

## Mission Statement

T'Dance School of Performing Arts is devoted to providing dancers of all ages an encouraging environment in which to grow and excel in their dance education. The instructors strive to offer the highest quality of dance training, while nurturing each student's unique talent and creativity. T'Dance provides an environment that is supportive, encouraging and conducive to learning. We desire for our students to reach their fullest potential, and to support them as they grow artistically and develop into well-rounded individuals. Our students have an enriching and fun experience learning to dance, and to also gain a lifelong appreciation for dance!

## Showtime

Showtime is our annual performance or recital and is held at the Hastings City Auditorium for 2 evenings. All ages of students perform together on our shows rather than separating into separate age groups for performances. The performance is the highlight of the year for our students, and their chance to show what they have accomplished throughout the year of dance training. Performing is part of dance training and helps the dancers to grow in self-confidence, stage direction, awareness in space and working within their class as a group. It is a very exciting event for our dancers that they look forward to all year long!

## New York City Trip

T'Dance hosts a dance trip to NYC, for Junior & Senior dance students on a bi-annual basis. We will decide this fall if a trip is possible for summer of 2023. Students take classes, attend Broadway shows and professional dance performances, also sightseeing, shopping, dining, and visiting with T'Dance Alumni that now reside in the city. Space is limited on our NYC trips and an informational meeting will be held in the fall.

## Facilities

T'Dance offers a spacious 6000 sq. ft. facility designed and built just for dance! We feature 3 spacious studios equipped with floating, sprung flooring, mirrors, and barres. Each studio is also equipped with observation windows. Our lobby is spacious and has snack and drink vending machines and bench seating. T'Dance also has 3 large dressing rooms for students to change in, and store belongings. We also have our own dancewear supply store for your dance shoe and clothing needs!

### Tuition Rates

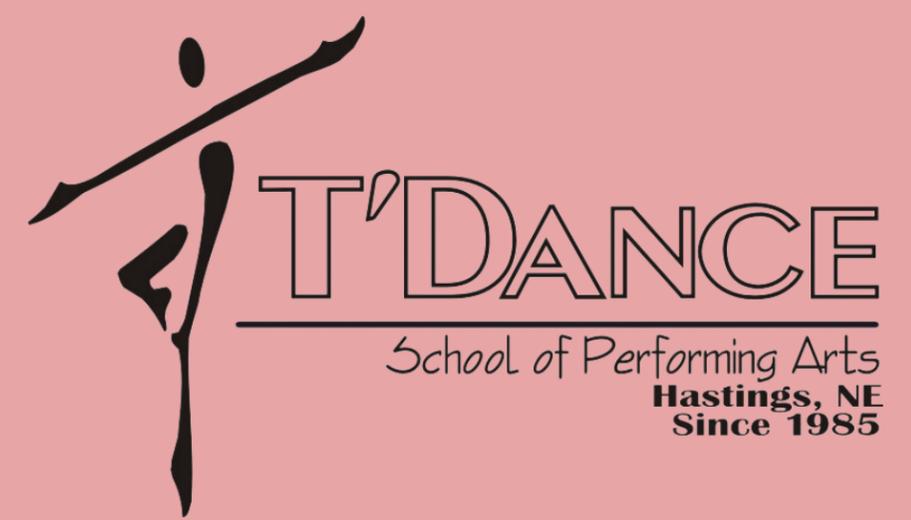
#### SINGLE CLASSES MONTHLY RATES

<b>1 Class weekly</b>	<b>\$50.00</b>
<b>2 Classes weekly</b>	<b>\$85.00</b>
<b>3 Classes weekly</b>	<b>\$130.00</b>
<b>4 Classes weekly</b>	<b>\$155.00</b>
<b>5 Classes weekly</b>	<b>\$185.00</b>
<b>6 Classes weekly</b>	<b>\$210.00</b>
<b>Each class after 6 add:</b>	<b>\$30.00</b>

#### COMBINATION CLASSES MONTHLY RATES

<b>45 Minute class 3 &amp; 4 year old's 1 hour class 5-7 year olds</b>	<b>\$50.00</b>
<b>1 ½ hour class 8-10 year olds</b>	<b>\$75.00</b>

**FAMILY RATES - A family discount of 10% will be taken off the total sum of all classes for 2 or more students in the same family.**



Ballet

Tap

Jazz

Pointe

Modern

Hip Hop

Pom

Contemporary/Lyrical

Turns & Leaps

Ballet/Tap

Ballet/Tap/Jazz

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## Class Descriptions

**Ballet** is a great foundational technique for all forms of dance and enables the student to be proficient in all areas of dance. Ballet class teaches proper body alignment while building muscle strength, flexibility, grace, poise, balance, self-discipline, and self-confidence. It is recommended that all students continue to study ballet in addition to other forms of dance. Ballet is required for a student to take Pointe, Jazz, Modern or Lyrical or Turns/Leaps.

