

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.
- 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.

2022-2023 Holiday Closings/Important Dates

- Fall Session Begins — Monday, September 12th
- Rosh Hashanah — Monday, September 26th - Tuesday, September 27th
- Yom Kippur — Wednesday, October 5th
- Indigenous Peoples' & Italian Heritage Day — Monday, October 10th
- 2nd Payment for Fall Session Due — Tuesday, November 1st
- Election Day — Tuesday, November 8th
- Thanksgiving Break — Thursday, Nov. 24th-Saturday, Nov. 26th
- Christmas/Hanukkah — Tuesday, Dec. 20th - Saturday, Dec. 31st
- Martin Luther King Jr. Day — Monday, January 16th
- Fall Session Ends — Saturday, January 28th
- Spring Session Begins — Monday, January 31st
- Winter Break — Saturday, February 18th - Friday, February 24th
- 2nd Payment for Spring Session Due - Saturday, April 1st
- Easter/Passover Break — Thursday, April 6th-Friday April 14th
- Memorial Day — Monday, May 29th
- Spring Session Ends — Saturday, June 10th
- Recital - June 2023 (date TBD)



dance & exercise studio
 3590 Netherland Ave.
 Bronx, NY 10463
www.michelecompadance.com
 (718) - 549 - 9635



3590 Netherland Ave. Bronx, NY 10463 • 718.549.9635

Fall 2023 Dates and Fees

Fall Session: Monday, September 12th — Saturday, January 28th

Spring Session: Monday, January 31st — Saturday, June 10th

Children's Fees:

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

Per-Semester Payment:

1 class per week	\$390.00
2 classes per week	\$750.00
3 classes per week	\$1,070.00
4 classes per week	\$1,360.00

Trial Class \$23.00 (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 semester and April 1st for Spring semester)

1 class per week	\$200.00
2 classes per week	\$380.00
3 classes per week	\$540.00
4 classes per week	\$685.00

Trial Class \$23.00 (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

\$195.00 - 10 classes

Fall 2023 Schedule:

Monday:

2:30pm-3:30pm	Adv./Beg. Tap	Adult
4:00pm-5:00pm	Ballet I	Ages 5-7
5:00pm-5:45pm	Creative Movement/Pre-Ballet	Ages 3-4
5:45pm-6:45pm	Intermediate Ballet	Ages 10-12
7:00pm-8:00pm	Ballet	Adult
8:00pm-9:00pm	Pilates (<i>Online Only</i>)	Adult

Tuesday

3:15pm-4:00pm	Creative Movement/Pre-Ballet	Ages 3-4
3:30pm-4:15pm	Tumbling & Gymnastics	Ages 3-4
4:15pm-5:15pm	Tumbling & Gymnastics	Ages 5-6
4:00pm-5:00pm	Beginner Modern/Contemporary	Ages 9-12
5:15pm-6:15pm	Tumbling & Gymnastics	Ages 7-9
5:30pm-6:45pm	Advance Ballet	Teen
6:45pm-7:30pm	Pointe	Teen
7:30pm-8:45pm	Advanced Modern/Contemporary	Teen

Wednesday

10:30am-11:30am	Stretch & Tone (w/ weights)	Adult
4:00pm-4:45pm	Fundamentals of Dance	Ages 4-5

Thursday

3:45pm-4:30pm	Pre-Ballet	Ages 4-5
4:30pm-5:30pm	Ballet II	Ages 6-8
5:30pm-6:30pm	Ballet III	Ages 7-9

Friday

10:30am-11:30am	Stretch & Tone (w/ Dyna-Bands)	Adult
11:45am-12:45pm	Adv. Tap	Adult
3:45pm-4:30pm	Hip Hop I	Ages 5-7
4:00pm-5:00pm	Tap & Jazz I	Ages 5-7
4:30pm-5:30pm	Hip Hop II	Ages 7-9
5:30pm-6:30pm	Hip Hop III	Ages 10-12
6:30pm-7:30pm	Hip Hop	Teen
7:30pm-8:30pm	Hip Hop	Adult

Saturday

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

10. All classes (including trial classes must be paid in advanced.

Studio Regulations During Covid-19

1. All students must remain masked at all times in the studio.

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. 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.**

5. 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.