

**OPEN
HOUSE**
SEPT 9 (11am to 2pm)

FALL IN
WITH
DANCE



CLASSES START

**SEPT
18th**



*If you love to dance,
dance with*



920.822.7400
SARAHSDANCEACADEMY.COM



551 Hwy 32 - Pulaski, Wisconsin 54162 - (920) 822-7400

Email: SarahsDanceAcademy@yahoo.com Website: www.SarahsDanceAcademy.com

Sarah's Dance Academy invites dancers and their parents to join us for the Fall 2023 through Spring 2024 Dance Season. We are delighted to begin our Nineteenth Dance season. This dance season will run from 10 to 30 weeks. Classes will begin on Monday, September 18, 2023.

Please read the following information over carefully:

- [Studio Policies and Procedures](#)
- [Calendar of Events](#)
- [Class Schedules and Tuition Chart](#)
- [Registration and Release Form](#)

Registration information can also be found online at www.SarahsDanceAcademy.com

Please register early in order to reserve your place in class. Our schedules are filled on a first-come, first-serve basis. Registrations must be received by September 9, 2023.



Sarah L. DeGroot

Owner & Director of Dance Instruction

Mrs. Sarah has owned and directed Sarah's Dance Academy in Pulaski for the past 19 years. Sarah's Dance Academy believes in building strong relationships with children, families, & communities. SDA promises to provide a fun, healthy, and safe environment for all ages, cultures, and skill levels. As professional dance instructors, our goal is to provide high quality educational dance while at the same time providing each student with a self-worth and the 'love of dance'.

At *Sarah's Dance Academy* We pride ourselves in not only teaching dance steps, but installing values, self-confidence and grace into each of our dancers. Our professional staff along with our unique dance curriculum is designed to bring out the best in each of our students. We offer classes in Dance, Acro-Gymnastics and Fitness to girls and boys ages 2 through adult, in all styles and skill levels.

Our class sizes are limited in order to give each student more individual attention and a faster progression.

Our students are our future, and we are dedicated to providing them with the best possible instruction, while building relationships with each student and their family. We offer not only the best instruction, but superior customer service.

Join in the FUN where there truly is "Something for Everyone" here at *Sarah's Dance Academy*.

We hope to see YOU in September!

Mrs. Sarah L. DeGroot
Owner & Director of Dance Instruction

"Your revelation is the tune I dance to." - Ps. 119:77



Sarah's Dance Academy

2023 Fall – 2024 Spring Calendar of Events

Date <i>(All dates are subject to change)</i>	Event
September 9	Open House, Shoe and Apparel Ordering <i>(11:00 am – 2:00 pm)</i>
September 9	All Registrations for 2023 Fall – 2024 Spring Season are due
September 18	First Semester Begins
October 1	Monthly Payment Plans are due
November 1	Monthly Payment Plans are due
November 6 – 10	30-Week Classes Costume Ordering Week <i>(Student & Parent Attend)</i> NO DANCE FOR ALL PROGRAMS
November 20 – 24	Thanksgiving Break – NO DANCE
December 1	Monthly Payment Plans are due
December 4 – 8	Observation Week for Fairy Tale 10-Week Classes, last 10 minutes of class <i>(Last day for Fairy Tale classes)</i>
December 7	NO Class for 2-Year-Old Movement <i>(Last Class will be December 14)</i>
December 10 – 14	Observation Day for 30- week Recital Classes, last 10 minutes of class
December 14	Observation Day for 2-Year-Old Movement Class <i>(Last Class)</i>
December 25 – January 5	Christmas and New Year's Break – NO DANCE
January 1	Monthly Payment Plans are due
January 8	All Classes Resume
January 22	Second Semester Begins, 10 & 15-Week Spring Classes Begin
February 1	Monthly Payment Plans are due
February 5 – 9	Parent & Dancer and Grand Finale Practice Begins
March 1	Monthly Payment Plans are due
March 25 – 29	Spring Break – NO DANCE
April 1	Final Monthly Payment Plans are due
April 1 – 5	Observation Week for 10-Week Classes & 30-Week Recital Classes, last 10 minutes of class
April 20	MANDATORY Studio Picture Day
May 6 – 11	Observation for all 15-Week Semester Classes, last 10 minutes of class
May 8	MANDATORY Recital Dress Rehearsal <i>(Tentative Date)</i>
May 10	End of Second Semester
May 11	2024 Dance Recital "Can You Picture This" <i>(Tentative Date)</i>

