

The Dance Refinery

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www.TheDanceRefinery.com

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2023 - 2024

FALL/WINTER/SPRING Schedule Packet & Attire Information



Thank you for inquiring about our 48th Annual session. Attached is the 2023 - 2024 Fall/Winter/Spring Schedule of classes and attire requirements for The Dance Refinery. The session for the classes in this packet begins Monday, August 14, 2023. Our Fall Session schedule and prices are as follows:

CURRENT STUDENT REGISTRATION - Those students taking the Summer 2023 Session: sign up for an appointment to register using our Sign Up Genius Link - the priority registration link for current students can only be accessed through your email. Please contact the office (317-881-1905) if you don't receive the email by 7/24/23.

Monday, July 24 through Thursday, July 27, 2023: by appointment only - appointments will be offered between 4:30 - 9:00 p.m.

****Please note - if you are unable to register during this current student "priority registration period" you are welcome to make an appointment on one of the returning student / open enrollment dates listed below.*

RETURNING STUDENT REGISTRATION - Those students who took through June 9, 2023, but did not take in the Summer: sign up for an appointment to register using our Sign Up Genius Link - this link will be emailed to you and can be found on our website (www.thedancerefinery.com)

Friday, July 28, 2023: by appointment only - appointments will be offered between 4:30 - 7:00 p.m.

Monday, July 31, 2023: by appointment only - appointments will be offered between 4:30 - 9:00 p.m.

OPEN HOUSE - OPEN ENROLLMENT - NEW & RETURNING STUDENTS WELCOME!

Tuesday, August 1, 2023: 4:30 - 9:00 p.m. - no appointment needed on this day only

OPEN ENROLLMENT - By appointment only using our Sign Up Genius Link - found at www.thedancerefinery.com

Wednesday, August 2 through Thursday, August 3, 2023: by appointment only - appointments will be offered between 4:30 - 9:00 p.m.

Friday, August 4, 2023: by appointment only - appointments will be offered between 4:30 - 7:00 p.m.

Monday, August 7 through Wednesday, August 9, 2023: by appointment only - appointments will be offered between 4:30 - 9:00 p.m.

Starting August 14, 2023 - new students are welcome and can register for classes with openings (through January 31 in dance classes / April 30 in gymnastics and Gladiator classes). **Please note - if you wish to participate in our Annual Recital (in June 2024) - you must be registered by Tuesday, December 5, 2023 at 9:00 p.m. when the office closes.** Registration will take place during regular office hours - Monday through Thursday 4:00 - 9:00, Friday 4:00 - 7:00 and Saturday 9:00 a.m. - 4:00 p.m. (no appointment is necessary starting 8/14/23)

****Students registering for Tumbling / Gymnastics:** Ages 4 (with no experience) & under - No Evaluation is needed. Age 4 (with experience) and ages 5 & up - An evaluation is required before registering. Staff will be available during all above mentioned registration dates. Starting August 14th, evaluations are available Monday through Thursday 7:30 - 9:00 p.m.

TUITION FEE SCHEDULE: The Fall/Winter/Spring Session runs for 40 weeks: August 14 - June 9 (when we hold our Annual Recital). August tuition is prorated (1/2 month payment) and is due by August 19. All other tuition payments are made monthly and are due by the 1st of the month (please note, June tuition is pro-rated and is due with your May payment). Once registered, you are responsible for making monthly tuition payments for the duration of the session **until the person responsible for the account notifies the office you will no longer be attending.** **TUITION FEES & DISCOUNT PACKAGE INFORMATION CONTINUED ON THE NEXT PAGE -----**

Registration Fee - Due at the time of registration:

\$30.00 per person OR \$40.00 per family

****Please note - a FAMILY (for the purposes of reg. fees / package discounts) applies to siblings / students living under the same**

Monthly Tuition Fees:

30 minute class:	\$48.00	45 minute class:	\$56.00	60 minute class:	\$60.00	90 minute class:	\$70.00
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CREDIT CARD CONVENIENCE FEES: Effective August 22, 2020 The Dance Refinery will charge a 3 % convenience fee on ALL payments made by credit / debit card (this includes payments made through the PayPal invoicing system). **No fees are charged for payments made by cash or check**

Tuition Payments can be made using the following methods:

- In person** (with check, payable to The Dance Refinery; cash; debit or credit card) or **by phone** 317-881-1905 (with a debit or credit card) **during regular office hours:**
Monday through Thursday 4:00 - 9:00 p.m.
Friday 4:00 - 7:00 p.m.
Saturday 9:00 a.m. - 4:00 p.m.
- Electronically via PayPal** (with a debit or credit card) - you must pay through our invoice system. You can sign up to receive these PayPal invoices monthly by initialling on the back of your registration form / payment agreement. Please do not send payments directly to our PayPal account without an invoice.
- By mail** (with check payable to The Dance Refinery) (sending to 8335 Shelby Street, Indianapolis IN 46227) - payments submitted by mail must be **postmarked** (not metered) **by the 10th to avoid the late fee.** This includes payments coming by mail using your bank's automatic bill pay system.
- We do not offer any type of auto deduction payments and do not keep your bank account information on file.**

