

2022 - 2023

CLASSES

Tentative Schedule

Updated

1/1/23

Page 1 of 13

Lucille

Murray's Studio of Dance

This packet includes our current 2022-2023 dance opportunities. Page 2-3 of this packet has general information and reminders. Pages 4-5 have our current 2022-2023 Dance Season Class Schedules sorted by age/grade. Tentative Recital Dates and class breakdowns are on page 6. Pages 7-12 include more details on our new class options/curriculums (Adult & Me, Little Dancer, Acro Dance, and Adult sessions). ALL classes will take place at 155 West Broadway in Monticello. Comp schedule will be finalized after August try-outs.

Information/Sizing Days (performing classes):

WEDNESDAY, JULY 27th: Between 5-7 PM

WEDNESDAY, AUGUST 24th: Between 5-7 PM

MONDAY, AUGUST 29th: Between 4-6 PM **Late**

Registrations (after Aug 28th) – Stop into the studio on Thursday, September 8th between 4-7 PM

REGULAR CLASSES BEGIN: September 12-15

Contact Lucy Murray
at 763-412-2691 or
lucillemurray@
lucillemurraysstudioofdance.c
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Welcome to Lucille Murray's Studio of Dance We are

excited to publish our tentative schedule for the 2022-2023 dance season. Please keep in mind that this information is **TENTATIVE**. Please pay attention to the **UPDATED DATE** on page 1, and **ALWAYS** use the most recent dated version. If we make any changes to a class that your child is registered for during the summer, you will be notified by e-mail.

- **TO REGISTER, VISIT OUR WEBSITE:** lucillemurraysstudioofdance.com
- **When creating a dance account, be SURE TO ENTER YOUR CHILD'S BIRTHDATE.** This allows the system to show you the age-appropriate classes for your child. If you do not enter a birthdate, it will not show you all the available classes.
- **REGISTRATION WILL OPEN Friday, June 17th at noon for current LMSD families. CONTACT THE OFFICE WITH QUESTIONS, or for assistance!** We will begin sharing details with the public and posting this information on our website on Monday, June 20th. Register now for best selection of classes.

After you register, please note the following:

- **Please mark your calendar to attend one of our Informational Meetings/Sizing/Measuring Days!**
If you attend one of the August dates, you should hopefully be able to get your shoes in time for our first day of classes.
WEDNESDAY, JULY 25th: Stop in between 5-7 PM
WEDNESDAY, AUGUST 23rd: Stop in between 5-7 PM
MONDAY, AUGUST 29th: Stop in between 4-6 PM
Late Registrations (after Aug 29th) – Stop into the studio on Thursday, September 7th between 4-7 PM
- **We will begin our season the week of Sept 12-15 with regular classes.**

Other LMSD Dance Class Information:

- **A family non-refundable registration fee of \$25 is due each year for dancers enrolling in our dance classes.** This cost is the same regardless of how many children you are registering in your family.
- **Most of our classes do 1 dance at the winter show, and 2 at the spring recital.** However, our recreational hip hop and tap classes do 1 dance at the winter show, and then a different (1) dance at our spring recital. This is due to the fact that they only do one style of dance and because we need to take the length of the shows into account.
- **Monthly tuition is due by the 15th of each month.** A \$15 late fee will be applied if tuition is late. Tuition will post due on your account on the 1st of each month, but you have until the 15th to make payment without any late fees.
- **Payments are due by the 15th of the month September through April, and on the 1st of the month in May (and in June for competition teams).**
- **Recreational Classes will pay a full month of tuition September through May. Competition Teams will make a full tuition payment September through May, with a half month due on June 1.** Competition Teams will continue to practice after our spring recital and will take part in a national competition (in the Midwest). Tuition is paid monthly regardless of the number of classes in that particular month. You can see the class schedule on our tentative yearly schedule.
- **ALL ACCOUNTS WILL BE ENROLLED IN AUTOPAY.** If you want to control when your payment is made, you can make your monthly payment manually any time before the 15th of the month (due date). Payments for all accounts with balances due will be processed on the 15th of the month and you will get an email receipt.
- All payments must be made on-line for contactless payment. **We do NOT accept cash or personal checks.** If your payment does not go through, accounts will be charged the \$15 late fee on the 16th of each month.
- **Students will not be allowed to attend class for any account that falls more than one month behind.**

