



WELCOME!

TO JUST FOR KIX ST. CLOUD AREA



IMPORTANT NUMBERS & EMAIL ADDRESSES

DIRECTOR:

Adina Belanger

STUDIO MANAGER:

MaKayla Clough

STUDIO LOCATION:

2450 8th ave. S. St. Cloud, MN. 56303. (Next to Sartell Sta-Fit)

STUDIO PHONE:

320-251-9104 (answered during studio/class hours)

STUDIO EMAIL:

stcloud_mn@justforkix.com

MANAGER EMAIL:

scstudiomanager@justforkix.com

MAIN JFK CORPORATE OFFICE: 218-829-7107

Welcome to Just For Kix St. Cloud Area!!!

We are very happy you chose our studio! If you are new to the studio, or just going into a new class, we know it can be overwhelming with how large our operation can seem! Our goal is to give you everything you need to make you and your dancer's experience amazing and memorable!

Our basic premise is to treat dancers the way we would like our own children to be treated...with kindness. We will push them, challenge them, and teach them to dance to the best of their abilities while having a lot of fun along the way!



HOW WE COMMUNICATE

NEWSLETTERS

We will be sending out Newsletters on the 1st day of every month through our all participant BAND GROUP BELOW!

This will be our MAIN form of communication. We will not be sending schedules and newsletters through email anymore, ONLY the BAND APP!

If we need to email you, it will only be for personal questions.

I cannot express how important it is to read through the information in the newsletter so you don't miss any important information or deadlines.

BAND APP

We use the Band App to communicate with our dancers/parents. We use it as a faster way to communicate with each other, and we are able to make adjustments in real time to our schedules/newsletters.

Through the App, we are also able to send videos of our dance routines, give quick updates, upload pictures, and more!

We have one group Band for our entire studio, and many Bands for individual classes. You will get individual class bands when you register for classes, and they will be posted on our lobby bulletin board!



PHONE AND EMAIL

You can contact us through our studio phone (answered during studio/class hours) at 320-251-9104.

If you need a faster response, please email us at stcloud_mn@justforkix.com. You may also email our studio manager MaKayla Clough at: scstudiomanager@justforkix.com.

**ST CLOUD AREA
ALL
PARTICIPANTS**

**St. Cloud Area All Participants
Band**

Welcome! Please join us to stay connected!

Scan this QR code and join!

ABOUT THE STUDIO

We have 4 rooms within the studio with beautiful floors created specifically for dancing. Typically all 4 rooms are busy! The 4 studios are labeled 1, 2, 3 or 4 on the door of each studio.

THE STUDIO STORE

We have a store located inside of the studio! Will have shoes, tights, and apparel for your dancer. It is open during studio/class hours.

STUDIO OFFICE

We have staff in our office or front desk that can answer questions, size your dancer for costumes, and help you every step of the way! They are in our studio Monday-Thursday from 4pm-8pm. If you need further assistance, you can always call our corporate office at 218-829-7107, or email your Director Adina Belanger at: stcloud_mn@justforkix.com.

PRIVATE LESSONS

We have some of our Elite Team dancers or studio staff available to do lessons! They are 30-minute sessions designed for one on one instruction. If you would like more information on private lessons, please email scstudiomanager@justforkix.com

SOLOS/DUETS/TRIOS

We have a lot of dancers who compete in solos, duets, trios at our Just For Kix TWD (Together We Dance) competitions and outside competitions in the spring. If you are interested in signing up, please email scstudiomanager@justforkix.com for more information!

TOGETHER WE DANCE or TWD

This is the name of the Just For Kix dance Competitions that our teams enter. When dancers reach 2nd grade they will compete. We typically participate in 1-3 events per year and most involve travel. There is an extra expense for competition entry fees. If your dancer is unable to attend any competition, notice should be given to the instructor(s) well in advance for numbering purposes.

LEVELED CLASSES

When dancers reach 2nd grade we separate them into levels so we can make sure we are working with them at their level and they are getting the best instruction possible. At this age, they have the option to participate in auditions/try-outs for our placement classes. They are typically held in the summer every year for all dancers going into 2nd grade and older. They will re-audition every year, as they could change from level to level. These auditions are optional and happen in the summer for the upcoming season. We always have Recreational classes that are not leveled and require no audition.

CLASS DESCRIPTIONS

We have a broad offering of class options at our studio. I hope you are as excited about the opportunities available as we are. We have listed style descriptions below to help you when deciding which classes will fit your dancer best.

CORE KICK CLASSES

Core Kick classes are the basis of our program. These classes meet 30 to 90 minutes per week. The base of the class is precision kick, which continues to be a very competitive and popular style of dance for high school dance teams throughout the state. Core kick classes for dancers in 2nd grade and up will compete during the season.

