

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

Welcome to season 14, The Comeback is Always Better than the Setback

At A Frost Dance Experience, we offer a personalized dance experience in an exciting and encouraging environment. Our studio offers a variety of recreational and competitive dance styles for every age and skill level, there is a place for each and every student that walks through our doors. We are proud to offer small class sizes which allows for more one-on-one training and mentoring. Our focus is on building character as well as skills in order to help each individual dancer achieve their highest potential. Your child will build confidence and lasting friendships in a family friendly environment. All music, content and costumes are age appropriate, and our experienced teachers bring exciting ideas to challenge and motivate students.

COVID PROTOCOLS: Anyone entering the building must be masked at all times, including dancers who are participating in class.-Due to capacity restrictions, dancers aged 6 and older should be escorted to the front door but enter the studio alone. Dancers 6 and under may have a guardian accompany them into the studio. Classes sizes are limited in accordance with Ontario's Stage 3 guidelines. Note that these policies may change at any time. For more Covid protocols, please see the end of this newsletter.

For the 2021/2022 season we are offering two terms: Term 1 **Sept 20th to January 22nd** and Term 2 **January 24th to May 28th, 2022**. In each term the lessons will focus on building and maintaining skills and technique. Should a recital be an option, this event will be held in May. To account for our ever-changing social conditions, costumes will not be purchased until January-and will be \$75 + HST.

In the event of a shut down by the government all classes will remain at the same times and will be shifted to Zoom. No refunds will be made for the remainder of the term.

The Season starts on Monday September 20th, 2021

Online Registration

For ease of access and to respect social distancing, our registration is can easily be completed online. Follow this link <https://dancestudio-pro.com/online/afrostdance> to sign up for your Parent Portal. If you are a returning family, simply search by your child's last name. If you are a new family or are unable to locate your name, please sign up as a new family. Your online account allows you to see only classes for your child's age group. Once the class selection is complete and both waivers have been accepted, we will email you information regarding payment options for the first term.

Ballet - ages 3 +

Based on Royal Academy of Dance syllabus. Ballet is the basis of all dance forms. Benefits include the development of good posture and self-discipline while learning technique and musicality.

Jazz - ages ,5 +

Jazz is a fun, energetic style of dance. It focuses on proper technique, flexibility, strength and rhythm.

Tap - ages 5 +

An energetic, aerobic dance style where students learn rhythm, style and technique. If your children want to be loud, this is the class for them!

Hip Hop – ages 5 +

High energy aerobic class done to today's popular music. Class consists of a warm up, stretching and toning, traveling combination and choreography. All music is age appropriate.

Jazz/Hip Hop Combo

A mix of Jazz and Hip Hop styles combined to give your child a feel for both styles. It will be a high energy class with a warm up, jazz and hip hop technique and choreography. All music is age appropriate.

Musical Theatre - ages 10 +

This jazz based class is a mix of lip syncing, dancing and acting. If you like to sing and dance around the living room while watching your movies, this is the class for you. It's recommended that you also take a jazz technique class if you'd like to do competitive musical theatre.

Lyrical/Contemporary - ages 8 +

A combination of technical training with contemporary modern movement, as well as using ballet and jazz technique to teach dancers to communicate emotion through lyrics.

Acro - ages 6 + *Please contact us for Level information*

Acro is a discipline specializing in strength and flexibility, with attention to focus and control over your entire body. Students will learn gymnastics foundations along with jazz technique in this class.

Pricing – Classes per Term

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| Ballet 3-4, Pointe Class | \$150 + HST |
| Recreational Class | \$225 + HST |
| Competitive Class | \$335 + HST (price includes payment for your recreational/technique class) |

Discounts are per family: 2 classes 10% | 3-4 classes 15% | 5-6 classes 20% | 7+ classes 25%.

Competitive Classes and Pricing

Students are required to take a technique class in the style of dance they would like to compete in, followed by a 30 minute class for choreography. The competitive team offers dancers the opportunity to become a stronger dancer, gain a higher level of dance technique and connect with more students. It pushes dancers to become a better version of themselves, not only as a dancer but as a team member. Leadership, sportsmanship and teamwork are essential skills that are earned and reinforced as a member of the comp team. Dancers will also gain a new understanding of commitment and its importance when being part of a team.

The competitive team is a great way to create family-like bonds with other dancers and teachers and to strengthen and grow your technique and ability as a dancer. If you think your child is ready for a little more of a challenge and some extra stage time, please don't hesitate to speak with us by email or over the phone to see if the competitive team is a good fit for your child.

Our hope is that competition venues will be open in 2022 for competitions to run in person. Current practice for competitions is to run 'blocks' for each studio. This would allow us to compete on stage with only our dancers present to keep contact between different studios limited.