- Costume deposits (for competition dancers & pre-competition dancers), and **Costume payments for recreational dancers are due September 15th**.
- **We plan to hold a winter and spring recital this season. Family members will be required to purchase tickets to attend our recitals.** Tickets will be sold in advance through an outside ticketing agency.
- **In addition to the recital tickets. Each family will also pay a recital fee.** The winter recital fee will be approximately \$25 and will cover the videography of the event. The spring recital fee will be \$50 for your first child, \$40 for your second child, and \$30 for any additional children. The spring recital fee will help cover part of the end of the year awards, the videography of all recitals, and a spring recital t-shirt for your child(ren).
- If you have more than one child in the program, please **note the tentative recital groupings (see page 6). If possible, register your children so they will perform in the SAME recital.** Family members who attend more than one recital **will need to purchase a ticket for each separate recital.**
- **Approximate/Tentative costume and shoe costs are listed for each class on pages 4-5.** These are subject to change. Final pricing will be published in the fall.
- **Pre-Competition Option** – if your child and family are interested in the pre-competition classes, you are able to sign up for those like you would a recreational class. However, it is important that you understand the extra time/commitment that is expected. Dancers are expected to make classes a priority, as well as practice and know their choreography without the teacher leading them at performances and competitions. Dancers in the pre-competition classes will participate in two competitions in the spring of 2023. All dancers/families enrolled in pre-comp classes will be required to commit to the entire season and will need to sign a contract. These contracts will be sent out to families who enroll in a pre-comp class later in the summer.
- **Competition Program** – any dancers interested in participating in the competition program next season should enroll in our Summer Technique Program (e-mail the office to enroll). They also need to sign-up for and attend our **LMSD Workshop and Tryouts August 2-5** which can be done on-line in your LMSD dance account. Competition dancers/families will need to sign a contract committing to the season and agreeing to the additional time/financial commitment. Small groups/special groups will be determined during this try-out process and dancers may be invited to participate in extra classes in addition to their regular Competition team. Competition teams will have **August 8-12 OFF** and they will **begin to rehearse the week of August 15**, with the **week of September 6-9 OFF**. Competition dancers are also strongly encouraged to take part in the ***extra add-on classes with Ms. Cindy this summer, as well as the specialized 1-day workshops*** offered with outside teachers/choreographers.
- **PROCEDURES for Solo/Duet/Trio lessons for 2022-2023.** Interested dancers should fill out this form. We may begin solos/duets in August, so signing up early will increase your chance of securing a private lesson slot. <https://forms.gle/LGCrJzeV2sQgPowR7>

Slots will be finalized in August. Some solo lessons may begin in August/September (and during the weeks that our groups are scheduled OFF – see above section), and others will begin in October. •

NEW CLASS OPTIONS THIS SEASON (shorter sessions / NOT performing): *Adult & Me Class Sessions*

See Toddler Kinder Acro below for ages 18 months to 3 years with an adult

Little Dancer Creative Movement Classes for 18 months to 3 years with an adult

Acrobatic Dance Teacher Association (NEW acro dance curriculum and classes)

Kinder Acro Dance (ages 18 months to 6 years):

Toddlers (ages 18 months to 3 years with an adult)

Preschool (ages 3-5 years) – 5 year olds not yet in Kindergarten

Pre-Junior (ages 5-6 years) – 5 year olds in Kindergarten – 6 year olds

Acro Dance Classes for ages 7+:

Acro 101 Introduction, Junior, Intermediate, Advanced Levels (ages 7+ and leveled) **Adult**

Women's Sessions – ballet/barre workout and/or jazz/tap (quarterly sessions available)