TDR DISCOUNT PROGRAMS:



TDR COMBO DANCE CLASS PACKAGES

Combo Class Package Ages 18 mths. & Up - these packages only apply to 30-minute dance / tumble classes on the schedule =	You pick TWO 30-minute classes (ages 3 - 9) = \$64.00 per month
	You pick THREE 30-minute classes (ages 3 - 9) = \$96.00 per month
Combo Class Package Ages 7 & Up =	You pick THREE 45-minute classes (ages 7 & up) = \$124.00 per month

****Additional Combo class options are available for students taking 2 or more tumbling classes (1 hour or more per class) - please speak to the office staff for more information about any possible multi class discount options that might work for you.**



Individual Students taking 3 or more classes receive 1/2 off the 3rd class and each additional class (discounts do not apply to package prices). See page 6 for TDR's list of "Suggested Class Pairings".



Families (siblings / students living under the same roof) with 3 or more children registered will receive 1/2 off the 3rd and each additional child. This will apply to the child with the lowest total tuition.



All TDR Families will receive a 10% discount card for The Dance Depot. Cards are valid during the current session in which you are registered and will expire if you withdraw from class in the middle of a session.



Discounts are available for families paying for the entire session in full at the time of registration. Inquire in the office for more information.

If you have any questions about our schedule or fees, please feel free to stop by the office or contact us at 317-881-1905



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Ballet =	A classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement. We offer Ballet for ages 3 & up
Tap =	A style of dance performed wearing shoes fitted with metal taps, characterized by rhythmical tapping of the toes and heels. We offer Tap for ages 3 & up
Jazz =	A style of dance often to upbeat music, working on rhythm, patterns, isolations and fundamental dance basics such as leaps, turns, kicks, splits, etc. We offer Jazz for ages 3 & up
Hip Hop =	Hip Hop combines street - dancing with dance styles such as popping, locking, house, & funk demonstrated by pop artists as seen on hit TV shows Dance 100, So You Think You Can Dance, & World of Dance, to create a funky & upbeat style of dancing anyone can learn. No previous dance experience required. We
Contemporary / Lyrical =	Contemporary / Lyrical combines Jazz, Modern & Ballet Techniques in fluid, controlled movements. This style of dance often has a story element that relates to the lyrics or emotion of the song. We offer Contemporary / Lyrical for ages 7 & up
Triple Threat =	An exciting class that gives your future star the tools they will need to become a "Producer's Dream" at any casting call in the Commercial, Television or Broadway Industry. Throughout the course of this class, students will refine their skills in Dancing, Singing and Acting in order to excel through any audition
See Pages 13 - 16 for descriptions of our TDR Gymnastics / Tumbling Levels and Gladiators Program!	

Any transferring or new student with several years of training should contact the front office for information regarding more advanced level classes, technique classes, or opportunities for performing groups and proper placement.



The Dance Refinery Class Attire and Shoes

APPROPRIATE SHOES and ATTIRE MUST BE WORN TO CLASS!

Any student who is not properly dressed for class will be given a copy of the dress code and asked to obtain the proper attire before the next class. In the case of young students, notice will be given to the parent/guardian. The student will receive 2 warnings. After that the teacher will NOT allow the student to participate in the class. No make-up classes will be offered for these missed classes.

- ❖ STREET CLOTHES MAY NOT BE WORN for CLASS!
- ❖ Please note that all dance and gymnastic shoes MUST be from a dance manufacturer.
- ❖ To increase the life of your shoes, NEVER wear dance shoes outside.
- ❖ HAIR for ALL ladies taking class should be pulled back out of the face and secured in a ponytail, unless otherwise noted.
- ❖ No underwear should be worn during class, except: boys wearing shorts, Tumble Buddies and Creative Movement.
- ❖ No Jewelry (Necklaces, large earrings, etc.) Small Earring studs are acceptable.
- ❖ Everyday or oversized t-shirts and tank tops are inappropriate attire for ANY class at TDR. For the only exception to this, please see Hip Hop.
- ❖ One-piece leotards must be worn in the the Gym at all times. No 2-piece outfits allowed in gym classes.
- ❖ Please check your child's attire and shoes from time to time to make sure it fits properly.
- ❖ No gum or cell phones in class.
- ❖ Students are not allowed to bring food or drinks (other than water) in to the dance studios / gym.

CREATIVE MOVEMENT:

Underwear over diapers are allowed in this class

Shoes: Leather Black Jazz Shoes with elastic sewn on

Girls: Leotard **with tights**

Boys: Fitted t-shirt with shorts or athletic pants.

