

Power Of Dance Summer 2015

2490 Lineville Rd. STE H

Green Bay, WI 54313

Phone/Fax: 920-661-9212

www.mypowerofdance.com

Welcome to the Power Of Dance Summer Program! We are just finishing up our 8th season of dance and our fourth year in our beautiful 9600 sq ft facility. Our professional staff of award winning teachers and choreographers is dedicated to bringing you the highest quality dance instruction in a positive nurturing environment. Our personalized classes do more than just encourage growth and an enjoyment of dance; they help build strong athletes, increase self esteem, promote a healthy body, and raise dancers to a level beyond what they thought possible!

SUMMER PROGRAM AT A GLANCE:

- May Interim Technique Classes
- Dance Team Boot Camp
- Youth Dance Camp
- Summer Dance Intensive
- 5- week Summer Class Session
- Adult Fitness and Dance
- All- Star Competition Teams

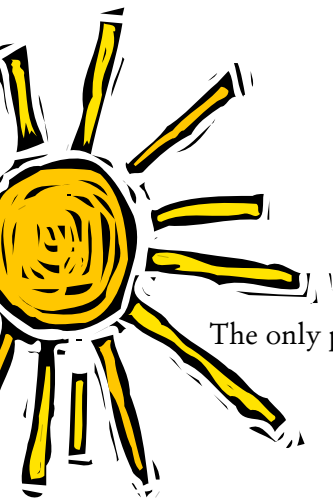
Before registering for summer classes, please make sure you and your child are familiar with our studio policies. The registration form found in this packet can be used to register for any of our summer options. Please fill out a separate form for each student and return it to the studio with a \$20/class deposit to hold the student's place. All deposits are credited toward your summer tuition, however, they are non-refundable should you choose not to attend class. Confirmation of your registration will be sent via email unless otherwise stated on your registration form. Classes are filled on a first come basis and many hit capacity quickly. Register early to receive first choice. We will update our website as classes fill and- if needed- new classes are added.

If you have any questions, please do not hesitate to contact a director.

Power Of Dance Owners and Directors,

Elizabeth Powers -920- 639-7716, epowers21@yahoo.com

Theresa Kubalak - 920- 639-9490, theresakubalak@gmail.com



The only person you are destined to become is the person you decide to be. -Ralph Waldo Emerson

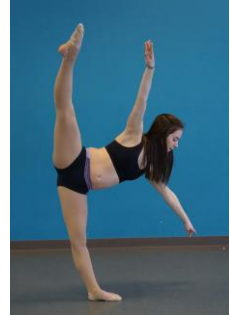
MAY INTERIM TECHNIQUE- weeks of May 19th and May 26th

This popular focus session will be held the weeks of May 19th and May 26th (Tues, Wed, & Thurs nights only) for a total of 6 classes. Direct focus is given to improving leaps, turns, and jumps. This is a great opportunity for all dancers to have consistent practice as well as receive valuable feedback before All Star Evaluations. Dancers have the option of registering for the full session or picking 4 of the 6 days to attend. Please arrive early to stretch on your own.

Beginner- Intermediate 4:30-5:30pm (ages 7-10: Studios A & B- 11+: Studios C & D)
Intermediate- Advanced 5:30-6:30pm (ages 10+: Meet in studio D to split)

Cost: Full Session (6 days) – \$50 Shortened Session (4 days) - \$40

What to wear: Fitted tank or leotard and shorts/tights. Jazz shoes recommended.
Hair must be worn up out of the face



DANCE TEAM BOOT CAMP- Mon, June 15th-Thurs, June 18th (9:00-11:30am)

Class consists of conditioning, stretching and technique specific to High School and All Star Dance Teams (pom, hip hop, jazz, and high kick). In addition to leaps, turns, and jumps, focus will be on proper arm, leg, and hand placement, terminology, kick technique, rhythm and timing, formation basics, sharpness and more. **Dancers NEW to the POD All Star program at the Youth, Junior, and Senior Level should plan on attending this camp.** Cost - \$68

What to wear: Fitted tank or leotard, shorts/tights, and jazz shoes. No *Paws/lyrical shoes*
Hair must be worn up out of the face.

