

# IGNITE

DANCE ACADEMY  
At River City Christian



2017-2018 Handbook

## ABOUT THE DANCE STUDIO



**Ignite Dance Academy at River City Christian (formerly The Dance Studio at First Covenant Church) was born out of a desire to encourage children and adults to enjoy the art of dance and develop their gifts in this area. We believe that God created dance as a form of expression for us and we desire to encourage and develop the dancer in each student.**

**We are dedicated to maintaining high standards of technical performance in a wholesome environment while making classes fun. Whether or not a student chooses to continue to dance, we believe that the benefits can enrich their whole life.**

# ADDRESS AND DIRECTIONS

10933 Progress Court  
Rancho Cordova, CA 95670

Directions to the Rehearsal Room (see back for campus map):  
After you drive through the church gates, keep going straight and turn left at the end of the parking lot. The Rehearsal Room is right there on the corner. There are two doors (same color as building) to this room.

Directions to Rooms 200-207 (see back for campus map):  
After you drive through the gates you will see the main church entrance. Park in any of the lots and enter through one of the sets of glass doors. Walk up the stairs in the lobby and turn to your right. Keep going down the hall until you reach the correct numbered room.

Directions to Room 215 (see back for campus map):  
After you drive through the gates you will see the main church entrance. Park in any of the lots and enter through one of the sets of glass doors. Walk up the stairs in the lobby and turn to your right, walk down the hall, turn left and then turn right.

# 2017-2018 CALENDAR

Monday, September 11 – Start of Fall 2017 Session

Sunday, November 19 - End of Fall 2017 Session

Monday, November 20 - Sunday, January 7 - Christmas Break

Saturday-Sunday December 9 & 10 - Christmas Show - Sunday rehearsals required. Optional participation. Details to follow.

Monday, January 8 - Start of Spring 2018 Session

Monday, January 21 - Thursday, January 24 - Sizing Week (more details to follow)

Friday, February 16 - Sunday, February 18 – Studio Disneyland trip (more details to follow)

Monday, March 26 - Sunday, April 1 – Studio closed for Easter Break

Saturday, May 19 (tentative) – Recital Picture Day - schedule released by April 15

Saturday, May 26 - County Fair Performance (optional)

Tuesday, May 29 – Recital Rehearsal (Level III & above)\*

Thursday, May 31 – Recital Tech Rehearsal (Level II & above)\*

Friday, June 1 – Recital Dress Rehearsal (all dancers)\*

Saturday, June 2 – Recital – 4:00 p.m., Free Admission

Sunday, June 3 – Recital – 3:00 p.m., Free Admission

The studio is open for all Monday holidays, unless otherwise noted.

\*Most classes will also meet at their normal time in the week leading up to the recital, **but all dancers must be at the Friday Dress Rehearsal.**

# DRESS CODE

## **Kids Classes (Tap/Jazz, Ballet/Jazz, Pre-Ballet):**

**Girls:** one piece dancewear (leotard, dance dress, shorttard/unitard), skirts okay, no separates, appropriate dance shoes to class. Tights required for most 5-7 classes. Please check with your instructor.

**Boys:** Dance pants, t-shirt, black or white ballet shoes.

## **Ballet (ages 17 and under)\*:**

**Girls:** tights, leotard, pink ballet shoes and hair in a bun. Skirts and tight fitting pants or shorts are permitted.

**Boys:** Dance pants, t-shirt, black or white ballet shoes.

## **Jazz/Tap/Contemporary (ages 17 and under)\*:**

**Girls:** leotard or unitard, tight pants or shorts, jazz or tap shoes, hair up. A t-shirt or thick strap tank top over a leotard or unitard is permitted for tap classes.

**Boys:** T-shirt, pants or shorts, black jazz (tennis shoes for hip hop) or tap shoes.

**Zumba:** Workout clothes are the best clothes to wear to allow freedom of movement. Please be sure to bring a water bottle, towel and perhaps a change of clothes. It is easy to burn at least 500 calories in one class. The best shoes to wear are dance fitness shoes (not necessarily dance sneakers which give little arch support), court shoes or “aerobic” shoes. Wear shoes that do not have a lot of tread at the bottom, that are meant for medial/lateral/twisting motion and have some cushioning. Running shoes and cross training shoes are not recommended as they only allow forward motion.

