



Heidi's Dance Academy
Policies and Procedures
2023



Mission:

Heidi's Dance Academy has a mission to exalt and glorify God through the art of dance.

Class Rules

1. **Dress:** Each student is required to wear modest and appropriate dance attire to class.
2. **Be on time:** Please arrive on time for your class so that the class doesn't have to wait for other students.
3. **Restroom breaks:** Students should be taken to the restroom BEFORE class by a parent/guardian.
4. **Property respect:** Heidi's Dance Academy is located in Washburn Towers, which is also a residential apartment complex. Please, be respectful to the residents and their apartments and decorations. No running or loitering in hallways.
5. **Water:** Please bring a water bottle to class. Water breaks are given during class.
6. **Discipline and Conduct:** Each student is required to behave in a respectable manner toward their teacher and classmates. Parents/guardians are expected not to disrupt class but should wait until after class.
7. **Prayer:** Heidi ends each class with a word of prayer to acknowledge the Lord Jesus Christ. Everything we do at Heidi's Dance Academy reflects our core values & faith in Jesus Christ as our Savior.
8. **Questions, concerns, comments:** In order to not take away from class time, please email me at studiohdance@gmail.com or call at 785-418-4422

Tuition Policy:

- Payments remain the same each month regardless of attendance, school closures, holidays, etc. There is no extra tuition due during the week of the program for extra rehearsals.
- All tuition payments are due by the 10th of the month for each month.
- Make checks to: Heidi Lynch, put in the drop box next to the dance studio or mail to: 3204 Marshall Rd, Ottawa, KS, 66067. There will be a \$20 fee for all returned checks.
- There will be no refunds on students missing class. Missed classes will not be made up unless noted by the teacher of the class.

I understand and agree with the Mission, Class Rules, and Tuition policies explained above.

Signature of Parent: _____ Date: _____



Studio H Dance Academy
2023 Enrollment Card

Student Name _____ **Age** _____ **Grade** _____ **M / F**
Parents/Guardian _____ **Student Birthdate** ____/____/____
Address _____ **City** _____ **State** _____ **Zip** _____
Mom's Cell _____ **Dad's Cell** _____ **Work#** _____
E-mail (Required) _____ @ _____ .com _____
Emergency Contact Name: (other than parents) _____ **Phone#** _____
Relationship to Student: _____

Dress Rehearsal - Wednesday, April 12, 2023

Spring Recital - Thursday, April 13, 2023



Heidi's Dance Academy - Class Description

Creative Movement

This is a fun and imaginative introductory class to dance. We will explore movement, rhythm, imagery and sing along songs to encourage timing, balance, counting and control. This is a 30 minutes class. What to wear: Any leotard, tights and pink ballet shoes. (skirt is optional) Hair should be neatly pulled back away from face.

Combo Class

This class is an excellent beginner class for all dancers to get their feet wet into 3 different genres of dance (ballet, tap, & jazz). We will introduce foundation steps of ballet, tap and jazz as we enjoy learning to stretch, correct posture and creating a story and mood through movement. What to wear: Any leotard, tights and pink ballet shoes and black tap shoes. (skirt is optional) Hair should be neatly pulled back away from face.

Level 1-4 Tap

These classes are to build technique, style and tone in the fun and creative world of rhythm tap and sound. Each level is designed to encourage growth as well as build your skills to increase your ability in tap development. What to wear: Any leotard with leggings or tights. Black tap shoes. Hair should be neatly pulled back away from face.

Level 1-4 Jazz

These classes will use tradition jazz technique to develop each students movement in a variety of styles and levels of dance. We will explore classic and new found favorites as well as create ways to shape movement to create a picture. Strength, endurance, groove, and funky fun will be included. What to wear: Any leotard with leggings or tights. Black jazz shoes. Hair should be neatly pulled back away from face.

Level 1-4 Ballet

These classes will be based on your dance experience as well as skill. Each level will be several years of development before both vocabulary, choreography and proper technique to advance to the next level. Emphasis on body placement, proper position, as well as graceful variations in center will be taught at the barre, in center, and across the floor. What to wear: Any leotard with leggings or tights. (skirt is optional) Pink ballet shoes & pointe shoes should be approved by the teacher. Hair should be neatly put into a bun.

PBT

Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance. PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory.