YOUTH DANCE CAMP-ages 6-9: Mon, June 15th – Thurs, June 18th (1-4pm)

Our 4-day summer camp is a great way for dancers to try out each style of dance as well as a few specialty classes for a great price. The focus of the week is exploration and fun; yet our professional staff will also put an emphasis on correct technique, energetic choreography, teambuilding, and individual growth. Classes will be split based on age and ability. Cost - \$78

Sample Schedule (schedule changes daily)

1:00-1:30	Obstacle course and Strengthening Games
1:30-2:00	Ballet/Tap
2:00-2:30	Leaps, Turns, & Jumps
2:30-2:45	Game Break
2:45-3:15	Hip Hop/Acro
3:15-3:45	Pom/Jazz
3:45-4:00	Team building fun



What to Bring: Please bring a spill proof plastic water bottle, dance shoes, and a light snack.

What to wear: fitted dance clothing including leotard, tights, fitted tank or t-shirt, and fitted shorts or dance pants. No jeans or baggy clothing please. Jazz shoes are recommended- *paws* and/or athletic shoes also allowed (athletic shoes must be clean and never worn outside). Hair must be pulled up and out of the face. No jewelry.

DANCE INTENSIVE- ages 10+: Mon, June 22nd - Thur, June 25th (1pm-5pm)

Students will be taught a variety of dance styles and techniques and will then be given the opportunity to use what they learn through creative choreography. An outstanding opportunity for dancers at all levels to immerse themselves in dance. Beginners will be taught basic technical elements while experiencing a variety of dance styles and upbeat choreography. Intermediate and Advanced dancers will be challenged to push their skills to the next level with a variety of technical combinations and a unique curriculum that changes daily. Classes will be split by instructors into Beginner, Intermediate, & Advanced. Please let us know if you will need to leave intensive early for prior commitments.

Cost - \$110

Sample Curriculum

Ballet/Lyrical

Classical Tap & Jazz

Contemporary

Acro/Tricks

Hip Hop

Strength/Flexibility

Leaps, Turns, & Jumps

Pom Dance



What to Bring: fitted dance clothing including leotard, tights, shorts, fitted tank or t-shirt. No baggy clothing. Jazz shoes are recommended- *paws* and/or athletic shoes also allowed (athletic shoes must be clean and never worn outside). Please bring ballet shoes for ballet class if you have them. Hair must be pulled up and out of the face. No jewelry. *Please also bring a spill proof plastic water bottle and a light snack.*

COMPETITION ALL-STAR TEAMS

The POD offers competitive All-Star teams for dancers ages 5 and up. The All Star Program is for dancers who not only love to dance but have the desire and discipline to both work as a team and better themselves as an athlete. The extra attention to detail as we prepare for competitions advances the skill of the dancers much faster than taking classes alone.

Dancers are placed on teams based on age, maturity, and ability. If you are interested in being a member of an All Star Team, PLEASE CONTACT THE STUDIO NOW. All Stars begin their season with our summer session. A complete information packet is available at the studio front desk.

Info Meeting: Monday, May 11th - 6:00pm-7:30pm

The Marq Banquet Facility (next to the Gutter on Lineville Rd.)

A make-up meeting will be held on Sunday, May 17th

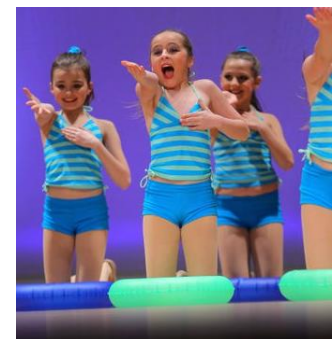
6:00pm @ The Marq Banquet Facility

Auditions and Team Placements: Dancers must attend ONE Audition Session. Please contact the studio with unavoidable conflicts.

Audition Session 1 - Wed, June 3rd and Thurs, June 4th

Audition Session 2 - Fri, June 5th and Sat, June 6th

Audition Session 3 - Wed, June 10th and Thurs, June 11th





Summer Class Session: June 29th - July 30th



All our traditional POD classes offered in a 5 week session! **Classes in *ITALICS* are by instructor permission only.** Please contact a studio director for permission. If the need arises, the POD may add additional classes. Please check the website for updates on class availability. All classes are filled on a first come basis.

