



YOU Belong Here!

2023 - 2024 SEASON



*Encouraging kids to lead inspired lives!*

Monday-Thursday 2:00pm-9:00pm  
Friday 2:00pm-7:00pm  
Saturday 8:00am-2:00pm

Located in Eastlake:  
870 Jetty Lane  
Chula Vista, CA 91914

(619) 585-1133  
info@neishas.com  
www.neishas.com



**Welcome!**  
**Your child was born**  
**to be an amazing**  
**gift to the world.**  
**Let their light**  
**SHINE!**



Welcome to Neisha's Dance & Music Academy (ND&MA), where we have built a 27 year reputation for excellence in dance and music instruction. From your child's first class to their graduation performance, your experience is our top priority. We specialize in beginners of all ages and offer training through the pre-professional levels. Our dance and music classes are taught by skilled teachers and our classroom atmosphere is upbeat and positive! Our dance room flooring features sprung subfloors with professional surfaces and our one-way observation windows allow you to watch classes all day!

At ND&MA, we are proud to be more than just great dance and music! Our culture goes beyond technique and poise to develop important life skills. Our values include: All kids are born worthy and character counts! You will find that our programming and our services reflect that. Our training regime includes: leadership training and peak performance strategies including physical, mental, and nutritional training. With over 300 classes offered each week, you are sure to find a class to fit your child's interest and your busy schedule.

**Neisha's...**  
**your most trusted youth activity**  
**destination in Chula Vista!**

*More Than Just Great Dancing!*<sup>®</sup>  
Affiliated Dance Studios



## Why Choose Us?

- Facilities
- Customer Service
- Onsite Dance Boutique
- Schedule Options
- Community Presence
- Positive Messaging
- Age Appropriate
- Supporting Your Values
- Background Checks for All Faculty

## We Guarantee:

- Exceptional Training
- Exceptional Service
- Exceptional Experience

## Worry-Free Enrollment:

If you aren't seeing a sparkle in your child's eye within the first 30 days of our classes, chat with us about it and we will work with you to make it right!

## What does it mean to be a YPAD Certified school?

We are dedicated to building empowered dance communities that keep youth happy, healthy, and safe in all dance environments.

### All Core Staff are:

- Background checked.
- CPR Certified.
- Positive Role models in body image, language, and behavior.
- Trained in emotional health, physical safety, and the psychology of injury.
- Trained in nutrition and eating disorders.
- Committed to age appropriate artistic choices in music, costumes, movement, and concepts.
- Healthy and safe social media practices.



**YOUTH PROTECTION  
ADVOCATES IN DANCE™**

## ND&MA CULTURE

ALL CHILDREN HAVE GOD GIVEN WORTH

POSITIVE ROLE MODELS

# CHARACTER COUNTS

DANCE & MUSIC LESSONS

TEACH LIFE LESSONS

GIVE BACK TO OUR COMMUNITY

*Encouraging kids to lead inspired lives!*

**"We don't teach kids to make great artists,  
we teach dance & music to make great kids!"**

**-Misty Lown**

*More Than Just Great Dancing!*

## ND&MA VALUES

1. YOU ARE IMPORTANT!
2. WE BELIEVE IN YOU!
3. WE ARE HERE TO HELP YOU GROW!
4. YOU ARE LISTENED TO!
5. WE WILL HOLD YOU TO HIGH EXPECTATIONS!
6. YOU ARE CAPABLE!
7. WE WILL HAVE FUN!
8. You will succeed!

*-Neisha's Dance & Music Academy Faculty & Staff*

## As seen on...



# General Registration Information, and Policies & Procedures

ND&MA Members can log into their portal to select/register for classes. New students can register online at [neishas.com](http://neishas.com) or visit our Customer Care Office for assistance.

## POLICIES & PROCEDURES

We are glad to have you in our program and look forward to a year of learning. Please read these guidelines and join us in making ND&MA a safe, healthy, and fun place to be!

All dates and information are subject to change.

**MEMBERSHIP FEE:** Dance: Choose your membership level. Membership is per year, per student and will be charged automatically at the time of registration at the Starter Level and renewed automatically on June 1, 2024 for the July 2024 - June 2025 season. Students taking only Music, membership is \$65.

**TUITION:** Tuition is due on the 1st of every month via automatic credit card payment or electronic payment from your bank account (ACH) and will hold your spot in class. \$25 fee for returned payments and for late payments after the 5th. These payments remain the same regardless of the number of weeks in a month or holidays. Tuition is non-refundable and not credited due to missed or dropped classes, or cancellation due to acts of God. Unpaid students will not be admitted into class or be allowed to participate in any recitals. Students ARE permitted to transfer from one class to another based on space availability without fees.