2022-2023 Tentative Class Schedule – Recreational and Pre-Comp

| <u>Class Day</u> | <u>Class Time</u> | <u>Class</u> | ** SORTED BY... <u>Ages/Grade</u> | <u>Studio</u> | <u>Estimate on Monthly Tuition</u> | <u>Estimate on Costume</u> | <u>Estimate on Shoes (plus tax)</u> | <u># of dances in Winter Recital</u> | <u># of dances in Spring Recital</u> |
|---------------------------------------------------------------|-------------------|----------------------|------------------------------------------------|---------------|----------------------------------------------|-------------------------------|-----------------------------------------|--------------------------------------|--------------------------------------|
| Saturday Little Dancer/Toddler Acro | 9:15-9:45 | Adult & Child | Ages 18 months – 3 years with trusted adult | A | \$46/month Fall/Winter &/or Winter/Spring | NO COSTUME | Ballets Optional/ Bare Feet are fine | NA | NA |
| Saturday Kinder Acro Preschool | 9:45-10:15 | Acro Dance preschool | Ages 3-5 | A | \$46/month Fall/Winter &/or Winter/Spring | NO COSTUME | Bare feet | NA | NA |
| Mon 5:35 Preschool Dance Combo | 5:35-6:10 | Ballet/Jazz | Ages 3-5 | A | \$46/month | \$98 | Ballets \$22 | 1 | 2 |
| Tues 5:30 Preschool Dance Combo | 5:30-6:05 | Ballet/Jazz | Ages 3-5 | B | \$46/month | \$98 | Ballets \$22 | 1 | 2 |
| Wed 5:05 Preschool Dance Combo | 5:05-5:40 | Ballet/Jazz | Ages 3-5 | A | \$46/month | \$98 | Ballets \$22 | 1 | 2 |
| Saturday Acro Dance Pre-Junior | 10:15-11:00 | Acro Dance | Ages 5-6 | A | \$50/month Fall/Winter &/or Winter/Spring | NO COSTUME | Bare Feet | NA | NA |
| Saturday Acro 101 & Acro 101 + Intro to Acro Dance | 11:00-12:00 | Acro Dance | Ages 7+ beginners | A | \$56/month Fall/Winter &/or Winter/Spring | NO COSTUME | Bare Feet | NA | NA |
| Tues Acro Dance Junior | 8:00-8:45 | Acro Dance | Ages 7+ after passing Acro 101 or pre-approved | C | \$56/month Fall/Winter &/or Winter/Spring | Class Leotard: BURGANDY level | Bare Feet | NA | NA |

| <u>Class Day</u> | <u>Class Time</u> | <u>Class</u> | ** SORTED BY... <u>Ages/Grade</u> | <u>Studio</u> | <u>Estimate on Monthly Tuition</u> | <u>Estimate on Costume</u> | <u>Estimate on Shoes (plus tax)</u> | <u># of dances in Winter Recital</u> | <u># of dances in Spring Recital</u> |
|-------------------------------------------------------|-------------------|---------------------|---------------------------------------------|---------------|------------------------------------|----------------------------|-------------------------------------|--------------------------------------|--------------------------------------|
| Monday Teal Turquoise | 6:15-7:30 | Turquoise Pre-Comp | Ages 5-9 | A | \$85/month | \$100 deposit Sept. | Turners & Jazz \$68 | 1 | 2 |
| Monday Hip Hop ages 5-10 | 6:00-6:45 | Hip Hop | Ages 5-10 | C | \$50 stand alone or \$35 add-on | \$108 | Hip Hop Sneakers \$65 | 1 | 1 |
| Tuesday Tap | 4:45-5:30 | Tap | Ages 5-10 | C | \$50 stand alone or \$35 add-on | \$108 | Tap \$40 | 1 | 1 |
| Monday Pink Quartz | 4:15-5:30 | Quartz Pre-Comp | Ages 9+ | A | \$85/month | \$100 deposit | Turners & Jazz \$68 | 1 | 2 |
| Tues K-1st Dance Combo | 6:15-7:00 | Ballet/Jazz | Grades K-1 | B | \$50/month | \$108 | Ballets \$22 | 1 | 2 |
| Wed K-1st Dance Combo | 4:15-5:00 | Ballet/Jazz | Grades K-1 | A | \$50/month | \$108 | Ballets \$22 | 1 | 2 |
| Wed K-1st Dance Combo | 5:45-6:30 | Ballet/Jazz | Grades K-1 | A | \$50/month | \$108 | Ballets \$22 | 1 | 2 |
| Tues 2nd-3rd Dance Combo | 7:00-8:00 | Lyrical Ballet/jazz | Grades 2-3 | B | \$56/month | \$118 | Ballets \$22 | 1 | 2 |
| Wed 2nd-3rd Dance Combo | 6:30-7:30 | Ballet/Jazz | Grades 2-3 | A | \$56/month | \$118 | Ballets \$22 | 1 | 2 |
| Mon 4th-6th Dance Combo | 7:30-8:45 | Lyrical Ballet/Jazz | Grades 4-6 | A | \$60/month | 128 | turners & jazz \$64 | 1 | 2 |
| Mon 6th-12th Dance Combo | 6:45-8:15 | Lyrical Ballet/Jazz | Grades 6th+ | C | \$65/month | \$128 | turners & jazz \$64 | 1 | 2 |

