



FALL/SPRING 2017-2018

DANCE/MUSIC PROGRAMS & SCHEDULES

Session begins Aug 7, 2017 and runs through June 3, 2018.

www.DanceAndMusicNM.com

REGULAR (AMAZING) DANCE CLASSES

Our regularly scheduled dance classes (Tiny Tots, Dance is Fun, ballet, hip hop, jazz, lyrical, tap, etc.) will resume for the new Fall session. Get signed up for instruction that is regularly "Best in the City".

ADULT DROP-IN PROGRAM

Booty Barre, POUND, Hip Hop and Jazz/Contemporary will be running throughout the session. Class size is limited, so be sure to sign up in advance at the front desk or through the MindBodyOnline app. If you haven't tried any of these classes, we're rolling out an exciting way for you to get involved! Be sure to check out our Tuition, Fees and Perks breakdown.

MUSIC LESSONS

Private music lessons for voice, piano, guitar, drums, flute, woodwinds and violin are available. Monday through Saturday, ages 3 to adult. To take a free trial lesson or sign up for a slot, see the front desk.

★ NEW PERKS ★

We like to provide perks to our customers. Think of perks as rewards for your loyalty to our school! We've always provided them (hopefully you knew about them), but we've added a couple things this year. Be sure to check out our Tuition, Fees and Perks breakdown.

REGISTRATION AND DISCOUNTS

This year we are also updating our registration fees and available discounts. To encourage earlier enrollment, reward commitment and better plan for the year administratively, the registration fee will increase every month beginning September 1st. We are simplifying the sibling and multi-class discounts as well, into one flat rate discount. Check out the Tuition, Fees and Perks info for more details.

TUITION, FEES & PERKS

FALL/SPRING 2017-18

TUITION

- Tuition is based on a 40 week *minimum* session (you might get more) from August through May.
- Tuition is paid monthly (on the 1st) at the same rate whether you start in August or January.
- The earlier you start, the more value you get out of tuition.
- We do not prorate for missed classes.
- We do not prorate for scheduled closures (holidays, typically); they are already factored in session.
- Make-ups are offered for unscheduled closures/cancellations.

Talls-n-Tots (age 18-24mos)	\$69.00/month + tax
Dance is Fun (age 2)	\$69.00/month + tax
Pre-Level (age 3-6)	\$79.00/month + tax
Level 1 and up (age 7-18)	\$89.00/month + tax
Private Music Lessons (age 3 - adult)	\$119/month + tax
Adult Drop-in (BootyBarre, Pound, Hip Hop, etc)	\$15 drop in, \$65 five class pass, \$89 unlimited 1-month pass, \$69/mo unlimited auto-pay

REGISTRATION FEES

Register early! The annual registration fee per student will increase throughout the year. This does not mean registering later is bad (we want you a part of our family whenever we can get you!), it just means you will have to pay a little extra.

Up to September 1st	\$30 registration + tax
Beginning September 1st	\$45 late registration + tax
Beginning October 1st	\$60 late registration + tax
Beginning November 1st	\$75 late registration + tax
After December 1st	\$90 late registration + tax

LATE & DECLINED FEES

A fee of \$25 will be charged to your account for any late tuition payments, including declined payments. There is a 3-day grace period for auto-payments before this fee is charged.

TUITION DISCOUNTS

We now combine the multiple-class discount and the sibling discount into one flat rate discount of \$15/class. In both cases the highest tuition is full price and all others are discounted. Discounts apply to both the Music and Dance programs.

Example: Isabella takes Piano for \$119/month. She can then take Level 2 Ballet for \$74/month as well (\$89 - \$15). Her little sister, Angela, can take Tiny Tots for \$64/month (\$79 - \$15), and their baby brother can take Talls-n-Tots for \$54/month (\$69 - \$15).