ND&MA reserves the right to deliver class content via an online system in the event that classes are not able to be conducted in person for any reason including but not limited to: weather, teacher absence, or governmental advisory.

### REFUNDS/CREDIT ON ACCOUNT:

- Tuition, membership fees, recital fees and costume fees are not refundable for any reason. Refunds are only issued when ND&MA cancels your class or event.
- Account credit will be issued when the parent initiates the schedule change. Credit will be applied to any ND&MA tuition or fees due within one year.
- No credit will be given if a similar online class is provided in place of an in-studio class.

**ND&MA SEASON:** The season begins July 10, 2023 and ends June 28, 2024. All dance members select their new classes during the month of June for

the following year. Music lessons continue without interruption.

### SAFER STUDIO POLICY:

ND&MA requires all staff and students to stay home when they are ill. We follow best practices and recommendations from our local health department and from our industry associations, More Than Just Great Dancing!® and Youth Protection Advocates in Dance. ND&MA understands that unlike older children and adults, young children cannot be expected to maintain social distancing at all times. Therefore ND&MA focuses on a hierarchy of measures beginning with keeping ill people home, followed by frequent hand cleaning and good hygiene practices. Most studio classes are available on our online learning platform. In the event a class is unable to be held at the studio, classes will convert to the online learning platform until in-studio classes can resume.

### DANCE RECITAL FEES: This season only.

All dance students enrolled at ND&MA will automatically be charged a recital registration fee on September 9. This is a non-refundable fee. If you upgrade to the Growth or Premium Plan by September 9, you will not be charged on September 9. Dance Recital Fee: \$99

**MUSIC RECITAL FEE:** \$55 per student/per recital.

**DANCE RECITAL COSTUME FEES:** Select which classes you wish to dance with and purchase your costumes by:

- September 16th: Early Bird: \$99
- October 14th: On Time: \$109
- November 18th: Mad Rush: \$119
- Opt Out: If you are unable to perform in our dance recital, please fill out the "Opt Out" form at registration time.

**RECITAL DATES & FORMAT:** TBA

**DISCONTINUING STUDENTS:** One month's written notice on our "Discontinuation Form" or an email sent to [info@neishas.com](mailto:info@neishas.com) is required for students who wish to discontinue dance or music and stop the monthly automatic billing. You will receive a receipt confirming your charge is \$0. This will prevent you from being billed monthly tuition and yearly membership fees.

## **DROP OFF & PICK UP PROCEDURES:**

**DROP OFF:** There is no passenger loading zone at ND&MA for student drop off and pick up. Parents must park their vehicle and escort their child into the studio, and are required to stay with students until class begins. ND&MA is not responsible for students left unattended. Loitering before or after class is not permitted. Minor guests shall always be accompanied by an adult. No children are to be left unattended to play on sidewalks or in the perimeter landscaping surrounding ND&MA. Parents with students ages 1-6 years old are encouraged to stay on site in the event your child needs your assistance or guidance.

**TRAFFIC:** Please use common courtesy in the parking lot. To ensure the safety of the students, please slow down your vehicles. DO NOT drop off students mid-traffic or motion your child to walk into the parking lot to be picked up. Do not stop and block the flow of traffic or parked cars.

**PARKING:** Parking stalls are marked for individual business patrons. Please only park in stalls assigned to ND&MA, or any unmarked stall. Parking stalls assigned to ND&MA are marked 870 with our N logo. Do not park in fire lanes or stop in the lane and wait.

**PICKUP:** Pick up students promptly. For security, you must escort your child from the studio to your car. ND&MA teachers and staff do not provide Day Care and are not responsible for unattended children before or after class.

## **GENERAL INFO:**

**LEVELS:** For student safety, dancers are permitted to register for and attend classes at the level that ND&MA staff has placed them in. No student or parent may promote themselves or their child into a higher level. At the beginning of each year, newly promoted students are subject to level adjusting. If a student is not thriving with a new level or teacher, the parent will be notified. Parents may request a written evaluation of student progress by visiting the Customer Care Department.

**MAKE UPS:** Can't make an in person class? Please log in virtually. Make ups can be done one time per month, during the month you are absent, in a class where space is available; or virtually in any class. Music class make ups are a group lesson held on the last Friday of the month. Schedule the makeup lesson in advance through the Customer Care office.

**CLASS SHORTENED:** If 2 or less students turn up for a class, the class will be abbreviated to 30 minutes.

**STAFF:** Staff is subject to change without notice.

**PROPER ATTIRE:** Proper attire is required for all dance classes. This enables teachers to observe the student's body movements for correct form and technique. Hair must be pulled off the face and neck into a tidy secure style so as not to distract the student

in class. Absolutely NO JEWELRY as it is a hazard. Dance shoes should only be worn inside the studio. Street shoes are not permitted on the dance floor at any time. Please see ND&MA Dress Code section for detailed information.