TAP:

Girls: Class age 3-4 / 5-6 / 7-9: Capezio Black Patent Leather Tap Shoe (Style #N625C) - JR Tvette Tap Shoe with the elastic strap already attached
Pre-Teen / Teen Tap ONLY : Black Slip On Tap Shoes

Leotard OR 2-piece dance attire (2 piece MUST be dance pants or shorts w/ a dance top) **with tights**

Boys: Fitted t-shirt with shorts or athletic pants.

Black tie oxford tap shoes

JAZZ

Shoes: Class age 3-4 / 5-6 / 7-9: Leather black jazz shoes with elastic sewn on
Pre-Teen / Teen Jazz ONLY: Black Bloch Pulse Jazz Shoe

Girls: Leotard OR 2-piece dance outfit (2 piece MUST be dance pants or shorts w/ a dance top) **with tights**

Boys: Fitted t-shirt with shorts or athletic pants.

BALLET:

Girls: Pink leather ballet shoes with 1 elastic strap sewn on straight across - see the office staff or your ballet instructor if you have questions about how to sew the straps.

Leotard or unitard (any color) **with tights**

All hair MUST be pulled back off of face and secured in a ponytail. **Buns are preferred for all but required for ages 10 & up.**

Boys: Fitted t-shirt with fitted shorts or athletic pants.

Black leather ballet shoes with elastic sewn on - white socks



The Dance Refinery Class Attire and Shoes Continued

HIP HOP:

- Shoes: Any clean tennis shoe with a white sole. **Please do not wear tennis shoes that have been worn outside.** If you were in the 2023 Recital, you are encouraged to wear your performance shoes for class. **Shoes worn should be for this class only to help preserve the life of our dance floors.** **Please note - students participating in the Recital will be asked to purchase a pair of performance tennis shoes. More information will be handed out during Costume Week in January. No Jazz shoes should be worn for Hip Hop Class
- Girls: Tank Top, T-shirt, Hoodie w/ crop top or leotard underneath and shorts, leggings, joggers or sweats
- Boys: T-shirt or Tank Top must be worn with a Hoodie (optional) and shorts, joggers or sweats
-

TRIPLE THREAT:

- Girls: Bloch TAN Pulse jazz shoe
Leotard OR 2 piece dance outfit (2-piece MUST be dance pants or shorts w/ a dance top) **with tights**
- Boys: Fitted t-shirt with shorts or athletic pants.
Bloch BLACK Pulse jazz shoe
-

CONTEMPORARY/LYRICAL:

- Shoes: Barefoot or Dance Paws
- Girls: Leotard OR 2-piece dance outfit (2-piece MUST be dance pants or shorts w/ a dance top) **with tights**
- Boys: Fitted t-shirt with shorts or athletic pants.
-

GYMNASTICS (TUMBLING), TUMBLE BUDDIES, GLADIATORS & TUMBLE FOR CHEER:

- Girls: Leotard or unitard (any color). May wear shorts over leotard, **NO 2-piece outfits (bra tops and bootie shorts) or t-shirts are allowed in gymnastics classes.** NO JEWELRY! This is a USAG rule and as a USAG certified gym, we all must follow.
All hair MUST be pulled back off of face and secured in a ponytail.
Any clean tennis shoe with a white sole are allowed to be worn for Tumble For Cheer classes ONLY.
- Boys: Fitted t-shirt **tucked in** to fitted shorts
-

Gymnasts / Gladiators are allowed to take class barefoot in the gym, however please remember to wear footies or shoes when not in the gym or taking class. Also, **if a student has dance class before or after tumbling class she is expected to wear tights (transition or footless) to both classes.** A coach may ask a student to sit out if improperly dressed for class, as proper attire is extremely important for coaches to SAFELY spot students.

REMINDER - Check out The Dance Depot for all of your Shoe and Attire Needs! Shoes are 15% off year-round in The Dance Depot and with the Depot Discount Card you get for being a registered TDR student you will receive 10% off all regular priced items (tights, leotards, etc.) in The Dance Depot. PLUS... experienced staff who give you personal customer service and excellent product knowledge and NO SHIPPING FEES!



The Dance Refinery "Suggested Class Pairings"

****Please Note - tumbling levels noted in pairing are subject to evaluation from an instructor. All pairings are suggestions only and can be combined with other classes to better fit your schedule.**

Interested in being a Cheerleader? We suggest taking an Intermediate or Advanced Tumbling class and the Thursday 7:00 Advanced Tumble for Cheer. For our beginner students dreaming of winning the spirit stick, we also have Tuesday 5:00 Beginner Tumble For Cheer that pairs well with any Beginner 1 or Beginner 2 class. TDR offers a cheer / tumbling package giving you two hour-long classes for a discounted price.

Interested in Artistic Gymnastics and competing on your High School or TDR Gymnastics Teams? TDR offers a tumbling package giving you 2.5 hours of gym class for a discounted price. For more advanced gymnasts, please see the office staff for assistance scheduling your classes.