PERKS FOR DIMENSIONS CUSTOMERS

There are many perks for everyone who chooses our school. The primary perk is the built-value you get for your tuition payments. Next, there are some added perks that are our way of rewarding your loyalty to the Dimensions family. The difference? Added perks don't impact tuition pricing (if we took them away, you'd still get great value), whereas primary perks are necessary to maximize the value of your tuition.

PRIMARY PERKS (BUILT-IN)

- Weekly quality instruction
- Curriculum based classes (not a "wing it" atmosphere)
- Certified, professional instructors
- CPR and First Aid certified staff
- Clean and professional facilities
- Special impact absorption sub-flooring to reduce fatigue and chances for injuries (dance rooms)
- Dedicated admin staff separate from instructors
- Dedicated viewing areas for customers
- Annual recitals for dance; twice per year recitals for music.
- Multiple-class and sibling discount.
- Annual student achievement award
- Annual student evaluations.

ADDED PERKS

- Weekly Open Technique class (age 7 and up) for dancers
- Unlimited adult drop-in classes for one person (age 15 and up) per enrolled student on your account (maximum of two people designated for drop-in classes per account).
- Access to pre-registration in April (closed to the public) for the upcoming year with \$0 registration fee; one day only.
- One professionally recorded/edited DVD of the End-of-Year show for all dancer participants.
- Dimensions student t-shirt.
- Free customer broadband WiFi.
- Study area for homework or remote working while waiting for class to start/end.

FALL/SPRING DANCE SCHEDULE

Beginning August 7, 2017- June 3rd, 2018

(tuition is based on a 40 week session- see yearly calendar for school closures)

**** Class placement is by student's age as of September 1, 2017 ****

MONDAY

9:30-10:15 Tiny Tots (age 3-4)
 10:00-11:00 bootybarre (adults)
 3:30-4:15 Little Hip Hop (age 5-6)
 3:30-4:00 Dance is Fun (age 2)
 3:30-4:15 Pre-Ballet (age 5-6)
 4:00-5:00 Hip Hop 1-2 Foundation (age 7-12)
 4:15-5:15 Lyrical 1-2 Foundation (age 7-12)
 4:15-5:15 Ballet 1-2 Foundation (age 7-12)
5:00-5:45 Acro Kids (age 5-6)
 5:15-6:15 Ballet 3-4 Foundation (age 12-18)
5:15-6:00 Kid Tap (age 5-6)
 5:45-6:45 Jazz 1-2 Foundation (age 7-12)
6:00-7:00 Ballet 1-2 Intermediate (age 9-15)
 6:15-7:15 bootybarre (adults)
 6:45-7:45 Jazz 3-4 Foundation (age 13-18)
 7:15-8:15 Hip Hop 1/2/3 Intermediate (age 9-18)

TUESDAY

9:30-10:00 Dance is Fun (age 2)
 10:00-11:00 PIYO (adults)
 10:00-10:45 Tiny Tots (age 3-4)
 10:45-11:30 Tumbling Tots (age 3-4)
1:00-3:00 Fine Arts Homeschool Course (age 5-12)
 3:30-4:15 Baby Tap (age 3-4)
 3:45-4:30 Tiny Tots (age 3-4)
 4:00-5:00 Ballet 1 Foundation (age 7-11)
 4:15-5:15 Dimensions Dance Diamonds
 4:30-6:00 Dimensions Dance Illusions
 5:15-6:15 Dimensions Dance Divas
 5:00-5:45 Pre-Ballet (age 5-6)
 5:45-6:45 Ballet 1 Foundation (age 7-11)
 6:15-7:15 Jazz 1 Foundation (age 7-9)
 6:00-7:00 Lyrical 1 Intermediate (age 9-11)
 6:45-7:45 Lyrical 3-4 Foundation (age 12-18)
 7:00-8:00 Jazz 1-2 Intermediate (age 9-15)
 7:15-8:00 POUND (age 12-adult)
 8:00-9:00 HIGH Fitness (adults)