**FOOD POLICY:** Gum is not allowed in any area of the studio. Food may be consumed in the vending lobby only. No food is allowed in any other area of the studio. Water is OK anywhere.

**INJURY:** It is customary in the dance world for injured students to attend all regular classes and rehearsals to observe and take notes.

**PHOTOS:** I understand and acknowledge that, from time to time throughout the school year, my child's picture or video might be taken while participating in classes and/or functions involving ND&MA. I do hereby authorize Neisha's Dance & Music Academy to use these photographs or videos for the purposes of illustration, advertisement, social media and publication in any manner whatsoever.

## **STUDENT TESTING & EVALUATIONS:**

Evaluations of student progress are available during the month of June. These evaluations are used to determine class levels for the following year.

## **ND&MA PROTOCOL:**

- In order to continue to provide a positive inspirational atmosphere for our students, we ask that there be no gossip in the studio.
- All adult conversations should be rated "G" in both language and subject matter.
- Quiet please when class is in session. Phone conversations should be taken outside. Ear buds should be worn when listening to personal devices.
- ND&MA teachers and staff are trained professionals. When you attend ND&MA, we ask that you trust in us. If you have program or protocol concerns, please call our studio manager.
- ND&MA is not responsible for personal items lost, stolen, or damaged. Do not leave personal items unattended.
- ND&MA reserves the right to refuse your business without notice.

## **RELEASE:**

I hereby release Neisha's Dance & Music Academy, Inc. and its contractors from any claim for damage or suit by reason of injury, illness, virus, or damage to person or property during the course of the dance and/or music programs, including special events, and transportation to and from such events. In case of emergency or sudden illness, I hereby give authority to any Hospital or Doctor to render immediate emergency aid as it might be required for the undersigned student's health and safety. Neisha's Dance & Music Academy, Inc. DOES NOT carry medical insurance for its students. It is required that all students be covered by their own family insurance. I specifically intend this release to include all claims that my child and I might have based on actual or alleged negligent supervision, instruction, training, and or facility care and cleaning.

# Neisha's Dance & Music Academy

## Dress Code

### **DANCE ATTIRE IS REQUIRED FOR ALL DANCE CLASSES.**

This enables teachers to properly observe the student's body movements for correct form and technique. To look like a dancer, encourages one to be a dancer!

In Jazz, Contemporary, Hip Hop, Tap and Acro, an athletic sports bra top may be worn in place of a leotard. All leotards and sports bra tops must provide full coverage and be sturdy enough to alleviate discomfort. Please note: fashion bras do not necessarily qualify as a sports bra top.

### **ALL CLASSES**

- No jewelry permitted.
- Hair must be slicked back into a neat, tidy, secure style so as not to distract the student in class or obscure the line of the head and neck.  
Short hair must also be pulled up.  
All ballet: Slicked back bun.
- Style specific dance shoes.
- Street shoes are not permitted on the dance floor  
(and please do not wear dance shoes in the street).
- No t-shirts, or jackets.

### **LITTLE STEPPERS & LITTLE LEAPERS**

- Leotard and convertible tights (any color).
- Pink ballet shoes (bows tucked in).
- Parents wear anything comfortable, and socks.

### **LEAPN' LEARN**

- Leotard and Skirt with Convertible tights  
(Ballet Pink or Flesh Tone - Your Choice)
  - Level 3 Light Pink Leotard with Skirt
  - Level 4 Bright Pink Leotard with Skirt
  - Level 5 Purple Leotard with Skirt
- Ballet shoes (bows tucked in) to match tight color

### **PRE BALLET - Ballet 1-6, Pointe**

- See Ballet Program Requirements for correct ballet uniform.

### **TAP CLASSES – All Ages**

- Leotard (any color), fitted leggings or full coverage dance shorts.
- Black tap shoes.

### **CONTEMPORARY & ACROBATICS**

- Leotard (any color), fitted leggings or full coverage dance shorts.
- Foot paws/Foot Undeez or barefoot.

### **JAZZ – Levels Mini thru 4**

- Leotard (any color), fitted leggings or full coverage dance shorts.
- Black jazz shoes.

### **HIP HOP – Levels Hippy Hop thru 4/5, & MUSICAL THEATER (Mini-2)**

- Comfortable dance or exercise gear.
- Black jazz shoes or Dance sneakers.

# Neisha's Dance & Music Academy

## Ballet Department

### Information and Dress Code

The ND&MA Ballet Program has been designed for the serious study of ballet. The number of classes required for each level ensures that proper technique and strength are gained at the same rate as the difficulty.

#### Pre Ballet A - Age 6-8

#### Pre Ballet B (Part 2 of Pre Ballet) - Age 7-8

- 1 or 2 Ballet classes. A 3rd class may be added in another discipline for strength, coordination, and flexibility.

