

The Dance Refinery

8335 Shelby Street

(317) 881-1905

www.TheDanceRefinery.com

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2018 - 2019

FALL/WINTER/SPRING

Schedule



The Dance Refinery ★ (317) 881-1905 ★ misslynntdr@aol.com

Thank you for inquiring about our upcoming session. Attached is the 2018 - 2019 Fall/Winter/Spring Schedule of classes for The Dance Refinery. The session begins Monday, August 13, 2018. Our Fall Session schedule and prices are as follows:

REGISTRATION:

Current Students (Those taking at TDR through the end of the Summer 2018 Session):

Monday, July 23 - Wednesday, July 25 4:30 p.m. - 9:00 p.m.

Current Students can ALSO register during any of the hours listed below

Returning Students (Those taking at TDR during the 2017-2018 session through June 2018):

Thursday, July 26 4:30 p.m. - 9:00 p.m.

Friday, July 27 4:30 p.m. - 7:30 p.m.

OPEN ENROLLMENT for ALL Students registering for the Fall 2018-19 Session

Monday, July 30 - Tuesday, July 31 4:30 p.m. - 9:00 p.m.

Wednesday, Aug 1 **OPEN HOUSE** 4:30 - 9:00 p.m. *See flier*

Thursday, August 2 4:30 p.m. - 9:00 p.m.

Friday, August 3 4:30 p.m. - 7:30 p.m.

Late Registration:

Monday, August 6 - Wednesday, August 8 4:30 p.m. - 7:30 p.m.

***Students (age 4 and older) Registering for Tumbling/Gymnastics: An evaluation is required before registering. Staff will be available during all above mentioned registration dates. Starting August 13th, evaluations are available Monday through Thursday 7:30 - 9:00 p.m.*

FEE SCHEDULE: The Fall/Winter/Spring Session runs August 13 - June (when we hold our Annual Recital). Payments are made monthly and are due by the 1st lesson 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 you personally notify the office you will no longer be attending.**

Registration Fee - Due at the time of registration: \$30.00 per person OR \$40.00 per family

Monthly Lesson Fees - Please note that 1/2 your monthly tuition (for the 2 weeks in August) is due at the time of registration:

30 minute class:	\$ 45.00	60 minute class:	\$ 53.00
45 minute class:	\$ 49.00	90 minute class:	\$ 63.00

CREDIT CARD CONVENIENCE FEES: Effective May 31, 2016 The Dance Refinery will charge a convenience fee on all payments made by credit card. The fee is dependent on the total amount being charged and is as follows:

Transactions up to \$100 = \$1.00 fee	Transactions \$201 - \$400 = \$5.00 fee	Transactions over \$600 = \$10.00 fee
Transactions \$101 - \$200 = \$3.00 fee	Transactions \$401 - \$600 = \$8.00 fee	No fees are charged on check or cash pymts.

TDR DISCOUNT PROGRAMS:

TDR COMBO DANCE CLASS PACKAGES

Combo Dance Class Package Ages 3-6 (you may substitute 1 30-minute tumble tot class in this package) =	You pick TWO 30-minute dance classes (ages 3 - 6) = \$56.00 per month
	You pick THREE 30-minute dance classes (ages 3 - 6) = \$88.00 per month
Combo Dance Class Package Ages 7 & Up =	You pick THREE 45-minute dance classes (ages 7 & up) = \$112.50 per month

- ★ 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 5 for TDR's list of "Suggested Class Pairings".
- ★ Families with 3 or more children registered will receive 1/2 off the 3rd and each additional child (the 3rd / each additional child will be 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.
- ★ Parents with Students taking at TDR will receive half off their Adult Classes
- ★ Discounts are available for families paying for the entire session in full at the time of registration, inquire in the office for more information.



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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 steps of pop artists such as Justin Timberlake, Beyonce, J-Lo and Twitch from the hit shows So You Think You Can Dance & World of Dance, to create a funky, upbeat, urban style of dancing which anyone can learn. No previous dance experience required. We offer Hip Hop for ages 5 & up
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 process.
See Pages 11 - 15 for descriptions of our TDR Gymnastics / Tumbling Levels and Gladiators!	

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.

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 (misslynntdr@aol.com) your child's name as well as your name and phone number.

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



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 ok.
- ❖ Everyday or oversized t-shirts and tank tops are inappropriate attire for ANY class at TDR.
- ❖ 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 **tucked in** to shorts or athletic pants.

