Hit the Ground Dancing Youth Dance Program

About Hit the Ground Dancing
Our philosophy is simple – we want you to be able to dance (at least a little) after your first lesson – hence the name Hit the Ground Dancing! And we want you to be able to do it at an affordable price.

We offer:
- Top quality curriculum designed in conjunction with dance instructors and Texas school teachers
- Excellent instructors trained in both dance and child development
- Up-front pricing and no hidden fees or costs; no “registration” fee
- Competition and performance options
- Limited number of scholarships available for students who qualify
- “Point” program allows students to earn free and discounted items

About The Instructors
All of our instructors are highly trained and undergo ongoing training in their respective dance disciplines. And all are expected to hold to our high standards of customer service.

Instructors provide positive attention and praise to each child, using the children's names and individualized instruction while offering a fun and upbeat class environment. Instruction focuses on multiple modalities of teaching - verbal, auditory, visual, tactile, and more.

In addition to dance training, owner Vicky Wu worked for years with youth-serving organizations – including CASA (Court Appointed Special Advocates which represents youth involved in CPS cases), a shelter for homeless and runaway youth which included youth counseling program, and Junior Achievement (teaching students business and economics). All of this work came with required extensive annual training in youth safety,
development, and youth and adult learning theory. This additional experience and knowledge has been directly incorporated into our youth dance programs.

Short biographies for each instructor are available online.

**About the Owner**

Vicky first began her dance career at age eight taking classes in the most popular dance craze of the time – DISCO! This was followed by more years of lessons in styles including square dancing, and of course the foundational dances of tap, jazz and ballet. Vicky began teaching dance at age 14 and even added a stint with breakdancing to her repertoire.

Vicky completed in an intensive teacher program for ballroom dance instruction and began teaching ballroom dance, latin dance, and social dance lessons shortly thereafter. She believes in continually learning and takes a variety of professional level lessons and classes with master teachers. She has been invited to perform in numerous exhibitions, such as the Moulin Rouge tango for the Sherman Service League Charity Ball, and in locations such as Taiwan, Tokyo, Costa Rica, Dominican Republic, Cozumel, Rome, and on several cruise ships.

**About the Youth Program**

Our youth dance program is open to youth ages 4 to 17.

Our curriculum consists of 26 weeks of lesson plans that cover four different dances for a total of four weeks each. Each lesson takes students through the fundamentals of the dance and then begins to apply those fundamentals towards the end-of-season show. These lessons are followed by 12 weeks of lessons designed specifically to teach choreographed routines for the show at the end of Spring.

Our youth program offers a curriculum that includes ballroom, latin, and hip hop styles of dancing, with ballet and jazz being added in Fall 2014, and special pricing on Zumba classes for youth who are not accompanied in class by a parent. We create an environment where students learn the technical aspects of the dance styles but also have a creative environment to explore the individual aspects of dance.

Ballroom dance styles are derived from the DVIDA, USA Dance, DanceSport and United States Imperial Society for the Teachers of Dance syllabi, Zumba and Zumba Kids.

Students can choose to dance for fun or competitively.

Dancing offers several benefits

- Conditions the body
- Improves motor skills
- Improves posture
- Helps keep the heart in shape
• Builds and increases stamina
• Develops the circulatory system
• Strengthens and tones legs and body
• Increases flexibility and balance
• Helps with weight loss
• Develops creativity
• Improves social skills
• Relieves stress
• Increases self-confidence and self esteem
• Improves mood
• Increases comfort in social situations

**Student Placement**

We recommend that you enroll your student in class based upon the recommended age range. However, Hit the Ground Dancing place students in classes according to age, maturity, and physical and artistic abilities. Students age 18 and above are free to join our adult classes, as are younger students who the instructor feels is appropriate based upon maturity and dance level.

**Policies**

**Absences**

Classroom attendance is essential to proper progress and understanding of choreography. Dancers improve through repetition - it's how their bodies maintain a high level of fitness and develop muscle memory of technique.

Students should arrive for class 5 – 10 minutes prior to class time (in order to check in, change clothes/shoes, use the restroom, etc.). Dancers are expected to be ready to dance at the beginning of the class period; the entire class period should be spent ‘dancing.’

Dancers should be picked up promptly at the end of class. Please inform the instructor(s) ahead of time if any student needs to be picked up prior to the end of class. Classes may occasionally run over a few minutes due to the enthusiasm of our instructors.

**Attendance**

Students are expected to attend all classes for which they are enrolled. Absences and tardiness retard the progress and ultimate promotion of a student, and can hold back the entire class. In order to be fair to all students and instructors, we do not reimburse or reduce tuition because of missed classes.

In the event of an emergency, one make-up class is allowed when notice is given to the studio prior to the start of class. Any make-up class must be taken within 10 days of the missed class.
Cancellation
If you wish to cancel your child’s enrollment, you must complete and submit the cancellation form at least 10 days prior to the month you wish enrollment to end. No exceptions. The form is available at the studio and must be filled out in-studio. Any payment submitted prior to the effective date of cancellation is non-refundable.