End of 2023 Fall – 2024 Spring Programs

Sarah's Dance Academy

2023 Fall – 2024 Spring Studio Policies and Procedures

Studio Policies

Classes for 30-week programs will begin September 18, 2023 and will continue through May 10, 2024. **Class Registration Fee is due by September 9, 2023.** Classes for 10-week programs will begin on September 18, 2023 and continue through December 4-8 for Fairy Tale and Adult classes and December 14, 2023 for 2-Year-Old Movement Classes. Registration for all classes will remain open through the last week in October, provided that there is space in class, plus a *\$15 Late Registration Fee* will be charged in addition to the \$15 Registration Fee and Class Fees. Tuition payments can be made by **check** (ACH 0.8% fee), or **credit card** (3% service fee). All fees will be included in your monthly payment. If paying by **cash**, please email the Studio for details. When using the 8-Month Payment Plan, payments are due on the 1st of each month regardless of how many classes are in that month. Upon registration, please go to your online account and enter in payment information. Registration Fee is still due and will be credited to your Tuition Fee if any promotion deals are going on. Tuition for 10-week classes are due in full upon registration. Contact the Studio for Private and Semi-Private Lessons. There is a \$35 charge for returned checks or declined debit/credit card transactions, followed by payment in cash. There will not be any payment invoices sent out for tuition fees.

There are no refunds or adjustments for missed classes, dropping out of class, or suspensions.

Please Note: If a payment is 1 to 30 days late, there will be a \$35 Late Fee charged monthly, per-student, per-class in addition to the designated Tuition Charge. If your account is LATE 60 days or more, your child will be suspended from *Sarah's Dance Academy* until all Tuition and Late Fees are paid in full. Payment for classes must be made as listed in the **2023 Fall – 2024 Spring Tuition Schedule**. *There are no refunds or adjustments or charge backs for missed classes or for dropping out of class.*

Studio Procedures

All dancers, parents, and family members are expected to conduct themselves with self-control and with the utmost respect for others. If a student, parent, or family member acts in a manner that would put themselves or anyone else at the Studio at harm, that person will be promptly dismissed. Listening and following directions in class is a very important part of dance. We are always open to positive comments and suggestions. Please feel free to ask us questions and express your concerns as long as it does not interrupt class time. *Sarah's Dance Academy* reserves the right to stop, refuse instruction, or dismiss a student or family for any reason, at any time, with NO REFUNDS, ADJUSTMENTS, or CHARGE BACKS.

Class Requirements

All 30-week classes from September through May (Combination, ACRO for Dance, Hip-Hop, Private Lesson, Pointe, and/or Ballet Classes) are considered Recital Classes. A Combination Class and/or Ballet Class must be taken along with a Solo, Duet, or Trio Class. A Ballet Class must be taken along with a Pre-Pointe/Pointe Class.

Weather Policy

If the **Pulaski Public School System** cancels or dismisses classes early due to weather conditions, all dance classes will also be cancelled for that day. Classes cancelled because of weather WILL NOT be made up at a later date. Please use your best judgment and check our website or Facebook for updates on weather-related cancellations.

Picture Day

Caylor Photography will once again be photographing all of the Dancers on *April 20, 2024*. Your dancer will receive detailed information about Picture Day in March.

Attendance, Absences, and Miscellaneous

Please call the Dance Studio at (920) 822-7400 if you will not be at class.

