

Class Descriptions

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

Ballet Intensive - This is a program offered in the Summer which runs for 6 weeks on Monday's, Wednesday's and Thursday's for Teens who have had at least two consecutive years of ballet training. A great opportunity for students who want to start (or have already started) doing pointe work, want to further their ballet training and who may be interested in attending a professional performing arts Middle School or High School in the future. This program offers Ballet, pointe (or pre-pointe) and contemporary.

Contemporary - Combines elements of several dance genres including modern, jazz, lyrical and classical ballet.

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

Dance Intensive - This is a program offered in the Summer which runs for 6 weeks on Monday's and Wednesday's for ages 8-11. Classes during this program include Ballet, Modern, Tap and Hip Hop. Excellent for students looking for a variety of dance or wanting to try new forms of dance. (Minimum 1 year dance experience required).

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.

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 & Gym - Includes warm up, floor work and fitness



dance & exercise studio

3590 Netherland Ave.
Bronx, NY 10463
Website: www.michelecompadance.com
Phone #: 718-549-9635
E-mail: compamichelle@yahoo.com



Michele Compa
dance & exercise studio

3590 Netherland Ave. Bronx, NY 10463 • 718.549.9635

Summer Fees (2021)

Summer Session: Monday, June 28th - Monday, August 9th

Registration/Insurance Fee (*new students*): \$35 per child or \$45 per family

Children & Teen Individual Class Fees

If your registering your child AND his/her sibling, the second child is half price!

1 class per week	\$135.00
2 classes per week	\$255.00

Summer Program Fees

Performing Arts Workshop (2days/week)	\$500
Dance Intensive (2 days/week)	\$500
Ballet Intensive (3 days/week)	\$800

Please see "Class Descriptions" for more information on the Summer Programs

Adult Exercise Classes (Includes stretch & tone and pilates)

Single Class	\$20.00
Ten Class Card	\$175.00
Twenty Class Card	\$320.00

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

Adult Dance Classes (*based on 6 week session*)

\$115.00

Private Classes

1 hour	\$80.00
45 minutes	\$70.00
30 minutes	\$60.00

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

Ballroom Dance Packages for Special Occasions and Private Lessons

(weddings, sweet 16, bat mitzvah, bar mitzvah, etc.)

5 one-hour classes	\$375.00
10 one-hour classes	\$700.00

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.

Summer 2021 Schedule

Monday:

3:00pm-3:45pm	Creative Movement/Pre-Ballet	Ages 3-4
4:00pm-5:00pm	Ballet I	Ages 5-7
4:00pm-6:00pm	Dance Intensive	Ages 8-11
5:15pm-6:15pm	Ballet Intermediate	Ages 9-12
6:15pm-8:15pm	Ballet Intensive	Ages 12-Teen
6:30pm-7:30pm	Beg. Ballet	Adult
8:00pm-9:00pm	Pilates (<i>online only</i>)	Adult

Tuesday

10:30am-12:15am	Performing Arts Workshop	Ages 3-5
3:45pm-4:30pm	Tumbling & Gym	Ages 3-5
4:45pm-5:45pm	Tumbling & Gym	Ages 6-8
6:00pm-7:00pm	Low Impact Aerobics	Adult

Wednesday

10:30am-11:30am	Stretch & Tone	Adult
4:00pm-4:45pm	Hip Hop	Ages 5-7
4:00pm-5:00pm	Adv. Tap	Teen
4:00pm-6:00pm	Dance Intensive	Ages 8-11
5:00pm-6:00pm	Hip Hop	Ages 8-11
5:00pm-7:30pm	Ballet Intensive	Ages 12-Teen
6:15pm-7:15pm	Hip Hop	Teen
6:30pm-7:30pm	Contemporary (Adv.)	Ages 12-Teen
6:30pm-7:30pm	Intermediate Ballet (<i>online only</i>)	Adult
7:30pm-8:30pm	Hip Hop	Adults

Thursday

10:30am-12:15am	Performing Arts Workshop	Ages 3-5
5:00pm-7:15pm	Ballet Intensive	Ages 12-Teen
7:30pm-8:30pm	Beginner Tap	Teen-Adult

Friday

10:30am-11:30am	Stretch & Tone (<i>Online & In-Person</i>)	Adult
11:45am-12:45pm	Advanced Tap	Adult

All Classes for Summer will be offered In-Person Online

All classes will be held on Zoom or in-person, you can choose! (Unless it specifies "online only" in which case, that particular class is only held on Zoom). Links will be sent our prior to the first week of classes.

Payment Options:

- By phone: 718-549-9635 (call and leave a voicemail)
- In-person call 718-549-9635 and make an appointment to come in.
- Google Pay: compamichele@gmail.com