



# **M. Rose Artistry Handbook**

Thank you for choosing M. Rose Artistry. We eagerly await the opportunity to embark on this journey with your dancers and celebrate their progress and achievements. Please know that questions are always welcome. We want all dancers and families to always feel confident that they know what is going on. No question is too small!

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## I. **Mission Statement:**

- M. Rose Artistry is a nurturing studio that values tradition, family, and the celebration of individuality. The emphasis on joy, love, and respect creates a positive and supportive environment for the students, which can greatly contribute to their growth and development as dancers and as individuals.
- By instilling confidence, kindness, and respect in our dancers, M. Rose Artistry not only helps them improve their dance skills but also fosters important life skills that can benefit them in various aspects of their lives. Confidence allows students to believe in themselves and their abilities, which can lead to greater achievements both on and off the dance floor. Kindness helps build strong relationships and promotes a sense of community within the studio. Respect teaches students to value each other's differences and treat others with consideration and empathy.
- Having a studio that prioritizes these values can positively impact the students' overall well-being, fostering a sense of belonging and self-worth. Dance can be a powerful medium for self-expression, and when combined with a supportive and encouraging environment like M. Rose Artistry, students are likely to thrive and find joy in their artistic journey.
- M. Rose Artistry goes beyond teaching dance techniques, and also focuses on nurturing the emotional and social growth of our students. This approach not only helps produce skilled dancers but also cultivates compassionate and well-rounded individuals who are prepared to face the world with confidence and grace.

## II. **Registration:**

- To ensure a smooth and organized start to our dance classes, we kindly request that all parents/guardians complete the registration process for their dancers through our Parent Portal. This step is mandatory and must be completed before your dancer can participate in any of our classes. The Parent Portal serves as a convenient platform for managing your dancer's information and keeping you updated about studio events.
- As part of the registration process, we ask that you kindly sign the consent waiver. This waiver is designed to acknowledge your understanding and acceptance of the terms and conditions related to your dancer's participation in our dance programs. Your support in completing this essential step ensures the safety and well-being of all our dancers.



III. **Communication:** At M. Rose Artistry, we value effective communication and aim to keep you well-informed. By following these guidelines, you'll stay connected with the latest happenings and enjoy a positive studio experience:

- Join the Band app: To stay informed about studio activities, please join the Band(s) associated with your dancer's schedule. Turn on notifications to receive the most up-to-date information about studio events and updates.
- Check your emails: We also send important information via email. To ensure you receive our emails, please add MRoseArtistryRI@gmail.com to your safe sender list and regularly check your inbox, including spam or junk folders.
- Keep contact information updated: In the event of an emergency, it is crucial for us to have a way to contact an adult. Any changes in your email address or phone number should be communicated or updated directly in your Parent Portal.

IV. **Tuition:** At M. Rose Artistry, we believe in providing transparency and clarity when it comes to our tuition and payment policies. We value the commitment of our dancers and their families to our studio, and we strive to make the payment process as straightforward as possible. Below are important guidelines regarding tuition, billing, and payment:

- Tuition Structure: Tuition represents the fee for the dance services we offer. To ensure ease of budgeting for our dance families, we have divided the yearly tuition fee into 10 equal monthly payments. The amount is based on the number of classes the dancer takes each week, allowing for a consistent monthly rate that will not fluctuate
- Billing and Payment: Tuition is calculated and billed via email on the first of each month, from September to June, to cover our regular season. \*\*Company classes run and are paid 12 months of the year \*\* We kindly request that all payments be made in a timely manner to ensure the smooth operation of our dance programs.
- Full Payment and Non-Refundable Policy: Tuition should be paid in full each month. We deeply appreciate your commitment to your dancer's dance education. However, please note that tuition fees are non-refundable once paid, regardless of attendance or circumstances.
- Make-Up Classes: We understand that unforeseen circumstances may occasionally lead to class absences. In such cases, dancers are always welcome to make up the missed class in any age-appropriate class during our regular season. We encourage dancers to take advantage of this opportunity to maintain their progress and continue their dance journey.
- Additional Fees:
  - For any electronic payments (PayPal, Venmo, credit card) other than automatic withdrawal, a 3% convenience fee will be charged. No convenience fees will be applied to automatic withdrawals or to tuition paid via cash or check.
  - Late fees will be applied to your account at a rate of 5% of your balance for every 30 days past due.
  - Any and all returned payments will incur a \$25 fee