*\*It is preferred that adults stay within the dress code, but are invited to wear what is comfortable for them to move in.*

## **Where to find dance clothes/shoes:**

The studio has a Swap Box in the Rehearsal Room (during studio hours it is available at the Registration Desk).

Kid's leotards, tights and dance shoes can be found at Walmart, Target, Kohl's and Payless Shoe Source. The most complete dance supply stores in our area are Capezio, located at 3839 H Street in downtown Sacramento and Benicia Dancewear located at 250 Palladio Parkway, Suite 1309 in Folsom.

We recommend buying your first pair of shoes in person, but after the initial purchase we highly recommend Discount Dance, an online dancewear distributor. If you order from their website and enter TP40704 the studio will receive money back from your purchase and you will get 10% off your first order.

# CLASS DESCRIPTIONS

**BALLET AND PRE-BALLET:** Ballet classes are designed to give the dance student a strong technical background. The student will acquire flexibility, muscular strength and physical endurance, as well as a working knowledge of French dance terminology. Students will also develop and redefine their technique, proper alignment, and rhythmic and qualitative understanding. Ballet classes are highly recommended to provide a solid technical base for all dance classes.

**COMBINATION CLASSES (Tap/Jazz, Ballet/Jazz, Teen/Adult Intro):** These classes give the new dancer movement experiences and fundamental knowledge of the basics of dance, as well as a hands-on overview.

**CONTEMPORARY:** This class is designed to teach students a contemporary/modern style of dance. There will be a focus on choreography and emotional expression through movement. In addition, students will learn and/or improve their improvisational skills. Contemporary consists of a variety of dance styles such as ballet, jazz, modern, and sometimes even hip hop.

**HIP HOP/BREAK DANCE:** Please visit [www.studiotdance.com](http://www.studiotdance.com) for information on these classes provided by our partner studio.

**JAZZ:** Jazz classes are designed for the student with an interest in learning jazz technique and styles. The student will acquire flexibility, muscular strength and physical endurance. The class will provide the students with a strong sense of discipline of mind and body, as well as a heightened level of physical health.

**PARTNERING:** Partnering covers a breadth of styles, including swing, ballet, modern and jazz and is designed to challenge the advanced student and make them comfortable dancing with a partner.

**TAP:** Tap classes are designed for the student with an interest in learning tap technique, styles and rhythms. They will explore many styles of tap such as classical tap, clogging, jazz tap and rhythm tap. A refinement of style and artistry will be emphasized.

**ZUMBA:** Zumba is a latin-inspired, dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to a unique blended balance of cardio and muscle-toning benefits. Previous dance experience is not necessary.

# IGNITE DANCE POLICIES

## Registration Policies:

1. **TO ENROLL** you will need to complete the registration and liability form (available at [rivercitychristian.org/dance](http://rivercitychristian.org/dance)). **Pre-registration is encouraged and appreciated for all classes.** You can turn in the completed forms by mailing or dropping them off at the church office (attn: Carolyn Melville, 10933 Progress Court, Rancho Cordova, CA 95670), e-mailing them to [dance@rivercitychristian.org](mailto:dance@rivercitychristian.org) or faxing to 916-861-2246. If you cannot register early, you may bring your registration forms to the first class and turn them in at the Registration Table in the lobby. **You may not take class without first completing the liability form.**
2. **STUDENTS MUST BE** the minimum age within the first four weeks of the session and potty trained by the first date of class.
3. **ALL LEVEL I AND YOUNGER CLASSES** must have at least four students enrolled one week before a session starts. Otherwise they will be cancelled at that time. These classes will also be capped at 10-12 students and another class or a waiting list will be created.
4. **YOU MAY COME AND TRY A CLASS FOR FREE**, then submit payment, **but a liability form must be completed before you take class.**

## Class Policies:

1. **PARENTS & SIBLINGS ARE ASKED** to observe their child's class during the first week of the month **ONLY**. Having parents there, especially siblings who may be a little active, can easily distract the students, making it harder for the teacher to teach. Parents are asked to bring quiet activities for siblings and to keep the noise level down (especially in hallways), in order to respect other classes and ministries.
2. **THERE IS NO GUM ALLOWED IN CLASS.**
3. **IGNITE DANCE ACADEMY** reserves the right to change classes at any time without notice.

