

**Just For Kix of White Bear Lake**  
**Class Information for 2015-2016 Dance Season**

**Class Fees**

Our class fees are as follows:

- One \$15 registration fee per year for a dancer; any siblings pay a \$9 registration fee
- \$33/month for one 30 minute class per week
- \$36/month for one 45-60 minute class per week
- There is a \$5 late fee
- Pay for four or more months at one time and receive a \$1 discount per month
- Any dancer taking four or more classes a week will receive a 13% discount (no other discounts apply)
- You can set up recurring payments so you don't have to go in and pay each month
- If you have any questions about your account, please call the home office at 218-829-7107

**How to register**

Visit [classes.justforkix.com](http://classes.justforkix.com)

- Click "Sign Up" on the top right
- Create a family account (use parent information first, you will enter student/dancer information later)
- Enter dancer information
- Select class(es) and uniform items
- You will be required to pay the registration fee (\$15 for one child, \$9 for any additional children) and the first month's class fee(s)
- If your dancer will be starting later than the first week of class, contact me so I can send in a request to have your first month prorated. The remainder will appear as a credit, which can be sent back to you as a refund.
- Check out at the end

If you need to purchase additional uniform items, or want to register your child for another class, visit the [classes.justforkix.com](http://classes.justforkix.com) site again.

**Class dates - make up dates**

Our dance season is based off of a 32 class schedule. You will pay for 8 months of classes, but our class schedule extends a little past that AND we may need to have make-up classes for holidays. You will pay for exactly 32 classes in a full season.

We follow the White Bear Lake School District's calendar for Winter and Spring breaks ONLY.

Your dancer will have class EVERY WEEK from September 8th, 2015 through May 6th, 2016, except for these dates:

- **October 15 - MEA Break**
- **November 26 - Thanksgiving**
- **December 21 - January 1, Winter Break**
- **March 21 - 25, Spring Break (Maundy Thursday is the 24th)**

Our Thursday night classes will need to make up TWO nights of dance classes (one for MEA break, one for Thanksgiving). Your monthly payments add up to paying for 32 classes, so we want to make sure we offer exactly 32 so that you are not paying anything extra. We typically hold make-up classes on a Friday evening and hold the classes at the same time as they are on Thursdays. We have scheduled these dates:

**Friday, January 22**

**Friday, February 12**

Again, your dancer's Thursday night class will just happen on a Friday night - at the same times and in the same rooms.

### **What we offer**

Every Just For Kix program is different. Some offer only kick classes, some, like ours, offer many different styles (similar to a dance studio). We've added some descriptions here to help you make informed choices for your dancer.

- Core
  - This is what we call the classes for kids in preschool and those in Kindergarten through 3rd grade. These are Tiny Kix, Wee Petites and Wee Kix (sometimes, we also may have Teeny Kix for 2-3 year olds and Pre Petites for 4 year olds). They are called "Core" classes because we will cover many dance fundamentals of many styles - ballet, jazz, creative movement, lyrical and others. Dancers get to experience many styles so that they can make an educated decision about what they'd like to take as they get older.
  
- Ballet
  - Ballet is the basis of all dance styles. Ballet trains the mind and body to work together - it trains a dancer to know his/her body alignment and where every part of his/her body is at all times. A well-trained ballet dancer can really do any style of dance. By being in ballet, all other styles of dance will be easier to learn and dancers who take ballet will learn routines faster.
  - Ballet teaches a dancer the beginning of a step, the middle and the end. These pieces can get muddled in other styles of dance.
  - We incorporate ballet basics into all of our Tiny Kix (preschool age), Wee Petites (K-1) and Wee Kix (2nd-3rd grade) classes.
  - Once a dancer reaches 3rd grade, s/he can take a separate class in ballet. Studies have shown that the human body can really grasp the concept of "turnout" by age 8, so our individual study of ballet starts at this age.
  - We may incorporate a small amount of ballet into our 4th-12th grade Kix classes.
  - All ballet dancers, in 3rd grade or older, start in Ballet 1 and progress from there. Most dancers will be in Ballet 1 for two years and then move into Ballet 2. (This year, we are putting Ballet 1 and 2 together and offering two classes, and those that were in Ballet 2 last year will now be in Ballet 3. This is only because of how many dancers took it last year and how many are taking it this year. We hope to offer all three levels next year.)

- We recommend that any and all dancers take ballet, if possible.
- Tap
  - Tap is rhythm noise made by the feet.
  - Tap helps dancers learn timing and rhythm, as well as being able to do fast footwork and think quickly.
  - There are many different styles of tap. We teach more of a “broadway” style.
  - We perform primarily on a stage, so stage presence is discussed and practiced.
  - Tap is separated by age for now. We hope to separate the older dancers by skill in the future.
  - Our morning Tiny Kix classes, as well as the Tuesday evening class, incorporate tap into their class.
  - Kids can take a separate tap class starting in Kindergarten.
- Kick
  - Kick is a powerful, energetic and fun style of dance.
  - Kick routines are usually done to music that has a hard, driving beat.
  - Kick fundamentals are different than many other styles of dance where the focus is on straight body lines, precise movements and tight formations.
  - In a kick class, we teach that power and strength are essential to be a great kicker.
  - All of our youngest classes - Tiny Kix, Wee Petites and Wee Kix - incorporate kick fundamentals.
  - Our kick classes (Mini Kix, Junior Kix, Senior Kix) are separated by age. For 6th graders, they can choose either Mini Kix or Junior Kix (or both). We recommend a dancer with one or more years of dance who is also in 6th grade select Junior Kix.
- Jazz
  - Jazz is a style of dance that is dictated by the music that the routine is to. The music is typically a faster song you’d hear on the radio.
  - Jazz uses elements of ballet, but changes them in a way so that they are less rigid and more contemporary.
  - Jazz is where we teach most of the “tricks” you see in a dance recital or competition - leaping and turning are a main focus in the class, as well as performance ability.
  - We incorporate jazz basics into all of our Tiny Kix (preschool age), Wee Petites (K-1) and Wee Kix (2nd-3rd grade) classes.
  - Starting in 4th grade, jazz dancers are placed into classes by skill, not age. All dancers should start in Shooting Stars starting in 4th grade, which is normally a two year program, and then move into Shining Stars and then Rising Stars.
  - Dancers wanting to be placed into Shining or Rising Stars must be evaluated OR sign up for Shooting Stars at the beginning of the year and then we will move the dancer to his/her appropriate class within two months, if needed.
  - Jazz is for everyone, but is also for those that are looking for something “more” - more challenges and more skill taught.
  - *NOTE: To take jazz, a dancer must also take either ballet or kick.*