- Please be aware that summer classes and costuming/recital fees will be charged separately from the regular tuition. Details regarding these additional fees will be communicated in advance to ensure transparency and allow for proper planning.
- ❖ If you have any questions or concerns regarding tuition or payment, please feel free to reach out to our administrative team. We are here to assist and support you.
- Tuition Breakdown:
  - Tuition is a yearly fee that is divided into 10 equal monthly payments. This allows for consistency in the amount due each month, regardless of the number of weeks in that particular month. This approach will be used to make it easier for families to budget and plan their finances, knowing exactly how much they need to pay each month without any surprises caused by variations in the number of weeks.
  - Tiny Sparks is \$70/month
  - Combination classes are \$70/month
  - If a dancer takes Hip Hop or Acro only it is \$60/month
  - Multi-Class Discount per dancer:
    - 2nd class \$52/month
    - 3rd class \$48/month
    - 4th class \$43/month
    - 5th class \$39/month
    - 6th class \$25/month
    - Maximum tuition is \$260/month
  - Sibling discount: 7%
  - Artistry In Motion Company: \$75/month: paid 12 months of the year
  - Adult Classes can be taken as drop-ins for \$15/class or there are Class Pass options: unlimited for 30 days is \$75 or \$120 for 11 classes
  - *(Refer to part XIII. for class descriptions)*

#### V. **Important dates:**

- Our regular season runs from the Saturday before Labor Day until the Saturday before Father's Day.
- We close Sat-Mon of Labor Day and Memorial Day weekend
- June 15: 40% Recital deposit due (\$10 off if paid in full)
- July 15: 2nd payment of 30% Recital due
- August 15: final payment due for Recital
- We do not hold any classes on Easter Sunday
- We are NOT closed for Columbus Day weekend as it is close to the recital
- Halloween: morning classes are held but no afternoon classes run on Oct 31
- We are closed Monday - Monday following the dance recital



- The studio is closed from Dec 23-Jan 1

VI. **Recital schedule:** We are delighted to showcase the talent and hard work of our dancers at the (optional) annual recital, a much-anticipated event for our community.

- Annual Recital: Our annual recital is an extraordinary celebration of dance artistry and dedication. This exciting event is traditionally held on the weekend before Thanksgiving, providing a fantastic opportunity for our dancers to demonstrate their skills and achievements to family, friends, and supporters.
- Dress Rehearsal: To ensure that our dancers feel confident and well-prepared for the recital, we have scheduled a full dress rehearsal on the first Sunday of November. The dress rehearsal offers an essential opportunity for dancers to perform on stage in their recital costumes, run through their routines, and familiarize themselves with the performance environment
- No Regular Dance Classes on Dress Rehearsal Day: As we dedicate this day entirely to the dress rehearsal, we kindly request that no regular dance classes be held on that specific day. The focus will be entirely on providing dancers with a smooth and comprehensive rehearsal experience to enhance their confidence for the recital

- ❖ We value the dedication and commitment of our dancers, and the dress rehearsal plays a crucial role in ensuring their success on the recital stage. We encourage all dancers to participate fully in this rehearsal to make the most of their performance opportunity. Additional information and specific schedules for the dress rehearsal and the annual recital will be provided well in advance. We appreciate your cooperation and enthusiasm as we prepare for this exciting event. If you have any questions or need further assistance, please do not hesitate to reach out.

VII. **Code of conduct:** To ensure the safe and smooth running of M. Rose Artistry and create an enjoyable dance experience for all, we do ask that all students and their families abide by the code of conduct outlined below:

- Kindness counts! We are working to teach your dancer and their peers to respect one another and we expect that adults will do the same. There will be times when disagreements happen but, with open and honest communication, a resolution can often be found.
- Judgment free zone! Creating a judgment-free zone is essential in any educational setting, especially in activities like dance where individuals are expressing themselves creatively and developing their skills. Fostering an atmosphere of acceptance, support, and encouragement allows students to feel comfortable and confident in their abilities, promoting positive personal growth and learning experiences.



