

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.

2022 Holiday Closings/Important Dates
 Spring Session Begins — Monday, January 31st
 President's Week — Saturday, February 19th-Friday, February 25th
 2nd Payment for Spring Session Due - Friday, April 1st
 Easter/Passover Break — Friday, April 15th-Thursday April 21st
 Memorial Day — Monday, May 30th
 Spring Session Ends — Saturday, June 11th
 Recital - TBD

Michele



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dance & exercise studio

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Spring 2022 Dates and Fees

Spring Session: Monday, January 31st - Saturday, June 11th

Children's Fees:

Registration/Insurance Fee: \$35 per child or \$45 per family

Per-Semester Payment:

1 class per week	\$385.00
2 classes per week	\$735.00
3 classes per week	\$1,050.00
4 classes per week	\$1,335.00

Trial Class \$22.00 (can be deducted from tuition if registering)

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

Two-Payment Plan:

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

1 class per week	\$200.00
2 classes per week	\$375.00
3 classes per week	\$530.00
4 classes per week	\$675.00

Trial Class \$22.00 (can be deducted from tuition if registering)

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

Private Classes

1 hour	\$85.00
45 minutes	\$75.00
30 minutes	\$65.00

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

Group Private Rates or Ballroom Dance Package

\$400.00 - 5 one-hour classes

\$750.00 - 10 one-hour classes

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

Single Class	\$20.00
Ten Class Card	\$180.00
Twenty Class Card	\$330.00

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

Adult Dance Classes

\$190.00 - 10 classes

Spring 2022 Schedule:

Monday:

3:45pm-4:30pm	Pre-Ballet	Ages 4-5
4:30pm-5:30pm	Ballet II	Ages 6-8
6:00pm-7:15pm	Ballet Adv.	Teen
7:15pm-8:00pm	Pointe	Teen
8:00pm-9:00pm	Pilates (<i>Online Only</i>)	Adult

Tuesday

3:45pm-4:30pm	Tumbling & Gymnastics	Ages 3-4
4:30pm-5:30pm	Tumbling & Gymnastics	Ages 5-6
5:30pm-6:30pm	Tumbling & Gymnastics	Ages 7-9

Wednesday

10:30am-11:30am	Stretch & Tone (w/ weights)	Adult
6:30pm-7:30pm	Ballet Int. (<i>Online Only</i>)	Adult

Thursday

3:30pm-4:15pm	Creative Movement/Pre-Ballet	Ages 3-4
4:15pm-5:15pm	Ballet I	Ages 5-7
4:15pm-5:15pm	Tap & Jazz I	Ages 5-7
5:15pm-6:15pm	Tap Adv./Beg.	Adult
5:15pm-6:15pm	Ballet Int.	Ages 9-12
6:15pm-7:30pm	Modern/Contemporary Adv.	Teen
7:30pm-8:30pm	Beginner Ballet	Adult

Friday

10:30am-11:30am	Stretch & Tone (w/ Dyna-Bands)	Adult
11:45am-12:45pm	Adv. Tap	Adult
4:00pm-4:45pm	Hip Hop	Ages 6-8
4:15pm-5:00pm	Fundamentals of Dance	Ages 4-5
5:00pm-6:00pm	Hip Hop	Ages 9-11
6:00pm-7:00pm	Hip Hop	Ages 12-Teen
7:00pm-8:00pm	Hip Hop	Adult

Saturday

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

Recital & Observation Class

All information regarding the recital and observation classes are to be determined according to circumstances.

Studio Policy

1. There will be a \$10 late fee applied to all late payments as well as a \$40 bounced check fee will be applied to any transactions where a check has been bounced. This policy is non-negotiable.

2. The studio opens fifteen minutes before class begins.

3. Children must be accompanied by an adult in the waiting area at all times. The studio is not responsible for unattended children.

4. Children must be picked up on the studio premises promptly as the class is dismissed. The studio is not responsible for children asked to walk to cars or off the studio premises.

5. A maximum of two make-up classes per child, per semester are allowed. Make-up classes are at the studio's discretion and only if space permits. Make-up classes require an appointment.

6. No refunds. Classes must be taken within the semester. No credit issued towards future semester's.

7. Children are not allowed to attend class when tuition is more than ten days past due.

8. Guests are not permitted. Observers are only allowed on designated observation days.

9. The studio is not responsible for lost Adult class cards. If the student does not bring his/her class card, the class must be paid for individually.

Studio Regulations During Covid-19

1. All children under 12 and unvaccinated teens and adults must wear masks at all times. Further masking mandates for those vaccinated will be determined according to circumstance.

2. Anyone with a temperature 100 degrees or greater will not be admitted into the studio. Temperature checks and hand sanitizing will take place as you enter the building.

3. Anyone with any respiratory symptoms for any reason (cold, allergies, asthma, etc.) will not be admitted to class. It is impossible to discern whether the symptoms are due to Covid or not.

4. We will be conducting class online (via Zoom) and in person simultaneously. People who wish to stay online will register that way.

5. If the city mandates a shut down or if there is an outbreak of illness at the studio, classes will go online for the quarantine period. **There will be no refunds extended if that occurs.**

6. If things change and we are required to go back to 100% virtual learning, Michele Compa will not be issuing any refunds as all classes will continue online for the remainder of the semester.