WEDNESDAY

9:30-10:15 Tiny Tots (age 3-4)
9:30-10:30 Vinyasa Yoga
10:15-10:45 Dance is Fun (age 2)
10:45-11:30 Tumbling Tots (age 3-4)
1:15-2:00 Dance Kids (age 5-6)
1:30-2:30 Dance Acro 1-2 Foundation (age 7-12)
2:00-3:00 Ballet 1 Foundation (age 7-9)
2:30-3:15 Dance Kids (age 5-6)
2:30-3:15 Little Hip Hop (age 5-6)
3:00-4:00 Jazz 1-2 Foundation (age 7-9)*
3:15-4:15 Lyrical 1-2 Foundation (age 7-12)
3:15-4:00 Tiny Tots (age 3-4)
4:00-5:15 Advanced Jazz**
4:00-5:00 Hip Hop 1 Foundation (age 7-9)
4:15-5:30 Dimensions Allstars TBA
5:00-5:45 Pre-Ballet (age 5-6)
5:30-7:00 Dimensions Dance Corps**
5:15-6:30 Dimensions Dance Company**
5:45-6:45 Ballet 1 Foundation (age 7-9)
6:30-7:30 bootybarre (adults)
7:00-8:00 Lyrical 1-2 Intermediate (age 9-15)*
7:30-8:30 Adult Hip Hop (adults)

THURSDAY

9:30-10:15 Tiny Tots (age 3-4)
9:30-10:00 Dance is Fun (age 2)
10:00-11:00 bootybarre (adults)
10:45-11:30 Tiny Tots (age 3-4)
3:30-4:15 Tiny Tots (age 3-4)
3:30-4:15 Little Hip Hop (age 5-6)
3:45-4:30 Dance Kids (age 5-6)
4:15-5:15 Dimensions Dance Diamonds **
4:15-5:15 Ballet 1 Foundation (age 7-9)
4:30-6:00 Dimensions Dance Illusions**
5:15-6:15 Dimensions Dance Divas **
5:15-6:00 Pre-Ballet (age 5-6)
6:00-7:00 Ballet 1 & 2 Intermediate (age 9-15)
6:00-7:00 Jazz 1-2 Intermediate (age 9-15)
6:15-7:15 Jazz 1 Foundation (age 7-9)
7:00-8:15 Ballet 2-3 Intermediate/Pre-Pointe (age 15-18)*
7:15-8:15 Hip Hop 3-4 Foundation (age 13-18)

FRIDAY

9:15-10:00 Tiny Tots (age 3-4)
9:15-10:15 bootybarre (adults)
10:15-11:00 Pound (adults)
3:30-4:15 Tiny Tots (age 3-4)
3:30-4:15 Tiny Tots (age 3-4)
3:45-4:30 Pre-Ballet (age 5-6)
4:00-5:15 Advanced Lyrical *
4:30-5:30 Jazz 1-2 Intermediate (age 9-15)
4:15-5:30 Dimensions Allstars TBA
5:30-7:00 Dimensions Dance Corps**
5:15-7:15 Dimensions Dance Company **
5:30-6:15 Dance Kids (age 5-6)
7:00-8:00 Jazz 1-2 Intermediate (age 9-15)
7:00-8:00 Adult Jazz/Contemporary

SUNDAY

1:00-2:00 Dance Acro Foundation 1-4 (age 7-18)
2:00-3:00 Lyrical 1-2 Foundation (age 7-12)
2:15-3:00 Little Hip Hop (age 5-6)
3:00-4:00 Hip Hop 1-2 Foundation (age 7-12)
3:00-4:00 Tap 1-2 Foundation (age 7-12)