JAZZ CLASSES

These classes will focus on technique and jazz skills. Dancers will also learn a Jazz style routine. Technique, skill progression, flexibility, strength building, and expression will be focus areas of this class. Dancers must also be enrolled in a Kick or Ballet class as a prerequisite for Jazz or Lyrical classes. Jazz dance developed alongside Jazz music in New Orleans in the early 1900s. Some scholars and dancers, especially Swing and Lindy Hop dancers, still regard the term Jazz dance as an umbrella term that includes both the original and the evolved versions: they refer to the theatrical form of Jazz dance as modern Jazz. What is Jazz? It's a classic American dance style, yet these days, most of us have a difficult time defining it—because Jazz refuses to be pinned down. Instead, it changes over time, interacting with the other styles it meets along the way. The result: fusions like Latin Jazz, Street Jazz, and Afro-Jazz.

LYRICAL CLASSES

Lyrical dance is a style of dance created by merging Ballet and Jazz. Lyrical dancing is performed to inspire movements that express strong emotions the choreographer feels from the lyrics or feeling in the chosen song. Because Lyrical dancing focuses on the expression of strong emotion, the style builds an individual's expressiveness as well as precision and emotion through the dancer's movements. The emergent Lyrical style has a relatively recent history and a genesis based on the coming together of Ballet with rock/folk/pop/alternative music and a variety of Jazz styles and Modern dance. Dancer, teacher, and choreographer Suzi Taylor, who holds regular classes at Steps on Broadway in NYC is considered by many to be an early mother of Lyrical dance, having emphasized a unique brand of musicality and expressiveness which influenced many future teachers and choreographers. We also sometimes incorporate Contemporary movement and technique into our Lyrical classes.

ACRO CLASSES

Acrobatic Dance, or acro as it is commonly referred to by dancers and dance professionals, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Acro dance techniques include limbering, tumbling, partnering, based on flexibility, contortion, strength, and balancing.

Acro is a type of dance that has been formed with the amalgamation of dancing acrobatic gymnastics. It has the body control and flexibility, balance, athleticism, and precision of acrobatics along with fun and free-flowing choreography and music of various styles of dances.

CLASS DESCRIPTIONS

continued...

BALLET

These classes are designed for dancers to work on flexibility, strengthening, center/core work, and Ballet technique. This style is the basis of all dance and provides the strength and technique dancers need to excel. We tell all of our dancers Ballet is the foundation to every other style they will do. If your child is serious about dance, Ballet is a must.

Ballet is an artistic dance form performed to music using precise and highly formalized set steps and gestures. Classical Ballet, which originated in Renaissance Italy and established its present form during the 19th century, is characterized by light, graceful, fluid movements. Most of our Ballet classes are non-performing. If you are in Ballet/Lyrical it will combine Ballet Technique with Lyrical movement.

POM

These classes focus on arm placement and pom specific technique. It is a powerful style that requires strength through fast precise movement and uses Poms held in both hands while dancing. Jazz technique is used in all turns leaps and jumps in this style!

HIP HOP

This is the fun and fast-growing style of dance. Hip-Hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States.

STRETCH STRENGTH & TECHNIQUE

These classes are designed to focus on different skills and training throughout the year. Each month we pick a focus and give different exercises and techniques to help aid in those subjects! It is designed to help with skills ranging from stretching, jumping, turning, foot strength, endurance, and more.

SPECIAL SESSIONS

Each Fall, Winter, and Spring we offer short-term dance sessions called Special Sessions. These are optional, extra classes that dancers can participate in and are made for all different ages. We do Special Sessions for Light routines, Father and Mother involved routines and more! They are listed on our website.

Why are Core Kick or Ballet classes a requirement for Jazz & Lyrical Classes?

You will notice that when registering for classes, you cannot register for Jazz or Lyrical with also taking either Kick or Ballet. (This applies mainly to older dancers 2nd grade and up) If this applies to a class you are registering for, our website will tell you once you try to purchase a class.

Our Core classes by definition are the fundamentals. It is in the core classes that the students learn the basics that will be required to move further in our other class offerings. Our Jazz & Lyrical classes are the next step. We expect the dancers who take these classes to already have an understanding of the basics. We do not want these classes to be a repeat of the fundamentals but rather a continuation for dancers who wish to take their dancing to the next level. By making the core classes a requirement, it assures the dancers in these classes are dedicated as they have made a commitment to additional studio time. This allows the instructors the ability to move along at a more rapid pace, knowing that what they are teaching is being reinforced in classes offered at least one other hour per week. The increase in dance time, allows the dancer to further their flexibility and strength that is necessary to master more difficult skills.