#### Level 1 (Ages 8-11)

- 2-3 classes per week.
- 2 Ballet classes required and 1 other discipline of dance is recommended for strength, coordination and flexibility.

#### Level 1B – Year one continued for Ages 8-11

- 3 classes per week.
- 2 Ballet classes required and 1 other discipline of dance is recommended for strength, coordination, and flexibility.

#### Level 2 and 2B – Ages 9-12

- 4-5 classes per week.
- 2 Ballet classes required and 2 or 3 other dance electives.
- Highly recommended: Jazz, Contemporary, and Conditioning.
- Note: Level 1 and up are eligible to audition for the Ballet Repertoire Company.

#### Teen Ballet

#### (Ages 11 and up)

- 1 class per week.

#### Level 3, 4, 5, 6 Pre-Professional Division

#### (by invitation only)

- 5 classes per week.
- 2-3 Ballet classes required, 2 pointe classes (2 technique classes are required to take pointe), and 1 or more elective classes.
- 100% Attendance is required, unless excused in advance. Please call in your absence when ill or out of town.
- Late Arrivals: Ballet 3-7: For safety purposes, if you arrive after the 1st exercise, please participate by observing class.
- Highly recommended: Contemporary, Conditioning, and Variations.
- Note: Level 3 and up are eligible to audition for the Chula Vista Ballet Company.

#### Additional Notes:

1. We highly recommend that our ballet students participate in the seasonal master classes and workshops held at the studio.
2. The yearly Nutcracker production is held in the Fall. The student recital is held in Spring/Summer. Participation plays a key role in the development of a dancer's performance ability

3. and is strongly encouraged.
3. Students who are enrolled in and attend the FULL ballet program may seek permission to study additionally in the next higher level class.

#### UNIFORM:

ND&MA logowear is required for all ballet classes. Choose Option A or B below:

#### Option A Uniform:

All levels = Transitional or convertible tights, worn covering the foot with the convertible hole unseen under the foot. Under garments are not to be worn beneath the leotard and tights. Dance sweaters and leg warmers are okay during winter months for the barre section of class. Matching ballet skirt is permitted.

#### Leotard Style:

Uniform available at ND&MA.

#### Leotard Level Colors:

**Pre Ballet A & B: Dusty Pink**

**Level 1 & 1B (ages 8-11): Lavender**

**Level 1-2 (ages 12 & up): Black**

**Level 2 & 2B: Lt. Blue**

**Level 3-4: Black**

Pre Professional Division: Black

\*\*\*See display for clarification

#### Tights:

Tights may be ballet pink or flesh tone to match your shoes.

#### Option B Uniform:

Fitted white t-shirt, black tights or fitted jazz pants, black, white, or flesh tone ballet shoes.

#### Shoes all levels Pre Ballet+:

Ballet pink or flesh tone, please match your tights to your shoes. Fitted, split sole, stretch canvas ballet shoes, stings tucked in. Helpful hints for correct fit:

- Fits to foot snug like a glove with no extra at the toe. Toes should lay flat in the shoe and not be curled or overlapping.
- When the dancer points their toe, the shoe should hug the arch of the foot.
- Elastics sewn over the foot/ankle.

#### Hair:

Hair shall be neat, tidy, and secure in a style so as not to distract in class or to obscure the line of the head and neck. (For instructions on how to make a ballet bun, go to [www.youtube.com](http://www.youtube.com) and enter enter "US Prix de Ballet Professional Ballet Bun Tutorial" into the search box). If a dancer does not arrive with hair complete, based on the availability of office staff, the dancer may be sent to the office to have hair secured.



# DANCE

## Young Children's Developmental Program 12 Months - 6 Years Old

## Kids Dance Program 6 - 8 Years Old



- Ages 12 months - 6 years
- Little Steppers
- Little Leapers
- Leap N Learn 3, 4, 5
- Add ons: Hippity Hop, Acro, Tap/Jazz Combo
- Recital: A Magical Afternoon with Prima Ballerina
- Learn motor, cognitive, and social skills.
- Foster musical awareness and self-awareness.
- Develop imagination and creative expression.
- A positive environment for learning elementary positions and movement of ballet.
- Dance Team optional (Age 4+)

- Ages 6 - 8 years
- Class minimum, 2x per week
- Dance Team opportunities
- Perform in the Nutcracker
- End of season Recital
- Foundations laid for correct posture, balance, stamina, rhythm, and mindset.
- Provides social encounters where cooperation and empathy are learned.
- Teaches visualization skills and focus.
- Builds a healthy self-esteem.