- Dance teachers and fellow classmates play crucial roles in shaping the learning environment. By valuing and respecting each individual's unique qualities, regardless of their placement, skill level, size, skin color, religion, family circumstances, or any other characteristic, you create a space where everyone can thrive and reach their fullest potential.
- Nurturing a non-judgmental atmosphere helps build self-esteem, cultivates creativity, and encourages a sense of belonging among students. It is a foundation for a positive learning journey that can have long-lasting impacts on students' lives. In a supportive environment, dancers are more likely to grow as confident individuals.
- Basic Guidelines: To create an optimal learning environment for our students and ensure their safety and focus during dance classes, we kindly request your cooperation in adhering to the following:
  - 1. Clear and Quiet Waiting Area: Please help us maintain a clear and quiet waiting area. Minimizing noise and distractions in the lobby area contributes to the quality of the lessons and allows students to concentrate fully during their classes
  - 2. Limited Guests during Drop-Off and Pick-Up: For the safety and convenience of all, we ask that you limit the number of guests you bring during drop-off and pick-up times. A congested lobby area can be unsafe and hinders the smooth flow of students in and out of the studio
  - 3. No Cell Phone Use during Class Time: During class time, we request that cell phones be put on silent mode or turned off entirely. If there is an emergency or you need to contact your child, please call the studio directly, and we will relay the message promptly.
  - 4. No Gum or Candy in the Classroom: To maintain a clean and focused dance environment, we do not permit gum or candy inside the dance classroom. Please ensure your child refrains from bringing these items to class
  - 5. Neatly Pulled Hair: For the comfort and safety of our dancers, we require that their hair be neatly pulled away from their faces during class. This ensures an unobstructed view and allows them to fully engage in the dance activities
  - 6. Water Only in Dance Class: Water is the only beverage allowed in the dance class. Please provide your dancer with a labeled water container to keep them hydrated throughout the class. No glass bottles are allowed.
  - 7. Labeling Your Dancer's Items: To prevent misplaced belongings, kindly label all of your dancer's items, including dance shoes, bags, and clothing. This will assist us in returning any lost items to their rightful owners promptly.
- ❖ By adhering to these guidelines, we can create a positive and focused dance environment that benefits all our students. Your cooperation is



greatly appreciated, and it helps us provide the best possible dance experience for your child.

VIII. **Dress Code:** At M. Rose Artistry, we take dance attire seriously to ensure a focused and safe learning environment for all our dancers. Proper dance attire is required for each class, and we have outlined specific dress codes for each class to maintain consistency and professionalism. Please adhere to the following guidelines:

- **Tiny Sparks:**
  - Rubber soled shoes (no black soles please), barefeet, or any color Ballet shoe
  - Any comfortable, fitted clothing is welcome
- **Twinkle Tots and Rising Stars:**
  - Girls: Black Matte Leather Tap, So Danca TA-37 velcro, White Leather Ballet, Capezio 205, White Tights, Any color or style of leotard.
  - Boys: Black Matte Leather Tap can be as above or So Danca TA-04, Black Leather Ballet
- **Starlets, Superstars, Sparklers:**
  - Girls: Pink Leather Ballet, So Danca SD-60, Black Matte Leather Tap, So Danca TA-07 buckle, Tan or flesh tone tights, Any color or style of leotard.
  - Boys: Black Matte Leather Tap can be as above or So Danca TA-04, Black Leather Ballet
- **Constellations, All Stars, North Star Visions:**
  - Girls: Tan Jazz Boot, Skin Tone Matching Pirouette Capezio Pirouette II Canvas, Tan Body Tights (convertible foot), Tan, laced, Capezio Taps
  - Boys: Black Jazz Boot Capezio E-series, Black Leather Ballet Capezio 212, Black Tap Shoe
- **Pointe/Pre-Pointe:**
  - Any style of black bodysuit, Tan or flesh tone tights, Pink leather Ballet shoes
  - Pointe shoes may be purchased at LaBrie Shoes once approved by class instructor
- **Hip Hop:**
  - Comfortable, fitted clothing that allows ease of movement
  - Clean, non-marking sneakers dedicated to indoor us
  - At recital time we ask that they have any style sneaker with white soles with black upper
- **Acro:**
  - Fitted tank top or t-shirt with athletic shorts or leggings
  - Bare feet for safety and traction
- **Important Dress Code Notes:**
  - Please note that jewelry (except small stud earrings) should not be worn during dance classes, as it can be hazardous and cause injuries. Hair



should be securely pulled back in a bun or ponytail to keep it away from the face and maintain focus.