- Lyrical
  - Lyrical is a combination of ballet, jazz, some contemporary dance and acting.
  - Lyrical is also a style of dance that is dictated by the music (like jazz), but the music is typically slower - like a “slow song” you’d hear on the local radio station.
  - The costume for the lyrical style of dance usually has some loose fabric and some “flow” to it.
  - The focus in lyrical is less on the technique (although we teach that in the class), and more on the emotion and telling of the story.
  - At class, we work on portraying the emotion through our bodies and faces.
  - We may incorporate some lyrical fundamentals in our younger classes, but since it is based on ballet and jazz, we may not focus too much on it - we feel that it takes a dancer to be a little bit older to grasp the concept.
  - Lyrical dancers are separated by age.
  - *NOTE: To take jazz, a dancer must also take either ballet or kick.*
  
- Hip Hop
  - Hip Hop uses some jazz fundamentals, but is mostly considered a “street” style of dance where any moves that fit a routine can go into a routine.
  - Hip Hop utilizes lots of strength and teaches timing, phrasing and some fast footwork.
  - The music for a hip hop routine usually determines the style of hip hop done.
  - Hip Hop classes are separated by age.
    - We offer a special session, called Wee Hip Hop, for those in Kindergarten through 3rd grade - one in the fall and one in the spring. Each session ends with a performance in either our Winter or Spring Shows.
    - We offer two competitive classes:
      - Junior Hip Hop (3rd-6th grade)
      - Senior Hip Hop (7th-12th grade)

### **Information for you for DURING classes**

#### **Phones/Videotaping in Class**

Last year, I had my jazz classes bring in their phones just to videotape their dances to help them learn. At my annual Directors Convention, I learned that using phones in class to videotape almost everything has become quite popular and very effective. Here is what I’d like to do this year to take advantage of this new tool:

- For dancers in preschool through 3rd grade: parents can videotape the last five minutes (or any portion of it) of class whenever they’d like to. If you want to videotape from a window, you are welcome to do that, too.
- For dancers in 4th-12th grade, please have them bring their phones, iPods or iPads with them to class. **THEY SHOULD BE ON SILENT MODE** as we are not looking for a notification nightmare. We will use these in class to tape each other, so we will be doing lots of partner work in many classes to facilitate this. Parents are welcome to come in for those last five minutes and tape, as well, or you could even just duck yourself into the room in the back without being seen at anytime during the class and tape from the back.

- We want to use this technology as a TOOL for the kids to learn and get better. With or without mirrors, there is nothing like watching yourself on video to pick out the things you need to work on. We will ask dancers to videotape in Slo Mo mode sometimes, too.

### **Can I watch dance class?**

Just For Kix has a “no distraction” environment, and this is a Just For Kix corporate policy. We feel that this keeps the dancers more focused. This rule means that we don’t allow parents in the room during class time EXCEPT for the last five minutes. Parents are ALWAYS welcome to come in and watch the last five minutes of class - you do not need to wait for an invitation, because we probably won’t remember to do it! I mean that in the best way possible - it’s not that we don’t feel it’s important for you to watch, but we get SO engrossed in the class and focused on the dancers that we don’t always realize what time it is.

In our large room, the Fellowship Hall, there are windows and windowed doors where you can watch the class. Note that the dancers will face those windowed doors, though, so if you feel you are distracting them, please walk around and watch from the back windows.

In our smaller room, the Choir Room, we try to keep the doors open as much as we can. The dancers face those doors, though, so it can be very distracting, even for the little ones. Please know that if we close the door, it’s simply because we’ve noticed that some of the dancers are looking out of the room more than they are looking inside of it. Again, even if the doors are closed, you are welcome to come inside for the last five minutes of class.

### **Waiting Area**

When the church doesn’t have any other events scheduled during our classes, we can use the Atrium for a waiting area. PLEASE PICK UP after yourself, your children or anyone you are with. Go the extra mile and pick up after others if they don’t do it themselves.

There is NO RUNNING AROUND during our class times. Elderly people sometimes use the church and a young child running around could cause injuries. Please keep your children who are not in class with you and make sure they are behaving well.

The church does offer FREE wifi. Choose “Atrium” - the password is 10 small a’s.

If you have any questions about class fees or classes in general, please contact our Program Director at 651-653-8539 or [whitebearlake\\_mn@justforkix.com](mailto:whitebearlake_mn@justforkix.com), or our Home Office at 218-829-7107 or [dance@justforkix.com](mailto:dance@justforkix.com).