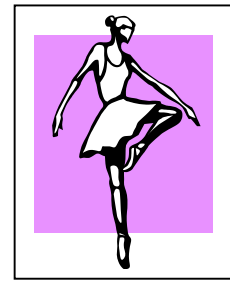




# HealthQuest Dance Academy



## POLICIES AND PHILOSOPHIES

The HealthQuest Dance Academy welcomes you to the wonderful world of Dance. Dance for grace and discipline is an investment many parents are anxious to make for their children and themselves. Staffed by professional instructors, the Dance Academy offers a well-rounded curriculum with classes for anyone interested in studying Dance. Performing opportunities are available for students throughout the year.

## REGISTRATION

Registration will be online September 11th

## SESSION DATES

Classes begin September 17th and continue through June 8th. The dance recital is in June exact date TBA.

## COST

Free for children with a HealthQuest Family Membership and Adult HealthQuest Members.

## CLASS ATTENDANCE AND ETIQUETTE

Consistent and punctual attendance is essential for your child's progression. Please arrive 10 minutes before the class begins in order to dress and use the restroom. If you must be excused early from class please inform the instructor before class. No children will be dismissed from class until a parent is present unless they are returning to Kid Quest. Three unexcused absences will result in termination from the class. Please arrive on time for class as it is a distraction for the teacher as well as the other dancers. Students who arrive more than 10 minutes late will be marked as absent.

## ATTIRE

Hair must be neatly groomed off the face and neck. For you and your classmate's safety no jewelry is permitted in class. Dance supplies may be purchased at It's A Dance Thing 56 Main Street Flemington, NJ 788-0603

## CHILDREN'S BALLET AND CREATIVE DANCE

Girls-black or pink leotard, pink tights, pink ballet slippers  
Boys-white tee shirt, black tights or jazz pants, black ballet slippers

## CHILDREN'S JAZZ AND TAP

Girls- solid color leotard, tights or jazz pants, black jazz or tap shoes, Boys- white tee shirt, solid color jazz pants, black jazz or tap shoes, No big shirts or baggy pants.

## TEEN AND ADULT CLASSES

Adults may wear any type of neat dancewear. Appropriate footwear must be worn for each class.

## HIP HOP

Comfortable street clothes and sneakers can be worn.

**Students may be asked to sit out of class if they do not have the appropriate attire.**

**Consecutive dance classes are not recommended for children under the age of six.**

**Classes may be combined or cancelled due to insufficient enrollment.**

**Instructors reserve the right to remove a child from a class due to excessive absences.**

## CLASS DESCRIPTIONS

**Mini Movers** - An introduction to movement and music with steps, turns, jumps, and simple combinations. This class will give the child an awareness of body, rhythm and balance while exploring Dance as play.

**Ballet** - The foundation of dance beginning with basic positions and steps progressing through complex combinations. This class has an emphasis on correct placement and control, and develops the potential dancer through the physical and mental discipline of the art.

**Pointe** - Commonly called toe dancing, Pointe work is for the advanced Ballet student. Invite only.

**Jazz** - Broadway style dance, Jazz gives the dancer a new dimension of style and expression.

**Tap** - Based on rhythmic combinations and sounds made with the feet, Tap focuses on using the body as a percussion instrument.

**Creative Dance** - An introduction to movement and music, with an emphasis on improvisation and rhythmic play. This class explores the exhilaration, joy and magic of dancing.

**Hip Hop** - The latest street dance styles - fun and funky.

**Lyrical** - expressive and contemporary this dance style combines ballet and jazz movements to enhance the lyrics of a song.

**Country Line Dance** - Grab your boots and come on in. Open to members and nonmembers.

**Boys Break dance** - Get ready to hit the floor, spin, rock and pop and lock

**Baton**

-

Twirling

# ***Dance Rules and Policies***

- Members may sign up children ages 4+ for two dance classes per child. Additional dance classes may be added for an additional fee of \$35.00 per month per class. Three year olds are permitted 1 dance class per child.
- **Proper attire is required.** Please see reverse side for details.
- Please remove jewelry prior to class. Hair must be neatly groomed off the face & neck. Please take your child to the bathroom before class begins.
- No food or drinks are allowed in the dance studios.
- **Please call prior to the start of class if your child will be unable to attend class.** If a call is not received, it will be marked as unexcused. Three unexcused absences will result in the removal of the child from the class. Please do not call the Program Desk – you must contact the Dance Department at (908) 782-4009 ext. 228. Please leave the child’s name & class information - type of dance class, day & time (ex. Suzie Smith, Kindergarten Ballet, Tues, 10am). If missing more than 1 class, please also leave the dates. **Teachers reserve the right to remove a child from a class roster due to excessive absences whether or not they have been excused.**
- **Please be on time for class.** Students who arrive more than 10 minutes late will be marked as absent and may not be admitted to class.
- Students must complete proper skill progressions to move to the next level. Evaluations are ongoing. Teachers reserve the right to remove a child from a class roster if they feel the class is inappropriate or too advance for the child. All younger children should be placed in their appropriate age groups.
- The dance recital is in June. All students who wish to participate must sign up at the program desk. **Recital registration begins September 24th through December 23rd.**

## ***Inclement Weather***

Please check the HQ website – [www.HealthQuest-Fitness.com](http://www.HealthQuest-Fitness.com) – for class cancellations, delayed openings, & early dismissals.