SATURDAY

8:00-9:00 bootybarre (adults)
8:00-9:00 High Fitness (adults)
9:00-9:30 Talls-n-Tots (age 18mos-24mos)
9:00-10:00 POUND (adults)
9:15-10:00 Tiny Tots (age 3-4)
9:30-10:00 Dance is Fun (age2)
10:00-10:45 Tiny Tots (age 3-4)
10:00-10:45 Dance Kids (age 5-6)
10:00-11:00 Jazz 1 Foundation (age 7-9)
10:45-11:30 Tiny Tots (age 3-4)
10:45-11:30 Pre-Ballet (age 5-6)
11:00-11:45 Dance Kids (age 5-6)
11:30-12:15 Tumbling Tots (age 3-4)
11:30-12:15 Little Hip Hop (age 5-6)
12:30-1:15 Acro Kids (age 5-6)
12:30-1:30 Ballet 1-2 Foundation (age 7-12)
1:00-2:00 Hip Hop 1-2 Foundation (age 7-12)
1:15-2:15 Dance Acro 1-2 Foundation (age 7-12)
1:00-2:00 Hip Hop 1-2 Foundation (age 7-12)
1:30-2:30 Jazz 1-2 Foundation (age 7-12)
2:15-3:15 Open Technique Foundation
2:30-3:30 Lyrical 1-2 Foundation (age 7-12)
3:15-4:15 Open Technique Intermediate/Advanced

FALL/SPRING CLASS LISTINGS

Beginning August 7, 2017- June 3rd, 2018

(tuition is based on a 40 week session - see yearly calendar for school closures)

Classes are always subject to change based on enrollment and classroom availability.

CLASSES ARE CO-ED UNLESS OTHERWISE NOTED

TODDLER / PRESCHOOL / KINDER DANCE CLASSES: Age 18 months – 6 years

TALLS-N-TOTS DANCE: 18mos - 24mos | 30 minutes weekly | \$69.00/mo + tax

Stretch the imagination through creative dance to support language development and social interaction. This class is suitable for toddlers. This is a great introduction to dancing for children just developing their coordination. The teacher guides the tall and tot team in a way that makes discovering movement, balance and listening skills easy and fun. This class is an excellent first group activity.

An adult (Tall) must accompany their little one (Tot) for this class. Bare-feet or socks required.
Classes will be limited to 6 students (Tots).

DANCE IS FUN: 2 year olds | 30 minutes weekly | \$69.00/mo + tax

Fast paced, fun and creative class. Basic dance is taught in a class structure that our two year olds thrive in! Basic ballet and terminology is covered.

Classes will be limited to 6 students.

TINY TOTS: Ages 3 - 4yrs old | 45 minutes weekly | \$79.00/mo + tax

Introduction to Dance with an emphasis on dance foundations, coordination, incorporation of props, and having fun in a highly energized and upbeat class! Basic ballet and jazz are covered. Use of correct ballet terminology is incorporated.

Weekday classes limited to 8 students; Saturday classes 12 (with a second instructor).

DANCE KIDS:--Ages 5 - 6yrs old | 45 minutes weekly | \$79.00/mo + tax

Continued introduction to Dance with an emphasis on dance foundations, coordination, basic dance terminology, learning dance etiquette, incorporation of props. We focus on an introduction to ballet, jazz, hip hop and pom in a fast paced and creatively challenging atmosphere.

Classes limited to 12 students.

LITTLE HIP HOP / BOYS ONLY HIP HOP: Ages 5 - 6yrs old | 45 minutes weekly | \$79.00/mo + tax

Learn all the basics of hip hop in this fun fast paced class! Stylish choreography to age appropriate music provides an energized class. If your child loves to dance at home and make up their own "moves," then this is the perfect class!

Classes limited to 12 students.

BABY TAP / KID TAP: Ages 3 - 6yrs old | 45 minutes weekly | \$79.00/mo + tax

Rhythm, noise and funk! Learn the basics of tap and begin combos as well as across-floor combinations in this high paced class!

Classes limited to 12 students.

PRE-BALLET: Ages 5 - 6yrs old | 45 minutes weekly | \$79.00/mo + tax

Ballet is the core of all dance. Classical ballet focuses on body placement, proper technique, body alignment, flexibility, strength and skills. This class is a great way for those students who really want to focus on ballet at a younger age. Class is creative and challenging

Classes limited to 12 students.