<u>Preschool-Kindergarten</u>	Ages	Day/Time	Studio
Music & Movement	2-3	Monday 4:30-5:00pm	C
Music & Movement	2-3	Wednesday 9:45-10:15am	C
Dance Expressions	4-5	Monday 5:15-5:45pm	C
Dance Expressions	4-5	Wednesday 10:30-11:00am	C
<i>Petite Dance (pre-requisite = Dance Exp)</i>	5-6	Tuesday 5:00-5:45pm	C

<u>Ages 6-9</u>	Ages	Day/Time	Studio
Ballet/Jazz Combo	6-9	Wednesday 5:00-6:00pm	C
Tap/Jazz Combo	6-9	Tuesday 5:15-6:15pm	B
Pom I/II	6-9	Tuesday 6:30-7:15pm	A
Hip Hop I/II	6-9	Wednesday 6:00-6:45pm	C
Contemporary I/II	6-9	Wednesday 11:15am-12:00pm	C
<i>Lyrical I/II (1+ years of ballet required)</i>	6-9	Tuesdays 10:45-11:30am	C

***Classical Ballet classes begin at age 7- please see ballet schedule on next page.**

<u>Ages 10+</u>	Ages	Day/Time	Studio
Pom I/II	10+	Thursday 7:45-8:30pm	A
Pom II/III	11+	Thursday 7:45-8:30pm	B
Hip Hop I/II	10+	Thursday 7:00-7:45pm	A
HipHop II/III	11+	Thursday 7:00-7:45pm	B
Classic/Broadway Jazz I/II	10+	Tuesday 5:15-6:00pm	D
Tap I/II	10+	Tuesdays 6:00-6:30pm	D
Classic/Broadway Jazz II/III	11+	Monday 7:45-8:30pm	A
Boys Dance I/II	10+	Wednesday 6:45-7:30pm	C
Contemporary Jazz I/II	10+	Wednesday 5:45-6:30pm	A
Contemporary Jazz II/III	11+	Monday 5:15-6:00pm	B
<i>Lyrical I/II (1+ yrs if ballet required)</i>	10+	Wednesday 6:30-7:15pm	A
<i>Lyrical II/III (must be in Ballet II or above)</i>	11+	Monday 4:30-5:15pm	B

Adult Classes

Forever Fit*	13+	Tuesday 6:00-7:00pm	C
Forever Fit*	13+	Thursday 6:00-7:00pm	C
Dance 101 (Beginner)	17+	Thursday 7:00-7:45pm	C
Back To Dance (Intermediate)	17+	Tuesday 7:15-8:00pm	C

*Students ages 13-16 may take Forever Fit WITH an adult (must register individually). Classes are designed for the mature student-please consider this when registering.

Classical Ballet Classes- Students new to our classical Ballet Program should take Pre-Ballet, Ballet 1, or be evaluated by an instructor for placement. Please call Ms. Tanya to set up an evaluation (920-217-2410)

<u>Class</u>	<u>Ages</u>	<u>Day/Time</u>	<u>Studio</u>
Ballet/Jazz Combo	6-9	Wednesday 5:00-6:00pm	C
Pre-Ballet*	6-7	Wednesday 5:00-5:45pm	A
	<i>*age 5 with teacher approval</i>		
Pre-Ballet (for Tiny All Stars)	5-7	Thursday 2:15-3:00pm	B
Ballet 1	7-9	Monday 6:00-7:00pm	C
		Tuesday 11:45-12:45pm	B
		Wednesday 10:00-11:00am	B
Ballet 1	10+	Tuesday 10:30-11:30am	B
		Tuesday 5:15-6:15pm	A
		Wednesday 12:15-1:15pm	B
		Thursday 4:45-5:45pm	B
Ballet I/II	10+	Monday 6:00-7:00pm	B
		Tuesday 2:30-3:30pm	B
		Wednesday 11:00-12:00pm	B
		Thursday 4:45-5:45pm	C
Ballet II	10+	Monday 12:30-2:00pm	A
		Wednesday 1:30-3:00pm	B
		Thursday 3:00-4:30pm	B
Ballet III	10+	Monday 2:45-4:15pm	B
		Tuesday 2:15-3:45pm	C
Ballet IV/V	10+	Monday 12:30-2:00pm	B
Pointe (<i>permission/evaluation required</i>)	12+	Monday 2:15-2:45pm	B