4. **AFTER THREE WEEKS** of absenteeism, a student will automatically be dropped from the class and their spot given away, unless prior notification was given to the Studio Administrator. Additionally, if prior notice was not received, the parent/dancer will still be responsible for paying tuition that month. Out of fairness for those on the waiting list, if a dancer takes a month off, tuition must be paid for that missed month in order to hold their spot in the class.
5. **NO VIDEOTAPING OR PICTURES** are allowed unless permission has first been obtained from the instructor. If you are taking pictures or video of dancers other than your own child, permission must also be obtained from that child's parent.
6. **PARENTS/GUARDIANS MUST DROP OFF AND PICK UP THEIR CHILD** from the classroom. Students Level I and younger will not be released from the room without a parent being present unless another arrangement has been made with the instructor. Children in this age group will not be permitted to go to the restroom without a teacher or teacher's assistant or parent.
7. **PARTNERS** must be actively taking Ballet IV and Jazz IV and be at least 16 years old.
8. **ALL STUDENTS** must check in at the Registration Table in the main lobby before class **EVERY** week.
9. **STUDENTS NOT ADHERING** to the dress code may be asked not to take class until they are properly attired.
10. **STUDENTS ON POINTE** must also be actively enrolled in two other ballet classes during the week.
11. **IN ORDER TO** enroll in Ballet II/III or Ballet III/IV, the dancer must also be taking a core technique class - Ballet IIB, Ballet III or Ballet IV. The same policy applies to Jazz III/IV.
12. **IN ORDER TO** take Contemporary II, you must also be in at least a level II jazz and ballet class. Dancers in Contemporary I must also be in a Level I jazz or ballet class.

13. **PLEASE HAVE YOUNGER DANCERS** use the bathroom before class. If a child is taking multiple classes, please also send them with a healthy snack.

14. **IF A PARENT IS LATE** picking up a child from class, the child will be taken to the teacher's next class.

Performance Policies:

1. **IN ORDER TO** participate in the Spring Recital (first Saturday and Sunday in June), you must start class **no later** than the first week of March of that calendar year and must have good attendance.

2. **IN ORDER TO** participate in the Christmas Show (rehearsals are outside of class time), dancers must be actively enrolled in at least one class during the Fall Session and pay the \$25 participation fee.

3. **RECITAL COSTUMES** will be ordered during the Spring Session. A costume guide with prices will be given out to parents and students in March and payment will be due the first week of May. Costumes will be \$40-\$50 each.

4. **IF A CLASS IS DROPPED** after February 15, the dancer/parent will still be responsible for the cost of the recital costume.

Tuition Policies:

1. **TUITION** is \$40 a month. One \$5 discount per family/individual can be applied if:

- You are a River City Christian attendee (defined as those who attend at least two Sundays a month).
- The same individual takes more than 4 classes per week.
- Sibling discount (first child is \$40, subsequent children are \$35)

2. **ZUMBA** is \$5 per class or \$20 for a 10-class punch card, which will expire 90 days after purchase.

3. **TWO HOUR** classes are \$80 a month. Pointe I (30 minutes) is \$20 per month. Hour and a half classes are \$60 per month.

4. **PAYMENT** is due by the 5<sup>th</sup> of each month. Please turn payment in at the Registration Table in the lobby. Tuition may also be paid online at [rivercitychristian.org/dance](http://rivercitychristian.org/dance) on the Tuition & Fees part of the page.

5. **JUNE TUITION** will be \$10 per class to cover costs associated with recital week.

6. **NO REFUNDS** or credit will be given for missed classes. Pro-rating of tuition is for late admission into a class, not to adjust for classes missed. **Tuition pays not just for teaching time, but for equipment that keep the studio open.**

7. **LIMITED MAKE UP** classes are available for absences due to illness or extenuating circumstances. Please arrange these with your instructor.