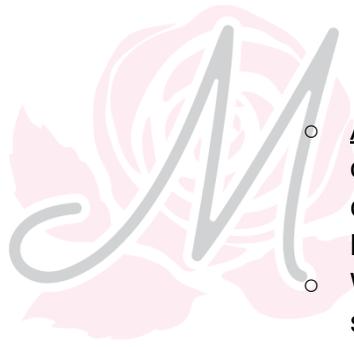
- We appreciate your cooperation in adhering to the dress code. Fitted clothing allows our instructors to provide better guidance on body placement and alignment, enhancing the learning experience for each dancer.
  
- ❖ If you have any questions or need assistance in finding appropriate dance attire, please don't hesitate to ask. We are here to support you on your dance journey at M. Rose Artistry!

## IX. Expectations:

- We want to assure you that our team is fully committed to providing the best possible dance experience for your children. Our instructors are not only highly skilled but also possess years of experience working with young dancers.
- We understand that starting something new, like dance classes, can be intimidating for some children, and they may feel shy or nervous initially. Please know that it is entirely normal for young dancers to take some time to feel comfortable and fully participate in the dance activities. Rest assured, we have encountered this before and are well-prepared to handle it with patience and understanding.
- We firmly believe that with consistency and encouragement, your child will gradually warm up to the dance environment and find their rhythm. Our instructors are skilled at creating a nurturing and supportive atmosphere where each child can feel safe and empowered to express themselves through dance.
- As the weeks progress, your child will gain confidence and develop a deeper connection with their dance class and fellow dancers. We encourage you to offer positive reinforcement and support at home, as it reinforces their progress and boosts their self-assurance.
- At our studio, we are dedicated to fostering a love for dance and helping your child unlock their full potential. As parents, you play a vital role in this journey, and we are grateful for your trust in our team.
- If you ever have any concerns or questions, please don't hesitate to reach out to our instructors or administrative staff. We are here to address any queries or provide assistance to ensure a positive and enriching experience for your child.

## X. Safety:

- Dismissal: After each dance class or session, students will be dismissed directly to their designated adults or guardians. We encourage adults to arrive promptly at the designated pick-up time to minimize waiting and ensure a smooth dismissal process. In the event that you need someone else to pick up your child, please inform us in advance and provide the necessary information for verification.



- Age appropriateness: At M. Rose Artistry, we prioritize the well-being and comfort of every child in our dance routines. The director and staff are committed to creating a safe and inclusive environment where all children can thrive without being subjected to any inappropriate songs or costuming
- We understand the importance of age-appropriate content and are vigilant in selecting music and designing costumes that align with the values and principles of our dance studio. Our goal is to foster a positive and empowering dance experience that nurtures the artistic expression of each child while ensuring their emotional and physical well-being.
- Medical needs: If your child has any food allergies, please inform us of the specific allergens to which they are sensitive. This information will help us take necessary precautions during events or activities involving food. We are committed to creating an allergy-aware environment and will work diligently to prevent any potential allergen exposure.
- In addition to food allergies, we also request any pertinent medical information that may be important for us to know. This includes but is not limited to chronic medical conditions, medications, special medical needs, or any other health-related concerns. By being aware of such information, our staff can better support your child and respond appropriately to any medical situations that may arise. Please be assured that all medical information shared with us will be treated with the utmost confidentiality. It will only be shared with staff members directly involved in your child's care and safety. Your cooperation in sharing this important information is essential in ensuring the safety and well-being of all our students.

#### **XI. Emergency closure policy:**

- In the event of an emergency closure due to inclement weather or any unforeseen circumstances, we want to ensure that you are promptly informed to make necessary arrangements.
- We will post a notification on the Band(s) associated with your dancer's schedule. Please ensure that you have joined the relevant group(s) and have notifications enabled to receive real-time updates.
- We will also send out an email to the email address provided during registration. Please check your inbox regularly, including spam or junk folders, to ensure you receive our updates.
- Our aim is to notify you as soon as possible in the event of an emergency closure. However, please bear with us as some situations may arise suddenly, and we may need to act promptly to ensure the safety of everyone involved.



