (Age 2.5-5 9:30-10 Tiny T (Age: Ballet, 10:30-11 |
| Gr. 7-12 Lyrical | Acro 4:00-5:00PM | Pre-Pointe ** 3:30-5:00PM Teen Team | Ballet/Tap 4:00-5:00PM | | Mini Team Jazz 4:00-5:00PM Competition | | Gr. 5-6 | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro | Gr. 1-2 Acro 4:00-5:00PM | Team Jazz 3:30-5:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team | Hip Hop 4:00-5:00PM | Shine Pre- | Acro/Jazz 4:00-5:00PM | Creative M (Age 2.5-; 9:30-10 Tiny T (Age Ballet 10:30-11 Tiny T (Age |
| Lyrical | Acro 4:00-5:00PM Gr. 3-4 Ballet | Pre-Pointe ** 3:30-5:00PM Teen | Ballet/Tap 4:00-5:00PM Gr. 3-4 | Gr. 5-6 | Mini Team Jazz 4:00-5:00PM | Team Hours | Gr. 5-6 | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz | Shine Pre- Professional | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-3 9:30-10: Tiny T (Age 3 Ballet/ 10:30-11: Tiny T (Age 4 Ballet/ |
| Lyrical | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM | 3:30-5:00PM Teen Team Contemporary | Ballet/Tap 4:00-5:00PM | | Mini Team Jazz 4:00-5:00PM Competition Mini Team | 5:00-6:00PM | Gr. 5-6 Ballet | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junion Team Lyrical 5:00-6:00PM | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM | Shine Pre- | Acro/Jazz 4:00-5:00PM Gr. 1-2 | Creative M (Age 2.5-3 9:30-10: Tiny T (Age: Ballet, 10:30-11: Tiny T: (Age: Ballet, |
| Lyrical :00-6:00PM Gr. 5-12 | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 | Pre-Pointe ** 3:30-5:00PM Teen Team | 4:00-5:00PM Gr. 3-4 Lyrical | Gr. 5-6 Jazz | Mini Team Jazz 4:00-5:00PM Competition | | Gr. 5-6 Ballet 4:45-6:15PM | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior | Shine Pre- Professional | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-3 9:30-10: Tiny T (Age: Ballet, 10:30-11: Tiny T: (Age: Ballet, |
| Lyrical | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM | 3:30-5:00PM Teen Team Contemporary 5:00-6:30PM | Ballet/Tap 4:00-5:00PM Gr. 3-4 | Gr. 5-6 Jazz 5:30-6:30PM | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team | 5:00-6:00PM 5:00-7:00PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team | Shine Pre- Professional | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-3 9:30-10: Tiny T (Age: Ballet, 10:30-11: Tiny T: (Age: Ballet, |
| Lyrical :00-6:00PM Gr. 5-12 | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap | Pre-Pointe ** 3:30-5:00PM Teen Team Contemporary 5:00-6:30PM Gr. 7-12 | 4:00-5:00PM Gr. 3-4 Lyrical | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 | Mini Team Jazz 4:00-5:00PM Competition Mini Team | 5:00-6:00PM | Gr. 5-6 Ballet 4:45-6:15PM | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-5 9:30-10 Tiny T (Age: Ballet, 10:30-11 Tiny T (Age: Ballet, |
| Lyrical :00-6:00PM Gr. 5-12 | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM | Pre-Pointe ** 3:30-5:00PM Teen Team Contemporary 5:00-6:30PM Gr. 7-12 Acro | ### Ballet/Tap 4:00-5:00PM Gr. 3-4 Lyrical 5:30-6:30PM | Gr. 5-6 Jazz 5:30-6:30PM | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Jazz 6:00-7:00PM | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM | Shine Pre- Professional | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-3 9:30-10: Tiny T (Age: Ballet, 10:30-11: Tiny T: (Age: Ballet, |
| Lyrical :00-6:00PM Gr. 5-12 Pointe ** | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 | Pre-Pointe ** 3:30-5:00PM Teen Team Contemporary 5:00-6:30PM Gr. 7-12 | ### ################################## | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 Contemporary | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team | 5:00-6:00PM 5:00-7:00PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 Acro | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM Gr. 5-6 | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Junior Team Junior Team Junior Team Senior | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM Gr. 7-12 | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-5 9:30-10 Tiny T (Age: Ballet, 10:30-11 Tiny T (Age: Ballet, |
| Lyrical :00-6:00PM Gr. 5-12 Pointe ** | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 Musical | Pre-Pointe ** 3:30-5:00FM Teen Team Contemporary 5:00-6:30FM Gr. 7-12 Acro Level 1 | ### Ballet/Tap 4:00-5:00PM Gr. 3-4 Lyrical 5:30-6:30PM | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) Teen (Reg.) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM 5:00-7:30PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 Ballet | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Jazz 6:00-7:00PM Senior Team | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-; 9:30-10 Tiny T (Age Ballet 10:30-11 Tiny T (Age Ballet |