**Pointe** classes are offered upon instructor approval to advanced students with the technical strength and development in their feet, legs, and torso. Several years of ballet study are required before a student will be approved for Pointe class. A length of pre-pointe class work will also be required, this varies between students. Average age to begin Pointe work is age 12. Requirement: Student must be in ballet class.

**Jazz** - age 8 by November 15 and at least 2 years of previous dance training. Involved in a class are body isolations, floor work, stretching, conditioning, and strengthening exercises, progressions and learning of commercial, theatrical, and street dance jazz styles. Requirement: Student must be in ballet class.

**Modern** - students should have at least 2 years of ballet training and must be 10 years of age by November 15. Modern dance classes explore many different styles of technique and expression through movement. Classes involve floor work, stretching, improvisation and some partnering work. Requirement: Student must be in ballet class.

**Hip Hop** - This class is open to any student. It is recommended that the student also be enrolled in a jazz or ballet class. Hip Hop is a high-energy class that will build upon strength, precision, flexibility, and teamwork. Hip Hop dance is a very isolated, precise street dance style. Students must be 8 by November 15.

**Contemporary/Lyrical** - Offered to ages 6th grade and up. Lyrical is a combination of ballet, jazz and modern techniques and all styles of movement focusing on interpreting the emotion and lyrics of music. Requirement: Student must be in ballet class.

**Leaps & Turns** - Focus of the class will be dynamic turns, jumps and leaps as well as strengthening and flexibility exercises required to accomplish consistent, clean turns, jumps and leaps. Requirement: Student must be in ballet class.

**Tap** classes will combine the learning of tap terminology as well as several different styles of technique. Students will develop rhythm, timing, coordination, counter rhythms, and improvisation

**Clogging** class is different from tap class and has its own terminology, style of dancing and shoes. Clogging is a fun; high-energy class open to kindergarten through adult.

**Ballet/Tap Combo** (ages 3-4 & 5-7) This class is designed for young children beginning to dance. Students increase their understanding of movement and space in creative ways that build strength, balance, flexibility, and musicality, and develop fundamental movement skills and coordination through beginning ballet and tap technique. Our classes help students establish a solid foundation to grow from with confidence.

**Ballet/Tap/Jazz Combo** (ages 8-10) Student must be 8 by November 15. This class will combine all three-forms of dance technique and will begin to challenge the student more in their level of technique, memory, and musicality.

## Owner/Director

Teresa Miller started T'Dance in 1985 and resides in Hastings with her husband Dave. They have three grown children: son-Brett, son-Logan and wife Ashlyn, grandchildren Bron, Emelyn and Kiera, and daughter-Emma.

Teresa holds a Bachelor of Fine Arts degree in Modern Dance from Texas Christian University and an Associate in Arts Degree from Stephens College, where she was also a dance major.

Teresa continues to study dance by regularly attending workshops and conventions: Dance Teacher Web Conference in Las Vegas, Dance Olympus, Manhattan Dance Project, Snowy Range Summer Dance Festival at the University of Wyoming, and most recently the TAPCITY tap festival in New York City.

Teresa has studied with some of the legendary tappers such as Eddie Brown, Chuck Green and Steve Condos. She has also trained with Tony Waag of the American Tap Dance Foundation. Her most recent teachers have included Peter Pucci of Pucci Plus Dance Company, Yoav Kaddar - Paul Taylor & Limon Dance Company, Keith Saunders - Dance Theatre of Harlem, Susan Israel Massey of Richmond Ballet and Jacob Mora-Moraporvida Dance Company. She also annually visits New York City with students to study dance at Broadway Dance Center, Steps on Broadway and Luigi Jazz Dance Center.

Teresa has choreographed for several local high school musical productions including *West Side Story*, *Suessical*, *The Musical*, *Camelot*, *Anything Goes* and *the King and I*. She has been a judge for the Kansas Miss Teen Pageant and many local high school, studio and college dance team auditions.

In 2008 Teresa completed her training and became the first certified practitioner in Yamuna Body Rolling in the State of Nebraska.

In 2015 Teresa began her certification for Aircat Aerial Yoga and has completed both levels of certification to teach aerial yoga.