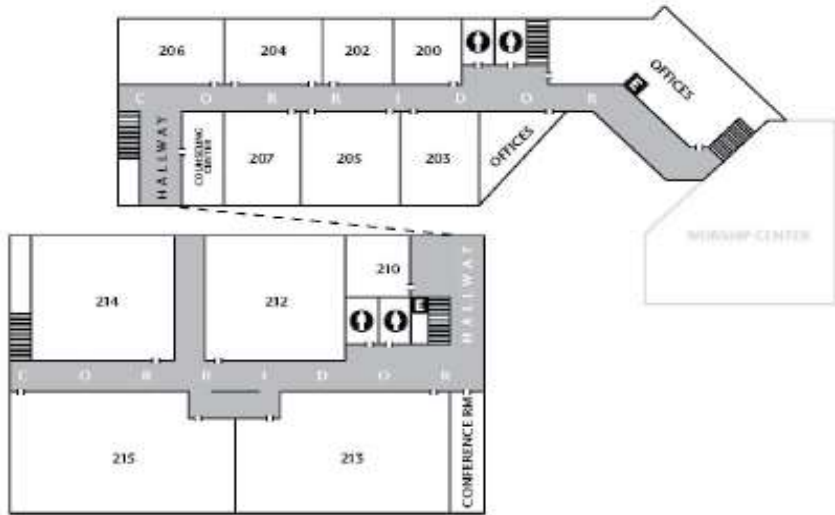
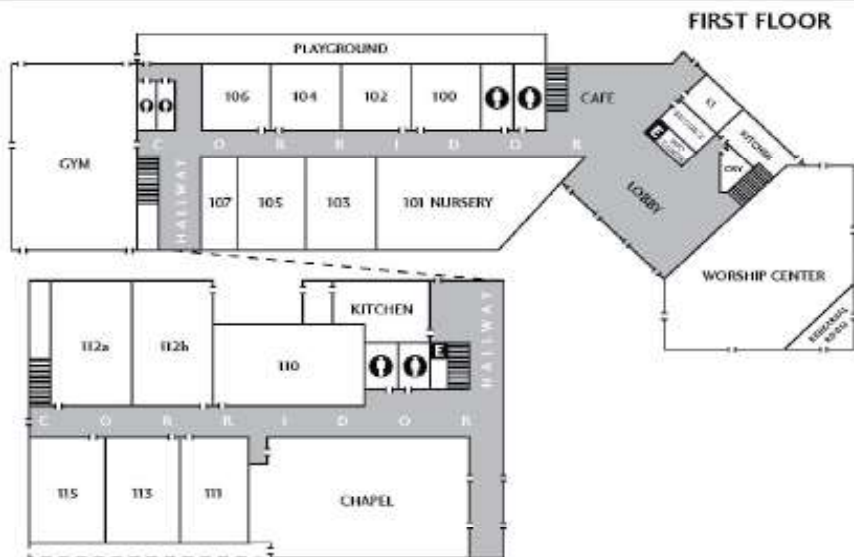


# STUDIO HANDBOOK



SECOND FLOOR



FIRST FLOOR



IGNITE DANCE ACADEMY AT RIVER CITY CHRISTIAN

10933 Progress Court, Rancho Cordova, CA 95670

[dance@rivercitychristian.org](mailto:dance@rivercitychristian.org) • 916-861-1650

[rivercitychristian.org/dance](http://rivercitychristian.org/dance)

## SUMMER 2022

## MY RIVER CITY

My River City ([myrivercity.live](http://myrivercity.live)) is our church and studio database.

E-mail [dance@rivercitychristian.org](mailto:dance@rivercitychristian.org) if you need help logging in.

You can use My River City to:

- Add or update your/your child's profile picture(s).
- View your payments
- View any forms you have filled out
- View your personal and family calendar (classes, rehearsals, etc.)
- View your serving (volunteering for shows, etc.)



## SICK POLICY

Please do not send your child to class, performance or rehearsal if they have the following symptoms:

- Runny nose with thick, yellow or green discharge
- Earache
- Stomach ache/abdominal pain
- Vomiting
- Rash
- Fever
- Constant cough/wheezing or productive cough
- Diarrhea
- Sore throat and/or swollen glands
- Red eyes, or eyes with any discharge

Dancers must be symptom-free for 24 hours before coming to the studio. If antibiotics have been prescribed the child must have taken at least four doses.

## COVID POLICY

There will be a zero tolerance policy for un-kind comments or behavior towards another's choice to wear a mask or whether or not they choose to be vaccinated.

Please notify the studio of a positive COVID test as soon as possible, then quarantine for 10 days or according to the current CDC guidelines.

