



**Youth Dance Program  
Student Handbook 2022-2023**

MoveStudio Charlotte  
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**OUR STAFF/INSTRUCTORS**

April Nolan, Director  
Alyssa Bainey, Instructor  
Helen Beach, Instructor  
Erin Huber, Instructor  
Kalene McDonnell, Instructor  
Amy Messer, Instructor  
Jackie O'Toole, Instructor  
Tevin Pressley, Instructor  
Marshae Smith, Instructor  
Allyson Weiss, Instructor

**OUR MISSION**

MoveStudio Charlotte seeks to promote the joy of movement through high quality instruction, community classes and special events. We provide a safe space for all dancers, instructors, students and artists to hone their craft.

**OUR YOUTH PROGRAM**

Our youth dance program is designed to emphasize the joy of movement, promote physical fitness, and educate children in a variety of dance disciplines, while developing well-rounded dancers who show respect, courtesy, responsibility and confidence. We pride ourselves on providing a welcoming environment where young dancers can meet new friends and gain a lifelong love of dance. We are committed to providing solid technique classes and providing pressure-free performance opportunities. Our well trained, experienced instructors act as role models to these impressionable minds, and delight in the opportunity to influence the next generation of leaders in the dance world!

## **CLASS DESCRIPTIONS**

### ***Acrobatics***

Students develop strength, coordination and flexibility while learning age and level appropriate acrobatic exercises on the mat (stretches, rolls, bridges, cartwheels, splits, walkovers, handsprings, etc.). Each child receives individual instruction and progresses at his/her own pace. Sequences and dance choreography incorporate acrobatics skills and teach students group dynamics.

### ***Ballet***

Young dancers learn the fundamentals of ballet, while practicing barre work, across the floor combinations, and center choreography. Instructors emphasize proper body alignment while teaching positions of the feet, arms and body, and ballet terminology. As we believe that ballet is the basis of all dance, we incorporate ballet technique into every dance class.

### ***Creative Movement***

Young movers explore shapes, tempo, sizes, and locomotion, while developing gross motor skills and coordination. Games, music and fun props are incorporated into every class.

### ***Hip-Hop***

An introduction to hip hop dance, exploring rhythm, musicality, basic footwork, and simple choreography. A high-energy class for your little mover!

### ***Jazz***

With a focus on body alignment and technique, our jazz classes incorporate a variety of styles, including lyrical, Broadway, and contemporary. Dancers will practice fun choreography, leaps and turns while developing core strength and flexibility.

### ***Musical Theater***

Combining songs, acting and dance, our musical theater class is popular across all experience levels and ages. Students will explore their own creativity while contributing to choreography, developing characters and working as a team.

### ***Partner Dance***

Students will learn the fundamentals of partner dance, including lead and follow technique, basic footwork, turns, dips and proper social dance etiquette. Dancers develop rhythm, musicality, and confidence on and off the dance floor! Sample styles include swing, salsa, and waltz.

### ***Tap***

Tap footwork and choreography are designed to teach dancers rhythm, musicality, speed of movement and coordination while building flexibility and strength of the feet, ankles and legs.

## CLASSES BY AGE

Age groups indicated are guidelines for selecting the appropriate level of class. Prior dance experience and maturity level of the child should be taken into consideration. If you would like to register your child for a different age or grade level, please contact us to discuss your needs.

### **Pre-K Classes: Ages 2.5 to 5 years**

#### *TuTwos and Threes (ages 2.5 to 3.5)*

The ideal first independent movement class designed for children to practice group dynamics and develop listening, following, social, and gross motor skills. Through basic dance exercises, creative movement, games, and music, tiny dancers develop cognitive skills and a joy for dance!

#### *Intro to Dance Classes (ages 3.5 to 5)*

An introduction to dance concepts through basic dance technique, creative movement and simple acrobatics, ballet, jazz, and tap steps.

### **KinderDance Classes: Ages 4.5 - 6 years**

Combination dance classes for older 4's and young 5's who have taken pre-k dance classes, and for older 5's and young 6's just starting out! These classes provide a basic understanding of a variety of styles in one convenient class.