Attendance is critical for all dancers. If you must miss a class due to sickness or a family obligation, please contact the Studio as soon as possible. If a student misses more than half of their lessons, they will not be able to perform at the Dance Recital unless Private Lessons are taken to catch them up to their class. Please be prompt for class, and properly attired. All classes will begin and end at their scheduled times. *There is no reimbursement or class time made up due to your absence or for weather conditions.* The Dance Studio is entered coming from our Karcz Drive driveway through the East front entrance.

Costume Ordering for Recital

November 6 to November 10 will be Recital Costume Ordering Week. All students in both 10-week and 30-week classes will not be having class on these days. However, all Dancers and their parent for 30-week classes must be present during their regularly scheduled class time to order costumes. Measurements for costumes will be taken *by the student's parent*. ***Sarah's Dance Academy*** is not responsible for costumes that do not fit, or for alterations of costumes. It is your responsibility to take care of all alterations. Full payment is due at ordering time for each costume and for any accessories ordered. Costumes will not be ordered unless full payment has been received. Costume prices will range from \$95 to \$145 (includes tights if needed). One costume will be used for both class routines in the Combination Class. Any additional tights and undergarments needed for the Recital will also be ordered at this time for an extra charge.

Recital & Trimester Class Observation

Parents, family, and friends may observe their Dancer's Recital Class (last 10 minutes of class) the week of **December 4 to 8**, and again the week of **April 1 to 5**. All 10-week and Semester Class observations will be on their last day of class. Class Observation is not permitted at any other times, thank you. Photographic and video cameras will be allowed during Observation Week.

Observation does not apply for Solo, Duet, Trio and Competitive Classes.

Dress Rehearsal and Recital

Sarah's Dance Academy's 18th annual Dance Recital **"If You Love to Dance"** is tentatively set for Saturday, May 11, 2024. Please watch for your Dancer to bring home a detailed packet of information on the Dance Rehearsal and Dance Recital sometime in April. Dress Rehearsal for the Dance Recital is MANDATORY and is tentatively scheduled for Wednesday, May 8, 2024. If you do not attend the Dress Rehearsal, you WILL NOT perform in the Dance Recital. You may videotape at the Dress Rehearsal only.

Open Studio Time

Open Studio Time is for any student of ***Sarah's Dance Academy*** that wishes to work on their dance material on his or her own time. You may use the Studio at the rates listed in the Tuition Schedule. The Studio may be shared with up to 6 persons at per-person rates. There will NOT be an instructor available during these times. You may use ***Sarah's Dance Academy*** stereo equipment, but you must bring your own music. Any students under 13-years-old must have an adult with them. Please sign up at the Front Desk or call the Studio for openings. School Dance Teams may also check out the Studio for Open Studio times. Please call the Front Desk for these rates and other amazing opportunities for School Dance Teams.

Sarah's Dance Academy

2023 Fall – 2024 Spring Class Offerings

Competitive Troupe Team is a dance team that was developed for dancers who desire to perform more often and take their dance to the next level. Please contact the Studio for more information on our Competitive Troupe Teams. Our teams for 2023–2024 have already been determined. If you are interested in joining one of our Competitive Troupe Teams, the following classes are highly recommended: Ballet I, II, III and/or Technique Leaps and Turns, Conditioning Class, plus an extra class in Gymnastics ACRO for Dance. Auditions for 2024–2025 Troupe will be held in April of 2024.

Combination Class is for ages 3-years-old through adult. Combination Classes for students ages 3 to 5-years-old, will consist of 30 minutes of Tap and 30 minutes of Ballet, or 30 minutes of Jazz and 30 minutes of Hip-Hop; for ages 7 and above, 30 minutes of Hip-Hop and 30 minutes of Jazz, Contemporary, and/or Lyrical. This class is perfect beginners to advanced dancers. Classes are split by age and skill level. This class meets once per week for 60 minutes and is a Recital class.

Fairy Tale Dance Class will be offered in 10-week segments and meets for 40 minutes each week. This is a pre-ballet class for students that are preschool age (3 to 5-years-old). During the initial week a fairy tale story is read to them, and then students learn Pre-Ballet dance movements with music pertaining to the story. The following week the students put on costumes over their leotard/tights and then perform their routine. This class is an excellent dance class for beginning little dancers. It is a fun and rewarding experience for the children to dress up and perform! The Fairy Tale costumes are provided for each student at each performance. This is NOT a Recital Class.