Code of Conduct
Good behavior and attentiveness are required throughout class. Distraction tends to spread through the entire group, making it difficult for all of the students to learn.

Any student that does not behave will be asked to sit out of class that day. If a child is asked to leave class for any reason, it is expected that the parent(s) and instructors will discuss the problem immediately after class concludes.

Students are expected to sit quietly with their parents when they arrive before class begins, or if they stay after class concludes. Running around raised voices are. All students, parents, siblings and guests are expected to act in a reasonable and polite manner while at the studio; any behavior that is deemed to be destructive, disruptive, or of negative impact to other people will not be tolerated. Those not able to adhere to this policy will be asked to leave the facility immediately. Any damage to studio property caused by any individual will be charged to the account of the student associated with that person.

Class Observation
Parents are requested not to attend class as it is distracting to your children and the other students. Speak to your instructor for observation needs or alternatives.

Parents are welcome in the ballroom during class on the last class of each month. Because it can be distracting to the students to have parents watching, parents should be attentive to the class and refrain from conversation among themselves or with their child while class is in session. Please mute all electronic devices.

Class Size
Classes are limited to 12 students; and without a minimum enrollment of 4 students a class may be rolled into another.

Communication
Studio information is sent out via e-mail throughout the year. Please make sure we have your current e-mail address on file.

Competitions
Parents/guardians who are interested in having their child participate in competitions should talk with your child’s instructor directly. There are many competitions throughout the year all over the US. Additional costs for students who compete will include private lesson fees, competition costuming, competition fees, etc., and vary depending upon the competition in which the student participates. Your instructor will provide information about
Dress Code
It is imperative for the instructor to be able to see and correct body lines and placement. No big or oversized shirts, baggy jeans or shorts may be worn during class. Please label all shoes, clothing, dance bags, etc. so that they will be easier to identify.

Because we know all of the related costs for dance can become expensive and prohibit some students from dancing, we offer a line of discounted dance shoes and accessories, available for order at the studio.

Pre-Ballroom Class
Girls: Fitted top or leotard, black knee-length practice skirts, and black jazz shoes. Suede-sole dance shoes are optional but allowed.

Boys: Fitted t-shirt, dance pants or trousers, and black jazz shoes

Youth & Teen Ballroom Classes
Girls: Fitted top or leotard, black knee-length practice skirts, and properly-fitted dance shoes (suede sole, Cuban heel)

Boys: Fitted t-shirt, dance pants or trousers, and properly fitted dance shoes (suede sole, Standard heel)

Hair: For all students, hair should be secured off the face & neck.

Hip Hop Classes
Girls and Boys: T-shirt and jeans or long shorts are appropriate for hip hop classes. Flat-soled athletic shoes, or dance sneakers, are recommended.

For all youth classes, students will be expected to have proper dance shoes and dance attire after the first month. Children need the proper tools to develop their dancing and shoes literally provide the foundation for proper dance technique. Appropriate practice shoes are suede-soled ballroom/Latin dance shoes for all students in Youth & Teen classes. Students who are not properly attired after the first month of classes will be asked to sit out of class. No refunds for classes missed because of improper attire will be given. No exceptions.

Private Lessons
Private and Semi-Private Lessons are available to any student in the youth program for individual coaching to work on techniques and styling, to move ahead more quickly, and/or for competitive students. Please contact the instructors to discuss pricing and availability.
**Tuition & Fees**

Tuition is based on the services provided. All fees are non-refundable, and will not be discounted or transferred for any reason, including missed classes due to vacation, sickness, injury, holidays, inclement weather, etc.

**Tuition**
Tuition is paid on a monthly basis, and is a flat rate for all classes.

Cost is $45 per month per class, or with monthly autopay cost is $40 per class and comes with additional benefits (such as student referral discounts). Class length varies by level. (Students taking zumba or yoga without their parent is 1/2 of the adult price).

There is no annual registration or sign-up fee.

There are additional fees for performances, exhibitions and recitals. These activities are optional. Please see the performance section for more information.

**Family Discount**
Families with 2 or more siblings concurrently enrolled are eligible to receive a 5% discount on the monthly tuition for the second + child enrolled.

**Payments**
Hit the Ground dancing accepts all major credit cards, cash and check.

Autopay tuition is electronically debited on the 1st of every month, or you are welcome to pre-pay for the entire semester at registration. If you prefer to pay with cash, payment is due before the first of the month.

**Late Payment**
Tuition is considered late if unpaid after the 1st day of the month, regardless of the day of the week it falls on. A late fee of $35 will be charged for each month a payment is delinquent. Any account that is delinquent will result in your child having to ‘sit out’ of dance class until the account is brought back to a $0 balance, or other acceptable arrangements are made. Late fees will continue to accrue until balance is paid in full.

**Scholarships**
A limited number of scholarships are available each year for families who may be experiencing financial hardship. Application does not guarantee acceptance. Please contact the instructor for information.

