

# 2023-2024 STUDIO INFORMATION





### WELCOME TO THE 2023-2024 DANCE SEASON!

Thank you for choosing **emjaez DANCE STUDIO** as your choice for high quality, age appropriate dance education. To all of our returning students and families, welcome back!!! For the new students and families, welcome to the emjaez Dance Studio family!!! Season 20, here we come!! I can't wait to see our dancers flourish, grow, be empowered and have the best dance year yet, celebrating season 20!

It is my sincere goal to continually improve our studio and offer the best dance experience for you and your child. Your child will be empowered with not only dance, but also life skills. It is my sincere mission to spread goodness and kindness throughout the community and within our studio.

My staff and I are looking forward to having the honor of welcoming and inspiring you with a positive, safe, disciplined, creative, fun and nurturing learning environment that fits each family's needs for your child's dance education at





### Happy Dancing Blessings!

Jacy of Rinke

### Mary Jo Rimke Owner / Artistic Director



**Dance Families**...Thank you for your cooperation in readin the studio rules and regulations. We appreciate you making your children aware of the policies that apply to them.

### **STUDIO CALENDAR 2023-2024**

 September 16, 2023:
 Classes Begin

 October 31, 2023:
 Closed for Halloween

 November 22-26, 2023:
 Closed for Thanksgiving Break

 November 27, 2023:
 Classes Resume

 December 9, 2023:
 Holiday Show

 December 21-Jan 3, 2024:
 Closed for Christmas Break

January 4, 2024: Classes Resume Mar 30-Apr 9, 2024: Closed for Spring Break April 10, 2024: Classes Resume May 27, 2024: Closed for Memorial Day June 13, 2024: Final day of classes June 14-15, 2024: Dress Rehearsal & Show Days

**EMJCEZ DANCE STUDIO** follows the Bay Village City School closings for **COLD** and **SNOW DAYS ONLY**. Please see the Studio Calendar for all other closings. The Studio will be OPEN on Columbus Day, Martin Luther King Day, Valentine's Day and President's Day.

#### **Snow Day Information**

During the winter season, dance classes will automatically be cancelled according to the Bay Village City School cold/snow closings. Closings will be posted on our website, Instagram, Facebook page and Channel 5. If the weather becomes severe after school, please check our website, Instagram, Facebook page or Channel 5 for closings. Closing notifications will also be sent via Remind. NO PHONE CALLS will be made for after-school closings. You will not receive a refund for a cold or snow day, but you may make up the missed class within one month.

### TUITION

### Monthly

45 min class: \$58 1 hr class: \$62 *4th 1 hr class or more:* \$58 1.5 hr class: \$72 2 hr class: \$83

### **Adult Class Fee**

1st class: \$58 2nd class: \$55 3rd and any additional classes: \$50

### Semesters

Due with Fall Registration and January 1, 2024 (June Tulion will be pro-rated and sent with final balance.) 45 min class: \$261.00 1 hr class: \$279.00 1.5 hr class: \$324.00 2 hr class: \$373.50

### Single Class Fee

45 min: \$17 1 hr class: \$22 1.5- 2 hr class: \$27

### **Full Year**

A 10% discount is available thru Oct. 1st \* Does not apply to Capped Tuition (June Tuition will be pro-rated and sent with finial balance.) 45 min class: \$522 (\$470 by Oct 1st) 1 hr class: \$558 (\$502.20 by Oct 1st) 1.5 hr class: \$648 (\$583.20 by Oct 1st) 2 hr class: \$747 (\$672.30 by Oct 1st)

### Private Class Fee

1/2 hr class: \$47 45 min class: \$58 1 hr class: \$68 \*Fees for private lessons may vary depending upon instructor.

### **Specialty Classes**

Pre-Professional Ballet Program: \$220 a month - No discounts apply. Pre-Pro drop-in rates: Single class - \$36 | One 2 hour class a month - \$110

### Tuition Cap: \$475 | Family Cap: \$630

There is a one time per year NON-refundable \$35 Registration Fee. 2 Children-\$45 • 3 or more children-\$55

Additional Tuition Discounts: 10% Off Classes 6-9 • 20% Off Classes 10+ \*Discounts apply to classes under the same account.