CLASS DRESS CODE

We have a dress code for each style of class at the studio. For performances, we will send out specific hair/makeup instructions in your monthly Newsletter. The dress codes below are for weekly classes.



TINY KIX - PRE-PETITE

Clothing: Form fitting clothing that shows your dancers form. Everything from skirted leotards, biketards, shorts/tanks, can be worn as long as they are fitted. Tights are not required for class, but will be for shows.

Shoes: Jazz Shoes, or Ballet shoes should be worn for practice. Tan Jazz Shoes will be worn for shows

Hair: Should be in a secured Bun or ponytail with no hanging hair in the dancer's face.

*Be aware that swinging ponytails can hurt when a dancer is trying to spot while turning. Low ponytails are accepted but buns are best.

KICK

Clothing: Form fitting clothing that shows your dancers form. Our instructors need to make sure we can see if your dancers' alignment is off.

Shoes: Jazz Shoes, or turners for practice. Tan Jazz Shoes will be worn for shows

Hair: Should be in a secured Bun or ponytail with no hanging hair in the dancer's face.

*Be aware that swinging ponytails can hurt when a dancer is trying to spot while turning. Low ponytails are accepted but buns are best.

JAZZ & POM

Clothing: Form fitting clothing that shows your dancers form. Our instructors need to make sure we can see if your dancers' alignment is off.

Shoes: Jazz Shoes, or turners for practice. Tan Jazz Shoes/Turners will be worn for shows. Shoes listed under your costume purchase will be the shoes worn for all shows.

Hair: Should be in a secured Bun or ponytail with no hanging hair in the dancer's face.

*Be aware that swinging ponytails can hurt when a dancer is trying to spot while turning. Low ponytails are accepted but buns are best.

LYRICAL (2nd-12th grade) or BALLET/LYRICAL (2yrs old-1st grade)

Clothing: Form fitting clothing that shows your dancers form. Our instructors need to make sure we can see if your dancers' alignment is off.

Shoes: Jazz Shoes, or turners for practice. Turners or Jazz shoes will be worn for shows. Shoes listed under your costume purchase will be the shoes worn for all shows.

Hair: Should be in a secured Bun or ponytail with no hanging hair in the dancer's face.

*Be aware that swinging ponytails can hurt when a dancer is trying to spot while turning. Low ponytails are accepted but buns are best.

BALLET

Clothing: Leotard (any color) and tights (pink) are required for Ballet. Booty shorts, or a ballet skirt are accepted. Instructors need to make sure they can see if your dancers' alignment is off.

Shoes: Ballet Shoes or turners are required. They can be leather or canvas.

Hair: Should be in a secured Bun with no hanging hair in the dancer's face.

HIP-HOP

Clothing: Comfortable clothing that a dancer can easily move in is accepted. keep in mind they might be doing handstand work so clothing shouldn't be too baggy or obstruct movement.

Shoes: Sneakers or Hip-Hop shoes. **Hair:** Dancers can wear their hair in any style for Hip-Hop.

ACRO & STRETCH STRENGTH & TECHNIQUE CLASSES

Clothing: Form fitting clothing that shows your dancers form. Our instructors need to make sure we can see if your dancers' alignment is off. We also need it fitted so we can spot your dancer so they avoid injury.

Shoes: Bare feet will be worn for practice.

Hair: Should be in a secured Bun or ponytail with no hanging hair in the dancer's face.

*Low ponytails are accepted but buns are best.

YEAR AT A GLANCE

★ **Classes start the week of September 3rd!**

PERFORMANCES & EVENTS - all details on these events will be in your Newsletters sent on the 1st of each month.

Halloween Party

Friday, October 25th - 5:00-7:00pm

Halloween Performance - PreK-1st grade only - (in studio)

Sunday, October 20th - Times TBD

Christmas Party Week

December 16th-20th in your regularly scheduled classes.

Winter Show Dress Rehearsal (in studio)

Week of Dec. 8th-13th During regularly scheduled classes.

Winter Show

Sunday, December 15th - Times TBD

Competition Kick Off Show - Pre K-1st grade & All Placement Dancers at St. Cloud Tech High School Gym

Saturday, February 22nd - Times TBD

Spring Show Rehearsal - (In studio)

Week of May 12th-May 16th - During regularly scheduled classes

Spring Show

Saturday, May 17th - Times TBD

Last Week of Class - 3 days of Master Classes!

May 19th-21st - We will have Master Classes this week!

NO CLASS DATES

Halloween Thursday, October 31st

Thanksgiving. Thursday, November 28th

Winter Break December 23rd-Jan 5th

Spring Break March 23rd-March 28th

Nationals April 30th - May 2nd (These classes will be made up on April 27th)