Two-Year-Old Movement Class will be offered in 10-week segments and meets for 30 minutes each week. A parent attends this class with their child. This fast paced, fun filled class introduces your child to easy dance movements and gives students the opportunity to be a part of a dance class with the help of Mom, Dad, or Guardian. This is NOT a Recital Class.

Ballet I, II, III, IV, and V. Classical Ballet is fundamental for all dance classes. Ballet provides the basis for all forms of dance and should be taken first, or concurrently, with Tap or Jazz classes. Ballet teaches proper technique, posture, and terminology. Students are grouped together by skill level and experience. Classes labeled Ballet incorporate technical skills and performance skills. This class meets once per week for 60 minutes and is a Recital Class.

Pointe and Pre-Pointe. These classes are only open to dancers who have previous Instructor approval. Pre-Pointe and Pointe are similar to a regular ballet class in terms of focus and discipline. The difference, however, is that the students wear pointe shoes (ballet shoes with a hard, full-soled shank and a boxed toe) so that the ballerina may go fully onto pointe while in releve. This class is for the more advanced ballet dancer; an additional Ballet Class must be taken along with any Pointe class. As our young dancers grow, we emphasize the importance of making decisions that will ensure our dancers' future health. Not everyone is made for pointe class, so ankle and foot bone structure, stage of growth, and strength must all be considered. This class meets once per week for 30 minutes and is a Recital Class.

Tap Class is offered for students ages 7 and up and focuses on rhythm, musicality, and timing. All classes begin with an energetic warm-up, across the floor exercises, and combinations. Students explore the fundamental steps of tap, learn tap terminology, and develop the ability to maintain correct body placement. This class meets once per week for 30 minutes and is Recital Class.

Boys Hip-Hop Dance meets once per week for 30 minutes. Hip-Hop is a structured form of street dance designed to teach coordination, strength, quickness, agility, and endurance. Some dance tricks may be added. This class is for ages 5 to adult, meets once per week for 30 minutes and is a Recital Class.

ACRO Gymnastics for Dance. This class develops courage, strength, stamina, coordination, flexibility, and jumping abilities. ACRO Gymnastics for Dance unites power and poise with grace and beauty, to create an intriguing dance. This class is for ages 3 and up. This class meets once per week for 45 minutes and is a Recital Class.

Pom-Pom. This class focuses on the isolating of the body with sharp movements. In this class, you will learn a pom-pom routine and techniques in leaps, turns, and jumps along with pom-pom skills. This class is for ages 3 and up. This class meets once per week for 30 minutes and is a Recital Class.

Technique Leaps, Turns & Flex is geared to build the dancer's flexibility and skills, using turns, leaps, and jumps while perfecting skills and building their core, arms, shoulders, and legs. This is a must class for dancers that want to advance to the next level in dance, or for those dancers with the goal of making one of our Performance Troupe Teams and/or their High School Dance Team. This class is offered per semester and meets once per week for 45 minutes each week. This is NOT a Recital Class.

Conditioning provides a regimen of exercise for the development of a dancer's endurance, strength, flexibility, and coordination. This class is offered per semester and meets for 45 minutes each week. This is NOT a Recital Class.

Private Lessons will be offered by as weekly 30 or 45-minute lessons. You may choose from one of the following types of dance: Tap, Jazz, Lyrical, Contemporary, Modern, Ballet, Pointe, and Hip-Hop. Mrs. Sarah will make final approval of the type of dance. **Prerequisite:** One Combination Class or Ballet Class must be taken in addition to Private Lesson. This is a Recital Class.

Adult Fitness will be offered by semester and meets for 30 minutes each week. Classes are offered in Pilates. This is NOT a Recital Class.

Dance Recital Grand Finale practices will begin in January and meet for 45 minutes bi-weekly. Students will learn a Recital Finale production routine. This class is for ages 6 to 18. This is a Recital Class.