#### Please make checks payable to: emj@ez DANCE STUDIO

Tuition is based on a ten-month season, which averages out to 37-38 classes. This includes all studio and weather closings, dress rehearsal and show day. You are purchasing a space for the 2023-2024 dance season beginning **Saturday, September 16th and concluding with our show on June 15, 2024**. Some months have 3 or 4 weeks, some have 5 weeks. Each class in the dance year will have 37-38 classes, which include dress rehearsal and show day. June tuition will be pro-rated.

## Due at registration is the non-refundable payment of first month's tuition and registration fee. This first payment may not be applied to any other month or transferred to another class.

The final tuition payment will be due in June and it will be pro-rated. In making this commitment, you are responsible for payment of all tuition throughout this period.

If you must withdraw from a class, please send in an email/written letter of withdrawal. Tuition fees will continue to be added to your account until the studio receives your email/letter of withdrawa

There are NO refunds, adjustments or pro-rating given for discontinued or missed classes. If a student withdraws after the first of the month, you are responsible for payment for the remainder of the month. If a student registers mid-month, you are responsible for the whole month of tuition. If you choose to pay by semester or full year and withdraw, **a 20% service charge will be deducted from your refund.** If you are enrolled in multiple classes, semester refunds will be credited to your account. **There are no refunds given for the first tuition payment.** 

# There are NO refunds for any reason after December 31, 2023. If a student withdraws from a class after December 31, 2023, you will be responsible for tuition for the remainder of the year. Enrollment after January requires a \$25 additional late enrollment fee.

Holidays and cold/snow days will not have rescheduled make-up days. Students may make up missed classes due to cold/snow days or illness by attending an equivalent class within one month of the missed class. Because make-up classes are available, no refunds, adjustments or pro-rating of classes will be given. All students must give 24-hour advance notice to the office that they will be making up the missed class. Please call the studio for the appropriate make-up class times and availability.

### BILLING

- For your convenience, automatic payments using a Visa, MasterCard or Discover will be taken directly from your account
  on the first of each month. This will be set up when you register. Any credit card changes should be reported to the office.
- While the preferred method of payment is credit card auto pay, exact cash or checks are also accepted. If paying by check, please write your child's name(s) in the memo portion of your tuition payment check. Please make checks payable to: emjaez Dance Studio NO envelope is necessary.
- Post-dated checks will NOT be accepted. The office cannot be responsible for holding post-dated checks. If the date
  on the check is past the 10th, the late fee will be applied. If the date on the check is post-dated earlier, but dropped
  off after the 10th, the late fee will be applied.
- If the preferred method of payment is not being used, a credit card must still be kept on file. Tuition is due on the 1st with a 10-day grace period. If payment is not received by the 10th, the credit card on file will be charged on the 11th.
   A \$15 late fee will be applied to the account if payment is not successful by the 11th.
- In order to avoid the late fee, you will be given a reminder email if we have not received your tuition payment.
   You will have until midnight on the 10th to make your payment and avoid the late fee.
- There will be a \$30 fee added to your account for all returned checks.
- Tuition payments can be sent with your child and given to the office, placed in the basket outside of the office or
  placed in our mailbox, which is located outside in the back parking lot. Payments can also be slid under the studio
  door as it is checked daily.
- · Please DO NOT give ANY payments to your teacher.
- If an account is past due more than 60 days, the student may be asked to sit out of class. If an account is past due more
  than 90 days, the student may not be eligible to participate in the annual show.
- Please inform the office of any new phone numbers, emails or change of address throughout the dance year.
- NO MONTHLY STATEMENTS WILL BE MAILED.
- All proper paperwork must be completed in order for the student to take class.
- For billing questions, please call John at 440-871-1604 or email: john@emjaezdance.com

### **DRESS CODE**

To ensure proper instruction and proper body alignment a dress code is required. Continual improper dress code will be addressed with the Student/Parent/Guardian. **Students must adhere to the following dress code:** 

#### TINY DANCER CLASSES 3-5 & 4-6 YR:

Pink leotard, pink tights and pink ballet shoes. Optional-pink skirt or tutu. Hair should be in a bun and pulled back off of the face. Ballet shoes should be leather, not satin slippers. Footsteps is the best place to purchase the ballet shoes. Please tie the pink elastic in a knot and cut excess elastic from the ballet shoe. Please note that your instructors will cut the elastic from the shoe if it has not been completed.

#### The combo classes will need the following shoes in addition to ballet shoes:

Ballet/Jazz/Tap: Black patent leather velcro-buckle tap shoes and black slip-on jazz shoes.