| | | | | | | | | | |
|---------------------------------------------|---------------|--------------------------------------------|----------------------|---|-----------------------------|------|---------------------------|----|----|
| Mon Adult Women Sessions | 4:00- 4:45 | Ballet/Ba rre or Jazz/Tap options | 18 years and over | C | \$85/ 7 week sessions | NONE | Ballet optional Tap | NA | NA |
|---------------------------------------------|---------------|--------------------------------------------|----------------------|---|-----------------------------|------|---------------------------|----|----|

LMSD – 2022-2023 DANCE OPPORTUNITIES CLASSES ARE

HELD AT OUR STUDIO (155 WEST BROADWAY, MONTICELLO)

READY TO REGISTER? Visit this link(OPENS 6/17/22 at noon):

<https://app.thestudiodirector.com/lucillemurraysstudioofdan/portal.sd?page=Login> Consider adding on tap, hip hop, or Acro Dance. 2nd classes will be discounted \$15/month!

If you are new to LMSD – create a LMSD dance account, enter child/ren as students, and be sure to ENTER BIRTHDATES. Then register for appropriate class(es). Be sure to check out and pay the \$25 non-refundable family registration fee to hold your spot! There is no registration fee for the session classes, however, there is a \$25 deduction in any refund if you cancel your registration prior to the start date. The session fees are non-refundable after each session start date.

HAVE MORE QUESTIONS? Visit our website –
lucillemurraysstudioofdance.com

E-mail: lucillemurray@lucillemurraysstudioofdance.com or Call 763-412-2691.

TENTATIVE RECITAL DATES for 2022-2023 SEASON

Winter Recitals – afternoon on Sunday, January 22nd

Spring Dress Rehearsals May 16th-19th

Spring Recitals – Saturday, May 20th

Solo/Duet Showcase – Saturday, May 20th or Sunday, May 21st

Tentative Groupings for 2022-2023 Recitals for all PERFORMING DANCE CLASSES *Please

note: If you have more than one child in the program, please try to register your children in classes so they will perform in the SAME show(s). Families with children in different recitals will need to purchase tickets to both shows. COMPETITION FAMILIES should be prepared to purchase tickets to more than one show if you have more than one child in the program since competition teams may be in any, or all, of the shows.

RECITAL 1:

Competition Teams To Be Determined (keep entire day open)

Teal Turquoise Pre-Comp Team

Tuesday 2nd-3rd Lyrical Ballet/Jazz

5:35 Tuesday Preschool Ballet/Jazz

Monday 4th-6th Lyrical Ballet/Jazz

Tuesday K-1st Ballet/Jazz

RECITAL 2:

Competition Teams To Be Determined (keep entire day open)

Wednesday 5:05 Preschool Ballet/Jazz

Wednesday K-1 4:15 Ballet/Jazz

Wednesday 2nd-3rd Lyrical Ballet/Jazz

Monday 6th-12th Lyrical Ballet/Jazz

Tuesday Tap Ages 5-10

RECITAL 3:

Competition Teams To Be Determined (keep entire day open)

Monday 5:35 Preschool Ballet/Jazz

Wednesday 5:45 K-1st Ballet/Jazz

Pink Quartz Pre-Comp Team

Monday Hip Hop Ages 5-10

Want more information on LMSD Class Options?

Non-performing Classes: Adult & Me Little Dancer/Acro, Kinder Acro (options for 18 months-6 years), Acro Dance (ages 7+), Adult Women's Sessions (ballet/barre workout or tap/jazz class).

Performing Dance Classes: Combo Dance Classes; Preschool (ages 3-5), K-1st, 2nd-3rd, 4th-5th, 6th-12th, Hip Hop, Tap, Pre-Comp classes (Turquoise and Quartz), and Competition Teams.