Dancer & Parent Dance. This class will be offered the second semester, and meets for 30 minutes bi-weekly. Students and their Parent(s) will learn a short and *fun* routine that will be performed at our Annual Recital. No dance experience necessary. This class is for ages 5 and above. This is a Recital Class.

SDA Birthday Party. Please contact the Studio for more information.

Sarah's Dance Academy

2023 Fall - 2024 Dance Shoes and Attire

Class	Attire
Combination Class Tap & Ballet (ages 3 - 6)	Black tap and Pink ballet shoes
Combination Class - Hip-Hop, Jazz, Lyrical & Pom-Pom (ages 3 and above)	Black stretch Jazz boots
Combination/Acro Class Attire for Girls	Any color leotards, tights, skirt (optional), unitards, or dance pants/shorts - hair must be up and out of face.
Combination/Acro Class Attire for Boys	Dance pants and a tight fitting solid color T-shirt
Private Lessons Class	Leotard, dance pants/shorts (no baggy clothing or jeans), hair out of face, boys will wear the same attire as the Boys Combination Class
Two-Year-Old Movement Class	Pink ballet shoes, leotard, and tights <i>(a skirt is optional)</i>
Fairy Tale Dance Class	Pink ballet shoes, leotard, and tights <i>(a skirt is optional)</i>
Ballet Class	Black leotards, pink tights, skirts of any color or pattern, and pink leather or canvas ballet shoes. "Dance Paws" are not allowed in Ballet Class. Hair must be pulled away from face and in a tight bun
Gymnastics/ACRO for Dance Class	Any color leotard/unitard <i>(pants/shorts are optional)</i> . No shoes.
Adult Classes	Comfy clothes and socks or bare feet

Please remember that proper dance attire, along with hair being away from your face (Ballet hair must be in a tight bun), will be strictly enforced beginning the first day of class and continuing through the end of the dance season. Also, you may purchase shoes and attire from our Dance-N-It Apparel Store before or during our Open House held on Saturday, September 11. Your order will be ready to pick up by the first day of class.

Sarah's Dance Academy

2023 Fall - 2024 Spring Class Schedules

All dance classes offered for the **2023 Fall - 2024 Spring Dance Season** are listed below by category. Mrs. Sarah will determine a student's placement in class according to the student's ability. Choose classes by the time preferred. Please enroll online at SarahsDanceAcademy.com for a place in a class, complete the Registration Form, and include the accompanying Registration Fee. Please contact the Dance Studio on openings for Private/Semi-Private Lessons. Classes are listed per week.

CLASS	DAY	TIME
TWO-YEAR-OLD MOVEMENT (PRE-SCHOOL) 10 Weeks		
Two-Year-Old Movement	Thursday	6:00 - 6:30 pm
FAIRY TALE DANCE (PRE-SCHOOL, Ages 3 to 5) 10 Weeks		
Fairy Tale Dance	Wednesday	4:45 - 5:20 pm
COMBINATION (Ages 3 to 6)		
Tap and Pre-Ballet	Wednesday	5:15 - 6:15 pm
Tap and Pre-Ballet	Thursday	6:30 - 7:30 pm
Hip-Hop and Pom/Jazz	Tuesday	5:15 - 6:15 pm
Hip-Hop and Pom/Jazz	Wednesday	6:15 - 7:15 pm
COMBINATION (Ages 7 to 11)		
Hip-Hop and Pom/Jazz	Tuesday	6:15 - 7:15 pm
Hip-Hop and Pom/Jazz	Wednesday	5:15 - 6:15 pm
Hip-Hop and Pom/Jazz	Thursday	5:00 - 6:00 pm
COMBINATION (Ages 12 and above)		
Hip Hop and Jazz/Lyrical	Wednesday	7:15 - 8:15 pm
Hip Hop and Jazz/Lyrical	Thursday	5:00 - 6:00 pm
POM CLASS		
Pom Beginner (Ages 4 to 7)	Wednesday	4:15 - 4:45 pm
Pom Intermediate (Ages 7 to 11)	Wednesday	6:15 - 6:45 pm
Pom Advanced (Ages 12 and above)	Tuesday	8:15 - 8:45 pm
BALLET CLASS		
Ballet I/II	Thursday	6:00 - 7:00 pm
Ballet II/III	Tuesday	4:00 - 5:00 pm
Ballet III/IV	Tuesday	6:30 - 7:30 pm
Pointe- Pre-Pointe	Tuesday	8:00 - 8:30 pm
TAP CLASS		
Tap I/II	Monday	5:00 - 5:30 pm
Tap III	Monday	5:30 - 6:30 pm