#### 5-8 YR. BALLET:

Light blue leotard, pink tights and pink ballet shoes. *No undergarments, tanks or sports bras over or under leotards.* Hair should be in a bun and pulled back off of the face, no bangs or whispies. Please tie the pink elastic in a knot and cut excess elastic from the ballet shoe. Please note that your instructors will cut the elastic from the shoe if it has not been completed.

#### BALLET II, III / TEEN BALLET:

Leotard, pink tights, and pink ballet shoes-no skirts. Leotard colors will be assigned prior to the first class and will be purchased through the studio. An email will be sent upon registration with details. *No undergarments, tanks or sports bras over or under leotards*. Hair should be in a secure slick ballet bun, no bangs or whispies.

#### PRE-PROFESSIONAL BALLET PROGRAM:

Black leotard, pink tights, alignment belt and pink ballet shoes-no skirts. Required alignment belt colors will be assigned prior to the first class and will be purchased through the studio. *No undergarments, tanks or sports bras over or under leotards.* Hair should be in a secure slick ballet bun, no bangs or whispies.

#### For the following classes, emjaez tank tops are permitted but must be form-fitting.

JAZZ • MUSICAL THEATRE • JUMPS, LEAPS & TURNS: NO BAGGY PANTS, ATHLETIC SHORTS, T-SHIRTS OR SWEATSHIRTS! Black, pink or brown leotard, tank top or sports bra; black, pink or brown yoga pants, leggings or spandex dance shorts. Black split-sole slip-on jazz shoes. (Tan jazz shoes may be worn if you have them from last season).

#### HEELS

Black ballroom skirt. Any color leotard, tank top or sports bra. 1.5-2 inch Tan Character shoes. A limited amount of Character Shoes are available for purchase through emjaez for a discounted price.

#### LYRICAL • CONTEMPORARY: NO BAGGY PANTS, ATHLETIC SHORTS, T-SHIRTS OR SWEATSHIRTS!

Black, pink or brown leotard, tank top or sports bra; black, pink or brown yoga pants, leggings or spandex dance shorts. Lyrical - Capezio Turners. | Contemporary- Barefoot or Capezio Turners.

### **DRESS CODE (cont.)**

#### ACRO: NO BAGGY PANTS, ATHLETIC SHORTS, T-SHIRTS OR SWEATSHIRTS!

Black, pink or brown leotard, tank top or sports bra; black, pink or brown leggings or spandex dance shorts. Barefoot - no shoes or socks.

#### TAP: NO BAGGY PANTS, ATHLETIC SHORTS, T-SHIRTS OR SWEATSHIRTS!

Black, pink or brown leotard, tank top or sports bra; black, pink or brown leggings or spandex dance shorts. NO LONG PANTS.

Black full sole jazz oxford tap shoe. Split-sole shoes must be cleared with the instructor.

#### HIP-HOP:

Comfortable dance attire and clean tennis shoes or combat boots. Please be advised that although you do not need to purchase dance shoes for this class, at show time you will be responsible for purchasing new uniformed tennis shoes/combat boots to match the costume. In order to keep our studio floors clean and sanitary, please bring hip-hop shoes with you to class, as outside shoes are not permitted in the studio.

#### BOYS:

#### Jazz • Lyrical • Contemporary • Musical Theatre • Acro • JLT:

Black nylon warm-up pants or sweats and black, brown or white t-shirt. Shoe requirement is the same as listed with genre. **Tap:** Black nylon warm-up shorts and black, brown or white t-shirt. Black full sole jazz oxford tap shoe. **Hip-Hop:** Same as hip-hop attire listed above.

Ballet: White t-shirt, black dance pants or shorts, black ballet shoes.

### Please put your child's name in their dance attire and shoes prior to your first class, so that if they are left behind, we can return them to you. Do not write name or initials on the bottom of the shoe.

All students must adhere to the dress code. Improper attire will result in dismissal from class.

Dancewear can be purchased at Footsteps • (440) 779-0500 • www.footstepsinc.com

### **CLASS PLACEMENT**

All instructors have the child's best learning ability in mind. All students will be placed in the appropriate level of classes according to the teachers' recommendation. The studio faculty meets regularly to discuss the students' progress and/or placement. It is our policy to offer appropriate opportunities to every child with growth and safety in mind.