Interested in being a member of a TDR Tumbling / Acro Performing Group? We suggest: pairing a tumbling class such as Intermediate Tumbling with a ballet, jazz or contemporary / lyrical class such as Tuesday 6:30 Contemporary / Lyrical (7-9), Thursday 5:15 Ballet (7-9) and / or Thursday 6:45 Jazz (7-9). TDR offers Combo Dance Packages for students taking 3 or more classes.

Interested in being a member of Artists In Motion one day? The Dance Refinery Dance Performing Groups perform tap, jazz and ballet therefore we recommend you take a Tap Class, Jazz Class and Ballet Class to prepare - there are rounds of these classes offered, for students of any age. TDR offers Pre School and Ages 7 & Up Combo Dance Packages for students taking multiple dance classes.

Students ages 3 - 4: See page 8 of this schedule packet

Students ages 5 - 6: See page 9 of this schedule packet

Students ages 7 - 9: See page 10 of this schedule packet

Students ages 10 & up: See page 11 of this schedule packet

Interested in being a member of a TDR Hip Hop Performing Group? We suggest taking a Hip Hop class that corresponds to your current age. Hip Hop classes are offered for ages 5 & up. Please note, you must have 1 full year of Hip Hop class experience before auditioning for a Hip Hop PG.

Does your son have boundless energy that you are unsure of where to channel? Look no further than The Dance Refinery's Gladiator Program (with classes for boys as young as 4)! Our classes combine athleticism, endurance training, dance, and gymnastics techniques while providing a safe and fun environment for socialization, growth, and team building. We also offer the SPARTAN package to JUNIOR (6-9) and TEEN / SENIOR (ages 10 & up) GLADIATORS. With the SPARTAN package you get the option of taking the "Boys Only" Hip Hop and "Boys Only" Tumbling along with your required Gladiator Training Course. The SPARTAN Package allows Junior, Teen and Senior students to cross train in multiple / different genres of hip hop, parkour, and tumbling! See page 13 for the Gladiator Schedule.

Interested in being a member of your High School Show Choir or auditioning for a Community Production? TDR has a "Triple Threat" Class (Tuesday 7:30 - 8:15 or Wednesday 5:15 - 6:00) which focuses on Dancing, Singing and Acting in order to excel through any audition. For those specifically interested in Show Choir - we have a Pre-Teen / Teen Jazz (Mondays 7:00 - 7:45) and Pre-Teen / Teen Tap (Tuesdays 7:45 - 8:30 or Wednesday 7:30 - 8:15). These classes are designed to enhance your knowledge of the basic tap / jazz steps and terminology. Voice lessons, with Daniel Lyng, are also available. Contact Daniel for class info and scheduling at danlyng.voicestudio@gmail.com.

Interested in being a member of your Middle School or High School Dance Team? We suggest: A Pre Teen / Teen Jazz class (Monday 7:00 - 7:45), Pre Teen/Teen Hip Hop class (Monday 8:00 - 8:45) and / or Pre Teen/Teen Contemporary/Lyrical class (Tuesday 7:45 - 8:30). See page 11 of this schedule packet for a complete list of the Pre Teen/Teen Dance class offerings and check out our Ages 7 & up Combo Dance Package for a discount on THREE dance classes.

Dance Classes for Students Ages 1 to 3 Years Old

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Dance	Gym	Dance	Gym	Dance	Gym	Dance	Gym	Dance	Gym
11:00			Tumble Buddies 11:00 - 11:30							
11:30										
12:00 PM										
5:30 PM										
6:00 PM										
6:30 PM	Creative Movement Rm 3 6:30 - 7:00				Creative Movement Rm 2 6:30 - 7:00					

Creative Movement 18 months - 3 Years (30 min.)

Dance Class using a child's natural expressive and creative qualities, this class offers young children an opportunity to explore movement, dance and their imaginations while learning to focus their energies

(NO ADULT PARTICIPATION IN CREATIVE MOVEMENT CLASSES)

Tumble Buddies 15 mo/walking - 3 Years (30 min)

Tumbling class focusing on very basic / general loco-motor skills in a creative and fun environment; Development: Social, cognitive & physical; Parents will learn to facilitate their toddlers physical development through activities such as: walking / running, balance, jumping, rolling and climbing. Practice taking turns

(Tumble Buddies classes are only offered during daytime hours and Adult participation is required for this class)

