



# Keys Dance Academy Student Handbook



Keys Dance Academy offers dance and acrobatic classes to students of all ages and skill levels. Our KDA professional teachers provide a safe, supportive, and inspiring environment where the student will learn proper technique and discipline in a fun, friendship building classroom. Our goal is to bring the best out of every student and teach skills that last a lifetime. We are a professional, family friendly, nurturing school.

## Classes and Tuition:

For registration classes, tuition is due the first week of each month. Invoices will be given at the end of each month for the following month along with a monthly newsletter to keep students and families informed of the happenings at the studio. A \$10.00 late fee will be applied to late tuition. If payment has not been received students will not be able to participate in class. There is a \$30.00 registration fee per student or \$50.00 for family registration that includes a studio t-shirt for each student.

Price breakdown is as follows:

Number of Classes Per Week:	Price Per Month:
1	\$60.00 per month
2	\$95.00 per month
3	\$130.00 per month
4	\$160.00 per month
5+	\$200.00 per month

Adult classes are open to all skill levels. These classes are offered weekly and can be paid for at the time of class. Adult classes are \$15.00 each or you may buy a punch card that is \$50.00 for 5 classes. Please see the weekly schedule for classes offered.

**Kinderdance** is an introductory class. There are two levels of Kinderdance available. Level I is intended for students 3-5 years of age with no dance experience. Level II is intended for students age 5 who have a little experience. This is a combined class of ballet and tap where students will learn basic steps and skills as well as musicality. Students will spend half the class learning ballet technique and the other half tap skills.

**Ballet** is a classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement. This is the foundation of all dance forms and is a very important part of the student's training. We teach a combination of the Checetti and Vaganova ballet techniques. We will focus on proper body placement and form through barre and floor work.

**Jazz** is a fun and upbeat dance style. Though a foundation of ballet is important, jazz encourages the dancer to embrace personal expression. Students who enroll in jazz class are highly encouraged to enroll in ballet as well. Jazz incorporates various styles ranging from jazz funk, lyrical, Broadway, and a bit of hip hop.

**Tap** is a dance performed wearing shoes fitted with metal taps, characterized by rhythmical tapping of the toes and heels.

**Ballet, Tap, and Jazz** will be based on the following ages and skill levels:

<b>Group:</b>	<b>Age:</b>	<b>Level:</b>	<b>Years of Experience:</b>
Kinderdance	3-5 years	Introductory	0-1 year experience
Juniors	6-11 years	Level I	0-1 year experience
Kids/Teens	8+ years	Level II	1-3 years experience
Teen	13+ years	Level III	4+ years experience
Adult	18+ years	Beginner/Open	0-1 years experience

**Acrobatics** combines the beauty of dance and the strength of gymnastics in a partner sport that displays grace, strength, flexibility, and excitement. The goal of acrobatics is to encourage each individual and teach them personal strength with an emphasis on teamwork. Each class will begin with a stretch/warm up to help students become more limber and prevent injuries. Class will then focus on skills and combinations both solo and in groups. The last portion of class will focus on strength and conditioning to help the student build strength and work on skills like balance. This will help them progress and is beneficial to other classes they will attend. Placement and progression in acrobatics classes will be up to instructor's discretion and based on skill level. Skill level will be determined by instructors.

**Toddler Tumbling:** Introductory tumbling for students ages 3-5 years old. No previous experience required. This class will focus on flexibility, balance, strength, muscle control, discipline, and concentration.

**Level I:** Focus will be on strength and balance as well as discipline. Level I students will work on basic techniques involved in acrobatics and perfecting skills like head stands, hand stands, and cartwheels. This class will start to incorporate group skills and contortion tricks as well as combining acrobatic skills and dance. Students will progress towards backbend kickovers, back extension rolls, round-offs, front walkovers, and combining these skills together.

**Level II:** Level II students will continue to perfect level I skills while learning new and more complicated skills. Students at the Level II level must have their back walk over, back bend kick-over, front walkover and round off mastered. Students in Level II will be introduced to back hand springs, back hand spring step out, and round-off back hand spring, and the beginning stages of front and back Ariels.

**Level III:** Level III students will focus on perfecting skills up to this point and progress to more complicated skills. Level III will continue to work on solo and group skills with a heavy emphasis on strength and balance training. Level III students must be able to perform a round off back handspring and standing back handspring. Students will progress toward round-off into multiple back handsprings, standing back tuck, layouts, and Ariels.

