

Welcome to Find Your Center!

As a student at Find Your Center, you have access to a variety of resources designed to help you meet your fitness, artistic, & learning goals. We've created this welcome packet to help you take full advantage of all we have to offer. We invite you to join our family as we share in the struggles and triumphs of becoming better dancers & martial artists—and most importantly, better people.

-Kate & DeShawn Robins



What to Bring to Class

Please bring a water bottle and a notebook to every class.

Curriculum

Our curriculum is organized in six 7-8 week terms. Each term has a different focus and learning objectives designed to give you a well-rounded education over the course of the year. Use your Find Your Center journal to track your progress.

	WINTER	SPRING 1	SPRING 2	SUMMER	FALL 1	FALL 2
Ballet Fundamentals	Structure of a combination	Body alignment	Barre sequence	Arm positions & movements	Leg positions	Centre sequence
Ballet Novice & Experienced	Sustained balances	Musicality	Using the whole stage	Lines	Changes of direction	Demi-pointe work
Capoeira	Base (ginga)	Response (escapes)	Call (attacks)	Game (sequences)	Roda (philosophy)	Endurance
Capo-Ballet Combo	Structure of a combination/ Base	Body alignment/ Response	Barre sequence/ Call	Arm positions/ Game	Leg positions/ Roda	Centre sequence/ Endurance
Sevillanas & Flamenco	Sevillanas music & steps	Copla 4	Copla 3	Copla 2	Copla 1	Staging Sevillanas
Conditioning	Neck, Shoulders & Chest (spotting)	Obliques, Back & Abs (cambré de côté)	Knees & Thighs (grand plié)	Hands, Wrists & Arms (braceo y floreo)	Hips & Pelvis (developpé devant & de côté)	Feet, Ankles & Calves (demi-plié, relevé, sauté)

Course Terms

2018

Winter Term January 16-March 10

Spring 1 Term March 12-May 4

Spring 2 Term May 5-June 29

Summer Term July 14-August 31

Fall 1 Term September 4-October 26

Fall 2 Term October 27-December 21

2019

Winter Term January 5-March 1

Spring 1 Term March 2-April 26

Spring 2 Term April 27-June 21

Summer Term June 22-August 30

Fall 1 Term September 7-October 25

Fall 2 Term October 26-December 20

Breaks & Holidays

We take several breaks throughout the year so that we can all spend time with our families, go on out-of-town adventures, & come back ready to go! Classes that fall on Monday holidays can be made up in any other class approved by your instructor.

Breaks

March 31-April 6 (Spring Break)

June 30-July 13 (Summer Break)

November 17-24 (Fall Break / Thanksgiving)

December 22-January 4 (Winter Break)



Holidays

May 26-28 (Memorial Day Weekend)
September 1-3 (Labor Day Weekend)
November 10-12 (Veterans Day Weekend)
January 19-21, 2019 (Martin Luther King Day)
February 16-18, 2019 (Presidents' Day)

Presentations

We hold in-studio presentations twice a year where we invite families, friends, and the general public to see what our students have been working on. These are informal presentations with no costuming or other fees. Students may choose to perform with their class or just come to watch and support their classmates. The next presentation will be:

Saturday, December 1, 4-5pm
at Find Your Center (411 W Clark St)

Class Schedule

Please check our online schedule at www.FindYourCenterPasco.com/classes for class changes and cancellations. Enrolled students will be informed by email when a class is cancelled.

Online Resources

We believe the best way to get the most out of your classroom instruction is to practice and study on your own time in ways that work for you. We currently offer several supplemental resources through our website and social media:

- **YouTube:** We post instructional videos demonstrating and explaining exercises to supplement & reinforce your classroom instruction. (Search for Find Your Center Pasco on YouTube)
- **Facebook:** We share videos, links, news & local events that are in line with the mission & values of our school. (www.facebook.com/FindYourCenterPasco)
- **Blog:** We review resources that we have found helpful for deepening our understanding of ballet, capoeira, flamenco, and related subjects. (www.FindYourCenterPasco.com/blog)
- **Online Store:** T-shirts and tote bags with our logo are available for purchase at www.zazzle.com/FindYourCenterPasco



Dress Recommendations

We have one rule: **No shoes that are worn outside are allowed on our studio floor.** Please respect this!

We want you to feel comfortable and welcome to try different classes without buying specialized attire. Here are our recommendations for comfortable, practical, and fun things to wear to class.

Ballet

Footwear

- Properly fitted **ballet slippers** are the best option. They should fit tightly like a sock, over tights or bare feet. We recommend getting fitted at a store that specializes in ballet attire.
- Any other tightly fitting and supple dance shoe purchased from a dance supply store can also be worn for ballet class. Students may wear, for example, dance teaching shoes or dance sneakers, which provide more support than ballet slippers.
- **Socks** or **bare feet** are also acceptable.
- Pointe shoes may be worn only with instructor approval.

Hair

- Long hair should be **tied back securely** in a ponytail, bun, headband, or other form that will remain in place while you move. Ask your instructor if you would like to learn how to do a ballet bun.

Clothing

- **Leotard and tights** are the traditional attire for a ballet class. These can be purchased at any ballet clothing store. Traditionally, women & girls wear black leotards with light pink tights under the leotard. Men & boys wear white leotards with opaque black tights over the leotard. Any color is acceptable for our classes.
- **Any close-fitting and supple clothing** can be worn instead of leotard and tights. This includes leggings, close-fitting tank tops, and athletic shorts. Close-fitting clothing and/or bare legs & arms make it easier to observe how the body is working and to move with correct form.
- **Loose-fitting clothes** that are comfortable to move in are also acceptable.
- **Warm-up clothes** such as sweaters, sweatpants, and legwarmers are helpful as an outer layer at the beginning of class.
- Accessories such as ballet skirts and jewelry may be worn as long as they are tightly secured and do not get in the way of dancing.