# A Positive At Every Age!

## Leveled Programming 9 - 18 Years Old

## Pre Professional Programming 13 Years and Beyond



- Ages 9 - 18 years
- Class minimum, 2x per week
- Dance Team opportunities
- Perform in the Nutcracker
- End of season Recital
- Mindset Peak Performance Training (Ages 10+)
- Improves range of motion, physical health, and cardiovascular health.
- Develops a sense of commitment, follow through, and the ability to accept constructive criticism.
- Builds self-confidence and pride in their work.
- Teacher Assistant Program begins.

- Ages 13 years and up
- Class minimums by program
- Teacher Assistant & Junior Faculty Program
- Dance Team opportunities
- Perform in the Nutcracker
- End of season Recital
- Mindset Peak Performance Training
- Prepares students for the option of pursuing professional dance as a career.
- Promotes healthy life long habits that increase positive mood and healthy body image.
- Enhances emotional maturity and respect.
- Instills collaboration, accountability, time management, grit, and critical thinking skills needed for a successful career.

*Encouraging kids to lead Inspired lives!*

**Train Your Body**

**Train Your Mind**



**PERFORMANCE DANCE TEAMS &  
COMPETITIVE DANCE TEAMS**  
**Ages 4 and up**

Our dance teams have built a reputation of excellence in arts education! Our recipe for success includes technical dance training combined with the STAR Leadership training, community service projects, and multiple performance opportunities. We are honored to provide a fun, healthy, positive dance team program that provides a high level of training in technique, precision, personality, and performance. Our focus is centered on the training in ballet, jazz, contemporary, hip hop and tap. Our team dancers have gone on to careers on Broadway, in movies, television series, commercials, concert tours, and more. Notably, our teams strive to take daily training beyond dance technique to develop important life skills - learning to be confident, respectful, and conscientious young people where character counts.

***Be the Exception!***

# Recitals: Dance & Music Are Performing Arts!

**ND&MA assumes all students will participate in these presentation opportunities.**



**Recitals:** At Neisha's Dance & Music Academy, we are proud to provide the fun, healthy, and positive recital program that you and your family deserve. Discover the value, fun, and positive benefits of the performing arts by dancing, singing, or playing an instrument on stage with us!

Note: Participation and Costume (*for dance*) fees apply. If you are unable to perform with us, please alert us at the time of registration. Full details are available at the ND&MA Customer Care Desk in September.



# CHULA CV VISTA BALLET

NEISHA'S DANCE & MUSIC ACADEMY



Neisha's is home to the Chula Vista Ballet and the ND&MA Ballet Repertoire, a pre-professional training program for young ballet students who exemplify discipline and commitment. These children have the opportunity to train with world renowned industry leaders and participate in multiple ballet productions each year.

The mission of the Chula Vista Ballet is to provide the highest caliber and integrity of training and performance opportunities to young dancers. We strive to cultivate Chula Vista's community awareness and appreciation of classical ballet, offering a rich, educational, and inspirational experience. Ballet is the ultimate culmination of human beauty, artistic expression, passion, and hard work. Ballet enriches the soul of both the participants, as well as those who are spectators. Chula Vista Ballet is advocating keeping the classical art of ballet accessible for our Chula Vista community.



# TEACHER ASSISTANT

The ND&MA Teacher Assistant program is a mentorship program for dancers who wish to become leaders in the school and/or future dance teachers.

## **Some of the benefits include:**

- Assistants will be given the opportunity to learn from and be mentored by ND&MA staff.
- ND&MA teachers will pass on their expertise, passion for dance, and wisdom to assistants.
- Assistants will learn the ND&MA syllabus and revisit technique learned at a younger age to review the content.
- Assistants will gain knowledge of the teacher's perspectives and learn how to approach teaching various ages, levels, and styles.
- Dance technique, class pace, class management, philosophies, values, and culture of ND&MA will be passed on to assistants.
- Teacher assistant will learn responsibility, leadership skills, and gain respect from other students.

## **Prerequisites:**

- Must be Growth or Premium Membership.
- Teacher assistant must be in Level 2B or higher in the style they are assisting (unless invited by ND&MA staff).
- Teacher assistant must assist the same class every week and call in advance if going to be late or absent.
- Dancer must be a shining example of ALL ND&MA GUIDELINES AND POLICIES.
- Teacher Assistants must wear ND&MA dress code at all times.
- Teacher Assistants must attend Teacher Assistant meetings at ND&MA.

# Neisha's...the PLACE to BE!!!

**H**ere's to the "CREATIVE" ones.  
The ones who wear their passionate heart  
on their sleeve like a badge of honor.

They are not fond of negativity or  
people who don't give 110 percent.

They value zeal, vulnerability, good character,  
confidence, serving others, strong work ethic  
and the humans behind the art.

You can admire them for their brazen  
zest for life. Or envy them because they've  
seemed to crack the code of living with  
self-worth, intention, and purpose.