| Lyrical 200-6:00PM Gr. 5-12 Pointe ** | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 Musical Theatre | Pre-Pointe ** 3:30-5:00PM Teen Team Contemporary 5:00-6:30PM Gr. 7-12 Acro | ### ################################## | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 Contemporary | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 Acro | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 Ballet | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM Gr. 5-6 Tap | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Junior Team Junior Team Junior Team Senior | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM Gr. 7-12 | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5: 9:30-10 Tiny T (Age Ballet 10:30-11 Tiny T (Age Ballet |
| Lyrical :00-6:00PM Gr. 5-12 Pointe ** | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 Musical | Pre-Pointe ** 3:30-5:00FM Teen Team Contemporary 5:00-6:30FM Gr. 7-12 Acro Level 1 | ### ################################## | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 Contemporary | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) Teen (Reg.) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM 5:00-7:30PM 5:30-7:00PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 Acro | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 Ballet 6:15-7:45PM Gr. 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM Gr. 5-6 Tap 7:00-8:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Jazz 6:00-7:00PM Senior Team | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM Gr. 7-12 Contemporary | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-; 9:30-10 Tiny T (Age Ballet 10:30-11 Tiny T (Age Ballet |
| Lyrical 00-6:00PM Gr. 5-12 Pointe ** :00-7:30PM Senior Team | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 Musical Theatre | Pre-Pointe ** 3:30-5:00FM Teen Team Contemporary 5:00-6:30FM Gr. 7-12 Acro Level 1 | ### ################################## | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 Contemporary | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) Teen (Reg.) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM 5:00-7:30PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 Acro | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 Ballet | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM Gr. 5-6 Tap 7:00-8:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Jazz 6:00-7:00PM Senior Team Jazz | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM Gr. 7-12 | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5: 9:30-10 Tiny T (Age Ballet 10:30-11 Tiny T (Age Ballet |
| Lyrical :00-6:00PM Gr. 5-12 Pointe ** | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 Musical Theatre | Pre-Pointe ** 3:30-5:00FM Teen Team Contemporary 5:00-6:30FM Gr. 7-12 Acro Level 1 | ### ################################## | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 Contemporary | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) Teen (Reg.) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM 5:00-7:30PM 5:30-7:00PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 Acro | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 Ballet 6:15-7:45PM Gr. 7-12 Tap | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM Gr. 5-6 Tap 7:00-8:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Jazz 6:00-7:00PM Senior Team | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM Gr. 7-12 Contemporary | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-3 9:30-10: Tiny T (Age 3 Ballet, 10:30-11: Tiny T (Age 4 |
| Lyrical :00-6:00PM Gr. 5-12 Pointe ** :000-7:30PM Senior Team | Acro 4:00-5:00PM Gr. 3-4 Ballet 5:00-6:00PM Gr. 3-4 Tap 6:00-7:00PM Gr. 5-12 Musical Theatre | Pre-Pointe ** 3:30-5:00FM Teen Team Contemporary 5:00-6:30FM Gr. 7-12 Acro Level 1 | ### ################################## | Gr. 5-6 Jazz 5:30-6:30PM Gr. 5-6 Contemporary | Mini Team Jazz 4:00-5:00PM Competition Mini Team Junior Team Teen (Light) Teen (Reg.) | 5:00-6:00PM 5:00-7:00PM 5:00-6:30PM 5:00-7:30PM 5:30-7:00PM | Gr. 5-6 Ballet 4:45-6:15PM Gr. 5-6 Acro | Kindergarten Hip Hop 4:00-5:00PM Gr. 7-12 Acro Level 2 ** 5:00-6:15PM Grade 7-12 Ballet 6:15-7:45PM Gr. 7-12 | Gr. 1-2 Acro 4:00-5:00PM Gr. 1-2 Hip Hop 5:00-6:00PM Gr. 7-12 Hip Hop | Team Jazz 3:30-5:00PM Gr. 5-6 Hip Hop 5:00-6:00PM Gr. 5-6 Lyrical 6:00-7:00PM Gr. 5-6 Tap 7:00-8:00PM | Gr. 1-2 Jazz 4:00-5:00PM Junior Team Lyrical 5:00-6:00PM Junior Team Jazz 6:00-7:00PM Senior Team Jazz | Hip Hop 4:00-5:00PM Gr. 3-4 Jazz 5:00-6:00PM Senior Team Hip Hop 6:00-7:00PM Gr. 7-12 Contemporary | Shine Pre- Professional Team | Acro/Jazz 4:00-5:00PM Gr. 1-2 Ballet/Tap | Creative M (Age 2.5-5 9:30-10 Tiny T (Age: Ballet, 10:30-11 Tiny T (Age: Ballet, |



