

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.

Performance Arts Workshop - Classes include tap, ballet, tumbling, arts and crafts, music and singing.

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

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Summer Fees (2022)

Summer Session: Tuesday, July 5th - Monday, August 15th
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	\$140.00
2 classes per week	\$265.00
3 classes per week	\$380.00

Summer Program Fees

Performing Arts Workshop (2days/week)	\$525
Dance Intensive (2 days/week)	\$525
Ballet Intensive (3 days/week)	\$850

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	\$180.00
Twenty Class Card	\$330.00

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.

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 (call to find out how to pay via Google Pay)

Summer 2022 Schedule

Monday:

4:00pm-6:00pm	Dance Intensive	Ages 8-11
4:00pm-5:00pm	Ballet II	Ages 8-11
5:00pm-6:00pm	Modern/Contemporary	Ages 8-11
6:00pm-8:00pm	Ballet Intensive	Ages 12-Teen
6:00pm-7:15pm	Ballet Adv.	Ages 12-Teen
7:15pm-8:00pm	Pointe	Ages 12-Teen
8:00pm-9:00pm	Pilates (<i>online only</i>)	Adult

Tuesday

10:30am-12:15am	Performing Arts Workshop	Ages 3-6
3:45pm-4:30pm	Tumbling & Gym	Ages 3-5
4:30pm-5:30pm	Tumbling & Gym	Ages 6-8
5:30pm-6:30pm	Adv./Beg/ Tap	Adult

Wednesday

10:30am-11:30am	Stretch & Tone (<i>light weights</i>)	Adult
4:00pm-6:00pm	Dance Intensive	Ages 8-11
4:00pm-5:00pm	Hip Hop	Ages 5-7
4:00pm-5:00pm	Tap & Jazz	Ages 8-11
5:00pm-6:00pm	Hip Hop	Ages 8-11
5:00pm-6:00pm	Tap & Jazz I	Ages 5-7
6:00pm-7:00pm	Hip Hop	Ages 12-Teen
6:00pm-8:00pm	Ballet Intensive	Ages 12-Teen
6:00pm-7:15pm	Adv. Ballet	Ages 12-Teen
6:30pm-7:30pm	Ballet Int. (<i>online only</i>)	Adult
7:15pm-8:00pm	Pointe	Ages 12-Teen
7:00pm-8:00pm	Hip Hop	Adult

Thursday

10:30am-12:15am	Performing Arts Workshop	Ages 3-6
3:15pm-4:00pm	Creative Movement/Pre-Ballet	Ages 3-4
4:00pm-5:00pm	Ballet I	Ages 5-7
5:00pm-6:00pm	Ballet II	Ages 6-8
5:00pm-7:30pm	Ballet Intensive	Ages 12-Teen
5:00pm-6:15pm	Adv. Ballet	Ages 12-Teen
6:15pm-7:30pm	Contemporary	Ages 12-Teen
7:30pm-8:30pm	Beg. Ballet	Adult

Friday

10:30am-11:30am	Stretch & Tone (<i>dyna-bands</i>)	Adult
11:45am-12:45pm	Adv. Tap	Adult

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. Masks' are required in the studio at all times.

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 Compas will not be issuing any refunds as all classes will continue online for the remainder of the semester.