

Hip Hop (ages 10+)

This is a street style of dance that has gained popularity. The moves are exciting, fast and difficult, which is why MJDS starts this class at an older age. Music for this class is carefully screened for content.

Lyrical

It is difficult to categorize the term lyrical because it is motivated by a need for self-expression. Ballet and Jazz can be danced in a lyrical style. Drawing from both techniques, the movements are fluid and are not bound by any structured discipline like ballet.

Dance for the Older Student

This class provides an artistic outlet for beginning or returning teen and adult students who wish to increase their skills or simply get into better shape. Strengthening, toning and stretching are emphasized. Several dance styles are taught, including ballet, jazz and modern, with an emphasis on classical ballet technique.

Pilates

Pilates is a series of movements designed to firm, reshape body lines, and improve range of motion with ease; all while toning the abdominal muscles. Pilates is a mind and body correction designed to generate power, stamina and stress relief. Pilates can be done by anybody, no matter what body shape or fitness level. Students at MJDS are encouraged to take class to enhance their dancing ability.

What to Wear

Dance attire is designed not only to provide as much freedom of motion as possible, but also to allow the instructor a clear of the body for technique and alignment corrections.

Creative Movement, Pre-Ballet, and Ballet Levels

I-III are only to wear leotards and tights. Advanced levels can wear leg warmers, crossover skirts or tightly fitting clothing to class.

During the winter months, sweaters and sweatpants may be worn only during pre-dance warm-ups.

Dancers should be neat and well-groomed with hair pulled up and back off the neck and shoulders in a bun or braids. Short hair can be pulled back with a headband.

Each class has a specific dress code for that level or style. Please refer to the Policies & Procedures brochure for specific class requirements.

What NOT to Wear

Street clothes, street shoes, socks without shoes (no one will be allowed to dance in socks only), dangle or hoop earrings, bracelets, watches, necklaces.

Where to Purchase Dance Supplies

For young children, leotards and tights are available at Toys R Us, WalMart & Target. Tap shoes can be purchased at Payless.

Although ballet shoes are available at the above retailers, please purchase all ballet, jazz and lyrical shoes at Dancewear Unlimited in the Oakwood Commons Shopping Center (next to Peebles) in Hermitage, Spell's in Greenhills or Ooga Booga in Lebanon. Dancewear Unlimited has all attire and shoes required for MJDS on file at the store.



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Mt. Juliet Dance Studio

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Mt. Juliet Dance Studio is a privately-owned studio offering quality training in Ballet, Pointe, Tap and Jazz. Although these forms of theatrical dance are the main focus of our instruction, we also offer class in lyrical, hip hop and Pilates. Emphasis is on proper body alignment and improving dance technique while nurturing a love for the art of dance in a Christian environment.

The Benefits of Dance Training

Dance helps with creative thinking, originality and flexibility; it improves expressive skills, social tolerance, self confidence and discipline.

Should Boys Dance?

Boys are beginning to recognize the athleticism of dance. Dancing for boys has to be different than for girls. Teachers will incorporate bigger, stronger movements. The girls will also participate in the movement but the boys receive the special benefit of it.

Class Schedule

Most classes are available year round. MJDS has morning, early afternoon, evening and Saturday classes. The studio is closed on Sunday.

Classes are in session:

Full Term: August through June. (33-37 classes)

Fall Term: September through January. (8-12 classes)

Spring Term: February through May. (8-12 classes)

Summer Term: June-July (6-12 classes)

The summer session consists of two weeks in June and two weeks in July. Class dates will be posted during the Spring term along with the cost for Summer sessions.

Summer curriculum includes dance, music, and drama; as well as classes in anatomy, dance history and dance terminology.

Class Registration

Come by the studio and have your child meet our studio director. You will be advised as to the type of class and at what level of training to begin.

A placement class is given at the end of the Spring term in June during the week prior to recital. A note will then be sent home with your student with information on the level your child will be placed at for the next year. This decision is based on attendance during the year, technique learned, ability and age. We want your child to be successful.

Tuition

Payment for monthly classes are due at the beginning each month. MJDS can only accept checks and correct cash payments. Cash is not kept in the studio to make change.

Costume Deposits

During the Fall Term, on November 1, your costume deposit is due. The deposit is \$35.00 per child enrolled in classes. Discounts do not apply to the costume deposit and must be paid in full. This fee pays the deposit to the costumer when costumes are ordered. The balance of the costume fees will be posted, along with pictures, on the studio bulletin board and website. The remaining balance is to be paid by the end of the Spring term. There are no costume refunds.

Recital Fees

During the Spring term, on April 1, recital fees are due. The cost is \$40.00 per child enrolled in classes. Discounts do not apply to recital fees. This fee is used to rent the recital facility for staging rehearsal, dress rehearsal and the recital. It also covers any materials used for set design, printing of programs and other miscellaneous items for the recital of your child. There are no refunds on recital fees once they are paid.

Registration Fees

There is a \$10.00 registration fee when your child enrolls in class. Discounts do not apply to registration fees and must be paid in full in order to have a place in class. Registration fees will not be refunded.

Tuition Discounts

There is a 20% discount for siblings taking classes. This applies only to monthly class tuition and not on costume deposits or recital fees.

Performance Opportunities

MJDS has an end of the school term show (recital) the second Saturday in June. Students will perform on stage in costume, using professional lighting and sound. A professional photographer will be available at dress rehearsal and a professional videographer will be recording the show. Videos and/or DVDs will be available for purchase at the studio. Sign-ups for purchasing pictures and videos/DVDs will be during dress rehearsal. Students at the intermediate and advanced levels often perform at local events and occasionally in local dance competitions. Participation in all performances is optional.

Ballet

Ballet fosters a balanced alignment and good posture. It allows children to develop, at an early age, the necessary coordination and movement skills that will enable them to respond and adapt to other movement styles, as well as sports. Ballet

is our primary technique because it teaches a basic movement vocabulary and relies on stabilization concepts for the execution of that vocabulary.

Pointe

After female students has reached a certain level of ability in ballet, Pointe work is an optional. Students must be taking at least 2 ballet classes per week before Pointe can be added to their schedule. At MJDS, students must meet specific criteria for body development before beginning Pointe work.

Jazz

Jazz dance is more of a style than a technique; borrowing the training and vocabulary from ballet and modern. The motions are more percussive than ballet or modern. Dancers are encouraged to also enroll in a ballet class to balance out what is being learned and is better on the body, keeping the student dancing longer.

Modern

The motions in modern are more percussive than ballet, but technical terms are derived from ballet. Modern allows the body to take on different and abstracted shapes, while using large swinging movements and jumps. Having a strong center line of the body is key for balance, so ballet class is suggested to take along with modern. What makes modern so unique is that it is done bare foot. This is a wonderful class to take if you are motivated by a need for self-expression.

Tap

Tap focuses on the sounds and rhythms that can be obtained through the control of dynamics and energy. We encourage students to take a jazz or ballet class in addition to tap because tap is open to a freer interpretation of movement.