Ignite Dance Academy Sick Policy:

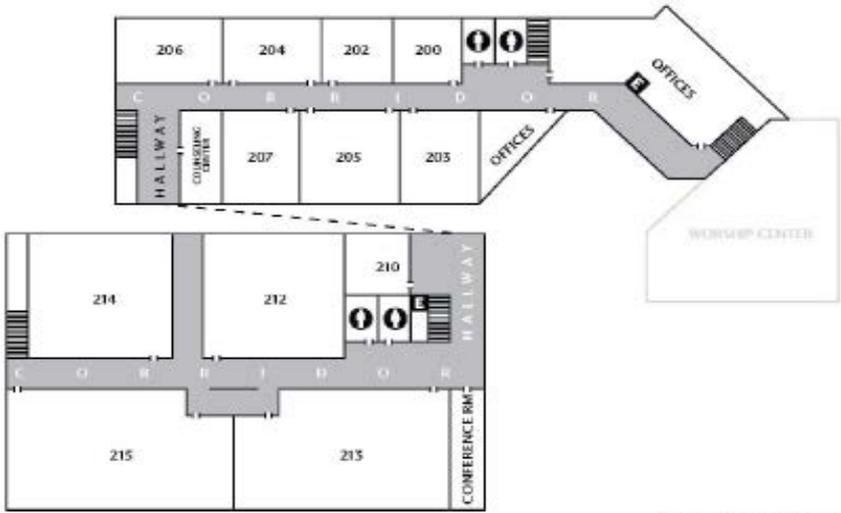
**Please do not send your child to class, performance or rehearsal if they have the following symptoms:**

- **Runny nose with thick, yellow or green discharge**
- **Earache**
- **Stomach ache/abdominal pain**
- **Vomiting**
- **Rash**
- **Fever**
- **Constant cough/wheezing or productive cough**
- **Diarrhea**
- **Sore throat and/or swollen glands**
- **Red eyes, or eyes with any discharge**

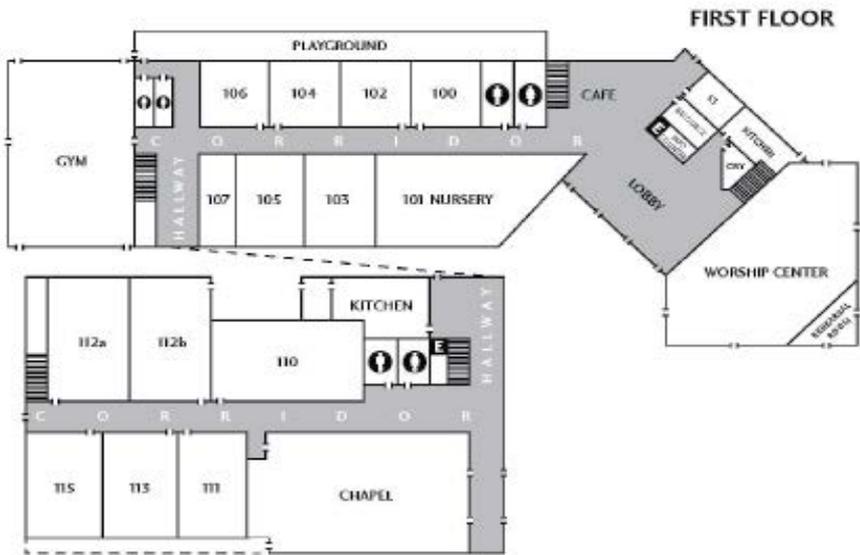
**Kids must be symptom-free for 24 hours before coming to the studio. If antibiotics have been prescribed the child must have taken at least four doses.**

**If a child becomes ill at the studio, we will call for you to come and take the child home immediately, to prevent the spread of illness.**

**On the day of Dress Rehearsal or Recital the Chapel Manager will make the final call on if a child is too sick to perform.**



SECOND FLOOR



FIRST FLOOR

**IGNITE DANCE ACADEMY AT RIVER CITY CHRISTIAN**  
 (formerly The Dance Studio at First Covenant Church)

10933 Progress Court, Rancho Cordova, CA 95670  
 dance@rivercitychristian.org • 916-861-2240 x 662  
[rivercitychristian.org/dance](http://rivercitychristian.org/dance)