

NOLIMITS *Dance Company*

**2020-2021
Season 7 Handbook
Monroe, NC**

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CLASS DESCRIPTIONS AT NLDC

BALLET is the foundation of all dance styles. We are committed to providing true classical training to all dancers of all ages from the beginner level to the pre professional level. Ballet improves balance, technique, flexibility, strength, control, discipline and grace. Ballet is mandatory for all competitive students and pre professional students.

CONTEMPORARY and LYRICAL are merged into one class. These two styles come from ballet but have more of an edgy feel to them. Dancers will focus on movement, body placement, lines and more importantly, story telling. Dancers will advance to the next level with these styles by learning more intense combinations and working on understanding expression and movement through music.

COMBO CLASSES are offered to our younger dancers so they can have the opportunity to take more than one style of dance, all in one class and only once a week.

HIP HOP has become one of our most popular styles of dance offered at NLDC. We offer this class to all levels and ages starting at age 4. Hip Hop classes improve musicality, rhythm, style, improvisation and also boosts confidence levels! Dancers LOVE this class and its always a fun work out for all.

JAZZ is a classic style that has been around in the dance world since the 1900s. Jazz includes a warm up, stretch, across the floor progressions and combinations. Jazz has evolved so much since it first started. Dancers can expect to learn street jazz, classical jazz, jazz funk, Broadway jazz and jazz technique!

MODERN is a style of dance that focuses mainly on the dancers interpretation. In our modern classes dancers will learn the traditional modern techniques such as Horton and Graham but also really focus on musicality, structure, expression and freedom of movement.

MUSICAL THEATER is the study of Broadway dance! Dancers will learn how to express themselves by acting and performing to Broadway music. Musical Theater is mostly a jazz style but can include many different other dance styles as well. If you see yourself on Broadway one day, this is the class for you!

STRETCH AND CONDITIONING is provided for dancers that are looking to improve strength and flexibility. Dancers will start with a warm up and go into partner conditioning and circuits. Dancers will perform body weight exercises as well as using light weights as they advance in this class. The second half of the class consists of safe, proper stretching and alignment.

TAP at No Limits consists of focusing on proper tap technique for all levels and ages. Tap dance increases rhythm and musicality in every style a dancer will ever do. Dancers will focus on center floor and across the floor combinations and work their way up to more advanced tap steps and combinations as the season goes on.

TECHNIQUE class at No Limits consists of center floor warm up, alignment exercises, across the floor combinations and progressions, pirouettes, leaps and flexibility. Technique classes are offered to dancers who want to advance their training and this class is mandatory for competitive dancers.

TUMBLING/ACRO is another favorite for almost every dancer! These classes focus on strength, flexibility, power, balance, focus and discipline. Students will and must master the basic skills and will then advance on to more intense and advanced skills and combinations on the floor.

Class Schedule is located on our website - www.nolimitsdanceandfitness.com

TUITION

Total Hours Per Week	Tuition
:30	30.00
:45	45.00
:50	50.00
1:00	60.00
1:15	75.00
1:30	90.00
1:45	95.00
2:00	100.00
2:15	110.00
2:30	115.00
2:45	120.00
3:00	130.00
3:15	140.00
3:30	150.00
3:45	160.00
4:00	170.00
4:30	180.00
5:00	190.00
5+	200.00

Comp Rates

Petites \$130 per month
Minis \$140 per month
Competition Performance Team \$150 per month
Competition Team \$170 per month
Company \$230 per month

TUITION PAYMENT - Tuition is due on the 1st of the month and is drafted automatically using Jackrabbit Dance Studio Software. Your credit or debit card information must be provided at the time of enrollment on your enrollment form. If credit or debit card declines, a late fee of \$15 will post automatically to your customer account on the 5th of the month. Please check your account and portal to make sure your tuition is coming out properly.

REGISTRATION FEE - There is a one time registration fee of \$40 for new students and \$20 for returning students at the time of enrollment. This fee can be paid by check, cash or portal.

RECITAL FEE - All students participating in recital classes must participate in our annual recital held in June. The recital fee is \$80 per family which will include one VIP ticket, a T shirt and a Season trophy. Recital fee is due by February 1st.

RECITAL COSTUMES - All students participating in recital classes will have recital costumes. All costumes are \$80. Combination classes that share 3 styles of dance (tumbling/acro, ballet and tap for example) will share a costume for tumbling and tap. Therefore, this class will only have 2 costumes to pay for instead of 3. Recital Costume Fees are due by January 1st.

RECITAL TICKETS - Recital tickets will go on sale online February 1st. They are \$10 per ticket and are first come first serve. Remember, every family will receive ONE free VIP ticket that is included in the recital fee listed above. This ticket gets you backstage to help change your dancer (if needed) as well as in the audience to watch the shows.

CUSTOMER PORTAL - Please make sure your account with us is at a \$0 balance before April 1st. Please remember that if you did not pay for your costumes, your child will not receive them when they come in. Please make sure your account is paid in full or your child will be pulled from recital. There are no refunds, no exchanges and no returns on costumes.