<u>Technique and Conditioning</u>	<u>Ages</u>	<u>Day/Time</u>	<u>Studio</u>
Strength & Flexibility (Beg/Int)	7-10	Thursday 12:00-12:30pm	A
		Thursday 3:15-3:45pm	A
Strength & Flexibility (Beg/Int)	10+	Monday 12:30-1:00pm	D
		Monday 4:30-5:00pm	A
		Tuesday 6:30-7:00pm	B
		Thursday 5:45-6:15pm	A
Strength & Flexibility (Int/Adv)	10+	Monday 6:30-7:00pm	A
		Tuesday 10:30-11:00am	A
		Tuesday 1:00-1:30pm	B
		Wednesday 12:00-12:30pm	A
Leaps, Turns, & Jumps I/II	7-10	Thursday 12:30-1:15pm	A
		Thursday 3:45-4:30pm	A
Leaps, Turns, & Jumps I/II	10+	Monday 1:00-1:45pm	D
		Monday 5:00-5:45pm	A
		Tuesday 7:00-7:45pm	B
		Thursday 6:15-7:00pm	A

*****More LTJ Classes on next page!***

Leaps, Turns, & Jumps II/III	10+	Monday 7:00-7:45pm	A
		Tuesday 11:00-11:45am	C
		Tuesday 1:30-2:15pm	B
		Thursday 6:15-7:00pm	B
Leaps, Turns, & Jumps III/IV	10+	Tuesday 11:00-11:45am	D
		Wednesday 12:30-1:15pm	A
Leaps, Turns, & Jumps IV	10+	Wednesday 12:30-1:15pm	C
Acro I (<i>for Tiny Team</i>)	5-6	Tuesday 3:45-4:45pm	D
Acro I	6+	Monday 7:15-8:15pm	D
		Tuesday 1:00-2:00pm	D
		Wednesday 10:00-11:00am	D
		Wednesday 5:30-6:30pm	D
		Thursday 3:00-4:00pm	D
Acro II	6+	Monday 5:00-6:00pm	D
		Tuesday 11:45-12:45pm	D
		Wednesday 12:15-1:15pm	D
		Wednesday 6:45-7:45pm	D
		Thursday 12:30-1:30pm	D
Acro II/III	6+	Monday 6:00-7:00pm	D
		Wednesday 11:00am-12:00pm	D
Acro III	6+	Monday 11:15am-12:15pm	D
		Thursday 1:45-2:45pm	D

**Dancers must register for Acro I unless evaluated by an instructor.*

<u>All Star Team Summer Practice:</u>	<u>Ages</u>	<u>Day/Time</u>	<u>Studio</u>
Tiny Team	6 & under	Thursday 3:15-4:15pm	C
Mini Team 1	9 & under	Thursday 1:30-3:00pm	A
Mini Team 2	9 & under	Thursday 1:30-3:00pm	C
Youth Team 1	12 & under	Monday 2:00-4:15pm	D
Youth Team 2	12 & under	Tuesday 12:00-2:15pm	C
Youth Team 3	12 & under	Tuesday 12:00-2:15pm	A
Junior Team 1	15 & under	Mondays 2:00-4:15pm	A
Junior Team 2	15 & under	Tuesdays 2:15-4:30pm	A
Junior Team 3/Senior 2	15 & under	Wednesdays 1:30-3:45pm	A
Senior Team 1	18 & under	Wednesdays 1:30-3:45pm	D

Summer Tuition

A \$20 deposit/class is due upon registration to reserve a student's place in class. All balances must be paid by the first day of classes. Deposits will be credited to your account, however, they are non-refundable should you choose to drop the class before the summer session begins. *There are no refunds or credits for missed classes or class drops made once the session begins.* Tuition can be paid by cash or check.