Pre- School Dance and Gymnastics Classes

Ages 3-4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
	Dance	Gym	Dance	Gym	Dance	Gym	Gym	Gym	Gym
10:00									
10:30									
11:00									Tumble Tots 11:00 - 11:30
11:30AM			Tumble Tots 11:30 - 12:00						
12:00 PM	-----								
4:30 PM									
5:00 PM			Princess Plie Ballet Rm 3 5:00 - 5:30						
5:15 PM									
5:30 PM	Tiny Tappers Rm 2		Tiny Tots Jazz Rm 3						
5:45 PM	5:30 - 6:00		5:30 - 6:00						
6:00 PM	Tiny Tots Jazz Rm 2	Tumble Tots 6:00 - 6:30	Tiny Tappers Rm 3 6:00 - 6:30	Tumble Tots 6:00 - 6:30	Tiny Tappers Rm 3 6:00 - 6:30		Tumble Tots 6:00 - 6:30		
6:15 PM	6:00 - 6:30								
6:30 PM	Princess Plie Ballet Rm 2				Princess Plie Ballet Rm 3 6:30 - 7:00				
6:45 PM	6:30 - 7:00					Tumble Tots 6:45 - 7:15			
7:00 PM					Tiny Tots Jazz Rm 3 7:00 - 7:30				
7:15 PM									
7:30 PM									

- TDR Princess Plie Ballet =** Ballet Class for ages 3 - 4
- TDR Tiny Tots Jazz =** Jazz Class for ages 3 - 4
- TDR Tiny Tappers =** Tap Class for ages 3 - 4
- TDR Pre-School Gymnastics =** Tumble Tots (ages 3 - 5) and Kinder Tots (ages 4 - 6) - 30 or 45 minutes each. See Pages 13 - 17 for more information about The Dance Refinery Gymnastics Program & Gladiators

Pre- School Dance and Gymnastics Classes

Ages 5-6

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		SAT
	Dance	Gym	Dance	Gym	Dance	Gym	Dance	Gym	Gym
11:00									
11:30									Kinder Tots 11:30 - 12:15
12:00 PM				Kinder Tots 12 - 12:45					
12:15 PM									
12:45 PM									
4:45 PM									
5:00 PM	Triple Threat (5-9) Rm 2 4:45 - 5:30	Tutus & Tiaras Ballet Rm 3 5:00 - 5:30				Pop Star Jazz Rm 2 5:00 - 5:30	JR Boys Hip Hop Crew. (6-9) Rm 4 5:00 - 5:30		
5:15 PM									
5:30 PM	Toe Terrific Tappers Rm 3 5:30 - 6:00	Lil Bits Hip Hop Rm 4 5:30-6:00		Triple Threat (5-9) Rm 4 5:15 - 6:00		Tutus & Tiaras Ballet Rm 2 5:30 - 6:00			
5:45 PM									
6:00 PM	Pop Star Jazz Rm 3 6:00 - 6:30					Toe Terrific Tappers Rm 2 6:00 - 6:30	Kinder Tots 6:00 - 6:45	Pop Star Jazz Rm 4 6:00 - 6:30	
6:15 PM									
6:30 PM	JR Boys Hip Hop Crew (6-9) Rm 4 6:30 - 7:00		Kinder Tots 6:30 - 7:15	Tutus & Tiaras Ballet Rm 3 6:30 - 7	Kinder Tots 6:30 - 7:15			Toe Terrific Tappers Rm 4 6:30 - 7:00	Kinder Tots 6:30 - 7:15
6:45 PM									
7:00 PM				Little Bits Hip Hop Rm 3 7:00 - 7:30				Tutus & Tiaras Ballet Rm 4 7:00 - 7:30	
7:15 PM									
7:30 PM									

- TDR Tutus & Tiaras Ballet =** Ballet class for ages 5 - 6
- TDR Toe Terrific Tappers =** Tap class for ages 5 - 6
- TDR Boys Hip Hop Crew =** Boys Only Hip Hop Class for ages 6 - 9 - See Page 12 for Boys / Gladiator Schedule
- TDR Triple Threat =** Class combining Dancing, Singing and Acting for ages 5 - 9
- TDR Pre-School Gymnastics =** Tumble Tots (ages 3-5) - 30 min each and Kinder Tots (ages 4-6) - 45 minutes each. See Pages 13-17 or more information about The Dance Refinery Gymnastics Program & Gladiators

- TDR Pop Star Jazz =** Jazz class for ages 5 - 6
- TDR Little Bits Hip Hop =** Hip Hop class for ages 5 - 6

Dance Classes for Students

Ages 7-9

	MONDAY	TUESDAY		WEDNESDAY	THURSDAY	
	Dance	Dance	Cheer	Dance	Dance	Cheer
4:45 PM	Triple Threat (5-9) Rm 2 4:45 - 5:30	Jazz (7-9) Rm 2 5:00 - 5:30	Triple Threat (5-9) Rm 4 5:15 - 6:00	Beginner Tumble For Cheer GYM 5:00 - 6:00 (By Evaluation only)	JR Boys Hip Hop Crew (6-9) Rm 4 5:00 - 5:30	Ballet (7-9) Rm 3 5:15 - 6:00
5:00 PM						
5:15 PM						
5:30 PM		Tap (7-9) Rm 2 5:30 - 6:00				
5:45 PM						
6:00 PM		Ballet (7-9) Rm 2 6:00 - 6:30				
6:30 PM	JR Boys Hip Hop Crew (6-9) Rm 4 6:30 - 7:00	Contemporary / Lyrical (7-9) Rm 2 6:30 - 7:00				Tap (7-9) Rm 3 6:00 - 6:45
6:45 PM						
7:00 PM	Ballet (7-9) Rm 2 7:00 - 7:30					Jazz (7-9) Rm 3 6:45 - 7:30
7:15 PM						
7:30 PM	Tap (7-9) Rm 2 7:30 - 8:00	Hip Hop (7-9) Rm 3 7:30 - 8:15				Hip Hop (7-9) Rm 3 7:30 - 8:15
8:00 PM						
8:15 PM						Intermediate / Advanced Tumble For Cheer GYM 7:00 - 8:00 (By Evaluation Only)