Capoeira

Footwear

- **Bare feet** or **indoor athletic shoes** are appropriate for indoor capoeira classes and rodas. Only **shoes that have not been worn outside** will be allowed on the studio floor.
- Any comfortable outdoor shoes may be worn for outdoor rodas.

Hair

- Any hair style is acceptable.

Clothing

- **Comfortable athletic clothing** should be worn for capoeira. For example: pants, leggings, or shorts with a tank top, t-shirt, or hoodie.
- White capoeira pants are welcome but not required.

Spanish Dance

Footwear

- **Flamenco shoes** are the best option. These will give the most support and the best sound for foot stomps.
- Any other **hard dance shoe with heels**, such as character shoes, will also work. Please note that men's dance shoes should also have heels for Spanish dancing.
- **Please do NOT wear heels that are not intended for dance.** They will not offer sufficient support for your feet and ankles.
- Any **sneakers** or other supportive shoes **that have not been worn outside** can also be used for class.

Hair

- Any hair style is acceptable.

Clothing

- Any **comfortable athletic or dance clothing** may be worn.
- **Flamenco skirts** are helpful for learning women's and girls' steps.
- Any **other long dance skirt**, such as a character skirt or belly dance skirt, may also be used.
- Skirts will not be used for the entire class. **Pants, shorts, or leggings must be worn underneath** so that skirts can be removed.

Conditioning

Footwear

- **Bare feet** or **socks** will be used in most cases.
- If you need more foot support for standing exercises, you may bring clean **sneakers that have not been worn outside**, or **soft dance shoes** (see description for ballet footwear).

Hair

- Any hair style is acceptable.

Clothing

- Any **comfortable athletic or dance clothing** may be worn.
- **Close-fitting clothing** is recommended, in order to observe and work on details of correct form.



Payment Policies

Updated June 2018

Forms of Payment

We accept all major credit and debit cards.

Trial Classes

A single trial class may be purchased once for a student considering enrollment. Only 1 trial class is allowed per student per year.

Monthly Tuition Contract

Tuition is charged monthly through our autopay system on the same day of the month that the initial payment was made. Tuition will continue to be charged every month until the student terminates their enrollment.

Termination of Enrollment

Students may terminate enrollment at any time by notifying Find Your Center at least one week in advance of their next tuition payment.

Make-Up Classes

Missed classes can be made up in any other class approved by the instructor as long as the student is enrolled.

Class Cancellations, Studio Closures, and Breaks

Classes missed due to cancellations, studio closures and breaks can be made up by taking any other class approved by the instructor. When possible, classes missed due to instructor cancellation or studio closure will be rescheduled.

Transferability

Tuition cannot be transferred to another student unless there are extenuating circumstances.

Refunds and Withdrawals

- Tuition is non-refundable unless there are extenuating circumstances that require a student to withdraw.
- Trial classes are non-refundable except under extenuating circumstances.
- Refund requests due to technical or administrative errors should be directed to Kate Robins at contact@findyourcenterpasco.com.

Late Payments

- Payments received more than 5 days after the due date will be charged a \$5 late fee.
- Students with outstanding tuition balances may not be admitted to class.

Taxes and Fees

- Find Your Center does not charge any fees apart from tuition, with the exception of late payment fees.
- Find Your Center does not require students to purchase uniforms, costumes, or any other products or services apart from tuition payments.

Tuition Rates and Discounts

- Current tuition rates and discounts are published on our website at www.FindYourCenterPasco.com.
- Special rates may be available for private classes upon request.



Releases

Each student or parent/guardian agrees to the following releases upon registration. Please contact us with any questions.

Publicity Release

Summary: I give Find Your Center permission to take photos and videos of myself or my student.

As an adult student or the parent/guardian of a student under 18, I grant permission for Find Your Center to use the student's name, likeness, image, voice, and/or appearance as such may be embodied in any photographs, video recordings, and audio recordings taken or made on behalf of Find Your Center or its partners. I agree that Find Your Center has complete ownership of such materials, including the entire copyright, and may use them for any purpose and in any manner consistent with the organization's mission and purpose. These uses include, but are not limited to, videos, publications, advertisements, news releases, websites, and any promotional or educational materials in any medium. I acknowledge that no promises of compensation have been made and I hereby release Find Your Center from any and all claims which arise out of or are in any way connected with such use.

Medical Release

Summary: I give Find Your Center permission to take my child to the hospital in an emergency.

As the parent/guardian of a student under 18, in the event that I cannot be reached, I hereby grant permission to Find Your Center staff to authorize any emergency medical care that may be required by the student during participation in Find Your Center activities. This authorization extends for the student's entire period of enrollment. I understand that I am responsible for any and all charges that result from such care or medical treatment.

Liability Release

Summary: I won't sue Find Your Center if I or my student gets hurt accidentally.

As an adult student or the parent/guardian of a student under 18, I acknowledge that there are risks of physical injury associated with, arising out of, and inherent to the activities of dance and martial arts. I understand that dance and martial arts training involves touching and adjustment of the student's body by the instructor. On my own behalf, or on behalf of my child, I voluntarily assume this risk. I release and hold harmless Find Your Center and its staff from any liability, claims, demands, and causes of action arising out of or related to any loss, damage, or injury that may be sustained by the student while in or upon Find Your Center premises or during Find Your Center activities, unless said loss, damage, or injury is a direct result of gross negligence by Find Your Center staff.