**Our regular family and multiple class discounts do NOT apply to summer classes

Dance Classes

Music & Movement, Dance Expressions	\$38
Petite Dance	\$50
30 min Tap	\$38
45 min Pom, Hip Hop, Jazz	\$50
45 min Lyrical, Contemporary	\$50
Boys Dance	\$50
Ballet/Jazz & Tap/Jazz (60 min)	\$65

Combo Specials

Classic/BW Jazz & Tap- \$68
Boys Dance & Acro I - \$90
Two Adult classes for \$90
*Unlimited classes - see below

Technique Classes

Strength and Flexibility	\$38
Leaps, Turns, and Jumps	\$50
Acro For Dance	\$65

***Power Pack \$115/student**

- pick any 3 classes from those listed *above* (not including ballet or ANY camps/intensives)

Ballet Classes

Pre-Ballet	\$55
Ballet I & I/II (60 minute)	\$65
Ballet II, III, IV, & V (90 minutes)	\$80
Pointe	\$38

Unlimited Summer Classes \$230/student

- Choose ANY summer classes above (at or below your current skill level). May sign up for more than one section of each class. Does NOT apply to ANY Camps or Intensives. Does include ballet.

All Star Unlimited Summer Classes \$115 + All Star Tuition (see All Star Packet)

- Choose ANY summer classes above (at or below your current skill level). May sign up for more than one section of each class. Cost *includes* All Star Summer Practices, All Star Choreography Camp, Ballet, and May Interim Technique Classes! Does NOT apply to Boot Camp, Youth Camp, or Intensive.

Camps/Intensives

May Interim Technique	\$50/Full Session \$40/Short Session
Dance Team Boot Camp	\$68
Youth Dance Camp (ages 6-9)	\$78
Summer Intensive (ages 10+)	\$110

Adult Classes (5 week session)

Forever Fit	\$50
Adult Dance 101 I/II (beginner level)	\$45
Back to Dance II/III (intermediate level)	\$45

Pick any TWO Adult classes \$90/student

Unlimited Adult Classes \$110/student - Pick from any adult classes offered at any time

REGISTRATION: To register for one of our summer programs, please fill out the registration form at the end of this packet. Your registration form and \$20 per class deposit may be dropped off or mailed to the Power Of Dance, 2490 Lineville Rd. STE H, Green Bay WI 54313. All classes have a maximum and minimum enrollment. Classes are filled on a first come basis. **Confirmation of enrollment will be sent via EMAIL unless otherwise requested.** Please supply the Power Of Dance with a current active email address. Any class with fewer than 5 students registered may be combined with another class or cancelled.

WHAT LEVEL SHOULD I TAKE?

For an in depth descriptions of the levels, please visit the *Class Descriptions* page on our website at www.mypowerofdance.com.

ATTENDANCE

During the summer months, we understand that students may occasionally need to miss class or part of a class. If a student must miss a class due to illness, previous obligation, or family vacation, please contact the studio and let us know. Unfortunately, missed classes cannot be made up. Please have respect for other students and your teacher by coming on time, in proper attire, ready to learn, and with a positive attitude.

DANCE ATTIRE: Summer classes are designed for fun, however, proper dance attire is important for safety. The POD prides itself on giving students regular feedback and encouraging growth. Wearing proper attire is critical to this process.

Pre-school Dance- any dance attire that allows for free movement. Most girls will wear leotards, skirts or dance dresses.

Boys will wear shorts. Leather dance shoes or CLEAN athletic shoes allowed. No street shoes.

Pom, Tap, Jazz, Lyrical, Contemporary, & Technique- leotard or fitted tank, fitted dance shorts, and tights preferred Fitted short sleeve top and athletic shorts acceptable for boys. Jazz shoes or lyrical shoes acceptable. Tap shoes for tap.

Acro- leotard or fitted tank, fitted dance shorts (no tights). Boys: shorts-not too baggy, t-shirt/tank- barefoot

Hip Hop & Boys Dance- comfortable non-baggy clothing, jazz shoes or dance sneakers. Shorts preferred. Pants must not drag on floor.

Ballet- Any color leotard and tights, skirt or *fitted* dance shorts are optional. Leather or canvas ballet shoes. Boys should wear fitted top and shorts or dance pants. Hair must be worn in a bun for class.

Adult Dance Classes- clothing same as hip hop, dance sneakers or jazz shoes preferred.

HAIR- Please pull hair up and out of the face for all classes. Hair for Ballet must be in a bun.