See Pages 13- 17 for more information about The Dance Refinery Gymnastics Program & Gladiators

Dance / Cheer Classes for Students

Pre Teen / Teen (ages 10 & up)

	MONDAY	TUESDAY		WEDNESDAY			THURSDAY
	Dance	Dance	Cheer	Dance			Cheer
5:00 PM			Beginner Tumble For Cheer 5:00 - 6:00 (By Evaluation only)				
5:15 PM				Triple Threat (10 & up) Rm 1 5:15 - 6:00			
5:30 PM							
6:00 PM	Teen/SR Boys Hip Hop Crew (10 & up) Rm 4 6:00 - 6:30						
6:30 PM							
6:45 PM							
7:00 PM	Pre Teen / Teen Jazz Rm 4 7:00 - 7:45		Pre Teen / Teen Contemporary / Lyrical Rm 2 7:00 - 7:45				Intermediate / Advanced Tumble For Cheer 7:00 - 8:00 (By Evaluation only)
7:15 PM							
7:30 PM		Triple Threat (10 & up) Rm 1 7:30 - 8:15		Pre Teen / Teen Contemporary / Lyrical Rm 1 7:30 - 8:15	Pre Teen / Teen Ballet Rm 2 7:45 - 8:30	Teen/SR Boys Hip Hop Crew (10 & up) Rm 4 8:00 - 8:30	
7:45 PM							
8:00 PM	Pre Teen / Teen Hip Hop Rm 4 8:00 - 8:45		Pre Teen / Teen Tap Rm 4 7:45 - 8:30				
8:15 PM							
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							

See Pages 13- 17 for more information about The Dance Refinery Gymnastics Program & Gladiators



The Dance Refinery is proud to offer the opportunity to explore and experience the joy of movement with a supportive, creative community. Our Adaptive Dance program provides students with disabilities an outlet to make friends, work on gross motor skills, and have fun!. Our powerful, exciting, and educational atmosphere is all under the guidance of a Board-Certified Dance/Movement Therapist. This program is offered to students middle school ages and up.

Class will meet on Thursdays 5:00 - 5:45 p.m. in Room 2

TDR ALL BOYS GLADIATOR PROGRAM: An exciting boys' only program that fuses Gymnastics, Hip Hop and Parkour while focusing on strength, coordination, flexibility and total body conditioning. Students are required to take the Gladiator Training Obstacle Course which challenges the student's ability, endurance and stamina via running, jumping, climbing and other plyometric exercises. Students ages 6 & up must also choose a Boys Only Hip Hop or Boys Only Tumbling Class to supplement their learning. We also offer the SPARTAN Package which allows students to take BOTH Hip Hop and Tumbling with their Gladiator Class.

ALL BOYS Gladiator Classes for MINI Students Ages 4-6

	MONDAY	WEDNESDAY
	GYM	GYM
6:30 PM	MINI GLADIATORS (4-6)	MINI GLADIATORS (4-6)
7:00 PM	6:30 - 7:15	6:30 - 7:15
7:15 PM		

ALL BOYS Gladiator Classes for JUNIOR Students Ages 6-9

	MONDAY	WEDNESDAY
	DANCE / GYM	DANCE / GYM
5:00 PM		JR Boys Hip Hop Crew Rm 4 5:00 - 5:30
5:30 PM	JR GLADIATORS (6-9) GYM 5:30 - 6:00	JR GLADIATORS (6-9) GYM 5:30 - 6:00
6:00 PM	JR Boys Tumbling (6-9) GYM 6:00 - 6:30	JR Boys Tumbling (6-9) GYM 6:00 - 6:30
6:30 PM	JR Boys Hip Hop Crew Rm 4 6:30 - 7:00	
7:00 PM		

ALL BOYS Gladiator Classes for TEEN / SENIOR Students Ages 10 & UP

	MONDAY	WEDNESDAY
	DANCE / GYM	DANCE / GYM
6:00 PM	Teen/SR Boys Hip Hop Crew Rm 4 6:00 - 6:30	
6:30 PM	Teen / SR GLADIATORS (10 & up) GYM 6:30 - 7:00	
7:00 PM	Teen / SR Boys Tumbling (10 & up) GYM 7:00 - 7:30	Teen/SR GLADIATORS (10 & up) GYM 7:00 - 7:30
7:30 PM		Teen / SR Boys Tumbling (10 & up) GYM 7:30 - 8:00
8:00 PM		Teen / SR Boys Hip Hop (10 & up) Rm 4 8:00 - 8:30
8:30 PM		

