

FLEX TRAINING PROGRAM

NEW PROGRAM!

Choose between a 1, 2 or 3-day schedule *by placement class only

Tuesday

5:30-7:00 - Technique
7:00-7:30 - Strength & Flexibility Training

Saturday

11:00-12:30 - Technique
12:30-1:00 - Strength & Flexibility Training

Wednesday 5:30-7:30 - Technique (Must be evaluated at an advanced level for this class)

Tuition: One-Day/week \$1400 Annual, \$700 Biannual, \$140 ten installments
Two-Day/week \$2800 Annual, \$1400 Biannual, \$280 ten installments
Three-Day/week \$3500 Annual, \$1750 Biannual, \$350 ten installments

**Please note it is our school's policy that students enter and exit the studio building with clothing completely covering their dance clothes.*

***Students will not be permitted to take class without complete proper uniform. A short grace period will be given for new students to order and receive uniform items.*

Girls Uniform Leotard - Wear Moi Diana Camisole Style No WM172, French Blue

*Please, no underwear should be worn with leotard and tights.

*Boys check **Tights** - Bodywrappers Style A45 or C45, Theatrical Pink

with Director **Belt** - Raindance 3/4" Adj. Hip Alignment style 62Adj, White

Hair - Slicked back from face with hairspray or gel, and bobby pinned tightly in a bun or french twist. Braids that are secured to the head are only allowed for class - not performances. Hair cannot hang anywhere or stick out anywhere. Hair Nets must be used on all buns, as "fly-aways" are not acceptable.

Shoes:

Flat shoes may either be canvas or leather purchased from dance supply store.

Boys - Black Girls - Pink *Dance Shoes may not be worn outside.*

Pointe Shoes are only allowed by dancers approved by the director. Pointe shoe fittings are recommended at Dance Max by either Heather or Bradley.

Sometimes students are involved in an advanced and/or heavy academic program which prevents them from participating in our pre-professional programs. The NEW FLEX TRAINING PROGRAM allows students to receive our top quality training in a more flexible structure and schedule.