Placement decisions are derived from many years of teaching experience. Often a child is placed in a particular group or class where he or she will feel confident in order to promote the development of self-esteem and proper technique. Some students who are placed in a higher level and are not ready become discouraged only to lose their passion for dance. Others respond to the challenge of being in a class with students who are proficient by pushing themselves to work harder. Placement is highly individual and the factors that go into the decision are complex. Each child progresses differently. Some children stay in the same level for three years or more while others may move to the next level after one year. Individual growth and technique between students should not be compared. Comparison with other students is never a good way to judge your child's progress. Regardless of level, every year moves them forward in their dance education. We ask that you place your trust in our qualified professionals. Students will be evaluated throughout the first months of class and if any changes are needed, you will be notified.

To be respectful of class time, Parents/Guardians should refrain from discussing class placements with emjaez instructors before or after classes.

All class inquiries should be directed to Mary Jo at maryjo@emjaezdance.com.

### **STUDIO GUIDELINES**

- emjgez DANCE STUDIO has a zero tolerance policy for bullying. emjgez students and Parents/Guardians are expected to conduct themselves in the highest form of dignity, respect and morality.
- A dancer may not compete or train with **emigez DANCE STUDIO** if he or she is on another competitive dance team that competes in mainstream dance studio competitions. There is no other sport where an athlete competes on two different teams against her or himself, as it is a conflict of interest. We work hard to maintain a dedicated, positive, close team and family environment in our studio.
- Please make sure to notify the studio of any type of medical/health/emotional concerns that could hinder the student from taking class or fully participating. This includes any illnesses and/or injuries (i.e., sprains, concussions, pulled muscles, etc.). Dancers are encouraged to observe or Zoom in on their classes during recovery. Tuition is still applied, as students are learning through observation. Long-term/extended injuries with a doctors' note should be discussed with Mary Jo to determine options for a recovery/tuition plan.
- To Zoom in on a class during illness or injury, call or email the office 24 hours in advance to request the Zoom link.
- If you are not able to Zoom in and must miss a class due to illness, etc., please call the studio to notify us that you will
  not be attending class. Missed classes can be made up within one month. All students must give 24-hour advance
  notice that they will be making up a missed class. Please call the studio for the appropriate make-up class times and
  availability.
- All studio information is posted on the website: www.emjaezdance.com
- For updates, class photos/videos and fun, please follow us on Instagram and "like" our studio Facebook page.
- To receive important reminders and information, you will automatically be signed up for Remind notifications through the office upon registering. You will need to approve it once you receive the notification on your phone.
- In order to maintain a professional relationship, interaction between students and Parents/Guardians with studio instructors and staff on any social media site other than emjaez is prohibited. We love you dearly, but we cannot accept your requests.

### **INSIDE THE STUDIO**

#### ABSOLUTELY NO GUM is permitted in **Emjaez DANCE STUDIO**.

- All students must adhere to the dress code. Continual improper dress code will be addressed with the Student/Parent/Guardian.
- NO cell phone/smart watch use during class with the exception of videotaping for practice purposes. Videotaping must
  be approved by the instructor. Any videotaping allowed during class time is not permitted to be posted on social media
  without the permission of the instructor/studio. Students should keep their phones in their dance bags.
- · For technical placement and corrections, we are a hands-on studio.
- Students should not enter the studio until the class before them has left the room and your instructor allows you in.
- Punctuality is extremely important to ensure proper warm-up of the body. Classes will begin on time and students should be punctual to class. If a student is more than 15 minutes late, he or she must receive the teachers' permission to enter the class. For the safety of the dancer, any student more than 30 minutes late may be asked to observe class only. Participation will be at the discretion of the instructor.
- Dance shoes should not be worn to and from class or outside at any time. This will add to the wear and tear of your dance shoes as well as damage our dance floors. It is also unsanitary. Students/Parents/Guardians will not be permitted to enter a dance studio with shoes that have been worn outside.

### COMMUNICATION

We work hard to make the dance experience organized and fun. Keeping you informed is one of our primary goals. Please read all newsletters and other studio information. It is our job to inform, it is your job to be informed. Successful children have informed parents. *Here's how to stay informed...* 

- All studio information is posted on the website: www.emjaezdance.com
- For updates, class photos/videos and fun, please follow us on Instagram and "like" our Facebook page.
- Informative text messages will also be sent through the Remind app. To receive these important reminders and
  information, you will automatically be signed up for Remind notifications through the office upon registering. You will
  need to approve it once you receive the notification on your phone.