But one thing you can't do is ignore them  
because they LIVE WHAT THEY LOVE and  
fiercely believe in their life's mission.

And while some may see them as eccentric,  
unprecedented, or emotionally driven,  
we see them as the keepers of the FLAME.

They are the leaders, teachers, athletes and  
artists that fuel the cycle of self-empowerment.  
They are not afraid to try and fail, to be  
themselves, and put their whole being -  
mind, body, spirit and soul - into their endeavors.

Because the ones who are "CREATIVE," think  
they can ignite the spark of inspiration in the  
world by sharing their gifts and their hearts...

THEY are the ones who DO!

*~Neisha Hernandez*

# Be the Difference!

## “The Neisha’s Way”

### COMMUNITY SERVICE

## Neisha’s Dance & Music Academy Gives Back!

Here’s what happened in the last year:

### Serving:

- Chula Vista Police Activities League
- Taking Shape
- Youth Protection Advocates in Dance
- Fredricka Manor Retirement Community
- St. Paul’s Senior Services
- Amna Sanctuary Refugee Support
- Rotary Club of Chula Vista
- Sharp Chula Vista
- Scripps Mercy Hospital Chula Vista
- Chula Vista Animal Shelter
- Project Mercy - Tijuana Homebuild
- Chula Vista Hills Elementary
- McMillin Elementary
- Boys & Girls Club
- YMCA
- Children of Life Academy
- Waterford Terrace Retirement Community
- Bonitafest
- Arts in the Park
- New Hope Church
- Eastlake Church
- Olympian High School
- Eastlake High School Ohana Benefit
- Chula Vista Community Collaborative



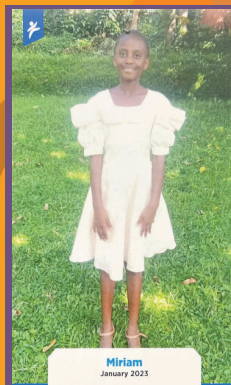
Christmas Toy Drive



Tijuana Home Build

### Sponsorships:

- Compassion International:  
Sponsoring Miriam in Uganda →
- La Phere Orphanage, Haiti: Sponsoring a teacher



### JOIN OUR MOVEMENT!

SHINE is a mother’s guide to help her daughter find and follow her dreams!

Available now in your favorite bookstore.

# Dancer Manners & Etiquette

## Dancers show respect for themselves by:

- Being prompt for class.
- Being dressed properly for class in assigned color leotard, without underwear under leotards, without jewelry other than small earrings, and with shoe strings - either tucked in or tied in a knot and cut off.
- Having hair up off the neck; it must be in a bun for all ballet classes. For shorter hair, pulling hair back from the face with a headband or clips is acceptable. No hair covering the neck or in the face.

## Dancers show respect for others by:

- Keeping their hands to themselves during class.
- Waiting quietly for others to have a turn and for instructions from the teacher.
- Waiting until the music is finished before entering the classroom if they are late to class.
- Talking with one another only during Share Time.
- Supporting other dancers' efforts; never laughing, pointing, whispering, or gossiping.

## Dancers show respect for their teacher and the art form they are learning by:

- Being properly dressed and ready for class on time.
- Listening when the teacher speaks; always standing in a "proper dance stance" while listening when the teacher gives combinations or corrections.
- Being prepared for their turn.
- Always asking before leaving the room for any reason and upon returning entering quietly and going around to the back of the room, never through the dancers who are dancing.
- Always finishing every exercise, never walking noisily or showing anger or aggravation.

## Dancers show respect for the studio by:

- Leaving gum, food, and drinks outside.
- Never hanging or leaning on the barres.
- Never running or doing gymnastics in the studio or lobby.
- Putting trash in its proper place.
- Putting away books and magazines when finished with them.
- Turning off cell phones.
- Always keeping all belongings zipped inside their dance bag.

## Parents show respect for the dance class, teacher, and studio by:

- Coming inside the waiting room to drop off and pick up dancers; it is unsafe to allow children to walk through the parking lot alone.
- Never leaving siblings in the waiting room unattended by a parent.
- Bringing dancers to class on time and picking them up promptly after class.
- Having dancers ready for class before entering the classroom.
- Making sure dancers have had the opportunity to go to the restroom before entering class.
- Knocking before entering the classroom if class is in progress.
- Not letting children stand and hit the viewing window.
- Letting us know in advance, if possible, if a dancer will be absent.
- Quiet in the lobby please while class is in session. Parents should keep the volume down and content rated "G." Teaching dancers and siblings to sit quietly and read while waiting, remembering that the waiting area is also a homework area for many dancers.
- Teaching children to never run or scream in the studio, waiting areas, or parking lot.
- Calling the Customer Care Desk to make an appointment during office hours to discuss any concerns.
- Always remembering that our studio is a gossip-free environment and talking negatively about others is inappropriate behavior and benefits no one.