DRESS CODE **PART 1/3**

** All Shoes & Tights are conveniently fit and purchased through the studio!**

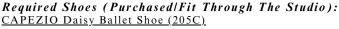
CREATIVE MOVEMENT/BALLET (AGES 2.5 - 3 YEARS OLD)



Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916C) Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair



Color - Ballet Pink \$25



Required Leotard:

Any solid light pink leotard. Any style/sleeve length.



Optional Dance Skirt/Dress:

Any solid light pink dance skirt/dress.

TINY TOTS 1 (AGES 3-4) & 2 (AGES 4-5) BALLET/TAP



Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916C)

Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Required Shoes (Purchased/Fit Through The Studio): CAPEZIO Daisy Ballet Shoe (205C)

Color - Ballet Pink



Required Leotard:

Any solid light pink leotard. Any style/sleeve length.



Optional Dance Skirt/Dress:

Any solid light pink dance skirt/dress.

CAPEZIO Shuffle Tap Shoe (356C)



KINDERGARTEN & GRADE 1-2 BALLET/TAP



Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916C)

Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Required Shoes (Purchased/Fit Through The Studio):

Color - Ballet Pink

CAPEZIO Daisy Ballet Shoe (205C)

CAPEZIO Shuffle Tap Shoe (356C) Color - White

\$36.50



Required Leotard:

Any solid light pink leotard. Any style/sleeve length.



Optional Dance Skirt/Dress:

Any solid light pink dance skirt/dress.



DRESS CODE
PART 2/3

**All Shoes & Tights are conveniently fit and purchased through the studio! **

BALLET (GRADES 3-12)



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Transition Tight (1916)

Color - Ballet Pink

Child Sizes (2-6; 8-12) - \$16.50/pair

Adult Sizes (S/M; L/XL; XXL) - \$18.50/pair

Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO Hanami Canvas Ballet

Shoe (2037C / 2037W)

Color - Light Pink

\$30



Required Leotard:

Any solid black leotard.

Any style/sleeve length.



Optional Dance Skirt
Any color ballet skirt.

**Hair in a ballet bun.

KINDERGARTEN HIP HOP



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961C)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$19/pair



Required Leotard:

Any color leotard.

Any style/sleeve length.



Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO Rock-It Dansneaker (DS24C)

Color - Black

\$82 or \$92 (Depending on Size)



Optional Dance Shorts:

Any color dance shorts.

KINDERGARTEN ACRO/JAZZ



Required Tights (Purchased/Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961C)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$18.50/pair

Required Shoes (Purchased/Fit Through The Studio):

CAPEZIO E-Series Jazz Slip On (EJ2)

Color - Caramel

\$52



Required Leotard:

Any color leotard. Any style/sleeve length.



