

Class Descriptions

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

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.

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.

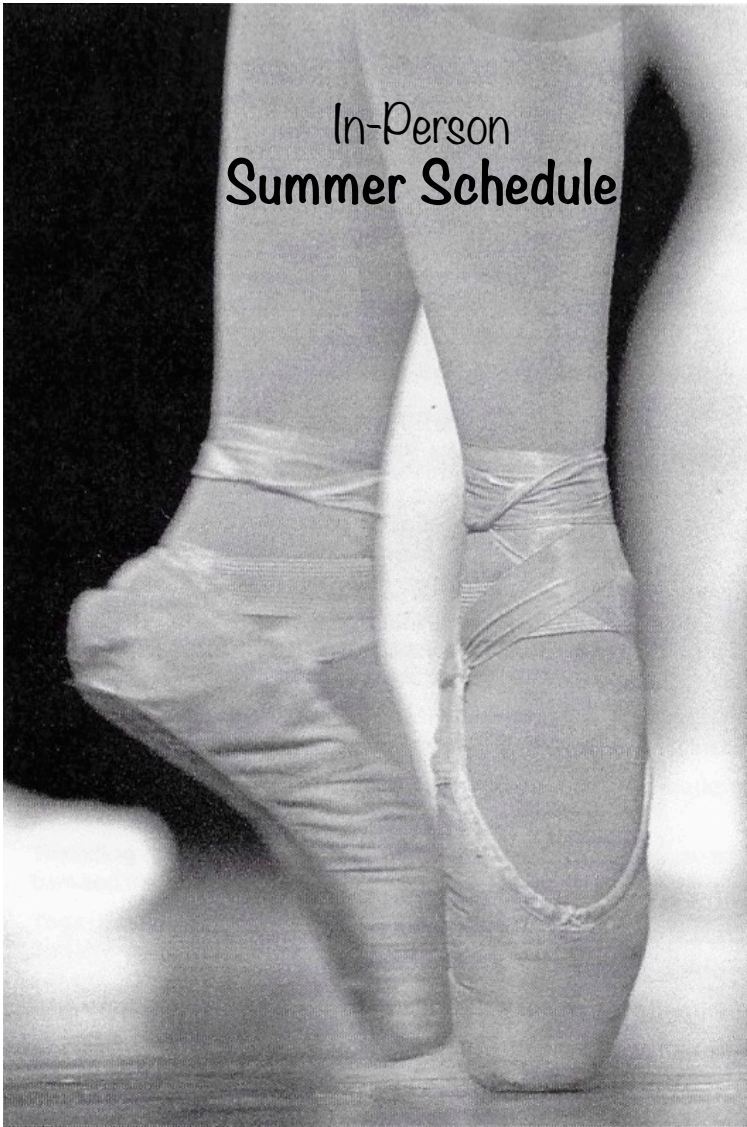
Tap - A rhythmic dance form that improves coordination. Technique, traditional steps and routines are given.

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: compamichele@yahoo.com



3590 Netherland Ave. Bronx, NY 10463 • 718.549.9635

Summer Fees (2023)

Summer Session: Wednesday, July 5th - Tuesday, August 15th
 Registration/Insurance Fee (*new students*): \$35 per child or \$45 per family

Children & Teen Individual Class Fees

1 class per week	\$150.00
2 classes per week	\$285.00
3 classes per week	\$415.00
4 classes per week	\$530.00

Summer Program Fees

Performing Arts Workshop (2days/week)	\$530
Dance Intensive (2 days/week)	\$530
Ballet Intensive (2 days/week)	\$600

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

Adult Exercise Classes (Includes stretch & tone and pilates)

Single Class	\$23.00
Ten Class Card	\$185.00
Twenty Class Card	\$340.00

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

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

\$120.00

Private Classes

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

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	\$400.00
10 one-hour classes	\$750.00

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 2023 Schedule

Monday:

2:30pm-3:30pm
 4:00pm-6:00pm

Adv. Beg. Tap
 Dance Intensive
(2yr dance experience min.)

Adult
 Ages 9-12

4:00pm-5:00pm
 5:00pm-6:00pm
 6:30pm-7:45pm
 7:45pm-8:30pm
 6:30pm-8:30pm
 8:00pm-9:00pm

Int. Ballet
 Adv./Beg. Modern
 Adv. Ballet
 Pointe
 Ballet Intensive
 Pilates (*online only*)

Ages 9-12
 Ages 9-12
 Teen
 Teen
 Adult

Tuesday

10:30am-12:15am
 4:00pm-4:45pm
 4:30pm-5:15pm
 4:45pm-5:45pm
 6:15pm-7:15pm

Performing Arts Workshop
 Tumbling & Gym
 Pre-Ballet
 Tumbling & Gym
 Ballet

Ages 3-6
 Ages 3-4
 Ages 4-5
 Ages 5-7
 Adult

Wednesday

10:30am-11:30am
 4:00pm-5:00pm
 5:00pm-5:45pm
 6:15pm-7:30pm
 7:30pm-8:45pm
 6:15pm-8:45pm

Stretch & Tone (*light weights*)
 Ballet I
 Pre-Ballet
 Adv. Modern/Contemporary
 Adv. Ballet
 Ballet Intensive

Adult
 Ages 5-6
 Ages 3-4
 Teen
 Teen

Thursday

10:30am-12:15am
 4:00pm-6:00pm
 4:00pm-5:00pm
 4:15pm-5:00pm
 5:00pm-6:00pm
 6:00pm-7:00pm
 7:00pm-8:00pm

Performing Arts Workshop
 Dance Intensive
(2yr dance experience min.)
 Tap & Jazz Int.
 Hip Hop
 Hip Hop
 Hip Hop
 Hip Hop

Ages 3-6
 Ages 9-12
 Ages 9-12
 Ages 5-6
 Ages 10-12
 Ages 7-9
 Teen/Adult

Friday

10:30am-11:30am
 11:45am-12:45pm

Stretch & Tone (*dyna-bands*)
 Adv. Tap

Adult
 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.

Summer Program Descriptions

Performance Arts Workshop - Classes include tap, ballet, tumbling, arts and crafts, music and singing. The program is for children ages 3-6. It runs two days a week on Tuesday and Thursday mornings.

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 2 years dance experience required).

Ballet Intensive - This is a program offered in the Summer which runs for 6 weeks on Monday'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.