NEW PRESCHOOL and TODDLER DANCE CURRICULUM: *Little Dancer* We are excited to implement this new curriculum for our youngest dancers (ages 18 months to 7 year olds) next season. This curriculum is all about fun and imagination while fostering early childhood development for toddlers and preschoolers. All activities are themed or story-based to keep even your littlest dancers' attention. Take your students on a dance adventure— discover dinosaurs, explore oceans, or blast off into outer space!

Our Five Pillars:

The Pixie Dust Method

We like to call our approach the Pixie Dust Method. It's like sprinkling a little pixie dust on our dancers.



IMAGINATION

Our curriculum brings dance class to life with stories and themes. We turn dance class into an imaginative adventure filled with creativity.

TECHNIQUE

Making class fun does NOT mean sacrificing technique. Our curriculums teach basic skills to young children in a developmentally and age-appropriate way.

Little **DANCER**[™]





EXPLORATION

Our method gives children the chance to explore dance concepts and technical skills by creating, problem solving, and choreographing—allowing them to learn on a much deeper level.

PERFORMANCE

Performance happens long before our students reach the stage. Our curriculums include dances for students, basic acting, pantomime, curtsies & bows. We always enjoy performing for our Supportive parents at the end of each class!



GROWTH

Students, parents, and teachers see growth in SO many ways as our method is incorporated throughout the dance season. Watch as your child's listening skills/willingness to following directions, fine/large motor development, communication skills, academic skills and confidence GROW throughout the season.

SPECIAL CLASSES (NON-PERFORMING CLASSES)

No Registration Fee for the following Class Options. Dancers will not purchase costumes, and they will not perform in the recitals. Some of these classes run the entire season with a monthly tuition fee. Others have sessions offered throughout the season. There is NO registration fee for the session classes, however, a \$25 cancellation fee will be deducted from any session refund. Once each session begins, the session fee is non-refundable.

Adult Women Class Sessions

Classes do not perform. They are for fun and are a great way to exercise and form new relationships with other woman! Sign up for one or more of the sessions. Each session is 7 weeks in length. The cost is \$85/session. There is no registration fee. However, there is a \$25 cancellation fee if canceled before session begins. Once each session begins the session fee is non-refundable.

[Session 3: Ballet/Barre Workout – register on January 9 for the entire session.](#)

Mondays 4:00-4:45: January 9, 16, 23, 30, February 6, 13, 27. - \$85

[Session 4: Jazz/Tap Combo \(alternate weekly\) – register on March 6 for the entire session.](#)

Mondays 4:00-4:45: March 6, 20, 27, April 10, 17, 24, May 1. - \$85

Sign Up under the 2022-2023 Adult Women Sessions

Adult & Me CLASSES (for ages 18 months-3 years) – Little Dancer & Kinder Acro Toddler combined

Dancers do NOT participate in the recitals or purchase costumes. These classes are offered for approximately **half the seasonsessions**. Dancers will explore fine and gross motor, academic skills, and learn to follow directions by exploring creative movement and music in a fun age-appropriate atmosphere. Instructors lead this class, but a trusted adult needs to attend and participate IN class with their child. *Little Dancers* - **Pricing varies based on the number of weeks in each session.**

Sign Up under the 2022-2023 Winter/Spring Kinder Acro & Little Dancer Session



LMSD will be implemented a new Acro Dance Program last fall, with options for Adult & Me, as well as preschool through 18 years of age.

A program your kids will love! Take a stand-alone class, or add-on an acro class to your child's schedule.

What is Acro Dance?

Acro Dance is an art form that incorporates the fluid movements of dance with the exciting tricks from acrobatics.

It is "gymnastics for dancers", where students develop specific strength, flexibility, and technique, to learn how to execute acrobatic tricks, to then be used in dance choreography.

The training students receive in their acro dance classes helps to reinforce the technique in all other dance genres.

Adding acro dance is next-level training that will develop a specific skill set, it helps create well-rounded and versatile dancers.

ADTA and Discover Dance have collaborated to create a fun, engaging, brain centered Adult & Me and Preschool Acro program.

Register your child today for their 15-week session!

We understand schedules are busy, so if you need to miss a class or two during the 15 session we understand. Sign up and come as you are able. Of course, the more your child can attend, the more progress they will be able to make during the session!