Pricing: \$335 per class. This includes fees for the 45 or 60 minute recreational class for technique as well as the 30 minute class when they will learn their competitive piece. Entry fees may range from \$40 -\$50 per group dance. Costume fees will be limited to \$150. **Entry and costumes fees will be due in December.**

* 3 student minimum for a competitive class to run **

Payments

There is a non-refundable \$30/family/year, registration fee. This fee is due upon payment of your first term fees.

Payments will be made per term, and can be paid electronically. Cheque, credit card or pre-authorized payment are available. Forms will be available on the website to download and send in or drop off at the studio. **Choice of payment option must be made at registration.** If you require assistance with the cost of tuition, application may be made to Canadian Tire Jumpstart Charities.

Dancer's Dress Code

Because we are asking parents to stay outside of the building as much as possible, if a student's dress code needs to be modified, please let us know. If a student needs to wear leggings instead of tights, over their bodysuit, it is acceptable.

A Dancer's Dress Code has been established for the safety and comfort of your child as well as the other students taking class. ***It is important that students are dressed neatly and appropriately so they are able to concentrate on improving their dancing skills and not worry about what they are wearing.***

We ask that all students come to each class in the appropriate clothing set out by the Dancer Dress Code. Hair is also a part of our dress code. Long hair should be in a ponytail, bun or braid; short hair should be pinned back. Parents should double check that their children have what is required each class and assist their dancers in preparing for class to ensure that they are dressed accordingly.

Clothing Requirements:

- **Ballet Ages 3+:** Bodysuit, tights, ballet skirt or black shorts and leather ballet slippers (no canvas). Hair should be worn in a bun. *No baggy t-shirts, leggings or ripped tights.*
- **Contemporary:** Bodysuit, flesh tone tights, black shorts, foot undeez or dance paws. *Please no leggings (we can't see your muscles working in leggings).* Competitive students competing in the lyrical or contemporary category should have dance paws. *No baggy t-shirts, leggings or ripped tights.* Hair should be pulled up into a pony tail or bun.
- **Jazz:** Bodysuit or long fitted tank, flesh tone tights, fitted shorts or capris, black jazz shoes (pull on are preferred for competitive students). *No baggy t-shirts, leggings or ripped tights (we can't see your muscles working in leggings).* Hair should be pulled up into a pony tail or bun, no long braids as they can be dangerous when turning.
- **Jazz/Hip Hop:** Bodysuit, flesh tone tights, fitted shorts or capris, black jazz shoes. Hair should be pulled into a ponytail or bun.
- **Hip Hop:** T-shirt or tank with sweatpants, capris or leggings. For regular classes you can wear any all black or mostly black running shoes. Street wear, i.e.) jeans or shorts, are unacceptable. **Hair is not allowed to be left down, it must be pulled off the face.**

- **Tap:** Bodysuit or long fitted tank top, flesh tone tights, fitted shorts or capris, black oxford tap shoes, lace up or pull on. **No split sole shoes**, only full soles. Hair should be pulled up into a ponytail. *No full length leggings or ripped tights (we can't see your muscles working in leggings).*
- **Musical Theatre:** Bodysuit or long fitted tank top, fitted shorts or capris, flesh tone tights, black jazz shoes. Hair should be pulled up into a ponytail or bun.
- **Acro:** Bodysuit (or gym suit), fitted shorts and **tan capris tights**. Hair must be in a braid, ponytail or pig tails.
- **Boys:** Black slippers or slip-on shoes, black pants and white t-shirt for Jazz, Tap, Ballet, Musical Theatre, Contemporary. For Hip Hop, black shoes, t-shirt and sweatpants or shorts

For all of your dance needs please visit:

The Dancer's Closet located at 653 Parkhill Road West

There is a place for everyone at A Frost Dance Experience, whether you have plenty of dance experience, or are just starting out.

Covid Protocols

Masks are mandatory for dancers 6+ in the studio hallways, washroom, lobby and while dancing.

Dancers will be socially distanced throughout recreational classes. All high touch surfaces (barres, door knobs etc.) will be cleaned between classes. We are adhering to all Public Health Protocols. Your dancer and our dance families' health and safety are our number one priority.

The studio will be open 5 minutes before the first class of the day. Dancers will only be allowed into the studio when their class starts. We have staggered class times so that no classes are entering or exiting at the same time.

- No siblings will be able to enter the studio. Only parents/guardians of dancers 6 and under are able to come into the studio
- Only one parent/guardian is allowed and must follow all Covid protocols
- Parents of dancers age 6 and up are asked to wait outside the building
- Check In/Attendance will be done through our Parent Portal. All parents or students must check in before they arrive at the studio. There is a mandatory Covid screening that must be done before anyone enters the studio. All dancers that are missing class should be marked absent so our teachers know the child will be missing class
- Dancers must come dressed for class. **The changerooms are not open.**
- Our studios are marked out for dancers to dance 6 feet apart during recreational classes. Class sizes are limited to the numbers we can have safely in our studios