TUMBLING TOTS/ACRO KIDS: Ages 3 - 6 yrs old | 45 minutes weekly | \$79.00/mo + tax

Tumbling at its best! This class is an introduction to all the fun tumbling exercise that our little ones love in a safe environment. Students will learn several different acrobatic skills which build in difficulty as the class progresses. Cartwheels, forward roll, somersaults, back-bends, back walkovers, and so much more!

Classes limited to 12 students. Safety mats are provided.

FOUNDATION DANCE CLASSES: Level 1 - 4 (ages 7 - 18 years) Includes Open Technique at no additional charge

BALLET: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

Ballet is the core of all dance. Classical ballet focuses on body placement, proper technique, body alignment, flexibility, strength and skills. You must take ballet to become a well-rounded dancer.

HIP HOP: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

Hip Hop is a more contemporary form of dance. It utilizes complex rhythms and the most current video/street dance styles. Dancers will master these funky synchronized skills in an upbeat and fun environment. This class is a cardiovascular workout as well as teaching hip hop routines. If you want to get a great workout and have fun doing it, this is the class for you!

DANCE ACRO: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

Learn how to do skills and tricks that you can incorporate into your dance routines. Learn the basics and progress to harder skills in a safe environment. Back layout, Back tuck, Back walkover, Cartwheel, front and back somersaults, Chest stand, Elbow stand, Front aerial, Handstand, Hand walking, Kip up, Round off, Side aerial, Valdez and strength training will be included in these classes. Safety mats will be provided. Classes taught by certified tumbling instructors.

JAZZ: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

Jazz is a combination of dance movements with an emphasis on technique, body placement, personal style, and technical skills such as leaps, turns, kicks, formation changes. This class is for those dancers looking for a challenging and fun way to develop personal style within a group atmosphere.

LYRICAL / MODERN: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

Lyrical dance is expressive, focused on conveying musicality and emotion through movement. It is a combination of intricate, highly technical, and pedestrian/naturalistic moves. Lyrical inspires choreographers and dancers to use movement to interpret music and express emotion.

TAP: Level 1 - 3 | 1 hour weekly | \$89.00/mo + tax

Rhythm, noise and funk! Learn the basics of tap and begin combos and across floor combinations in this high paced class!

OPEN TECHNIQUE: Level 1 - 4 | 1 hour weekly (Basic or Intermediate) | \$20/class + tax, or \$89.00/mo + tax (free for current students)

Offered in level beginner-intermediate, these classes are designed to give the basics to students that are either brand new to dance or just need additional work to help them in their current classes. It is highly recommended that you take one of these classes if you have never danced before in conjunction with the class of your choice. Instructors may also recommend this class to students throughout the year.

INTERMEDIATE DANCE CLASSES: Level 1 - 4 (ages 9 - 18 years)

- ★ **PREREQUISITE:** Dancers must have taken 2 years of the same dance style in a Foundation class before taking the corresponding Intermediate class.
 - ★ **Foundation class and Open Technique is strongly encouraged**
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BALLET INTERMEDIATE: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

After receiving two years of training in Ballet Foundations, those students who wish to push themselves to a higher level and have mastered the basics can move up to Intermediate Class. This class will focus on harder skills, more repetitions, a focus on choreography and starting to find your personal style. Classes will be taught by our Intermediate Certified Instructors.

JAZZ INTERMEDIATE: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

After receiving two years of training in Jazz Foundations, those students who wish to push themselves to a higher level and have mastered the basics can move up to Intermediate Class. This class will focus on harder skills, more repetitions, a focus on choreography and starting to find your personal style. Classes will be taught by our Intermediate Certified Instructors.

HIP HOP INTERMEDIATE: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

After receiving two years of training in Hip Hop Foundations, those students who wish to push themselves to a higher level and have mastered the basics can move up to Intermediate Class. This class will focus on harder skills, more repetitions, a focus on choreography and starting to find your personal style. Classes will be taught by our Intermediate Certified Instructors.