## XII. Frequently Asked Questions:

- What makes you different?:
  - At M. Rose Artistry, we celebrate our dancers' passion and commitment to their various pursuits. Our focus is not solely on producing exceptional dancers but also on empowering well-rounded individuals who can excel in multiple aspects of life. That is why we believe in nurturing well-rounded individuals and understand that children may have diverse interests and passions beyond dance. As such, we embrace and support the concept of a flexible schedule that allows our students to explore other activities and pursuits. We encourage our dancers to pursue a balanced lifestyle, fostering their growth not only as dancers but also as individuals with varied interests and talents. Our approach is flexible, recognizing that participating in various activities can contribute to a child's holistic development. To accommodate diverse schedules, we offer customized dance programs that allow students to choose the classes that align with their interests and availability. We understand that time management is essential for young individuals, and we are committed to working with families to find the right balance between dance and other commitments.
- Can I view the class?:
  - At M. Rose Artistry, while we don't necessarily encourage watching during class time, we understand the importance of family involvement and support. Therefore, we have made an exception and allow family members to stay and observe classes if they wish to do so.
  - Our primary focus is on creating a focused and productive learning environment for our dancers. We believe that having a distraction-free space benefits the students' concentration and helps them make the most of their dance lessons. However, we also recognize that families play a significant role in a dancer's journey, and some may find comfort and joy in witnessing their loved ones' progress.
  - If family members choose to stay during class time, we kindly ask that they observe quietly and avoid any distractions that may disrupt the class experience for the students. Respecting the instructor's guidance and ensuring a positive atmosphere for all dancers remains our priority.
  - We believe that this compromise strikes a balance between fostering a conducive learning environment and acknowledging the importance of family involvement in our dance community. We hope that this approach allows everyone to feel comfortable and supported during their time at M. Rose Artistry.
  - Twinkle Tots classes only are live-streamed to the parents via the Band app.
- Is there a competition group?:
  - At M. Rose Artistry, we are proud to have a non-profit competition and performance team that offers a platform for dedicated and passionate



dancers to showcase their skills and talents. Auditions for the team are held in the Spring, and we welcome all interested students who are of age to participate in the audition process.

- While we understand that not all students will make the team, we are committed to ensuring a fair and equitable audition process for everyone. Our goal is to provide each dancer with an opportunity to demonstrate their abilities and potential. We firmly believe that audition experiences, regardless of the outcome, offer valuable learning opportunities. Every dancer can gain insights from the results and use them to further their dance journey.
  - At M. Rose Artistry, we prioritize fostering a supportive and encouraging atmosphere throughout the audition process. We want all our students to feel valued and appreciated, regardless of the final selection outcome.
  - As a studio, we are dedicated to helping each dancer reach their full potential, whether on the competition and performance team or in our regular classes. We believe that every individual has unique qualities to offer, and we strive to nurture and celebrate those qualities in all of our students.
- Is my child required to participate in the annual recital?:
    - We recognize that various factors may influence the decision to participate in the recital, such as scheduling conflicts, personal comfort levels, or other commitments. We respect your choices and encourage open communication to ensure that your dancer's dance experience aligns with your family's values and priorities.



### XIII. **Class Descriptions:**

**Lincoln Studio: 600 George Washington Hwy**

**Smithfield Studio: 21 Commerce St**

**Bellani, Warwick: 1276 Bald Hill Rd**

- Placement is based on the grade a dancer in as of **January** of a particular year.
- The grade they are in for Sept **DOES NOT** determine placement.
- If your dancer stayed back in school you have the option to place them with the grade they are currently in or the grade they would be in by age. Please just communicate with us.
- Dancers have the option to choose a class a grade level below theirs if it is a preferred spot. Again, please just communicate.
- **Dancers will not be placed in a class above their grade level.**

**Tiny Sparks:** This class is for our tiniest dancers, from when they can walk through age 2 years, 9 months. Tiny Sparks is a 45 minute class that teaches basic dance steps using educational and social skills to encourage our young friends to move along with us. The class uses various props and always bubbles to keep them enjoying every minute! These dancers will be promoted to Twinkle Tots at parent and instructor's discretion.

\$70/month

Thursday 10:00am (Lincoln), Saturday 9:00am (Lincoln), Saturday 9:00am (Warwick), or Sunday 9:30am (Smithfield)

**Twinkle Tots:** 2 yrs 9 months -4 years old Twinkle Tots teaches the basics in both Tap and Ballet. We use colors, numbers, shapes, and so many other educational and social skills to help dancers to interact with other children and really have fun learning new dance steps. These dancers would be promoted to Rising Stars in January of their Pre-K year.