### LOBBY RULES

The lobby is partially closed to Parents/Guardians, siblings and observers. While Parents/Guardians may view the classroom, we ask that we don't have a full lobby at any time.

Please respect the property of **Emjacz DANCE STUDIO** as we strive to maintain a clean and safe environment for your children.

- · Please keep siblings under close supervision at all times.
- Unaccompanied children are not permitted in a studio that is not in use, dressing rooms or the mall hallway alone at any time. An instructor must be present for a child to enter any studio.
- NO food, drink or gum is permitted in emjaez Dance Studio.
- Please use the changing tables that are available in the mall restroom for diaper changes and disposal. Stinky diapers are never a crowd pleaser! See the office to obtain the key.
- NO running or excessive noise in the mall hallway. Please respect the businesses in operation around us.
- In order to keep the lobby area clear of garbage, the trash and recycle containers are located at the end of the hallway in the main lobby of emace.

#### ightarrow Please be conscious of our earth by placing recyclable items in the proper containers. ightarrow

- Noise in the lobby area should be kept to a minimum as to not disturb classes in progress.
- Please **DO NOT** tap, hit or waive at your dancer through the observation windows, as it is very distracting to the teachers and students in class.
- The lobby trophies are fragile. Please do not touch.
- Parents/Guardians: Please be respectful to the instructor and class in progress by not entering a dance studio while class is in progress or approaching an instructor at the beginning or end of class.
- Be respectful of the instructor and student's time between classes. If you have any questions or concerns regarding your class, please see the office.

The "Take One Give One" box is located in the lobby. All gently used dancewear and shoes can be donated there. While you're there, "take one" if you need one.

### PARKING & DROP OFF/PICK-UP

Dancers will be dropped off/picked up in a drive-through fashion at the double glass doors from the back parking lot mall entry. Parents/Guardians may also come in for drop off/pick up.

Parking is available in both the front and back of the Dover Commons parking lot. The entrance to emjaez Dance Studio can be accessed through the front or back double glass doors of the mall entrance.

The back parking lot is **ONE WAY ONLY**. For the safety of the children, please do not leave your car parked in front of the mall entrances. This is a **FIRE ZONE**. Please be respectful of other businesses in the plaza by not blocking entrances or parking in their designated spaces. Please be sure to pick your child up promptly after class (especially the last class of the evening). We cannot be responsible for children waiting outside of the studio. If you are going to be late, please call the office and we will inform your child to wait inside the building with us.

#### Jazz

Jazz has always been one of the most admired dance styles, mainly due to its popularity on television shows, movies, music videos and commercials. Jazz offers an array of styles ranging from funky to traditional jazz. Jazz derives its soul from the expression of rhythm and musicality. Jazz dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns. The jazz curriculum teaches the dancer to adapt to total body movement, isolated movement and interpretation of various music trends. To excel in jazz, dancers need a strong background in ballet, as it encourages grace and balance. The structure of this dance form is based on strength, flexibility and technique. Classes begin with a thorough conditioning warm-up that prepares the muscles, develops strength and prevents injuries. The conditioning warm- up becomes more intense as the level increases. Center control is important in jazz technique. The body's center is the focal point from which all movement emanates, thus making it possible to maintain balance while executing powerful movements.

### Тар

Tap is an expression with your feet. From the American culture of "Broadway" tap to a more grounded style called rhythm tap, students will learn it all! Our tap classes are designed to provide students with a solid curriculum of the fundamentals of tap, with a strong emphasis on style, execution of steps and tap terminology. Students will learn the foundational steps that will take them from one easy sound to multiple rhythms and making music with their feet. Influenced by greats such as Fred Astaire and Gene Kelly, our tap teachers are dedicated to taking each tapper to a performance level that is strong in technique and entertaining to our audience.

### 3-5 & 4-6 yr Ballet and Ballet/Tap/Jazz Tiny Dancer Classes

Magically fun classes designed for our youngest dancers. This class introduces the very basics of ballet, jazz, and tap. The class will build coordination and fine motor skills in a disciplined but fun, creative and nurturing environment. Books and props may be used as a learning tool. The dancers will learn to interact with other children and learn the basics of dance classroom etiquette such as: staying in their spots, manners, taking turns, how to follow the leader and waiting patiently.