If your child is also enrolled in a dance class and the acro dance class is an add-on class, e-mail the office after you enroll so they can adjust your acro dance tuition. Add-on classes will be discounted \$15 per monthly charge.

ACRO OPTIONS FOR THE YOUNGER CHILD REGISTER UNDER THE 2022-2023 Little Dancer/ACRO Sessions – Winter/Spring)



**Little Dancer & Kinder Acro Toddler Program – ages 18 months to 3 years
(Adult & Child class)
*Saturdays 9:15-9:45 AM***

Winter/Spring Session: \$46/month January through April

Add-on class will be \$31/month with a \$15 discount each month!

Winter/Spring Session:

Saturdays: January 14, 21, 28, February 4, 11, 18, 25, March 4, 25, April 1, 15, 22, 29 May 6, 13.

Students will develop their gross and fine-motor skills; explore foundational acro positions; and learn how to follow instructions from a teacher, take turns, and have fun in the studio. Dancers will also explore fine and gross motor, academic skills, and learn to

follow directions by exploring creative movement and music in a fun age-appropriate atmosphere. Instructors lead this class, but a trusted adult needs to attend and participate IN class with their child. *Little Dancers*

BODY POSITIONS• Seated Tuck / Pike / Straddle Positions, basic ballet and jazz positions/skills

MOTOR SKILLS DEVELOPMENT• Assisted Bear Walk (forward)• Jumping (hands on hips)• Assisted Stationary Opposing Hold (on hands and feet)• Ski Jumpers (in opposition)

DEVELOPMENTAL TRICKS• Table-top• Donkey Kick• Hands Down Jump Around• Log Roll• Rolling like a Ball• Rolling on a Yoga Ball (front and back)



KinderAcro Preschool Program – ages 3-5

Saturdays 9:45-10:15 AM

Winter/Spring Session: \$46/month January through April

Add-on class will be \$31/month with a \$15 discount each month!

Winter/Spring Session:

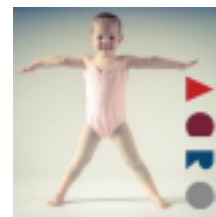
Saturdays: January 14, 21, 28, February 4, 11, 18, 25, March 4, 25, April 1, 15, 22, 29 May 6, 13.

Students will develop gross and fine-motor skills and control, learn introductory acro body shapes and tricks, and develop kinesthetic awareness. At the same time, children will learn how to be in a class, and develop their focus, listening, and co-operative skills.

BODY POSITIONS• Seated Tuck / Pike / Straddle Positions• Open Neck / Chin Tuck Positions Seated

MOTOR SKILLS DEVELOPMENT• Frog Jumps• Bear Walk: Forward/Backward/Sideways• Crab Walk: Forward• Jumping (hands on hips)• Hopping (on one foot/hands on hips)• Stationary Opposing Hold (on hands and feet)

DEVELOPMENTAL TRICKS• Rolling Like a Ball (hands clasped behind the head)• Table-top• Donkey Kick (two-foot / one-foot)• Hands Down Jump Around• Mini Cartwheel (over a height)• Backward Handstand at the Wall (bent legs)• Mini Forward Roll (with spot)



Pre-Junior Acro Program – ages 5-6

Saturdays 10:15-11:00 AM

Winter/Spring Session: \$50/month January through April

Add-on class will be \$35/month with a \$15 discount each month!

Winter/Spring Session:

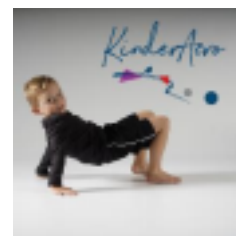
Saturdays: January 14, 21, 28, February 4, 11, 18, 25, March 4, 25, April 1, 15, 22, 29 May 6, 13.

This is an “in-between” level that bridges the gap between KinderAcro and the Junior Division. Students will learn Developmental Tricks to set up their training foundation, plus Body Positions, Jumps, and Motor Skills Development items.