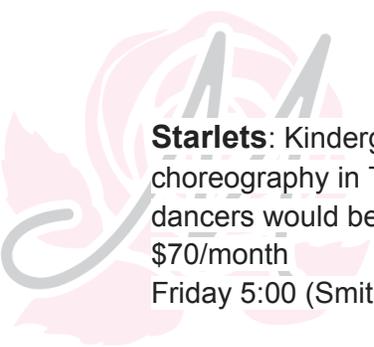
\$70/month.

Monday 10:00am (Lincoln), Thursday 12:15 (Smithfield), Saturday 10:00 (Warwick) or Sunday 9:00 am (Lincoln)

**Rising Stars:** This class is for Pre-K aged friends (starting Kindergarten the following September). It is a 75 minute class with more structure than the previous level that teaches a bit higher level in both Tap and Ballet, although many of our educational and social skills are still utilized. More spatial awareness and movement in spacing is used in this class, taught through creative movement and game play. These dancers would be promoted to Starlets in January of their Kindergarten year.

\$70/month

Friday 4:30pm (Lincoln) or Saturday 12:15 (Smithfield)



**Starlets:** Kindergarten and 1st grade dancers take a combination class that teaches skills and choreography in Tap, Ballet, and basic Jazz skills. Starlets classes are 90 minutes long. These dancers would be promoted to Superstars in January of their 2nd grade year.

\$70/month

Friday 5:00 (Smithfield) or Wednesday 5:15 (Lincoln)

**Superstars:** Dancers in 2nd and 3rd grade take a combination class that teaches skills and choreography in Tap, Ballet, and Jazz. They are getting into more terminology and technique in their classes and are learning new and more difficult skills. These dancers would be promoted to Sparklers in January of their 4th grade year.

\$70/month

Thursday 4:15pm (Lincoln) or Saturday 10:30am (Smithfield)

**Sparklers:** 4th grade dancers continue to build their skills in this 90 minute, Tap, Jazz, Ballet combination class. Their timing skills and strength are being challenged at this level with a focus on teamwork and cooperation. These dancers would be promoted to Constellations in January of their 5th grade year.

\$70/month

Tuesday 4:15pm (Lincoln)

**Constellations:** This class is for 5th and 6th grade dancers and is a combination of Tap, Jazz, and Ballet. It is a 90 minute class that works to bring dancers to the next level in each of their styles. These dancers would be promoted to All Stars in January of their 7th grade year.

\$70/Month

Saturday 10:00am (Lincoln) or Thrs 5:45pm (Smithfield)

**All Stars:** 7th, 8th and 9th grade dancers take a one hour and 45 minute combination class working in Tap, Jazz, and Ballet. This class is focused on terminology and skill building in an intermediate to advanced level. These dancers would be promoted to North Star Visions in January of their 10th grade year.

\$70/month

Wednesday 6:45 (Lincoln)

**North Star Visions:** These are our 10th, 11th, and 12th grade dancers that act as the leaders and mentors of our dancing school. They attend a combination class that is an hour and 45 minutes long and consists of advanced skills in Tap, Jazz, and Ballet.

\$70/month

Tuesday 7:00pm (Lincoln)

#### **XIV. Specialty Classes**



**Shine Bright Special Abilities :** This 30 minute class is for our very special friends that may have physical or developmental differences. We use props and games to work on cooperation, spatial awareness, rhythm and movement. It's a fun class for anyone to join and show that dance is truly for everyone!

Thursday 11:30 (Smithfield) -wheelchair accessible

**Electric Sparks:** This all boys Hip Hop class is for dancers that want to get started in a new and fun style of movement. This 60 minute class teaches stamina, strengthening, and creative new movements through the Hip Hop genre.

Wednesday 5:40pm (Smithfield)

**Starbursts:** Pre-K to 1st grade students can check out this 45 minute introduction to Hip Hop class. They'll learn basic skills like, isolations, grounding, and muscle control.

Saturday 11:45 (Lincoln)

**Sparkle and Spunk:** Dancers in grades 2-4 are welcome to take this 60 minute Hip Hop class. It is meant to introduce skills focusing on isolation and strengthening.

Monday 4:00pm (Lincoln)

**Dynamite Dazzlers:** 5th, 6th, and 7th grade dancers will shine in this 60 minute Hip Hop class. They are taking the difficulty up a level and working on more floor skills and strengthening.

Thursday 7:30pm (Smithfield)

**Another Galaxy:** Another Galaxy dancers are grades 8 and up that have previous experience in Hip Hop. This class moves quickly through new Hip Hop skills and requires strength and power.

