

Class Descriptions

Ballet - A classical class which includes barre, center floor and across the floor exercises. Emphasis on technique and grace.

Creative Movement/Pre-Ballet - Explorations of movement through space, rhythms and songs. Enhance coordination and imagination. An introduction to basic ballet.

Fundamentals of Dance - Basic tap, jazz, ballet and tumbling movements.

Hip Hop - An expression of individuality that sends you in a direction without boundaries. Allows you to experiment with music and movement adding your own style with a twist of urban.

Low Impact Aerobics - Aerobic routines given to improve cardiovascular fitness. Work with light weights and toning exercises are included in the class. This is a total fitness program.

Modern Dance - Students will learn fundamentals of modern dance techniques such as Limón, Horton, Cunningham and Graham. Using some of the basic exercises from these techniques, students will gain strength, flexibility and fluidity of movement.

Pilates - A system of detailed exercises that utilize mind and body to strengthen "core muscles." This results in stronger, longer and more balanced muscles throughout the body. This course is taught by a certified Pilates instructor.

Stretch & Tone - All exercise is done to music. This class is designed to work all muscle groups. Resistance work with dynabands and weights included.

Tap - A rhythmic dance form that improves coordination. Technique, traditional steps and routines are given.

Tumbling & Gymnastics - Includes floor exercise, balance beam, parallel bars and mini trampoline.

Ballet Barre Workout - A stretch and warm-up followed by barre exercises designed to tone and sculpt the body. A great way to build up core strength.

2020 Holiday Closings/Important Dates

Spring Session Begins - Thursday, January 23rd
 Mid-Winter Recess – Saturday, Feb. 15th - Friday, Feb. 28th
 2nd Payment for Spring Session Due - Monday, April 1st
 Spring Recess – Thursday, April 9th - Friday, April 17th
 Memorial Day Weekend – Saturday, May 23rd & Monday, May 25th
 Spring Session Ends - Monday June 15th
 Recital – Sunday, June 21st (Rehearsal Dates/Times TBA)



dance & exercise studio
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Spring Fees (2020)

Fall Session: Monday, September 9th - Wednesday, January 22nd

Spring Session: Thursday, January 23rd - Monday, June 15th

Children's Sessions & Fees

Registration/Insurance Fee: \$30 per child or \$40 per family

Per-Semester Payment:

1 class per week	\$365.00
2 classes per week	\$690.00
3 classes per week	\$980.00
4 classes per week	\$1,250.00

Two-Payment Plan:

(2nd payment due: November 1st for Fall session and April 1st for Spring session)

1 class per week	\$190.00
2 classes per week	\$350.00
3 classes per week	\$495.00
4 classes per week	\$630.00

Two trial classes (applicable to tuition) \$42.00

Private Classes

1 hour	\$75.00
45 minutes	\$65.00
30 minutes	\$55.00

Late fee (more than 10 days late) \$10.00

Adult Exercise (Includes yoga, low impact aerobics, stretch & tone and pilates)

Single Class	\$19.00
Ten Class Card	\$170.00
Twenty Class Card	\$310.00

Both 10 and 20 class cards are valid for 11 weeks only

Adult Dance Classes and Adult Barre Workout

\$180.00

Tumbling or Dancing Birthday Parties

One hour and 30 minute party. All party bookings Saturday afternoon, Sunday morning or Sunday afternoon.

20 children	\$300.00
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\$10.00 per additional child

Ballroom Dance Packages for Special Occasions (weddings, sweet 16, bat mitzvah, bar mitzvah, etc.)

5 one-hour classes	\$350.00
10 one-hour classes	\$650.00

Recital & Observation Class

Observation class will take place the last week of the first semester during class time. A final recital will be performed Sunday, June 9th. Participation in the recital is strictly voluntary. The recital fees are approximately \$165-\$175. and includes a costume, 4 complimentary tickets and rehearsal fees. Students are expected to attend any and all rehearsals and dress rehearsals as it pertains to the recital.

Studio Policy

There will be a \$10 late fee applied to all late payments as well as a \$30 bounced check fee will be applied to any transactions where a check has been bounced. This policy is non-negotiable.

Spring 2020 Schedule:

Monday:

4:15pm-5:15pm	Ballet I	Ages 5-7
4:30pm-5:30pm	Hip Hop II	Ages 6-8
5:15pm-6:15pm	Ballet IV	Ages 9-11
5:30pm-6:30pm	Hip Hop III	Ages 9-11
6:45pm-7:45pm	Ballet Barre Workout	Adult
7:00pm-8:00pm	Hip Hop (Call for Registration)	Adult
8:00pm-9:00pm	Pilates	Adult

Tuesday

3:00pm-3:45pm	Tumbling & Gymnastics	Ages 3-4
4:00pm-4:45pm	Tumbling & Gymnastics	Ages 4-5
4:45pm-5:45pm	Tumbling & Gymnastics	Ages 6-8
4:45pm-5:45pm	Ballet Int.	Ages 11-13
5:45pm-7:00pm	Modern Dance Adv.	Ages 12-Teen
6:30pm-7:30pm	Low Impact Aerobics	Adult
7:00pm-8:00pm	Modern Dance Int.	Ages 10-14

Wednesday

10:30am-11:30am	Stretch & Tone (w/ weights)	Adult
3:45pm-4:30pm	Creative Movement/Pre-Ballet	Ages 3-4
4:15pm-5:15pm	Tap & Jazz I	Ages 5-7
4:30pm-5:15pm	Pre-Ballet	Ages 4-5
5:15pm-6:15pm	Tap & Jazz Int./Adv.	Ages 11-13
7:00pm-8:00pm	Ballet Int.	Adult

Thursday

4:00pm-5:00pm	Ballet II	Ages 6-8
5:00pm-6:15pm	Ballet Adv.	Ages 12-Teen
6:15pm-7:00pm	Pointe Beg.	Ages 12-Teen
7:30pm-8:30pm	Beginner Tap (Call for Registration)	Adult

Friday

10:30am-11:30am	Stretch & Tone (w/ Dyna-Bands)	Adult
11:45am-12:45pm	Advance Tap	Adult
4:00pm-5:00pm	Hip Hop Adv.	Ages 12-Teen
5:00pm-6:00pm	Hip Hop Int.	Ages 9-11

Saturday

9:00am-9:45am	Creative Movement/Pre-Ballet	Ages 3-4
9:15am-10:15am	Tap & Jazz I	Ages 5-7
9:45am-10:30am	Pre-Ballet	Ages 4-5
10:15am-11:15am	Tap & Jazz III	Ages 7-10
10:30am-11:30am	Ballet II	Ages 6-8
11:45am-1:00pm	Tap & Jazz Adv.	Ages 12-Teen
12:00pm-1:00pm	Ballet Int.	Ages 9-11
1:00pm-2:00pm	Ballet Int./Adv.	Ages 11-13
2:00pm-3:15pm	Ballet Adv.	Ages 12-Teen