### Ballet

Ballet is the foundation for all forms of dance. Students will study basic Classical Ballet technique with an emphasis on musicality and coordination. Beginning ballet lays the groundwork with proper alignment, an understanding of the turnout that defines ballet and the fundamental movements known as steps, which are ballet's vocabulary. As the level advances, ballet class is divided into barre and center exercises, or combinations, which begin with the support of the barre and are continued in the center of the classroom – free of support and moving across the floor. The barre and center work will be utilized to enhance development of strength and coordination. Students will learn the names, meanings and precise technique of each movement they are being taught. Dancers will learn ballet etiquette in a disciplined yet nurturing environment.

### **Pre-Professional Ballet Program**

The Pre-Professional Ballet Program is by invitation only. This program is for the dedicated and committed ballet student. This class meets 2 times a week and one Saturday a month.

### **Musical Theatre**

Musical Theatre goes beyond a dance/technique class to teach students to be expressive and use their imaginations on a whole new level. This class focuses on performance, improvisation, acting and being able to think, feel and react on your feet. Through various improv and acting exercises, students are able to take their dancing to new heights as they learn to use their dance technique to perform from the inside out. Musical Theatre plays a huge part in this class's curriculum to combine the joy of dancing with the art of story-telling, allowing students to portray characters and step into the world of acting and dancing together as an art. This type of class has the potential to help students with speaking in front of an audience and getting them to think on their feet. While musical theatre assumes the level of the class to be equal to the student's technique level, this class does not teach jazz technique. Jazz fundamentals are a must, therefore students must currently be enrolled in a jazz class or have previous experience.

### Heels

You will elevate your training in this high energy, action-packed class done in heels! The heels class will cover jazz technique, jazz funk, ballroom, expression and how to build your strength and confidence in heels. Dancers should have a solid ballet/jazz background.

### **CLASS DESCRIPTIONS**

### Jumps, Leaps And Turns (JLT)

This class is designed for the serious dancer who wishes to perfect and refine their skills of jumping, leaping and turning. This class is a technique class that is dedicated to learning, improving and perfecting technique in jumps, leaps, turns, kicks, strength and conditioning with emphasis on the safe execution of these skills that are used in all forms of dance. The classes are taught with an emphasis on technique and correct body placement. They are taught in a progressive manner beginning with the basics and advancing to high-level skills and combinations. The class will challenge students across the floor and in combinations. JLT is a great technique class to add to the foundation of any form of dance you are taking. The JLT class will not participate in the show.

### Lyrical

Lyrical is a very passionate and emotional dance style. It is a fusion of ballet and jazz dance techniques. Lyrical connects ballet and jazz movements together while telling a story through the music. This class allows the body to express emotions through technical dance movements. It is mainly performed to music with lyrics and the song's lyrics are a driving force and key inspiration for the movement. Because a solid ballet/jazz based foundation is an essential requirement of this style of dance, students must be enrolled in a ballet or jazz class in order to take lyrical. In lyrical class, dancers are taught to hold out and connect the move for as long as possible and are taught to connect transitions smoothly. Dancers are taught to discover breathing, express feelings and portray all of this to the music. Lyrical dance has become a very popular dance form through shows such as "So You Think You Can Dance" and "World Of Dance".

### Contemporary

Inspired by the works of dance legends such as Twyla Tharp and Martha Graham, contemporary expands the boundaries of ballet and modern dance. Contemporary dance involves integrating the mind-body-spirit connection with dance movements. There's a huge emotional connection to this style of dance. It is also important to note that a lot of improvisational skills are used in a contemporary dance form - improvisation meaning that the dancer uses whatever they feel at the moment to express the mood of the dance piece itself. Because a solid ballet/jazz based foundation is an essential requirement of this style of dance, students must be enrolled in a ballet or jazz class in order to take contemporary. Today's style of contemporary dance has become popular through shows such as "So You Think You Can Dance" and "World Of Dance".

### Нір-Нор

Whether you're watching the latest music videos or popular TV shows such as "So You Think You Can Dance", "World of Dance" and even "Dancing With The Stars", hip-hop has become one of the most popular and demanded dance classes. In this class, you will learn the latest moves to the latest music. This includes a wide range of styles notably breaking, popping and locking. The feet are grounded, the chest is down and the body is kept loose so that a dancer can easily alternate between hitting the beat or riding through the beat style. Hip-Hop involves flexibility and isolations (moving a certain body part independently from others). Hip-Hop is very rhythmic with a lot of emphasis placed on musicality and being able to freestyle. All music in all classes will be age appropriate.