Thursday 5:50pm (Lincoln)

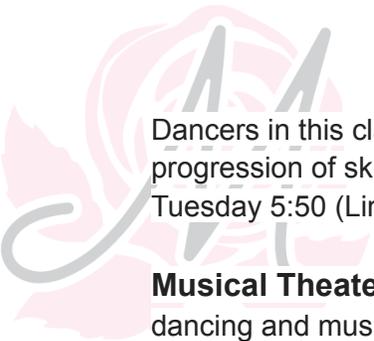
**Pointe/Pre-Pointe:** Dancers in grades 6 and up are welcome to join this 60 minute class. Prior approval from your dance teacher is required before Pointe shoes may be purchased. Each dancer moves at their own pace and skill level. This class also requires a black bodysuit with tan tights.

Monday 5:15pm (Lincoln)

**Acro Pre-K to Grade 2:** This 60 minute class teaches the most basic of Acro skills including, forward and backward rolls, bridges, handstands etc. Dancers at this level are just starting out with Acro.

Sunday 10:30am (Smithfield)

**Acro:** Children in this class should be able to get into a bridge and support themselves with no assistance. They are working based on their own skill level and trying to gain fluency in variations of cartwheels, walkovers, handsprings etc. This is a 60 minute class.



Dancers in this class will be challenged on their own level to achieve what is next in their progression of skills. Dancers may be moved up at the instructor's discretion.

Tuesday 5:50 (Lincoln) or Sunday 11:45 (Smithfield)

**Musical Theater:** This is a mainly jazz based class for grades K-5 filled with Broadway style dancing and music. It is an amazing 60 minute class!

Wednesday 4:00 (Lincoln)

**Training Class:** This 75 minute class is meant to be taken in conjunction with a typical combination class. It is designed for dancers in grades 4 and up that would like additional opportunities to work on their skills and prepare for the next steps in their M. Rose Artistry journey. Training Class dancers participate in Opening Number at the annual recital and have opportunities to dance alongside the Company members at certain local events.

\*\*Participation in Training Class does not guarantee placement into a Company\*\*

Wednesday 6:45pm (Smithfield)

**Artistry In Motion Dance Company:** Once they are in 5th grade, this is an optional program for dancers wanting to take on the additional time, dedication, cost, and effort of a competition team. Dancers must audition and be placed into one of our Company levels based on the scoring of hired, outside judges. Company dancers must take a 2 hour weekly Company class and a 90 minute conditioning and skills class in addition to their age-based combination class. There are additional costs associated with the Artistry In Motion Company along with some Travel and Competition costs. Fundraising opportunities are available.

\$75/month: runs 12 months/full year.

**Adult Beginner Dance:** Anyone over the age of 18 is welcome to join in our Adult Beginner Dance program. We explore many different styles of dance and include a stretch and strengthen portion of class. No previous dance experience is needed and, although we Tap most weeks, no dance shoes are required.

Monday 6:45pm (Smithfield)

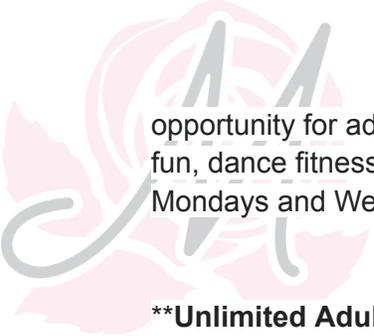
**Adult Advanced Dance:** Adult dancers with past experience can take this, more challenging class. It will typically include stretch/strengthen and a combo in one of the following styles, jazz, tap, ballet, lyrical, or hip hop.

Monday 7:45pm (Smithfield)

**Adult Fitness/Hip Hop:** Fitness and Hip Hop are combined in this fun, 45 minute class! No previous dance experience is necessary.

Wednesday 8:15pm (Smithfield)

**Adult Stretch and Strengthen and Low-Impact Dance Fit:** This 60 minute class provides a half hour of body weight strengthening (no weight equipment) and a muscle stretch



opportunity for adults. The second half of the class will get your body moving in a low-impact, fun, dance fitness style! \*Adults can choose to take just 30 minutes of this class for only \$10 Mondays and Wednesdays 11:45 (Lincoln)

**\*\*Unlimited Adult Class Passes are \$75/month** and give you the opportunity to come to as many adult fitness or dance classes you want every week!