ACRO GYMNASTICS FOR DANCE		
Level I/II	Wednesday	5:30 – 6:15 pm
Level II/III	Wednesday	6:15 – 7:00 pm
BOYS HIP-HOP		
Boys Hip-Hop	Thursday	5:45 – 6:15 pm
CONDITIONING		
Conditioning and Strength (Beginner)	Thursday	7:30 – 8:15 pm
Conditioning and Strength (Intermediate/Advance)	Thursday	6:15 – 7:00 pm
TECHNIQUE Leaps and Turns		
Technique Leaps, Turns & Flex (Beginner/ Intermediate)	Tuesday	5:00 – 5:45 pm
Technique Leaps, Turns & Flex (Intermediate/ Advanced) PBT	Tuesday	5:00 – 5:45 pm
ADULT CLASSES		
Pilates	Thursday	6:30 – 7:00 pm
PRIVATE and SEMI-PRIVATE LESSONS		
<i>Please call the Studio for openings</i>	---	---
EXTRA RECITAL CLASSES		
Parent & Dancer (<i>Second Semester – Biweekly</i>)	<i>TBD</i>	<i>TBD</i>
Grand Finale (<i>Second Semester – Biweekly</i>)	<i>TBD</i>	<i>TBD</i>

Sarah's Dance Academy

2023 Fall – 2024 Spring Tuition Schedule

Sarah's Dance Academy class curriculum is based on a 10-week or 30-week program. Our 30-week Classes begin September 18 and continue until May 10 – ending with our annual Dance Recital. Tuition payments can be made by **check** (ACH 0.8% fee), or **credit card** (3% service fee). All fees will be included in your monthly payment. If paying by **cash**, please email the Studio for details.

When using the 8-Month Payment Plan, payments are due on the 1st of each month regardless of how many classes are in that month. Upon registration, please go to your online account and enter in payment information.

Tuition for 10-week classes are due IN FULL upon registration. Contact the Studio for Private and Semi-Private Lessons.

Enroll online at SarahsDanceAcademy.com.

30-Week Programs (Payments from September – April)

30 minute – \$30 per month

45 minute – \$42 per month

60 minute – \$55 per month

90 minute – \$72 per month

10-Week Programs

2-Year-Old Movement – \$75 flat fee

Fairy Tale – \$145 flat fee

Adult Classes – \$85 flat fee

Recital Private Lessons

Private Lesson 30 min (Solo) – \$28 per half hour non-competitive 30-weeks

Semi-Private Lesson 30 min (Duet/Trio) – \$22 per half hour, per student non-competitive 30-weeks

Recital Programs

Parent Dancer and Grand Finale – \$75 per dancer flat fee

PLAN TYPE	FIRST PAYMENT DUE	FOLLOWING PAYMENT DATES
FULL PAYMENT	Upon Registration	
8-MONTH PAY PLAN	Upon Registration	Seven payments due October 1, November 1, December 1, January 1, February 1, March 1, and April 1

DISCOUNTS APPLY ONLY TO ACCOUNTS THAT ARE PAID IN FULL ON OR BEFORE THE FIRST DAY OF CLASS	
* Paid in Full – CASH ONLY	5% Off

** Discounts DO NOT apply for Private, Semi-Private, Duet, Trio, or Competitive Troupe Team classes; only one discount can be applied.*