### **Elementary Classes: Grades Kindergarten to 5**

#### *Elementary 1 (Ages 5 - 7 or grades K - 1)*

#### *Elementary 2 (Ages 7 - 9 or Grades 2 - 3) and*

#### *Elementary 3 (Ages 9 - 11 or Grades 4 - 5)*

Technique classes in classical and contemporary dance styles designed to provide a more thorough training in each style.

### **Middle School Classes: Grades 6 - 8**

Technique classes in classical and contemporary dance styles designed to provide a more thorough training in each style.

### **High School Classes: Grade 9 - 12**

As we continue to build our youth dance program, we encourage high schoolers to register for our adult ballet and jazz technique classes.

## CLASS SCHEDULE

Please refer to our web site for a current class schedule. We design our class schedule with convenience for parents in mind. Students should be able to take age level appropriate dance classes consecutively, and varying age groups align so that siblings can take class simultaneously. Our Fall Season is held from September to December, Winter/Spring Season is held from January to May, and our Summer Camp Season takes place June – August.

*MoveStudio Charlotte management reserves the right to change teachers or timetabling when necessary at any time throughout the year.*

## CLASS ATTIRE

Dress code plays a vital role in building the discipline that dance training instills in a young dancer. Students should take care to dress for class, and not plan to participate in their school or street clothes. Dressing properly prepares the student for class, and makes it easier for students to move comfortably and for instructors to assess body alignment and correct form. As we also want to encourage individual expression, we do not enforce a strict class uniform. However, we expect students to reference the following dress code when preparing for class.

### Basic Dress Code

Girls:	Boys:
Solid Color Leotard	Solid Color Fitted T-Shirt
Convertible Tights	Solid Color Gym Pants
Appropriate Footwear: please see class specifics below	

Hair should be secured away from the face in a ponytail, bun, braid or pigtails. Please no large earrings or excessive jewelry. **DANCE SHOES SHOULD NEVER BE WORN OUTSIDE.** Students should keep a dance bag with shoes, hair accessories, a brush, and a water bottle, with all items clearly marked with names.

In addition to the basic dress code, students may wear the following for the indicated dance genre:

#### *Acrobatics*

Girls: leggings, dance shorts over leotard. (No crop/bra tops please.) Boys: shorts. Patterned unitards are also acceptable for acrobatics. No shoes.

#### *Ballet*

Girls: ballet skirts, leotard dresses. Pink ballet shoes required.

#### *Jazz and Tap*

Girls: solid color leggings, jazz pants, and fitted tops. (No crop/bra tops please.) Tan jazz/tap shoes required.

#### *Hip-Hop*

Students may wear more street-like attire, but nothing too baggy/loose, nor too constrictive. Converse-type sneakers required. Students should not wear sneakers outside before class!

#### *Musical Theater*

Students may wear more street-like attire, but nothing too baggy/loose, nor too constrictive. Think "athletic wear" for this class. No shoes.

#### *TuTwos and Threes:*

Leotard dresses may also be worn. Please no long "princess dresses". No shoes.

*All costumes from prior MoveStudio showcases are accepted and welcome in class! We do have most of the items listed above for purchase at the MoveStudio Dance Shop.*

## **CODE OF CONDUCT**

All students will

- attend class weekly, participate to the best of their ability, and put forth their best effort.
- not enter the studio before the instructor has invited students in for class.
- adhere to the class dress code.
- show the utmost respect to their instructors by listening, following instructions, and limiting the amount of talking during class time.
- respect their fellow classmates' personal space and belongings.
- demonstrate a positive attitude during class and encourage fellow classmates.
- be friendly and welcoming to fellow students, parents and other clients at MoveStudio Charlotte.
- treat the studios, lobby and premises with care and clean up after themselves.
- adhere to the studio policies

All parents/guests will

- ensure their child is picked up and dropped off on time. In the case of emergency or unavoidable delay, the parent should contact the studio immediately to inform us of the situation, and a teacher or staff member will remain with the student to keep the student calm and safe
- not approach teachers or students during class
- will wait outside of the studios until classes have been dismissed
- contact the Director with any questions or complaints. Parents and students are not permitted to contact MoveStudio Charlotte teachers via phone, in person, or via email / social networking with studio issues unless it has been first broached with the Director.
- represent the studio in a responsible, enthusiastic and courteous manner when attending performances, rehearsals, studio events, or recitals/concerts

Disregard for the code of conduct may result in disciplinary action, including warnings, time-outs, dismissal from class, and/or further discussion with parents. Severe or continuous misconduct may result in suspension, probation or dismissal.