RESTRICTED ATTIRE- *Please do NOT wear the following items to class.*

Absolutely **no street shoes** allowed in the studios. Please change out of dance shoes before going outside as well. Baggy tops and pants, shirts with hoods, jeans, and pants that drag on the ground are not allowed. Jewelry should be removed. For safety reasons, students may be asked to sit out if not in proper attire.

PERSONAL CONDUCT:

No food, gum, or drink allowed in the studios or on any carpeted area with the exception of water in a closed/spill proof container. A lounge area is provided for food and drink outside of class time. Please clean up after yourself when using the lounge, bathrooms, and stretching areas. Please show respect for your instructors, fellow dancers, yourself, and for all POD equipment. There is no smoking in or around the entrance to the POD. If a student acts in a manner that creates an unsafe or uncomfortable learning environment, that student will be dismissed immediately. No refund will be given if a student is asked to leave class or the studio due to misconduct.

QUESTIONS/COMMENTS/IDEAS:

Your opinion is extremely important to us. Have an idea for a class that you wish we'd offer? Have a suggestion for how to improve an already existing class? Please do not hesitate to contact us! We would love to discuss any questions, concerns, or ideas with you at a time that does not interfere with instruction. Please direct your concerns to Elizabeth or Theresa. You can reach us through email, phone, or at the studio. Contact information can be found on our website- www.powerofdance.com

*For complete studio policies applying to our Fall/Spring Season, please see our website @ www.powerofdance.com.

The Power Of Dance 2015 Summer Program Registration Form

Please mail or drop off registration form and \$20 deposit/class to
"The Power Of Dance, 2490 Lineville Rd. Suite H, Green Bay WI 54313"

One student per form please.

Student's Name _____ Age _____ Date of Birth _____
Home Phone _____ School _____ Current Grade _____
Address: _____ City _____ Zip _____
Parents- Dad _____ Work Phone _____ Cell _____ email _____
Mom _____ Work Phone _____ Cell _____ email _____

EMAIL ADDRESS(s) - **confirmation will be sent via email** _____

How did you hear about us? _____

Interested in All Stars? _____ Previous Dance Experience _____

MAY INTERIM TECHNIQUE SESSION- Full Session _____ Shortened Session _____ (dates attending) _____
Circle one: Beg/Int (4:30-5:30pm) Int/Adv (5:30-6:30pm)

DANCE TEAM BOOT CAMP- June 15-18 _____

YOUTH DANCE CAMP- June 15-18 _____

SUMMER INTENSIVE- June 22-25 _____ Estimated skill level (circle): Beg Beg/Int Int Int/Adv Adv

SUMMER DANCE SESSION: Check Here for: _____ Power Pack _____ Unlimited Adult Classes
_____ Unlimited Student Classes _____ All Star Unlimited

***Must register for each class you plan to attend- use back if needed.**

Class _____ Day/Time _____ Class _____ Day/Time _____
Class _____ Day/Time _____ Class _____ Day/Time _____
Class _____ Day/Time _____ Class _____ Day/Time _____

MEDICAL AUTHORIZATION, RISK NOTIFICATION, LIABILITY WAIVER

Emergency Contact (non-parent) _____ Relation to Student _____

Home phone _____ work phone _____ Cell _____

Family Physician _____ Phone _____

Clinic Address _____

Medical/Physical limitation? (ex: asthma) _____

Medications _____

Allergies to medications or otherwise _____

In case of illness or injury and a parent cannot be reached, the staff of The Power Of Dance, LLC may authorize medical treatment for the above named student. I understand that because dance involves motion, there is a risk of injury. I and my heirs hereby release The Power Of Dance, LLC, its employees, instructors, managing members and owners from liability for damages and/or injury or medical expenses which might occur as a result of my child's participation. My child has no problems that might compromise his/her *safe* involvement.

I (we) have read, understand and agree with the POD studio policies and information for the 2015 POD Summer programs.

Parent Signature (or student if 18+) _____ **Date** _____

May we use dance photographs/video clips containing you or your child for promotional purposes? This may include, but is not limited to, material on our website www.mypowerofdance.com

_____ yes _____ no

Office Use Only: Date Received ___/___ Entered by: _____ Confirmation Sent _____