Studio H Dance Academy
Class Enrollment Form - Spring 2023
\$10.00 REGISTRATION FEE

Student Name: _____

Ages 3-5

- Creative Movement (Intro to Dance)
- Tumbling Tots (Movement and Tumbling a.m. class)

Ages 5-7

- Combo Class (Ballet/Tap/Jazz)
- Boys Hip Hop

Ages 8-10

- Tap 1
- Jazz 1
- Hip Hop 1
- Ballet 1
- Irish Clogging 1
- Boys Hip Hop

Ages 10 -14

- Tap 2
- Jazz 2
- Hip Hop 2
- Ballet 2
- Irish Clogging 2
- Lyrical/Contemporary 1
- PBT (Progressive Ballet Technique - required for all ballet 2 students)
- Pre-Pointe and Beginner Pointe (teacher approval)

Ages 15-18

- Tap 3/4
- Jazz 3
- Hip Hop 2
- Ballet 3/4
- Irish Clogging 3
- Lyrical/Contemporary 2
- PBT (Progressive Ballet Technique - required for all ballet 3/4 students)
- Intermediate & Advanced Pointe (teacher approval)

Tuition:

- 30 min class = \$10/class
- 45 min class = \$11/class
- 1 hr class = \$12/class

Waiver of Liability 2023

ASSUMPTION OF FULL RESPONSIBILITY FOR ALL RISKS OF BODILY INJURY, DAMAGES OR DEATH

As a parent or legal guardian of **(Child's/Children's Name)** _____,

I hereby consent to his/her participation in dance, special events, private lessons, & activities and any and all other programs and activities offered by, Heidi's Dance Academy. I understand that participation in the dance at Heidi's Dance Academy, may result in unavoidable injuries including, but not limited to, muscle or other soft tissue strains, sprains, tears, broken bones and severe injuries such as paralysis, permanent disabilities, and even death from various causes, known or unknown, which include, but are not limited to the heights of the equipment, the body shape, rotation and or twisting during certain movements or in a unique environment. I am fully aware of the inherent risks involved in dance, special events, private lessons, and any and all other programs and activities offered by Heidi's Dance Academy. I am fully aware of the inherent risks involved in afore mentioned activities. In consideration for allowing my child(ren) to participate in activities offered at Heidi's Dance Academy. I, my heirs and assigns next of kin, and all other acting on my behalf agree to waive and all rights, claims, damages, actions, cause of action or suits of any kind or nature whatsoever which I have or my child(ren) and to indemnify, defend and hold harmless Heidi Lynch or Heidi's Dance Academy employee(s), representatives or other acting on their behalf from liability for ordinary negligent conduct that may occur in the future and agree not to sue. Should any part or parts of this agreement be held null and void, the balance of the agreement shall remain valid and maintain its full force and effect. I am 18 years of age or older, this acknowledgment of risk and WAIVER OF LIABILITY has been read by me and understood completely and signed voluntarily.

PRINTED NAME OF PARENT/GUARDIAN _____

Emergency Contact (Print name) _____ Phone _____

PARENT/GUARDIAN SIGNATURE X _____ **Date** _____

MEDICAL AUTHORIZATION

I fully understand that the owner and staff at Heidi's Dance Academy, located at 506 S. Main, Ottawa, KS are not physicians or medical practitioners of any kind. With that in mind, I hereby release Heidi Lynch and Heidi's Dance Academy employee(s), to render first aid to my child(ren) in the event of any injury or illness, and if deemed necessary, to call an ambulance which I agree to pay for. As parent/legal guardian, I agree to provide health insurance for the minor child(ren) and or guarantee payment of any medical expenses incurred as a result of training, performing, or participation in activities at or with Heidi's Dance Academy.

INITIALS X _____

Does your child(ren) have any medical conditions (mental or physical) or medications we should be aware of, including but not limited to (circle all that apply): seizures, Downs Syndrome, dizzy spells, previous neck or spine injuries or conditions, high blood pressure, diabetes, autism, epilepsy, heart conditions etc. ***ALL above conditions require a Doctors Release claiming you child(ren) are fit enough to take "dance, special events, private lessons, and any and all other programs and activities offered by Heidi's Dance Academy. ***List any other medical conditions such as asthma, previous broken bones, or concerns you want Heidi Lynch and Heidi's Dance Academy employee(s), to know. Or write "None" _____

If my child(ren) requires an inhaler to be brought to class, I understand that I am required to stay with him/her or get a Doctor's Release.

PARENT/GUARDIAN SIGNATURE X _____ **Date** _____