** See Pages 14- 17 for more information about The Dance Refinery Gymnastics Program.



Gymnastics and Tumbling Levels



CLASS LEVEL/ NAME	CLASS LENGT H	REQUIREMENTS (student must be able to perform consistently without a spot)	FOCUS	EQUIPEMENT USE	SPECIAL INSTRUCTIONS
TUMBLE BUDDIES	30 min	15mo/walking – 3 yrs; Active participation by parent/guardian is required in class.	Very basic/general loco-motor skills in creative and fun environment; Development: Social, cognitive & physical; Parents will learn to facilitate their toddler's physical development through activities such as: walking/ running, balance, jumping, rolling and climbing. Practice taking turns.	Introduction to equipment: various types of mats, bars, beam, floor & trampoline/spring boards	
TUMBLE TOTS	30 min	3 – 5yrs; Little or no gymnastics experience. Must be able to pay attention without parental assistance	Loco-motor skills: running, hopping, jumping, skipping, galloping, turning/spinning. Balance/ Coordination/Flexibility. Body positioning: tight body stretch, straight/tuck/straddle; start/finish. Front & back rolls. Handstands & backbends.	Equipment use: vault, bars, beam, floor & trampolines	It may be recommended that a child continue with this class prior to moving to Kinder Tots in order to improve upon the child's exposure to class structure, instruction and
KINDER TOTS	45 min	4 – 6yrs; Forward roll by self on level floor. Pay attention without parental assistance: be able to listen to/take instruction, taking turns, etc...	Loco-motor skills: running, hopping, jumping, skipping, chasse, turning/ spinning. Balance/Coordination/ Flexibility. Body positioning: tight body stretch, tuck/pike/straddle/split; start/finish. Backward rolls, handstands, backbends & cartwheels.	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.
BEGINNER 1	1 hr	Age 6 & up; Little- no gymnastics experience	Basic Technique: tight body stretch, balance/coordination/flexibility, body positions, loco-motor skills, stick/lunge positions, etc... Forward/backward rolls, handstands, backbends & cartwheels.	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.
BEGINNER 2	1 hr	Age 6 & up; Able to perform: forward & backward roll on level ground by self, cartwheel, push up to backbend by self and hold for at least 5 seconds with head off floor	Basic Technique: tight body stretch, balance/coordination/flexibility, body positions, loco-motor skills, stick/lunge positions, etc... Holding a handstand, handstand fall into backbend; backbend – to and from a standing position; backbend kick over. One-arm cartwheels, running hurdle cartwheels & round-offs	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.

CLASS LEVEL/ NAME	CLASS LENGT H	REQUIREMENTS (student must be able to perform consistently without a spot)	FOCUS	EQUIPEMENT USE	SPECIAL INSTRUCTIONS
INTERMEDIATE GYMNASTICS	90 min	Round-off, Front limber (handstand fall into a backbend and pull up to stand), Fall into backbend from standing position, Backbend kick over, handstand	Front & Back walkovers; Back handsprings & Front handsprings; Round-off back handspring. Hip circles/pull overs on bars. Cartwheels, jumps/leaps on beam. Front handspring vaults.	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.
INTERMEDIATE TUMBLING	1 hr	Round-off, Front limber (handstand fall into a backbend and pull up to stand), Fall into backbend from standing position, Backbend kick over, handstand	Front & Back walkovers; Back handsprings & Front handsprings; Round-off back handspring; Front &/or side aerials	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.
ADVANCED TUMBLING	1 hr	Front & back walkovers, Standing Back handspring, Round-off back handspring, Front &/or side aerial, Front handspring (optional)	Back handspring series; Front/back tucks; front/back tumbling; tucks and layouts; Front & side aerials	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.
ELITE / TWISTERS	1 hr	Front & back walkovers, Side aerial, Front tuck / Front Aerial, Round-off back handspring back tuck and/or layout, Series of at least 5 back handsprings	Higher level tumbling (front/back) & twisting (when ready & appropriate)	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.
Beginner TUMBLE FOR CHEER	1 hr	Must be at least 7 years old to register for this class. NO experience necessary.	Basic tumbling technique plus jumps and motions, focus on forward / backward rolls, handstands, backbends (front limber and kick over), cartwheels, and round offis. Basic drills for backhandsprings may be introduced		
Intermediate / Advanced TUMBLE FOR CHEER	1 hr	Must be at least 7 years old to register for this class. Previous experience is necessary.	Drills/techniques for back / front walkover, back handspring and round-off back handspring, Techniques of jumps and motions Advanced Students will also focus on back tumbling skills: tucks, pikes & layouts; Jump-tumbling combinations (ex: toe touch - back handspring); Standing tumbling combinations (ex: back handspring back tuck)	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.