LYRICAL INTERMEDIATE: Level 1 - 4 | 1 hour weekly | \$89.00/mo + tax

After receiving two years of training in Lyrical Foundations, those students who wish to push themselves to a higher level and have mastered the basics can move up to Intermediate Class. This class will focus on harder skills, more repetitions, a focus on choreography and starting to find your personal style. Classes will be taught by our Intermediate Certified Instructors.

ADVANCED DANCE CLASSES: Level 2 - 4 (ages 11 - 18 years)

- ★ **PREREQUISITE:** Dancers must have taken 2 years of the same dance style in an Intermediate class before taking the corresponding Advanced class.
- ★ **PREREQUISITE:** Dancers must take at least one Foundation/Intermediate class in addition to Advanced classes.
- ★ **PREREQUISITE:** Dancers must be endorsed for Advanced classes by an instructor and/or the Studio Director.

BALLET ADVANCED: Level 3 - 4 | 1 hr 15 min weekly | \$89.00/mo + tax

After receiving two years of training in Ballet Foundations and 2 years in Intermediate Classes, those students who wish to push themselves to a higher level and have mastered the basics and the demands of the Intermediate Level classes may add Advanced Classes to their weekly classes.. This class will focus on choreography, interpretation and college level skills. Students should be comfortable on Pointe in order to take this class.. Classes will be taught by our Master Certified Instructors.

JAZZ ADVANCED: Level 3 - 4 | 1 hr 15 min weekly | \$89.00/mo + tax

After receiving two years of training in Jazz Foundations and 2 years in Intermediate Classes, those students who wish to push themselves to a higher level and have mastered the basics and the demands of the Intermediate Level classes may add Advanced Classes to their weekly classes.. This class will focus on choreography, interpretation and college level skills. Classes will be taught by our Master Certified Instructors.

HIP HOP ADVANCED: Level 3 - 4 | 1 hr 15 min weekly | \$89.00/mo + tax

After receiving two years of training in Hip Hop Foundations and 2 years in Intermediate Classes, those students who wish to push themselves to a higher level and have mastered the basics and the demands of the Intermediate Level classes may add Advanced Classes to their weekly classes.. This class will focus on choreography, interpretation and college level skills. Classes will be taught by our Master Certified Instructors.

LYRICAL ADVANCED: Level 3 - 4 | 1 hr 15 min weekly | \$89.00/mo + tax

After receiving two years of training in Lyrical Foundations and 2 years in Intermediate Classes, those students who wish to push themselves to a higher level and have mastered the basics and the demands of the Intermediate Level classes may add Advanced Classes to their weekly classes.. This class will focus on choreography, interpretation and college level skills. Classes will be taught by our Master Certified Instructors.

ALLSTAR DANCE TEAMS

We have 4 to 6 competitive Allstar dance teams each year that travel and compete across the nation. Auditions are held in May of every year. They are open for dancers ages 5-18 (age as of August 31). If you would like more information about costs and schedules associated with this Nationally ranked program, please see the front desk for our cost sheet (available in April).

SPECIALTY CLASSES:

ADULT FITNESS CLASSES: (AGE 15-ADULT) Unlimited Monthly pass free for adult that has a child enrolled. See perks for details.
Classes open for Teen/Adult | \$15 per class or buy a package and save! | Monthly Unlimited \$69.00 (on autopay)

BootyBarre:

A sexy, energetic, fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. And get this... you don't even need any dance experience! The Booty Barre® method is the perfect combination of strength and flexibility with added cardio to burn fat fast. Barre workouts have also become a popular choice with many celebrities. This is a killer workout and you will see results!

Coming in 2017-18: Bootybarre Bounce, Sculpt, Bootybarreless and more!

Pound:

Using Ripstix® (lightly weighted drumsticks engineered specifically for exercising), POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. All fitness levels welcome!