## ABOUT THE DANCE STUDIO

Ignite Dance Academy at River City Christian was born out of a desire to encourage children and adults to enjoy the art of dance and develop their gifts in this area. We believe that God created dance as a form of expression for us and we desire to encourage and develop the dancer in each student.

We are dedicated to maintaining high standards of technical performance in a wholesome environment while making classes fun. Whether or not a student chooses to continue to dance, we believe that the benefits can enrich their whole life.

# ADDRESS AND DIRECTIONS

**10933 Progress Court  
Rancho Cordova, CA 95670**

After driving through the main gates, immediately turn left. The Registration Desk will be through the glass doors behind the concrete staircase. Check in here before heading to your first class of the day.

## ***Directions to Room 112:***

After checking in, this room is the second door on the left.

## ***Directions to Rooms 200-207:***

After checking in, go up the stairs and follow the hallway to turn left, walk all the way to the end of the hall and turn right (after the children's check in station). These rooms are in that hallway. An elevator is located by the Service Kitchen if needed.

## ***Directions to Rooms 215:***

After you check in, walk up the stairs and it will be the first room on the right. An elevator is located by the Service Kitchen if needed.

## Performance Policies:

1. In order to participate in the Spring Recital (first Saturday and Sunday in June), dancers must start class no later than the first week of March of that calendar year and have good attendance.
2. In order to participate in the Christmas Show (most rehearsals are outside of class time), dancers must be actively enrolled in at least one class during the Fall Session and pay the \$25 participation fee.
3. Recital costumes will be ordered during the Spring Session. A costume invoice will be given out to parents and dancers and payment in full will be due the first week of May. Costumes will be \$50 each unless otherwise noted.  
A \$20 non-refundable deposit (per costume) must be submitted by February 1 in order for your/your child's costume to be ordered.

## Payment Policies:

1. Tuition is \$40 a month\*. One \$5 discount per family/individual can be applied if:
  - You are a River City Christian attendee (defined as those who attend at least two Sundays a month).
  - The same individual takes more than 4 classes per week.
  - Sibling discount (first child is \$40, subsequent children are \$35).
2. Zumba is \$5 per class or \$20 for a 10-class punch card.
3. Two hour classes are \$80 a month. 30 minute classes are \$20 per month. Hour and a half classes are \$60 per month.
4. Payment is due by the fifth of each month. Tuition can be paid online at [rivercitychristian.org/dance](http://rivercitychristian.org/dance) or with check or cash at the Registration Desk. Contact [ignitedanceadmin@rivercitychristian.org](mailto:ignitedanceadmin@rivercitychristian.org) to set up a recurring payment.
5. No refunds or credit will be given for missed classes. Pro-rating of tuition is for late admission into a class, not to adjust for classes missed. Tuition pays not just for teaching time, but for equipment that keeps the studio open.
6. Limited make up classes are available for absences due to illness or extenuating circumstances. Please complete the Make Up Class Registration form before attending a make up class (located on the Current Dancers portion of the website).
7. The drop in rate is \$10 per hour class (not including free trial class).

\* A personalized invoice will be sent out by e-mail the week before the start of the session and at the end of each subsequent month.

# IGNITE DANCE POLICIES

## Registration Policies:

1. Students must be the minimum age within the first four weeks of the session and potty trained by the first date of class.
2. All Level I and younger classes must have at least three students enrolled one week before a session starts, or they will be cancelled at that time. These classes will be capped at 10-12 students and another class will be added or a waiting list will be created.
3. A trial class may be taken for free, but a liability form must be completed before participating in class.

## Class Policies:

1. Parents and siblings are not permitted in the classroom during class time in order to cut down on distractions to the dancers.
2. There is no gum allowed in class.
3. Ignite Dance Academy reserves the right to change classes at any time without notice.
4. After three weeks of absenteeism, a student will automatically be dropped from the class and their spot given away, unless prior notification was given to the studio. Additionally, if prior notice was not received, the parent/dancer will still be responsible for paying tuition that month. Out of fairness for those on the waiting list, if a dancer takes a month off, tuition must be paid for that missed month in order to hold their spot in the class.
5. No videotaping or pictures are allowed unless permission has first been obtained from the instructor. If you are taking pictures or video of dancers other than your own child, permission must also be obtained from that child's parent.
6. Parents/guardians must drop off and pick up their child from the Registration Desk and must present the parent pick up tag or a picture of it to pick up their child. Children in this age group will not be permitted to go to the restroom without a teacher or teacher's assistant or their parent/guardian.
7. All students must check in at the Registration Desk before class EVERY week.
8. Students not adhering to the dress code may be asked not to take class until they are properly attired.
9. Dancers must adhere to the pre-requisites listed on the Registration Form.