Optional Dance Shorts:

Any color dance shorts.



DRESS CODE **PART 3/3**

** All Shoes & Tights are conveniently fit and purchased through the studio!**

TAP (GRADES 3-12)



Required Tights (Purchased/Fit Through The Studio):

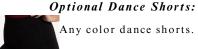
CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$18.50/pair

Adult Sizes (S/M; L/XL; XXL) - \$20/pair

Required Leotard:



Any color leotard. Any style/sleeve length.

Any color dance shorts.

Required Shoes (Purchased/Fit Through The Studio): **Dancer's choice. Call/email the studio with any questions!



CAPEZIO Downtown Tap Shoe (473C/473)

Color -Black \$48



CAPEZIO Fluid Tap Shoe (CG17C/CG17)

Color -Black

\$76 or \$77 (Depending on Size)



CAPEZIO Cadence Tap Shoe (CG19C/CG19)

Color -Black

\$94 or \$98.50 (Depending on Size)



CAPEZIO Flexmastr (CG16C/CG16)

Color -Black

\$99.50 or \$112 (Depending on Size)

*Recommended for tappers with experience ONLY.

ALL OTHER STYLES (GRADES 1-12)



Required Tights (Purchased|Fit Through The Studio):

CAPEZIO Ultra Soft Self Knit Waistband Stirrup Tight (1961)

Color - Light Suntan

Child Sizes (2-6; 8-12) - \$18.50/pair

Adult Sizes (S/M; L/XL; XXL) - \$20/pair

Required Leotard: Any color leotard.

Any style/sleeve length.

Optional Dance Shorts:

Any color dance shorts.

Required Shoes (Purchased|Fit Through The Studio):



JAZZ & MUSICAL THEATRE

CAPEZIO E-Series Jazz Slip On (EJ2)

Color - Caramel

\$52



HIP HOP

BLOCH - Omnia Lightweight Knitted Sneaker

Color - Black

\$82



MALE DANCERS (ALL AGES & STYLES)



Fitted White T-Shirt



Black Dance Pants

Required Shoes (Purchased/Fit Through The Studio):

Black Shoe According to Style of Dance

NOTES

- Dress Code is MANDATORY in all classes.
- · No jewelry or Apple/Fitness watches are allowed to be worn during class.
- Hair must be pulled back and away from face at all times.



STUDIO

CALENDAR

September 2, 2025 - First Day of 2025-2026 Classes

September 13, 2025 - Nutcracker Audition (Show Date TBD)

September 23, 2025 - CLOSED - Rosh Hashanah

October 2, 2025 - CLOSED - Yom Kippur

October 13, 2025 - CLOSED - Indigenous Peoples' Day

October 20, 2025 - CLOSED - Diwali

October 24, 2025 - October 30, 2025 - Halloween Dress Up Week

October 31, 2025 - CLOSED - Halloween

November 3, 2025 - November 8, 2025 - Bring a Friend Week

November 11, 2025 - CLOSED - Veterans Day

November 26, 2025 - November 30, 2025 - CLOSED - Thanksgiving Break

December 1, 2025 - Session 2 Begins (Tuition & Fees Due 11/10/25)

December 15, 2025 - December 21, 2025 - Pajama Week

December 24, 2025 - January 2, 2026 - CLOSED - Winter Break

January 19, 2026 - CLOSED - MLK Jr. Day

February 16, 2026 - February 22, 2026 - CLOSED - February Break

March 2, 2026 - Session 3 Begins (Tuition Due 02/09/26)

March 9, 2026 - March 14, 2026 - MHDS Spirit Week

March 20, 2026 - CLOSED - Eid al Fitr

April 3, 2026 - CLOSED - Good Friday

April 6, 2026 - April 11, 2026 - Recital Ticket Sales Week

April 20, 2026 - April 26, 2026 - CLOSED - April Break

April 27, 2026 - May 1, 2026 - Picture Week (Mandatory)

