

The Movement Lab 2024 Winter Dance Class Schedule

Monday

4:00-4:45	Intermediate Hip-Hop**	Age 8-12	Kay
4:45-5:30	Beg/Intermediate Tap	Age 8-12	Kay
5:30-6:15	Stretch/Strength/Leaps/Turns	Age 10-18	Aidan
6:15-7:15	Advanced Jazz/Funk	Age 12-18	Aidan
7:15-8:00	Advanced Tap	Age 12-18	Kay
8:00-8:45	Advanced Hip-Hop	Age 12-18	Kay

Tuesday

4:00-4:45	Beginner Hip-Hop	Age 7-12	Kay
4:45-5:30	Beginner/Int. Contemporary	Age 7-12	Aidan
5:30-6:30	Ballet Technique + Precision**	Age 8-12	Mp
6:30-7:15	Intermediate Jazz**	Age 7-12	Mo/Tessa
7:15-8:00	Inter. Contemporary**	Age 7-12	Aidan
8:15-9:15	Adult Pop-Up Dance Class	Adults 18+	TML Staff

Wednesday

3:00-3:45	Beginner Hip-Hop	Age 5-7	Kay
3:45-4:45	Beginner Tap/Jazz Combo	Age 5-7	Kay
4:45-5:30	Beginner Contemporary/Lyrical	Age 6-9	Aidan
5:30-7:00	Advanced Ballet	Age 12-18	Beth
7:00-7:45	Int/Adv - Acro/Tricks/Tumble **	Age 10-18	Beth
7:45-8:45	Advanced Contemporary **	Age 13-18	Aidan

Thursday

3:15-4:00	Beginner Ballet	Age 5-8	Mo
4:00-4:45	Beginner Jazz	Age 5-8	Mo
4:45-5:30	Pre-Pointe/Beg. Pointe **	Ages 11-14	Mo/Tessa
5:30-6:30	Intermediate/Advanced Ballet	Age 11-18	Mo
6:30-9:00	Jr/Teen Elite Team Rehearsals	LAB TEAM	Aidan/Kay

Friday

4:00-4:45	Mini Movers Boogie/Hip-Hop	Age 3-5	Mo
4:45-5:45	Intermediate Ballet **	Age 8-13	Kristen
5:45-6:45	Beg/Inter. Tech/Progressions/Acro	Age 7-12	Aidan/Kay
6:45-8:00	Mini/Jr. Elite Team Rehearsals	LAB TEAM	Aidan/Kay

Saturday

7:30-8:30	Yoga Flow Pop-Ups	Age 16+	TML Staff
9:00-10:00	Mini Movers Ballet/Tap	Age 3-5	Tessa
10:00-3:00	Elite Team Rehearsal Block	LAB TEAM	Aidan/Kay

The Movement Lab 2024 Winter Session

Tuition Rates	Classes	Due
\$70.00	1 class (starting rate)	Per month
\$125.00	2 classes	Per month
\$175.00	3 classes	Per month
\$225.00	4 classes	Per month
\$285.00	5 classes	Per month

Tuition is due at the start of every month on the 1st, no later than the 5th of each month or a late fee of \$10 will be applied. Tuition is non-refundable other than extreme emergencies or an injury causing a dancer to refrain from dancing. Apple Pay, Zelle, Cash, Check accepted only for tuition, merch, costume fees, etc.

Important Information for Winter Session of Classes:

Through The Movement Lab's Winter/Spring Schedule of classes, dancers will learn technique in regard to their class style and work their way towards acquiring the knowledge to learn a performance routine. Each class will perform a routine in our Summer Showcase in late June 2025 (date TBA). If the class is a combo class, the teacher may choose one or both styles for them to perform at the showcase. More information regarding this exact date will be announced soon, but please keep in mind when registering for our Winter session of dance classes that a showcase is a big commitment. A costume payment will apply closer to the showcase for each class to dress our dancer's in unison for their Winter performance.

Studio Winter Off-Days:

- Studio Closed for Martin Luther King Jr. Day - **Monday, January 20th**
- Studio Closed for President's Day only - **Monday, February 17th only** (Will remain open remainder of week)
- Studio Closed for regular classes for Easter/Spring Break - **Saturday April 19th - Friday, April 25th**
- Studio Closed for Memorial Day - **Monday, May 26th**

The Movement Lab 2024 Winter Session

The Movement Lab - Dress Code

Ballet/Pointe	<p>Top: Any colored leotard is allowed, black leotards are preferred</p> <p>Bottoms: Pink tights are required, ballet skirt is optional</p> <p>Hair: Hair must be in a clean bun for all ballet classes. No pony tails, hair down, or loose flyaway pieces.</p> <p>Shoes: Pink canvas split-sole ballet slippers are preferred</p> <p>Not allowed: No over the top, distracting hair accessories or jewelry in ballet.</p>
Jazz/Acro	<p>Top: Tight-fitting crop tops, tanks, or short/long sleeves</p> <p>Bottoms: Leggings, biker shorts, spandex, tight fitting joggers</p> <p>Hair: Must be pulled away out of your face in either a pony, braid, bun, etc.</p> <p>Shoes: Barefoot or tan jazz shoes for jazz class // barefoot for acrobatics class</p> <p>Not allowed: No socks in jazz or acrobatics class, no sharp or bulky jewelry for safety.</p>
Contemporary/ Lyrical	<p>Top: Tight and loose fitting dance tops are allowed for contemporary</p> <p>Bottoms: Leggings, joggers, sweats, shorts, biker shorts</p> <p>Hair: Hair must be pulled away from your face in either a pony, braid, bun, etc.</p> <p>Shoes: Barefoot, socks, or tan half-soles. Always bring a pair of socks to class incase needed.</p> <p>Not allowed: No bulky jewelry</p>
Tap	<p>Top: Tight fitting crop tops, tanks, or short/long sleeves</p> <p>Bottoms: Leggings, shorts, spandex, tight fitting joggers</p> <p>Hair: Must be pulled away out of your face in either a pony, braid, bun, etc.</p> <p>Shoes: Black tap shoes, either slip-on or laced style</p> <p>Not allowed: You need tap shoes to attend, no tennis or socks allowed for class.</p>
Hip-Hop	<p>Top: Looser fitting top such as crops, tees, hoodies, oversized tops</p> <p>Bottoms: Sweats, leggings, cargos, joggers, shorts</p> <p>Hair: Must be pulled away out of your face in either a pony, braid, etc.</p> <p>Shoes: Tennis shoes are needed in class at all times, no crocs/hey dudes/uggs/boots,etc. allowed</p> <p>Not allowed: Being barefoot or in socks is not allowed, always bring your hip-hop shoes.</p>