

September, 2022

Dear Studio Families,

We are so excited to welcome you back for another season.

The addition of “Foundations of Dance” and the decision to make it a base level requirement is one that came with multiple years of thought and preparation.

In the past we offered a strength and conditioning class to help elevate our dancer's training and for our performance group we have always held a requirement that our dancers take ballet. Over the years and as the dance world continues to evolve we've come to believe that every dancer who moves through our program should be training in a "technique only" class. A class that doesn't have the goal of performance but one that allows them to train and focus on the building blocks of being a well informed dancer. The class will move through different levels depending on each dancer's experience but as a general description the focus is on building a solid foundation of strength, mobility, flexibility and a solid foundation in posture and alignment. Each class will be geared towards helping each individual student progress at their own pace and provide them the opportunity to apply concepts that they may touch upon in other styles. This is a strong effort to elevate the level of every dancer who trains at The Studio and to do so without leaving anyone behind.

(If a dancer chooses to only take Breakdance or Tap, then they will not need to take Foundations of Dance. If a dancer wishes to take any other style, this class will be a requirement.)

We understand that this is an added commitment to your dancer's time at The Studio. We hope that you will find the added value in our programming. We believe we will see tremendous growth from our students with this as an addition.