**Private Sessions:** Private lessons are offered upon request for students who wish to work in a one-on-one setting and can be beneficial for those students with a specific goal. Please speak with Jamie or your instructor for more information.

**Attendance in Level II and III is mandatory as each class is important to the progression of skills.**

**Private lessons are available to students who would like to have one-on-one instruction with specific goals they would like to achieve. If you are interested in private lessons please speak with your instructor.**

**Class Dress Code:** Each class has a specific dress code that is important for students to abide by. This ensures instructors can see the students form and be able to make appropriate corrections. Loose clothing can get in the way of the student's movement and can cause potential injury. It is important for all students to have hair pulled back out their face to avoid getting in their eyes while they are dancing. Leotards, tights, and shoes will be available for purchase at the studio.

**Kinderdance:** Pink tights, pink leotard, pink ballet shoes, black tap shoes, hair must be pulled out of face

**Acrobatics:** Leotard with leggings or dance shorts or pants, hair must be pulled out of face

**Ballet:** Pink tights, black leotard, pink ballet shoes, hair must be pulled back out of face (bun preferred)

**Tap:** Leotard, tan tights, black tap shoes, hair must be pulled back out of face

**Jazz:** Leotard, jazz pants or shorts, tan tights, tan jazz shoes, hair must be pulled back out of face

**Workshops** will be provided monthly and will be scheduled on Saturdays. These workshops include Turns and Leaps, Hit the Mat, Stretch and Kick, and more. Workshops are available only to students registered in one or more classes. See the studio calendar for scheduled dates. Workshops are \$10.00 and payment is due before the workshop begins. \*Workshops are not intended for students at the Kinderdance level, however we may have special classes offered.\*

**Back to Basics** workshop that focuses on basic technique like pointed toes, straight legs, and strong arms.

**Turns and Leaps** workshop will focus on technique and form for various turns and leaps that are taught in ballet and jazz.

**Hit the Mat** workshop will focus on skills learned in acrobatics classes. It will be a structured workshop where students can work on mastering skills they are learning in class. Instructors will be available to spot and correct form and technique.

**Stretch and Kick** workshop will focus on flexibility. Students will work on their stretches on the floor as well as utilizing the barre. A portion of this workshop will focus on kicks across the floor as well as in a kick line.

**Guest Teachers:** KDA will have the opportunity to host guest teachers who will offer master classes to students. These teachers are professionals in the field of dance. Announcements will be posted with more information.

### **Attendance Policy:**

KDA instructors want students to progress and learn in a team setting. It is important that students attend all scheduled classes and to arrive on time in order to be successful. Our classes stress proper warm up and technique is incorporated in the warm up. Classes are progressive so each week will build on the previous week.

### **Studio Guidelines:**

1. Parents must come in to waiting room to drop off and pick up students. When the instructor is ready for class to begin she will let you know.
2. Please be prompt when picking up your student.
3. No children are to be left unattended in the waiting room.
4. Parents will not be permitted in the dance studio except with instructor permission. There will be a t.v. monitor in the waiting room where parents/guardians can watch classes.
5. No street shoes in the classroom with the exception of Zumba classes. (Schedule to be announced.)
6. Please be respectful of other businesses in the building. The stairwells and elevator are not places to play.
7. No food, drinks, or gum in the dance studio with the exception of water.
8. Dress code must be followed in order to participate in class.
9. Do not touch the mirrors.
10. Please be respectful of other students. Keep your hands to yourself and be encouraging.

### **Recital:**

The end of season recital will be held in the beginning of June at the Marathon Community Theater. There will be a \$25.00 recital fee for each student. The recital fee covers insurance for each student at the location and includes 2 tickets.

### **KDA Swap Shop:**

If you have shoes, leotards, or other dance/acrobatics accessories that your student is no longer wearing and it is in good condition please donate it to the KDA swap shop. Items can be given to the front desk. If your student is in need of an item please speak with the staff member at the front desk or your student's instructor for assistance.

**To Contact Instructors:**

We would like to have a good relationship with parents, guardians, and families. In order to stay on schedule and continue with classes in a timely fashion we would like to ask if you want to speak with an instructor please leave a note at the front desk, email, or voicemail and we can schedule a time to meet with you. We will also set aside time at the end of every month during class to touch base with parents to discuss students' progress. Please do not hesitate to contact us.

We will communicate with students and families through a monthly newsletter, emails, and by phone. Please make sure you are reading the newsletters and emails to stay up to date with all information and announcements.