# 2022-2023 SUMMER-SPRING CALENDAR

**Tuesday, July 5 - Monday, August 29, 2022**– Summer Session

**Tuesday, August 30 - Sunday, September 11, 2022**– Studio Closed (except Zumba/Zumba Gold and Christmas Show rehearsals)

**Monday, September 12 - Sunday, November 20, 2022** - Fall Session

**Saturday, December 10 & 11, 2022, 4:00 p.m.-** Christmas Show (Dress Rehearsal - December 9, Tech Rehearsal - December 8)

**Monday, November 21, 2022 - Sunday, January 8, 2023** - Studio Closed (except Zumba/Zumba Gold and Christmas Show rehearsals)

**Monday, January 9 - Sunday, June 4, 2023**- Winter/Spring 2023 Session

**Monday, January 16, 2023** - Studio Closed in observance of MLK Day

**Monday, February 20, 2023** - Studio Closed in observance of President's Day

**Monday, April 3 - Sunday, April 9, 2023** - Studio Closed for Easter Break

**Saturday, May 13, 2023** - Recital Picture Day

**Saturday, June 3 & Sunday, June 4, 4:00 p.m.-** 2023 Recital (Dress Rehearsal - June 2, Tech Rehearsal - June 1)

**Monday, June 5 - Sunday, July 2**- Studio Closed

# DRESS CODE

## Where to Find Dance Clothes and Shoes:

Kid's leotards, tights and dance shoes can be found at Walmart, Target, and Kohl's. The most complete dance supply store in our area is Capezio (3839 H Street in East Sacramento).

We also recommend Discount Dance, an online dancewear distributor. Use code TP40704 at checkout and the studio will receive money back from your purchase and you will get a small discount.

## Pre-Ballet:

**Girls:** One piece dancewear (leotard, dance dress, shorttard/unitard), skirts okay, no separates, tights, ballet shoes. **Boys:** Dance pants, t-shirt, black or white ballet shoes.

## Tap/Jazz:

**Girls:** One piece dancewear (leotard, dance dress, shorttard/unitard), skirts okay, no separates, appropriate dance shoes for type of class. **Boys:** Dance pants, t-shirt, black or white ballet shoes.

## Ballet:

**Girls:** Tights, leotard, pink ballet shoes and hair in a bun. Skirts and tight fitting pants or shorts are permitted. **Boys:** Dance pants, t-shirt, black or white ballet shoes.

## Contemporary/Jazz/Tap:

**Girls:** leotard or unitard, tight pants or shorts, jazz or tap shoes, hair up. A t-shirt or thick strap tank top over a leotard or unitard is permitted for tap classes. **Boys:** T-shirt, pants or shorts, black jazz or tap shoes.

## Zumba

Workout clothes are the best clothes to wear to allow freedom of movement. It is easy to burn at least 500 calories in one class so be sure to bring a water bottle, towel and an optional change of clothes. The best shoes to wear are dance fitness shoes (not necessarily dance sneakers which give little arch support), court shoes or "aerobic" shoes. Wear shoes that do not have a lot of tread at the bottom, that are meant for medial/lateral/twisting motion and have some cushioning. Running shoes and cross training shoes are not recommended as they only allow forward motion.

*\*It is preferred that Teen/Adult students stay within the dress code, but are invited to wear what is comfortable for them to move in.*

# CLASS DESCRIPTIONS

BALLET AND PRE-BALLET: Ballet classes are designed to give the dance student a strong technical background. The student will acquire flexibility, muscular strength and physical endurance, as well as a working knowledge of French dance terminology. Students will also develop and redefine their technique, proper alignment, and rhythmic and qualitative understanding. Ballet classes are highly recommended to provide a solid technical base for all dance classes.

COMBINATION CLASSES (Tap/Jazz, Ballet/Jazz, Teen/Adult Intro): These classes give the new dancer movement experiences and fundamental knowledge of the basics of dance, as well as a hands-on overview.

CONTEMPORARY: This class is designed to teach students a contemporary/modern style of dance. There will be a focus on choreography and emotional expression through movement. In addition, students will learn and/or improve their improvisational skills. Contemporary consists of a variety of dance styles such as ballet, jazz, modern, and sometimes even hip hop.

JAZZ: Jazz classes are designed for the student with an interest in learning jazz technique and styles. The student will acquire flexibility, muscular strength and physical endurance. The class will provide the students with a strong sense of discipline of mind and body, as well as a heightened level of physical health.

TAP: Tap classes are designed for the student with an interest in learning tap technique, styles and rhythms. They will explore many styles of tap such as classical tap, clogging, jazz tap and rhythm tap. A refinement of style and artistry will be emphasized.

ZUMBA: Zumba is a latin-inspired, dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to a unique blended balance of cardio and muscle-toning benefits. Previous dance experience is not necessary. **Zumba Gold** recreates the original Zumba moves at a lower intensity level.