# 2023 - 2024 ND&MA Calendar

All dates and events are subject to change.

## June 2023

- 3 Student Testing Released
- 5-10 Parent Participation
- 10 Class Selection Begins for 2023-2024 Season
- 10 Member Class Selection
- 28 Last Day of 2022-2023 Season
- 29 Music Recital
- 29-30 Closed for Recital

## July 2023

- 1 CVB Season Finale
- 1 Dance Team Night
- 1-9 Closed for Summer Break
- 2 Prima Ballerina Recital
- 7 Club Auditions
- 9 Club Callbacks
- 10 2023-2024 Season Begin

## August 2023

- 12 CVB & Ballet Rep Auditions
- 14-19 Spirit Week
- 26 CVB & Ballet Rep Callbacks

## September 2023

- 4 Closed for Labor Day
- 9 CVB Nutcracker Community Auditions
- 9 Recital Registration Auto Deducted
- 16 Early Bird Costume Payment Due
- 18-23 Bring a Friend Week

## October 2023

### *Spirit Swag Month*

- 14 On time Costume Payment Due
- 31 Studio Closed

## November 2023

### *Groove with Gratitude Month*

- 18 Mad Rush Costume payment
- 18 CVB Nutcracker
- 18 ND&MA Music Recital
- 23-26 Closed for Thanksgiving - No Classes

## December 2023

- 4-9 Open House Week
- 24-Jan 7 Closed for Winter Break

## January 2024

### *30 Day Challenge*

- 8 Classes Resume from Winter Break

## February 2024

- 10 Valentine's Day Tea
- 12-17 What I Love About Me
- 19 Closed for Presidents Day

## March 2024

- 25-30 Spring Break - ND&MA closed

## April 2024

### *Student Testing Month*

- 1 Back from Spring Break
- 8-12 National Bring Your Sibling Week

## May 2024

- 4-5 Studio Dress Rehearsal
- 25 Recital Dress Rehearsal
- 26 Recital
- 25-27 Closed for Memorial Day
- 28 Student Testing Results Goes Out to Growth & Premium Members
- 28 Premium Members - Class Selection Begins

## June 2024

- 1 Starter Membership Testing Results Goes Out
- 1 Growth Membership Class Selection Begins
- 3-8 Parent Participation
- 8 Starter Membership Class Selection Begins
- 28 Last Day of 2023-2024 Season

## July 2024

- 6 CVB Season Finale
- 6 Music Recital
- 7 Dance Team Night
- 8 2024-2025 Season Begins

# MUSIC DEPARTMENT 2023-2024



Music is considered a right brain activity, while Math is a left brain activity. When combined, the whole child is engaged not only in the realm of thinking, but in all the other domains of social, emotional, creative, language, and physical development. Together, they make a complete developmental package.

## Fees:

**Yearly Membership:** \$65 per student (if student is Music only)

**1/2 HR Private Lessons:** \$159 per month (Beginner/Intermediate Student)

**1 HR Conservatory Track:** \$299 per month (Intermediate/Advanced Student)

*(Please note: Conservatory Track is by invitation only.)*

**Materials:** Private Lessons: Alfred Method Music Books must be purchased separately and are available at the ND&MA store. Voice: See teacher for best recommendations

## The Conservatory Track for Piano or Violin (By Invitation Only):

For the student that is ready to study at a more advanced level and pace, gain a deeper comprehension of music theory and music history, and develop greater skills in music interpretation and artistic performance. This program requires a higher commitment level by the student.



**Make Ups:** Group music theory lessons are provided once a month. Lessons are available for the current calendar month only as make ups will not be carried over to the next month. Advanced notice required.

**Practice:** Music students have daily homework. The more a child practices between lessons, the faster they will progress. Parents must enforce 30 minute practice sessions 4-5 times per week. When parents sign the practice sheet, students earn ND&MA Practice Bucks! Parents are asked to come in to speak with the teacher during the last 1 minute of each class session.



**Music Recitals:** November 18, 2023 and July 6, 2024. Additional fees apply.

**MUSIC LESSONS**

**PIANO • GUITAR • VOICE • VIOLIN • CELLO**

# CLASS LISTINGS

## DANCE

### PARENT/TODDLER DANCE CLASSES - LITTLE STEPPERS & LITTLE LEAPERS

Introduces dance in a fun and creative environment that includes singing, tumbling, storytelling, imaginary play, and dancing.

*Steppers:* Ages 12 months and walking to 23 months.

*Leapers:* Ages 24 months to 36 months.