Adult Jazz/Contemporary and Adult Hip Hop:

Come dance in a welcoming environment for all levels. New choreography every week in a low pressure, fun class!

PRIVATE INSTRUCTION: Any Age | Price upon request

Private instruction can be given to those students who want one-on-one attention from our fabulous staff. Price is based on an hourly basis.

CUSTOM COACHING: Outside Dance Teams | Price upon request

We also offer custom coaching for teams. This is a great opportunity for coaches to have their teams critiqued by professionals in the dance industry. Price is calculated on a per team member basis.

AGE LEVELS AND SKILL CATEGORIES

A NOTE ON OUR SKILL CATEGORIES

We do not use skill categories as a superiority standing or purely for progression achievements. Think of our categories as construction phases of a house. "Foundation" represents the dirt work (removing obstacles, leveling the ground, pulling utilities to the site) as well as the actual foundation of the house. "Intermediate" represents the walls of the house and tying into the electrical, plumbing and foundation work that was completed in the previous phase. Lastly, "Advanced" represents the roof. It connects it all together at the highest level and delivers a visually complete structure, showing off all the hard work.

Just as each construction phase is not possible without the previous, neither is each dance skill category. Furthermore, if the foundation and walls are neglected on a house, the roof will eventually crumble. This is why we encourage our Intermediate and Advanced dancers to go back and take previous category classes (as well as Open Technique). It doesn't mean you are not "good" at dance if you take Intermediate or Foundation classes. It means you're **smart**. You know that to be your best, you must maintain the fundamentals.

A black belt martial artist doesn't stop performing the basic movements just because she has reached a high level of skill. A professional athlete doesn't stop drilling themselves on the basics of a sport just because they made the team as a starter. In dance, like many things in life, the more skilled or higher level you get, the more important the fundamentals become.

SKILL CATEGORY ELIGIBILITY

Below is a chart showing the breakdown of age levels and how it determines eligibility for skill categories.

EXAMPLE ONE: Lilly is 8 years old, so she is eligible for Foundation classes only.

EXAMPLE TWO: Melissa is 10 years old and is eligible for Intermediate classes but not Advanced classes.

AGE LEVEL				SKILL CATEGORY
Level 1	7 Years Old	8 Years Old	9 Years Old	
	✓	✓	✓	Foundation
			✓	Intermediate
				Advanced
Level 2	10 Years Old	11 Years Old	12 Years Old	
	✓	✓	✓	Foundation
	✓	✓	✓	Intermediate
		✓*	✓*	Advanced
Level 3	13 Years Old	14 Years Old	15 Years Old	
	✓	✓	✓	Foundation
	✓	✓	✓	Intermediate
	✓	✓	✓	Advanced
Level 4	16 Years Old	17 Years Old	18 Years Old	
	✓	✓	✓	Foundation
	✓	✓	✓	Intermediate
	✓	✓	✓	Advanced

SKILL CATEGORY QUALIFICATION

Remember, eligibility does not guarantee qualification. The 2-year prerequisite (same dance style, in the previous skill category) must still be met, regardless of age level.

***For Advanced classes, all student must be endorsed by an instructor after meeting the prerequisites. This is to check for proficiency, consistency, emotional intelligence and other intangibles. In our experience, age 13 is typically the earliest a dancer is ready for Advanced (even though you could technically be eligible by age 11).**

EXAMPLE ONE: Lilly is 9 years old and has never taken Foundation classes before. She is eligible for Intermediate classes (based on age), but is not qualified to take Intermediate classes until she has taken 2 years of Foundation classes.

EXAMPLE TWO: Melissa is 14 years old and wants to take a Level 3 Advanced Ballet class, but her 2 years of Intermediate experience is in Hip Hop. She is eligible for the Advanced class by age, but won't qualify for Advanced Ballet until she takes 2 years of Intermediate Ballet. Note, she may first need to take 2 years of Level 3 Foundation Ballet to qualify for the Intermediate category.