BODY POSITIONS• Seated Tuck / Pike / Straddle Positions• Open Neck / Chin Tuck Positions• Candle Position (against the wall)• Candle Position (centre floor) • Star Jump / Tuck Jump

MOTOR SKILLS DEVELOPMENT• Skipping (hands on hips)• Sideways gallop (hands on hips)• Log Roll• Bear Walk: Forward, Backward, and Sideways• Crab Walk: Forward and Backward• Table-top Roll Over

DEVELOPMENTAL TRICKS• Rolling Like a Ball (hands clasped behind the head)• Rock and Roll-up (to standing)• Flexed-foot Needle (at the wall)• Table-top• Bridge (with spot)• Donkey Kick (two-foot/one-foot)• Hands Down Jump Around• Mini Cartwheel (over a height)• Teddy Bear Stand (toes on the ground/toes off the ground)• Backward Handstand at the wall• Baby Cartwheel (on a line)• Mini Forward Roll (with spot)• Backward Roll down an incline (with spot)



Does your 7+ year old child LOVE to do handstands, cartwheels, and roll around the house. Do you want them to learn acro tricks in a fun and safe class environment? Want to try acro dance without a full season commitment?

Try our **Acro 101 Program (or continue on with the Acro 101+)** – a 15-week beginner level session for students ages 7+ who are newer to acro! In this program, your child will learn beginner-level acrobatic tricks, partnering, and across the floor combinations. Created by the world-renowned Acro Dance Teachers Association (ADTA), Acro 101 is the highest-quality acro program available for beginner students.

Once your child completes their 15-week session, they will be ready to move onto Acro 101+ or Junior-level acro! At this point, you can decide if you'd like them to join one of our full-year acro classes, and continue learning and developing new acro skills. If student continue in the same ACRO class, they will still continue to build on the previously mastered skills. Classes will be modified to meet each students current level (allowing those that have

mastered material the opportunity to move forward with new material and more advanced skills as well).

ACRO PROGRAMS (Junior/Intermediate/Advanced)–

Run the entire season. Follow the LMSD calendar. Non-performing. See

BELOW REGISTER UNDER THE 2022-2023 Dance Season.

Junior Acro Program – ages 7+ (based on skill level) – enter after Acro 101 or through assessment. Tuesdays: 8:00-8:45 Full season – Follow LMSD Dance Calendar October through May. \$56/month stand alone or \$41/month (add-on class)

Intermediate Acro Program – ages 7+ (based on skill level) – master Junior level skills and attend test day (or through individual assessment).

No class currently offered. Check summer or next fall.

Full season – Follow LMSD Dance Calendar October through May **\$56/month stand alone or \$41/month (add-on class)**

Advanced Acro Program – ages 7+ (based on skill level) – master Intermediate level skills and attend test day (or through individual assessment) \$56/month stand alone or \$41/month (add-on class)

*Will be added to the schedule as students are ready for this level. E-mail office if interested. Junior Level and up are weekly classes all season long (following our LMSD dance calendar) that specializes in tumbling/acrobatics. **Participants will work their way through levels as they master skills throughout the year. The curriculum requires hard work, but creates a fun environment for participants to work to develop proper/safe technique as they build strength and flexibility. These skills then build up into tumbling/acrobatic/partnering skills. Students will master skills at their own pace/timing** which allows for growth at different rates for each participant. Dancers will not be allowed to move on to the next level until they demonstrate the mastery of the skills to execute the next skill level properly and safely. This decision will be solely determined by the acro instructor who has the proper training and expertise to make the proper assessment. LMSD will have a yearly testing day to help determine your child's level for the following season.*

Dress Code and Color Levels associated with each Acro Level:

YOUNGER DANCERS (Ages 18 months-6) – Any color is acceptable. Black or Light Pink leotard with footless tights is recommended.

JUNIOR LEVEL – BURGANDY leotard with footless tights

INTERMEDIATE LEVEL – ROYAL BLUE leotard with footless tights

ADVANCED LEVEL – RED leotard with footless tights

*** Uniforms/Leotard and footless tights will be ordered through an LMSD link Nimble site and will ship directly to your house. ATTEND one of the sizing dates.*

IF YOU ADD a Junior or Intermediate Acro Dance Class on top of one of our LMSD dance classes – you will pay just \$41 per month in additional tuition (depending on the length of your class). If this is the only class you are enrolled in at LMSD this season, the monthly fee is \$56/month. Classes run September through May (following our LMSD dance calendar).

For Junior Level and up, **REGISTER UNDER THE 2022-2023 Dance Season.**

We look forward to dancing together next season!

Please feel free to contact Lucy at:

lucillemurray@lucillemurraysstudioofdance.com

or 763-412-2691 with any questions.

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