WITHDRAWAL FEE - If you decide to pull your child after recital fees are due, you will not receive any refunds and you will still be required to pay for your costumes that were ordered for your child. You will also be automatically charged a \$25 withdrawal fee.

DRESS CODE AT NLDC & RECITAL COSTUMES

Dress Code Requirements

Not following dress code will result in a warning and then followed by sitting out of class.

Our Colors - Red, Black, Grey or White

Dancers can wear NLDC apparel with our logo (created by NLDC only) even if its a different color.

Itty Bitty Combo Class (2 costumes)

Leotard in NLDC colors.

Pink tights, black shorts or black leggings over are optional.

No skirts or shoes for tumbling.

Pink canvas ballet shoes. Black buckle tap shoes.

Age 4-5 Intro to Jazz & Hip Hop (1 costume)

NLDC colors. Tanks, Shirts, Sports Bra, Shorts, Leggings, etc.

No tights. Any sneakers in our colors.

Age 4-5 Combo Class (2 costumes)

Leotard in NLDC colors.

Pink tights, black shorts or black leggings over are optional.

No skirts or shoes for tumbling.

Pink canvas ballet shoes. Black buckle tap shoes.

Age 5-6 Ballet & Tap (2 costumes)

Leotard in NLDC colors, Sports Bra, Shorts, etc. (Form Fitting)

Convertible pink tights over or under leotard.

Pink canvas ballet shoes. Black buckle tap shoes.

Age 5-6 Tumble (1 costume)

Leotard in NLDC colors, Sports Bra, Shorts, etc. (Form Fitting)

Leggings, Shorts, etc optional.

Barefoot

Age 5-6 Jazz & Hip Hop (1 costume)

NLDC colors. Tanks, Shirts, Sports Bra, Shorts, Leggings, etc.

No tights. Any sneakers in our colors.

Mini and Petite Tumble (No Recital Dance)

Leotard in NLDC colors, Sports Bra, Shorts, etc. (Form Fitting)

Convertible pink tights, black shorts or black leggings over are optional.

No skirts. No shoes.

Mini and Petite Ballet (No Recital Dance)

Leotard in NLDC colors.

Pink Convertible tights.

Pink Canvas Ballet Shoes.

No Skirts or shorts over leotards.

Junior and Teen Ballet and/or Pointe

Leotard in NLDC colors.

Pink Convertible tights.

Pink Canvas Ballet Shoes.

No Skirts or shorts over leotards.

Junior and Teen Technique, Stretch & Conditioning, Rehearsals

Form Fitting Attire in NLDC colors.

Blocks (minimum of 4)

Junior and Teen Tap

Form Fitting Attire in NLDC colors.

Black Lace Up Tap Shoes (M A Zing Dancewear)

Junior and Teen Hip Hop (1 Costume)

NLDC colors.

Sweat pants, leggings, T shirts, sports bras, tanks, shorts, etc.

Sneakers in NLDC colors. No Boots

- Absolutely NO JEWELRY
- Hair should be up and away from the face. Hair must be in a neat bun for ballet classes.
- If the proper attire is not worn into class the dancer must sit and watch and take notes. After 3 warnings, dancer will be asked to go home.

MEDICAL

NLDC does not provide insurance to individual dancers. Dancers families must have and provide their own insurance if there ever was an injury or occurrence at NLDC or at an NLDC event. NLDC and its staff will not be held responsible or liable for any dance and or tumbling related injuries.

PHOTOGRAPHY

You are giving full permission to NLDC to use all photos for advertisement, social media, articles and other promotional purposes related to No Limits Dance Company and any events. All parents and/or guardians who do not wish to have their Childs picture used for any of the above must put this in writing and submit to the office.

NLDC CODE OF ETHICS AND CONDUCT

Code of Ethics: All company members are considered “role models” of NLDC and will be held to a higher standard of behavior, participation and dedication. We expect all team members to be supportive of each other, exercise good sportsmanship and to abide by the NLDC code of ethics below.

- **INTEGRITY:** To conduct oneself with honesty, courtesy, and respect. To express consideration for one’s fellow dancers, educators, parents, staff and competitors. To be a person who leads by example and honors commitments. To be a person other people can count on.
- **LEADERSHIP:** To guide, direct and influence people in achieving their highest goals and ideals. By setting an example through one’s actions and speech. To inspire and serve the people of your class, team, or community through full participation in all dance related activities.
- **RESPONSIBILITY:** To respect and adhere to the policies and procedures of the studio. To be a person who interacts with peers and authority figures in a mature manner. To question authority in a respectful manner. To speak of any issue or grievance to the person who is able to resolve any concern. To be willing to receive coaching and direction when deemed appropriate. The willingness to be a team player for the good of all.
- **CHARACTER:** To be a person who represents high levels of personal integrity, leadership, and responsibility for oneself and others. A person who has the courage and willingness to face issues and concerns with maturity and dignity. To avoid gossip, criticism, or denigrating comments for any member of the dance community, parent, or peers.
- **PROFESSIONALISM:** To respect the dance profession and uphold our values and standards of conduct. To support and encourage one another. To voice opinions and initiate change that will elevate the dance community. To recognize oneself as a role model at all times. To love the study and performance of dance as a universal art form.