TAP:

Girls: Class age 3-4 / 5-6 / 7-9: Capezio Black Patent Leather Tap Shoe (Style #N625C) - JR Tyette Tap Shoe with the elastic strap already attached

Classes age 10-12 & 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 **tucked in** to shorts or athletic pants

Black tie oxford tap shoes

JAZZ:

Shoes: Class age 3-4 / 5-6 / 7-9: Leather black jazz shoes w/elastic sewn on

Class age 10-12 & Pre-Teen / Teen Jazz ONLY: Black Capezio Showstopper 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 **tucked in** to 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 **tucked in** to fitted shorts

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 2018 Recital in June, you may 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.

Girls: **NO STREET CLOTHES!** Leotard or 2-piece Hip Hop attire (must be dance pants or shorts w/a dance crop top) **with tights.** Leggings / Joggers over tights are acceptable.

Boys: Fitted t-shirt and shorts or athletic pants

TRIPLE THREAT:

Girls: Capezio 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 **tucked in** to shorts or athletic pants

Capezio 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 **tucked in** to 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!**

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 are allowed to take class barefoot, 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: Monday 7:00 Int/Adv Tumbling and 8:00 Int/Adv Tumble For Cheer. For our beginner students dreaming of winning the spirit stick, we also have Wednesday 7:00 Beginner 1/2 or Thursday 6:30 Beginner 2 and Thursday 7:30 Beginner / Int Tumble For Cheer. 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 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 6:00 Jazz (7-9). The Dance Refinery offers a student taking 3 or more classes 1/2 off the 3rd and any additional class!

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 Monday / Tuesday on page 7 of this schedule packet
Students ages 5 - 6:	See Monday / Wednesday / Thursday on page 8 of this schedule packet
Students ages 7 - 9:	See Thursday on page 9 of this schedule packet
Students ages 10 - 12:	See Tuesday / Thursday on page 9 of this schedule packet
Students ages 12 & up:	See Monday / Tuesday / Wednesday on page 10 of this schedule packet

Interested in quickly advancing your skills and jumping on the fast track to becoming a TDR GLADIATOR??? TDR has Gladiator classes for boys as young as 4. We also offer the SPARTAN package to JUNIOR (6-9), TEEN (ages 10-13) & SENIOR (ages 14+) 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 training in multiple / different genres of hip hop, parkour, and tumbling! See page 11 for the Gladiator Schedule.

Interested in being a member of your High School Show Choir or auditioning for a Community Production? TDR offers private voice lessons from Voice Instructor, Rebekah Dass. Rebekah's lessons are \$100 per month and you get 30 minutes of one-on-one instruction each week to supplement your dance training. For more information about voice training you can call Rebekah at (317) 373-4377. We also have acting classes with Creative Kids Talent Workshop owner Michael J. Feruzza where he offers 5 week sessions working on acting, monologues, commercial/TV/film acting and lots of Fun! For more information call (317) 466-4100 or check it out on the web at www.creativekidstalentworkshop.com. Along with your acting classes and voice lessons we suggest pairing our Wednesday 7:30 p.m. "Triple Threat" Class with a round of Pre Teen / Teen dance classes such as Tuesday 8:00 p.m. Pre Teen / Teen Tap or Monday 7:30 p.m. Pre Teen / Teen Jazz. See page 10 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.

Interested in being a member of your Middle School or High School Dance Team? We suggest: A Pre Teen / Teen Jazz class or a Pre Teen/Teen Hip Hop class such as the Wednesday 7:30 Pre Teen/Teen Jazz and the Monday 8:15 Pre Teen/Teen Hip Hop.

Dance and Gymnastics 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 AM				Tumble Buddies Gym 1 11 - 11:30						Tumble Buddies Gym 1 11 - 11:30
11:30 AM										
12:00 PM										
5:30 PM										
6:00 PM					Creative Movement Rm 2 6:00 - 6:30					
6:30 PM	Creative Movement Rm 3 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 through 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 toddler's 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
	Dance	Gym 2	GYM 3	Dance	Gym	Dance	Gym	Dance	Gym	Gym
11:00 AM										
11:30 AM										
11:45 AM										
12:00 PM										
12:15 PM										
12:30 PM										
12:45 PM										
1:00 PM										
4:30 PM	-----									
5:00 PM				Princess Plie Ballet Rm 2 5:00 - 5:30						
5:15 PM										
5:30 PM	Tiny Tappers Rm 2 5:30 - 6:00			Tiny Tots Jazz Rm 2 5:30 - 6:00						
5:45 PM										
6:00 PM	Tiny Tots Jazz Rm 2 6:00 - 6:30			Tiny Tappers Rm 3 6:00 - 6:30	Tumble Tots Gym 3 6:00 - 6:30					
6:15 PM										
6:30 PM	Princess Plie Ballet Rm 2 6:30 - 7:00					Princess Plie Ballet Rm 2 6:30 - 7:00	Tumble Tots Gym 2 6:30 - 7:00			
6:45 PM		Tumble Tots Gym 2 6:45 - 7:30	Mini Gladiators (4-6) Gym 3 6:45 - 7:30							
7:00 PM						Tiny Tots Jazz Rm 2 7:00 - 7:30			Tumble Tots Gym 3 6:45 - 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 11-15 for more information about The Dance Refinery Gymnastics Program & Gladiators