### Acro

Acro classes will incorporate gymnastic and dance movements to a variety of age appropriate music. All levels will participate in rolling, stretching, flexibility and balance exercises to lay the foundation for future skills in acrobatics. The higher levels will be taught through the use of music and dance at a more advanced speed. Progressions will be made for skills such as back handsprings and flips. Mats and other learning tools/equipment will be used for the children's safety and learning.

### Fab & Fierce Stretch and Strengthening

A class that will take your flexibility and strength to the next level!! Each class begins with a series of total body warm-up and proper techniques to prevent injuries. With detailed explanation and equipment usage, the students will understand and connect with their bodies, enabling movement qualities and proper muscle structure and technique. Dancers will experience improvements in their flexibility and strength along with safely improving their skills with proper training technique.

\*Students will need to purchase certain equipment. (ex: resistance bands, yoga blocks, weights, etc.) Details will be included upon registration of class.



Mary Jo Rimke Owner / Artistic Director Jazz, Tiny Dancers, CAD/Competition Director

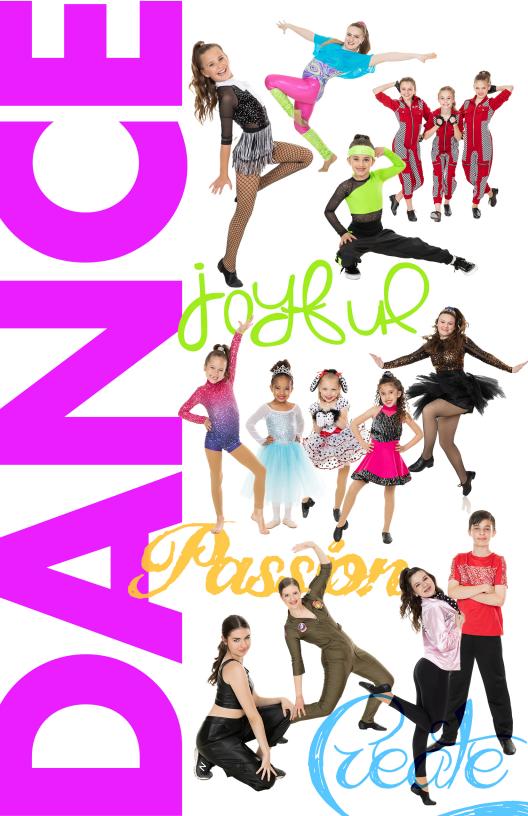


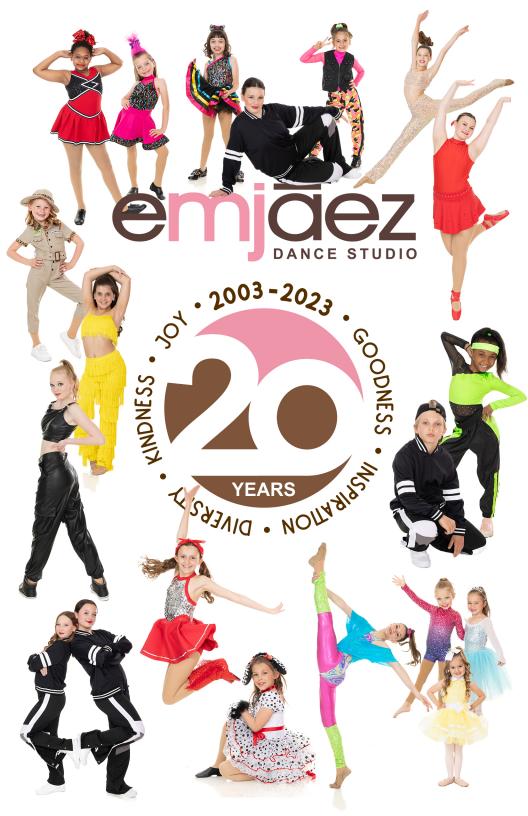


Debbie Zirker Office Manager













652 Dover Center • Bay Village, Ohio 44140 • t: 440.871.1604 www.emjaezdance.com



facebook/emjaez



🐚 instagram/emjaezdance