NLDC has built its brand off of the following:

- Positive Atmosphere
- Family Oriented Environment
- Results Driven
- Professionalism
- Overall a healthy, safe and positive environment for all students, teachers and parents.

If any code of ethics are broken the following consequences will take place. This is a very serious matter and will not be taken lightly. Every student will receive the same consequences.

- 1) **Warning** - Private discussion with the student and parent about behavior and/or specific issue.
- 2) **Removal from the class room and/or dance for a certain time period** - Student will be removed from the classroom and moved to the lobby. Parent/Guardian will be called to pick their child up. Meeting will take place to discuss further action. Dancer could also be suspended from dance for a certain period of time.
- 3) **Removal from solo and/or group dances during the next competition** - Student will be removed from solos and or groups from the next competition. This depends on what the dancer is in (if they have a solo or not). FEES WILL NOT BE REFUNDED FOR ANY REASON IF THEY ARE REMOVED.
- 4) **Suspended from the competition team for the rest of the season** - Student will be suspended from the competition team and will not be allowed to compete for the rest of the season. Student will be put on probation and watched carefully.
- 5) **Removal from the studio** - Student will unfortunately be asked to leave NLDC and find a new dance home. This is not something we want to do but its something we have to do.

Conduct in and out of the studio

- Respect yourself, your teachers and your teammates.
- Make sure you have your correct clothing and shoes for each class.
- Absolutely no cell phones in the studios
- No eye rolling
- No whispering
- No telling other students what to do. If a student has a question they need to ask the teacher.
- No stealing
- No fighting
- No damage to studio property. Parent will be responsible for any damage.
- No yelling
- No use of profanity
- No horseplay
- Food and drink only allowed in designated area (Outside, lobby, halls and the black room) .
- Clean up after yourself like you would at home or at school.
- ONLY WATER is allowed in the dance studio. Dancer must bring their water bottle into the room. They will not be allowed to leave the room during class.
- Social Media: Responding to posts, videos, pictures, etc in a negative manner is strictly prohibited. This goes for parents, teachers and students.
- Do not approach teachers with issues. Please come see the studio owner. (Mrs Amanda)

STUDIO CALENDAR/CLOSING DATES

August 17th - New Season Starts!

September 7 - Closed for Labor Day

October 5-9 - Pink Week - Wear PINK to raise breast cancer awareness!

October 26-30 - Halloweek - wear halloween costumes or colors!

November 11 - Closed for Veterans Day

November 25-27 - Closed for Thanksgiving

December 14-18 - Christmas Spirit Week (Each day is a different theme)

December 18th - Drop n Shop Slumber Party (Age 9+ only)

December 22-Jan 3 - Closed for Winter Break

April 2-11 - Closed for Spring Break

May 31 - Closed for Memorial Day

June 1-5 - Temporary Recital Rehearsal Dates

June 10-13 - Temporary Recital Dates (Dowd center theatre in downtown Monroe)

June 14-20 - Closed for classes

June 21-25 - Nationals Rehearsal

June 28-July 4 - Nationals Myrtle Beach

RECITAL DAY INFORMATION

Venue

THE DOWD CENTER THEATER
120 S Main St
Monroe NC 28112

Ticket Sales - Start February 1st. \$10 per ticket. Online ONLY. Any extras will be available at the door for \$12. Every family receives ONE free ticket with your recital fee which gets you in to ALL shows and dress/tech rehearsal!

Recital Fee - \$70 per child due on February 1, 2020 as mentioned on page 3.

Recital Costumes - \$80 per costume due on January 1, 2020 as mentioned on page 3. Child will not receive costumes if they have not been paid for.

Drop Off Backstage - Parents, please change your dancer (if needed) and drop them off backstage at the drop off chairs. Please make sure they are at this area at least 4 dances before their dance. We will NOT wait on any dancers. Please make sure they are there on time!

Auditorium Rules - Do NOT leave any trash or bottles behind in the theatre. We would like to use this theatre for all of our events so we need to leave it in a clean manner just the way it was found. Same goes with dressing rooms! Do not leave any trash or you will be fined. Children 7 and under only are allowed in the auditorium in between dances. All other students must remain backstage in the waiting room and at the drop off area. Please make sure you do not stand up in between dances. Please wait for the dance to finish before entering and exiting your seat. Please silence all cell phones. No flash photography.

Apparel, Flowers, Programs - We will have all of this for sale at the event. Please make sure you bring cash or venmo Amanda on the spot. Amanda-Carter-2015 is her venmo username.