Pre- School Dance and Gymnastics Classes

Ages 5-6

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	Dance	Gym	Dance	Gym	Dance	Gym	Dance	Gym	Gym
12:00 PM									
12:15 PM									Kinder Tots
12:30 PM									Gym 1
12:45 PM									12:15 - 1
1:00 PM									
4:30 PM	-----								
5:00 PM	Tutus & Tiaras Ballet Rm 3								
5:15 PM	5:00 - 5:30								
5:30 PM	Pop Star Jazz Rm 3	Lil Bits Hip Hop Rm 4							
5:45 PM	5:30 - 6:00	5:30-6:00							
6:00 PM	Toe Terrific Tappers Rm 3		Kinder Tots Gym 2	Toe Terrific Tap Rm 3			Tutus & Tiaras Ballet Rm 3	Pop Star Jazz Rm 4	Kinder Tots Gym 3
6:15 PM	6:00 - 6:30		6:00 - 6:45	6:00 - 6:30			6:00 - 6:30	6:00 - 6:30	6:00 - 6:45
6:30 PM				Tutus & Tiaras Ballet Rm 3	Lil Bits Hip Hop Rm 4	Kinder Tots Gym 1	Pop Star Jazz Rm 3	Toe Terrific Tappers Rm 4	
6:45 PM				6:30 - 7:00	6:30 - 7:00	6:30 - 7:15	6:30 - 7:00	6:30 - 7:00	
7:00 PM			Mini Gladiators (4-6)				Little Bits Hip Hop Rm 4	Tutus & Tiaras Ballet Rm 4	
7:15 PM			6:45 - 7:30				6:45 - 7:15	7:00 - 7:30	
7:30 PM							Toe Terrific Tappers Rm 3		
7:45 PM							7:00 - 7:30		
8:00 PM									

TDR Tutus & Tiaras Ballet =

Ballet class for ages 5 - 6

TDR Pop Star Jazz =

Jazz class for ages 5 - 6

TDR Toe Terrific Tappers =

Tap class for ages 5 - 6

TDR Little Bits Hip Hop =

Hip Hop class for ages 5 - 6

TDR Boys Crew =

Boys Only Hip Hop Class for ages 6 - 9 - See Page 11 for Boys / Gladiator Schedule

TDR Pre-School Gymnastics

Tumble Tots (ages 3-5) and Kinder Tots (ages 4-6) - 30 or 45 minutes each. See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators

Dance Classes for Students

Ages 7-9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Dance	Dance	Dance	Dance	Dance	
4:45 PM	Triple Threat (7-9) Rm 2 4:45 - 5:30					
5:00 PM						
5:15 PM						
5:30 PM					Ballet (7-9) Rm 3 5:15 - 6:00	
5:45 PM						
6:00 PM						
6:15 PM					Jazz (7-9) Rm 3 6:00 - 6:45	
6:30 PM		Contemporary / Lyrical (7-9) Rm 2 6:30 - 7:15				
6:45 PM						Tap (7-9) Rm 3 6:45 - 7:30
7:00 PM						
7:15 PM	Hip Hop (7-9) Rm 4 7:15 - 8:00					
7:30 PM					Hip Hop (7-9) Rm 3 7:30 - 8:15	
8:00 PM						
8:15 PM						

Dance / Cheer Classes for Students

Ages 10-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	Cheer / Gym	Dance	Dance	Dance	Cheer/Gym
5:00 PM		Tap (10-12) Rm 4 5:00 - 5:45	Jazz (10-12) Rm 4 5:00 - 5:45		
5:30 PM					
5:45 PM		Ballet (10-12) Rm 1 5:45 - 6:30	Hip Hop (10-12) Rm 6 5:45 - 6:30		
6:00 PM				Hip Hop (10-12) Rm 2 6:00 - 6:45	
6:30 PM					
6:45 PM				Jazz (10-12) Rm 2 6:45 - 7:30	
7:00 PM					
7:15 PM					
7:30 PM			Triple Threat (10-13) Room 3 7:30 - 8:15	Ballet (10-12) Rm 2 7:30 - 8:15	Beg / Int Tumble For Cheer 7:30-8:30
8:00 PM	Int / Adv Tumble For Cheer 8:00 - 9:00				
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					