May 4, 2026 - Recital Dress Rehearsal (Mandatory)

May 8, 2026 - CLOSED

May 9, 2026 - Recital (Mandatory)

May 18, 2026 - May 23, 2026 - Bring a Friend Week

May 19, 2026 - Auditions for 2026-2027 Competition Team

May 25, 2026 - CLOSED - Memorial Day

May 30, 2026 - Last Day of 2025-2026 Classes

June 1, 2026 - June 11, 2026 - June Session (2026-2027 Competition Team)

August 17, 2026 - August 21, 2026 - August Session (2026-2027 Competition Team)



COMPETITION TEAM SCHEDULE

September 2, 2025 - First Day of 2025-2026 Classes

September 2, 2025 - Competition Invoice Payment 1 Due (cash or check only)

October 1, 2025 - Competition Invoice Payment 2 Due (cash or check only)

_____ - In-House Convention (Deviate)

Mandatory for Junior, Pre-Teen, Teen, and Senior Teams; Optional for Mini Team Schedule will be sent soon. Please block off the whole weekend.

____ - Makeup/Hair Tutorial

Mandatory for all team members and at least one parent/guardian.

____ - Tremaine Dress Rehearsal

Mandatory for all dancers competing at Tremaine.

Schedule and details TBD. Please block off the entire day.

January 24 - January 26, 2026 - Tremaine Convention and Competition

Convention - Mandatory for all MHDS 2025-2026 Competition Team Members Competition - Optional for all dancers

_____ - Complete 2025-2026 Competition Team Dress Rehearsal

Mandatory for all team members to attend Schedule and details TBD. Please block off the entire day.

COMPETITIONS

- 1 -DATE TBD
 - LOCATION TBD
- 2 DATE TBD
 - LOCATION TBD
 - NO MINI TEAM
- 3 DATE TBD
 - LOCATION TBD
- 4 DATE TBD
 - LOCATION TBD

All competitions are **mandatory**. Schedule and details TBD. Please block off the entire competition weekend Friday - Sunday evening.

PAGE 9



IMPORTANT

DATES

First Day of 2025-2026 Classes: September 2nd, 2025

Nutcracker Audition: September 13th, 2025

Halloween Dress Up Week: October 24th - October 30th, 2025

Bring a Friend Week: November 3rd - November 8th, 2025

Session 2 Begins: December 1st, 2025 (Tuition & Fees Due 11/10/25)

Pajama Week: December 15th - December 21st, 2025

Session 3 Begins: March 2nd, 2026 (Tuition & Fees Due 02/09/26)

MHDS Spirit Week: March 9th - March 14th, 2026 Recital Ticket Sale Week: April 6th - April 11th, 2026

Picture Week: April 27th - May 1st, 2026

Recital Dress Rehearsal: May 4th, 2026 (Mandatory)

Recital: May 9th, 2026 (Mandatory)

Bring a Friend Week: May 18th - May 23rd, 2026

Auditions for 2026-2027 Competition Team: May 19th, 2026

Last Day of 2025-2026 Classes: May 30th, 2026

STUDIO

CLOSURES

Rosh Hashanah: September 23rd, 2025

Yom Kippur: October 2nd, 2025

Indigenous Peoples' Day: October 13th, 2025

Diwali: October 20th, 2025

Halloween: October 31st, 2025

Veteran's Day: November 11th, 2025

Thanksgiving Break: November 26th - November 30th, 2025 Winter Break: December 24th, 2025 - January 2nd, 2026

MLK Jr. Day: January 19th, 2026

February Break: February 16th - February 22nd, 2026

Eid al Fitr: March 20th, 2026 Good Friday: April 3rd, 2026

April Break: April 20th - April 26th, 2026

Studio Closed: May 8th, 2026 Memorial Day: May 25th, 2026

Note: MHDS generally follows the Natick Public School Calendar and cancellations due to weather.

There will be no refunds for classes canceled due to weather. If you would like to make up a snow day, you may do so by attending a different age-appropriate class for your dancer the same week as the snow day.

Please check our class schedule and email mhds@missheejin.com prior to attending. PAGE 10