**Inclement Weather**
Classes will be cancelled if schools in Lake Worth or Saginaw have been closed due to inclement weather. Classes canceled due to inclement weather will not be rescheduled.

**Instructor Unavailability**
In the event of instructor illness or unavailability, parents will be notified by the studio, and a make-up class will be scheduled at a later date.
For pre-scheduled unavailability, such as for vacation, you will be notified well in advance and the month’s schedule will have already been modified to accommodate the change.

**Performances**

Studio performances are opportunities for the students to display their artistry and growth as well as their stage and performance skills.

**Spring Recital**

Date, time and location TBA

Recital Fee: $50/student, due February 1st. No additional tickets required for guests, but you must RSVP the number of attendees no later than March 15.

Costume Fee: $75/student. **COSTUME FEES ARE NON-REFUNDABLE.**

- January 1 (or before): 1st payment due, $50.00
- February 15 (or before): Final payment due, $25.00

**Solos & Pro/Am Performances**

If your student wishes to perform an individual piece with his/her instructor or another student, please discuss this with the instructor, who can give you a price list for the associated fees. Individual pieces will require private lesson instruction.

**Rehearsals**

Depending upon class size and/or composition, the studio reserves the right to combine the classes so that students can practice partner work and formations for the Spring Recital performance. If classes are combined, it will most likely be during the daytime on the weekend. Any schedule changes due to Spring Recital practice will be communicated to you one month prior to the Spring Recital. It is your responsibility to ensure that your student attends these classes to prepare for the Spring Recital.

**Dress Rehearsal**

The last class before the recital is a closed dress rehearsal. Students will need to meet in the Main Ballroom, and have all costume pieces.

Attendance is **MANDATORY** for all students performing. Any student not attending dress rehearsal will not be allowed to perform; any fees paid are non-refundable.

**Recital Day**

Everyone is requested to stay for the entire recital (usually about an hour). There will be opportunity for photos at the conclusion of the recital.

**NOTE:** Tuition, recital fees, & costume payments must be paid in full in order for your child to perform in the recital.
**Class Schedule** - always check the most updated schedule at [http://hitthegrounddancing.com/schedule](http://hitthegrounddancing.com/schedule)

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<th>Ballroom</th>
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<tr>
<td>Pre-Ballroom</td>
<td>Ages 4 to 10</td>
<td>Saturday</td>
<td>11:00 am</td>
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<tr>
<td>Junior Ballroom</td>
<td>Ages 11 &amp; up</td>
<td>Saturday</td>
<td>Noon</td>
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<tr>
<th>Youth Zumba / Yoga</th>
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<td>For youth who are not accompanied by their parent during Zumba or Yoga class. Tuition is 1/2 of the adult rate. Excellent and fun cardio workout. (Minor students through age 14 who are accompanied by a parent are free).</td>
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<tr>
<td>Zumba</td>
<td>Tuesday 7:00 pm</td>
<td>Thursday 7:00 pm</td>
<td>Saturday 9:00 am</td>
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<td>Yoga</td>
<td>Tuesday 6:00 pm</td>
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<td>Saturday 10:00 am</td>
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<tr>
<th>Jazz</th>
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<tr>
<td>Intro to Jazz</td>
<td>Ages 5 to 9</td>
<td>Monday</td>
<td>6:00 pm</td>
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<tr>
<td>Jazz 1 + Hip Hop</td>
<td>Ages 10 &amp; up</td>
<td>Monday</td>
<td>7:00 pm</td>
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Students may register the first week of any month September through February. Students joining the class after the first week are expected to schedule and take make-up private lessons (at additional cost) to catch up with the class. Please contact the instructor directly to schedule private lessons.
Students who are given instructor approval to join in February will be expected to take private lessons to catch up with the class.

NO REGISTRATION is allowed during the months of March, April & May, as students are preparing routines for the Spring Recital.

**Studio Holidays**
No class will be held on the following dates:
- September 6
- October 18
- November 1, 8, 29
- December 27
- January 3
- March 21
- April 4
- other holidays may be scheduled

**Make-up lessons** will be scheduled periodically on a weeknight for students to make up missed classes. Two additional makeup sessions will be offered in November due to vacation and holiday schedules. Makeup sessions are by reservation only - you must contact your instructor and let them know you plan to attend.

**Lesson Plan**

**Pre-Ballroom & Junior Ballroom Classes:**
- **September - January:** Ballroom & Latin Fundamentals in 4 disciplines of dance
- **February:** Review of styles in preparation for learning recital routines
- **March - May**: Spring Recital choreography

**Teen Ballroom Classes:**
- **September - October:** Ballroom & Latin Fundamentals.
- **December:** Review of styles
- **January**: Spring Recital choreography

**Hip Hop Classes**
- **September - January:** Fundamentals and short choreography
- **February:** Review of styles in preparation for learning recital routines
- **March - May**: Spring Recital choreography

All practices for the month of March through May for all ages will be extremely important to the preparation for the Spring Recital. Please inform the instructor about any absences from classes for those months by the 1st week of March.