See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators

Dance / Cheer Classes for Students

Pre Teen / Teen (ages 11 & up)

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
	Dance	Cheer / Gym	Dance	Dance		Cheer / Gym	Dance
5:30 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM			Pre Teen/ Teen Contemporary / Lyrical Rm 2 7:15 - 8:00				
7:30 PM	Pre Teen / Teen Jazz Rm 4 7:30 - 8:15			Pre Teen / Teen Ballet Rm 2 7:45 - 8:30	Triple Threat (10-13) Rm 3 7:30 - 8:15		Beg / Int Tumble For Cheer 7:30-8:30
7:45 PM							
8:00 PM		Int / Adv Tumble For Cheer 8:00 - 9:00	Pre Teen/ Teen Tap Rm 2 8:00 - 8:45				
8:15 PM	Pre Teen / Teen Hip Hop Rm 4 8:15 - 9:00						
8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM							

See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators

Dance Classes for Students

ADULTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 PM					
8:15 PM	Adult Fusion Jazz Rm 3 8:15 - 9:00			Adult Tap Rm 2 8:15 - 9:00	
8:30 PM			Adult Ballet Rm 2 8:30 - 9:30		
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					

If your child is a student at TDR - you will receive your Adult Classes at half off.

**Please note - there are no make up lessons offered for Adult classes if you miss.

ALL BOYS Gladiator Classes for MINI Students

Ages 4-6

MONDAY		
	DANCE	GYM
6:45 PM		MINI GLADIATORS (4-6)
7:00 PM		Gym 3 6:45 - 7:30
7:30 PM		

ALL BOYS Gladiator Classes for JUNIOR Students

Ages 6-9

	MONDAY		WEDNESDAY		
	DANCE	GYM	DANCE	GYM (CLASS 1)	GYM (CLASS 2)
5:00 PM	JR Boys Hip Hop Crew Rm 4			JR GLADIATORS (6-9)	
5:15 PM	5:00 - 5:30			Gym 3 5:00-5:45	
5:30 PM		JR GLADIATORS (6-9)			
5:45 PM		Gym 3 5:30 - 6:15	JR Boys Hip Hop Crew	JR Boys Tumbling (6-9)	
6:00 PM			Rm 4 5:45 - 6:15	Gym 3 5:45-6:15	
6:15 PM		JR Boys Tumbling (6-9)			JR GLADIATORS (6-9)
6:30 PM		Gym 3 6:15 - 6:45			Gym 3 6:15 - 7:00
6:45 PM					
7:00 PM					JR Boys Tumbling (6-9)
7:15 PM					Gym 3 7:00 - 7:30
7:30 PM					

ALL BOYS Gladiator Classes for TEEN / SENIOR Students

Ages 10 & UP

	WEDNESDAY - TEEN (ages 10-13)		WEDNESDAY - SENIOR (ages 14+ / High School)	
	DANCE	GYM	DANCE	GYM
6:15 PM	TEEN / SR Boys Hip Hop Crew Rm 4		TEEN / SR Boys Hip Hop Crew Rm 4	
6:45 PM	6:15 - 6:45		6:15 - 6:45	
7:00 PM				SR GLADIATORS (14 +)
7:15 PM				Gym 2 6:45 - 7:30
7:30 PM		TEEN GLADIATORS (10-13)		SR Boys Tumbling (14 +)
7:15 PM		Gym 3 7:15 - 8:00		Gym 2 7:30 - 8:00
8:00 PM		TEEN Boys Tumbling (10-13)		
8:15 PM		Gym 3 8:00 - 8:30		
8:30 PM				

TDR Boys Crew = Boys Hip Hop class for ages 6 - 9 and ages 10 & up.

See Pages 12- 15 for more information about The Dance Refinery Gymnastics Program



Gymnastics and Tumbling Levels



CLASS LEVEL/ NAME	CLASS LENGTH	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 or 45 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 listening/social skills.
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 LENGTH	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 or 90 min	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	90 min	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 / Intermediate TUMBLE FOR CHEER	1 hr	NO experience necessary	Drills/techniques for 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.
Intermediate / Advanced TUMBLE FOR CHEER	1 hr	You will need to be evaluated to be eligible			

COMPETITIVE GYMNASTICS AND TUMBLING PROGRAMS AVAILABLE AT THE DANCE REFINERY:

<p>MINI TEAM, PRE TEAM & TEAM LEVELS 2 – OPTIONALS & XCEL</p>	<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>
<p>TUMBLING PERFORMING GROUPS</p>	<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:

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. As an elective, students can choose to take a Boys Only Hip Hop or Tumbling Class along with the Gladiator class. 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 5) for more information

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

Evaluations are required for students age 4 and older participating in tumbling/gymnastics. Starting Aug. 14th evaluations are offered Monday through Thursday 7:30 - 9:00 p.m. There is no fee for an evaluation and no appointments are necessary.