COMPETITIVE GYMNASTICS AND TUMBLING PROGRAMS AVAILABLE AT THE DANCE REFINERY:

MINI TEAM, PRE TEAM & TEAM LEVELS 2 – OPTIONALS & XCEL	<p>If your child has progressed past the Beginning or Intermediate Gymnastics levels and is interested in competing all four of the Olympic events (vault, uneven bars, balance beam and floor exercise), please contact the front office for more information regarding our Competitive Artistic Gymnastics Teams and Mini Team / Pre Team Programs.</p>
TUMBLING / ACRO PERFORMING GROUPS	<p>If your child is at the Intermediate Tumbling Level and is interested in a competitive tumbling performing group, auditions are held during the Summer Session. Your child must be enrolled for summer lessons to be eligible to audition. Please leave your child's name, age, phone number and tumbling level in the TDR front office.</p>

TDR ALL BOYS GLADIATOR PROGRAM: SEE PAGE 12 FOR THE COMPLETE GLADIATOR SCHEDULE

An exciting boys' only program that fuses Gymnastics, Hip Hop and Parkour while focusing on strength, coordination, flexibility and total body conditioning. Students are required to take the Gladiator Training Obstacle Course which challenges the student's ability, endurance and stamina via running, jumping, climbing and other plyometric exercises. Students ages 6 & up must also choose a Boys Only Hip Hop or Boys Only Tumbling Class to supplement their learning. We also offer the SPARTAN Package which allows students to take BOTH Hip Hop and Tumbling with their Gladiator Class. See the "Suggested Class Pairings" page (page 6) for more information

WHEN CAN I BRING MY CHILD IN FOR A GYMNASTICS EVALUATION?:

Students Ages 4 (with no experience) and under - NO Evaluation is needed. Students Ages 4 (with experience) and students Ages 5 & up - An evaluation is required before registering. Staff will be available during all registration hours. Starting August 15, evaluations are available Monday through Thursday 7:30 p.m. - 9:00 p.m.

Auditions for The Dance Refinery Performing Groups take place during the summer session. Anyone interested in pursuing this opportunity MUST be a registered summer student. If you have any further questions concerning our performing groups or the TDR Artistic Gymnastics Team please email us (thedancerefineryin@gmail.com) your child's name as well as your name and phone number.

Weekly Schedule of Gymnastics Classes

Tumble Buddies through Twisters

	MONDAY		TUESDAY			WEDNESDAY		THURSDAY			SAT.	
	GYM		GYM					GYM			Gym	
9:00												
10:00											Beginner 1 / 2 10:00 - 11:00	
10:30												
10:45												
11:00			Tumble Buddies 11:00 - 11:30								Tumble Tots 11:00 - 11:30	
11:15												
11:30			Tumble Tots 11:30 - 12:00								Kinder Tots 11:30 - 12:15	
#####			Kinder Tots 12:00 - 12:45									
#####												
#####												
	MONDAY		TUESDAY			WEDNESDAY		THURSDAY			SAT.	
	GYM	GYM	GYM	GYM	GYM	GYM	GYM	GYM	GYM	GYM	GYM	
5:00 PM	Beginner 2		Beginner 1		Beginner Tumble For Cheer	Beginner 2		Int. Gym 5:00 - 6:30	Beginner 1 5:00 - 6:00	Int. / Advanced 5:00 - 6:00		
5:30 PM	5:00 - 6:00		5:00 - 6:00		5:00 - 6:00	5:00 - 6:00						
5:45 PM												
6:00 PM	Tumble Tots 6:00 - 6:30	Beginner 1 6:00 - 7:00	Tumble Tots 6:00 - 6:30		Beginner 1 / 2 6:00 - 7:00	Kinder Tots 6:00 - 6:45			Tumble Tots 6:00 - 6:30	Beginner 2 6:00 - 7:00		
6:30 PM	Kinder Tots 6:30 - 7:15		Kinder Tots 6:30 - 7:15			Tumble Tots 6:45 - 7:15			Kinder Tots 6:30 - 7:15			
6:45 PM								Intermediate / Advanced Tumble for Cheer 7:00 - 8:00				
7:00 PM		Int. Tumble 7:00 - 8:00			Advanced / Elite / Twisters 7:00 - 8:00		Int. Tumble 7:00 - 8:00				Elite / Twisters 7:00 - 8:00	
7:15 PM												
7:30 PM	Beginner 1/2 7:30 - 8:30		Int. Tumble 7:30 - 8:30	Int. Gym. 7:30 - 9:00		Beginner 1 / 2 7:30 - 8:30			Beginner 1 / 2 7:30 - 8:30			
7:45 PM												
8:00 PM		Advanced / Elite / Twisters 8:00 - 9:00										
8:15 PM												
8:30 PM												
9:00 PM												

**See Pages 7 - 13 for more information about The Dance Refinery Dance Program & Gladiators