## **ATTENDANCE AND TARDINESS**

It is important that students attend all classes in order to progress in their training and learn showcase reparatory. Please inform us if you will be late or if you will be missing a lesson. Students are expected to arrive at the studio in time for the start of the class. Latecomers will be allowed to participate at the instructor's discretion (i.e. the current exercise is safe to begin with no prior warm-up). A missed class may be made up by attending another class at the same level with the teacher's approval.

## STUDIO POLICIES

1. No street shoes are permitted on the studio floor. Only appropriate dance/athletic shoes or bare feet are allowed. \*\* Sneakers or other shoes **that have not been worn outdoors** may be worn on the studio floor for classes. Heels should be free of protruding nails, and any taps must be firmly affixed to shoes.
2. No food or drinks (other than water bottles) are allowed in the studios.
3. No pets are allowed in the studio.
4. No smoking or open flames are allowed in the building.
5. MoveStudio Charlotte is not responsible for accidents, injury, illness or loss of group or individual property. we encourage our families to avoid bringing valuable items into the studio where possible.
6. MoveStudio small equipment (mats, blocks, foam rollers, yoga balls, Pilates balls) may be used for MoveStudio scheduled group classes only. (No renters or private classes).
7. No one, including instructors, clients, and renters, is authorized to touch the large Pilates equipment (reformers, wall towers and chairs) unless under the supervision of the Director.
8. **Weather Policy:** We use the Charlotte Mecklenburg School Closing schedule as a *guideline* in regards to inclement weather, but will use our own best judgment to determine the safety of our staff/students. Please refer to our web site and social media pages for the latest information, and please be sure your contact information is up to date in our scheduling system so that we may contact you as necessary.
9. **Cold and Flu:** PLEASE do not attend classes if you are sick. Thank you for helping us to maintain a healthy environment at MoveStudio!
10. Bathroom trips should be taken before class. Parents, ensure that your child has visited the bathroom before class starts.

## PARENT VIEWING

We will invite parents/guests to watch class during the "in-class showings" and ZOOM calls. Please refer to the calendar for these dates.

## SOCIAL MEDIA

We love sharing your child's progress and all the fun students are having in class with you. We have found our social media sites to be the most efficient way to do this. Please be sure to indicate on the registration and liability form if you do not want your child to participate in our social media postings. Additionally, word-of-mouth is our best advertising, and we appreciate your help in telling your friends about our program. Check out our sites:

Instagram: @movestudio\_clt

Facebook: @movestudiocharlotte

Private "MoveStudio Families" Facebook Group: request access at <https://www.facebook.com/groups/637197383511564/?ref=share>

## **STUDENT SHOWCASE**

The annual showcase will be held at the end of the Winter/Spring semester. It is assumed that your child will participate in the showcase, but it is not required. Please inform us as soon as possible if you will not be performing in the showcase so that the instructor can plan accordingly.

**The 10th Annual MoveStudio Charlotte Student Showcase will be held Sunday May 7th, 2023. There will be a \$75 showcase fee per student per class due by March 10th.** The showcase fee covers costumes, two tickets per dancer, and other associated costs.

## **QUESTIONS, CONCERNS, FEEDBACK**

We love to hear from our studio families. Please email us at [info@movestudiocharlotte.com](mailto:info@movestudiocharlotte.com) or call/text 980-329-6683 if we can assist you.

**NOTE FROM THE DIRECTOR**

Parents,

Thank you for taking the time to read this handbook and to help your child read and understand our policies. I know how valuable your family’s time is, and we feel that understanding our expectations will provide immeasurable benefit to your child’s training and growth. Please don’t hesitate to contact us!

My best,

April Nolan  
Director, MoveStudio Charlotte  
[april@movestudiocharlotte.com](mailto:april@movestudiocharlotte.com)

**PARENT/CHILD AGREEMENT**

I certify that I have read and understand the information and policies provided in the MoveStudio Charlotte Student Handbook. I agree to do my best to uphold these standards.

\_\_\_\_\_  
Child’s Name

\_\_\_\_\_  
Child/Parent’s Signature

\_\_\_\_\_  
Date