FRIDAY OPEN GYM:

The Dance Refinery offers Open Gym on the 1st and 3rd Friday nights (7:30 - 9:00) of every month starting September 7. Call the office at 317-881-1905 for scheduling information. **Participants must be signed up and paid by 7:00 p.m. on the day of Open Gym to participate.** Students ages 4 & up are invited to participate (a parent must be present in the viewing area for anyone between the ages of 4 and 6).

COST	<p>\$5 per week: Any student registered for classes at The Dance Refinery - each registered student is invited to bring a maximum of 2 guests per week.</p>
	<p>\$10 per week: Any student not registered for classes at The Dance Refinery (you must be accompanied by a registered student and you must have a waiver of liability signed by a parent/guardian on file with the office before attending Open Gym).</p>

Weekly Schedule of Gymnastics Classes

Tumble Buddies through Twisters

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT.
	Gym 1		Gym 1		Gym 1		Gym 1		Gym 1		Gym 3
9:00 AM											Advanced / Elite / Twisters
10:00 AM											9:00 - 10:30
10:30 AM											Beginner 1
11:00 AM			Tumble Buddies 11 - 11:30						Tumble Buddies 11 - 11:30		10:30-11:30
11:30 AM			Tumble Tots 11:30 - 12:15						Tumble Tots 11:30 - 12:15		Beginner 2 11:30-12:30
11:45 AM											
12:00 PM			Kinder Tots 12:15 - 1:00						Kinder Tots 12:15 - 1:00		Int. Tumble 12:30-1:30
12:15 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT.
	Gym 1	Gym 2	Gym 1 / 3	Gym 3	Gym 1	Gym 2	Gym 1	Gym 2	Gym 2	Gym 3	Gym 1
5:00 PM											
5:15 PM		Beginner 2 5:00 - 6:00		Beginner 1 5:00 - 6:00			Int. Gymnastics 5:00 - 6:30	Beginner 1 5:00-6:00	Int. Tumble / Advanced 5:00 - 6:00	Beginner 2 5:00 - 6:00	
5:30 PM											
5:45 PM											
6:00 PM		Kinder Tots 6:00 - 6:45	Tumble Tots Gym 3 6:00 - 6:30	Beginner 2 6:00 - 7:00			Beginner 2 6:30 - 7:30	Kinder Tots 6:00 - 6:45	Advanced/ Elite/ Twisters 6:00 - 7:30		
6:15 PM											
6:30 PM		Tumble Tots 6:45 - 7:30	Kinder Tots Gym 1 6:30 - 7:15	Int. Tumble 7:00 - 8:00		Tumble Tots 6:30 - 7:00	Beginner 1/2 7:00 - 8:00	Tumble Tots 6:45-7:30			
6:45 PM											
7:00 PM	Int. Tumble / Advanced 7:00 - 8:00	Int. Gymnastics 7:30 - 9:00	Beginner 2 Gym 1 7:30 - 8:30	Int. Tumble 7:00 - 8:00	Kinder Tots 7:00 - 7:45	Beginner 1/2 7:00 - 8:00	Beg. / Int. Tumble For Cheer 7:30-8:30	Beginner 2 / Intermediate Tumbling 7:30-8:30		Open Gym (1st & 3rd Fridays) *See page 14	
7:15 PM											
7:30 PM											
7:45 PM											
8:00 PM	Tumble For Cheer Int/Adv 8:00 - 9:00	Int. Gymnastics 7:30 - 9:00	Beginner 2 Gym 1 7:30 - 8:30	Int. Tumble 7:00 - 8:00	Advanced / Elite / Twisters 8:00 - 9:30	Int. Tumble 8:00 - 9:00	Beg. / Int. Tumble For Cheer 7:30-8:30	Beginner 2 / Intermediate Tumbling 7:30-8:30		Open Gym (1st & 3rd Fridays) *See page 14	
8:15 PM											
8:30 PM											
9:00 PM											
9:30 PM											

**See Pages 6 - 11 for more information about The Dance Refinery Dance Program & Gladiators