### LEAP N' LEARN 3, 4, & 5 - BALLET

Designed by a Ballet Master and a Child Psychologist, this program introduces the foundations of dance based on how your child processes information. Ages 3 -5.

### BALLET

Learn the fundamental principles of Vaganova Technique. Gain focus, concentration, self-determination, self-esteem, coordination, grace, and poise! Ages 2 -Teen. Point, Variations and Partnering also available for advanced students.

### TAP

Explore rhythms and syncopations by isolating your feet to make music! Ages 4 -Teen.

### JAZZ

A fusion of contemporary dancing and classical technique! Gain flexibility and body control with this energetic style of dance. Ages 4 -Teen.

### HIP HOP, CHOREOGRAPHY & IMPROVISATION

Want to dance in a music video? Then try this energetic and fun style of dance that is influenced by African, street style, popping and locking. Must concurrently be taking jazz or hip hop. Ages 4 -Teen.

### MUSICAL THEATRE

Theater dance and singing based on your favorite Broadway Musicals! Age 6 and up.

### ACRO DANCE

A fun fusion of classical dance with gymnastics, tumbling, and contortions. Must concurrently be taking jazz. Age 4 and up.

## DANCE (continued)

### CONTEMPORARY

Poetry in motion! Learn to emote different feelings through this fusion of ballet, jazz, and modern! Dancers - Mini Level and up. Must concurrently be taking ballet or jazz.

### CONDITIONING

A supplemental class that includes methods such as pilates and PBT in order to help a dancer's technique, strength and safety.

## MUSIC

### PIANO, VOICE, GUITAR, VIOLIN, CELLO

30-minute private lesson and 60-minute Conservatory Track. (*Conservatory Track by invitation only*).

## SPECIALTY CLASSES

### PEAK PERFORMANCE TRAINING

This class guides the dancer by training the student's brain with mental skills. Tap into a new level of personal excellence. Age 10+ (*Available for Growth & Premium members.*)

### CLI STUDIOS

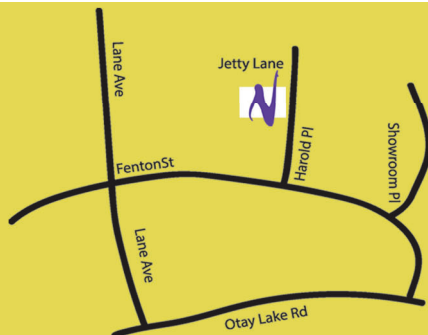
ND&MA is partnering with CLI Studios this year to give our students access to the dance industry's top choreographers. Register with our studio this season and you'll be able to add on online master classes from world-renowned choreographers! Level 1 and up

### PERFORMANCE DANCE TEAMS, COMPETITION DANCE TEAMS, AND BALLET COMPANIES (Ages 4 & up)

Sparkle Squad	Inspire Team
Super Kids	Thrive Team
Dancin' Kids	Avenir Crew
Empower Tap Team	Ballet Repertoire
Dare Tap Team	Chula Vista Ballet Company
Dream Team	Chula Vista Ballet 2
Believe Team	Chula Vista Ballet Apprentice



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# ND&MA Annual Membership

## Find YOUR best path forward!

Membership allows your student to participate in weekly dance and theatre classes, and allows you to take advantage of special privileges and member events. There are 3 different levels - one for everyone! Become an insider TODAY!

FEATURES	STARTER \$165	GROWTH \$225	PREMIUM \$275
Membership Fee and Auto Renewal	✓	✓	✓
Welcome Gifts: Themed Shirt and Journal or Let's Play Ballet Book	✓	✓	✓
Complimentary Studio Wi-Fi	✓	✓	✓
Online Parent Portal	✓	✓	✓
Annual Recital Participation	✓	✓	✓
Complimentary Digital Recital Video	✓	✓	✓
Annual Progress Reports	✓	✓	✓
Advance Access to Student Evaluations		✓	✓
Priority Class Selection		✓	✓
CLI Membership		✓	✓
Monthly Mindset Course Ages 10 and up		✓	✓
Invitation to the Parent Focus Group			✓
Earliest Access to Recital Ticket Sales			✓
Earliest Priority Class Selection with Concierge Service			✓
10% off ND&MA Boutique			✓

## Tuition: 2023-2024 Class Fees

Class rates are per month, per child

### ONGOING LIVE or VIRTUAL GROUP CLASSES

#### Dance Rates:

- 1 class – \$89 first class
- 2 classes – add \$78 (12% discount)
- 3 classes and up – add \$70 (21% discount)

### ONGOING PRIVATE DANCE LESSONS

- 1/2 hour - \$61
- 1 hour - \$88

### MUSIC CLASSES

- 30 minute private lesson - \$159 per month
- 1 hour Conservatory private lesson - \$299 per month  
*Conservatory is by invitation only.*