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| --- | --- | --- | --- |
| **MONDAY****Door open at 3:45** | **Tuesday****Doors open at 3:15** | **Wednesday****Doors open at 7:30** | **Thursday****Doors open at 3:15** |
| **STUDIO** | **GYM** | **STUDIO** | **GYM** | **STUDIO** | **GYM** | **STUDIO** | **GYM** |
|  |  |  |  |  |  |  |  |
| 4-4:30**Cheer Minis**(ages 4-7)MM | 4-4:45**Beg. Cheer**(ages 7-9)KW |  | 3:30-4:00**Toddler**(ages 3-4)SR/KW |  |  | 3:30-4:00**Dance Basics I**(ages 3-5)MM |  |
| 4:30-5:00**BOYS HIPHOP**(ages 5+)MM | 4:45-5:30**Inter. Cheer**(placement)KW | 4:00-4:45**Dance Basics II**(ages 5-7)MM | 4:00-4:45**Beg/Inter Gym**(ages 5+)SR |  |  | 4:00-5:00**T/B II**(ages 9+)MM | 4:00-5:10**Pre-Team**(placement)SR |
| 5-5:30**BOYS HIPHOP II**(ages 10+)MM |  | 4:45-5:30**Dance Basics III**(ages 7-9)MM | 4:45-5:55**Pre-Team Gym**(placement)SR |  |  | 5:00-5:30**Jazz-Hop III**(ages 10+)MM | 5:10-5:55**Beginner/Inter**(ages 5+)SR |
| 5:30-6:00**Inter Clogging**(ages 10+, requirements)MM |  | 5:30-6:30**T/B I**(ages 8-11)MM | 5:55-7:45**Level I-II Team**(Placement, must take THURSDAYS)SR |  |  | 5:30-6:15**Inter. Ballet**(placement, ages 9+)MM | 5:55-7:45**Level I/II Team**(Placement, must take Tuesdays)SR |
| 6:00-6:30**Jazz-Hop I**(ages 7+)KW | 6:00-6:45**Adv. Cheer**(Placement)MM | 6:30-7:00**Jazz-Hop II**(ages 8+)KW | 5:55-8:15**Level III+ Team**(Placement, must take Thursdays)SR |  |  | 6:15-6:45**Inter. Tap**(placement, ages 9+)MM | 5:55-7:45**Level III+**(Placement, must take Tuesdays)SR |
| 6:45-7:15**Inter Jazz**(placement, ages 12+)MM/KW |  | **TEACHERS:**MM-Meghan MuellerSR- Sheena ReynoldsKW- Kaci WallaceRB- Rachel Biba |  |  |  | 6:45-7:45**Comp Team I**(Try-outs 33+)MM |  |
| 7:15-7:45**Inter. Tap**(placement, ages 12+)MM |  |  |  | 7:45-8:45**Comp. Team II**(Try-outs: 38+ score)*MM* |  | 7:45-8:30**Adv. Ballet**(placement)MM/RB |  |
| 7:45-8:15**Adv. Tap**(placement)MM |  |  |  |  |  | 8:30-9:15**Pre-Pointe**(Requirements)MM |  |
| 8:15-9:00**Adv. Jazz**(placement)MM |  |  |  |  |  |  |  |
| 9-9:30**Adv. Clogging**(Requirements)MM |  |  |  |  |  |  |  |

**Shine Power Studio and Gym 2019-20 Schedule**

**We have circled the classes that an instructor has approved for your 2019-20 schedule. Current students have first dibs on spots until April 22nd. Register immediately to guarantee we do not fill up in your desired class. We will now be taking ALL registrations online via our new parent portals. Please go to shinepowerstudio.com and click “Fall Registration” to register for your fall classes. If you would like to add/change a class, please contact Meghan for assistance.** **Shinepowerstudio@OUTLOOK.COM****.**

**\*If you have the option, the first log in will be easier on a desktop.**

**CLASS DESCRIPTIONS & REQUIREMENTS**

**Intermediate VS. Advanced Clogging-** Intermediate is for ***new*** clogging students. This class will only be offered if at least 6 students are enrolled. If we reach August and not enough kids have shown interest, it will be dropped from the schedule and your deposit will be returned. Students must have at least 1 year of tap experience and be at least 9 years old. Advanced students must have at least 1 year of clogging experience, must be at least 12 years old and must have been enrolled in regular tap classes for at least 4 years.

**Cheer Minis:** Cheer minis is for ages 4+. This year, cheer minis will take place in the dance studio (with mats). After working in the studio, most classes will end with some gym time, where students can utilize the pit and tumble tramp.

**Advanced VS. Intermediate Cheer requirements:** Advanced students must be at least 12 years old and able to perform back walkovers, front walkovers, cartwheels & roundoffs self-sufficiently. Current adv. students are allowed to stay in this class; however, new students, will be required to have back-handsprings and high jump executions as well. Students are encouraged to take a recreational gymnastics class if they want to be in advanced cheer eventually or if they want to continue to better their skills. Our intermediate level will remain for placemen- based students with decent tumbling skills and great basing/flying strength but who do not necessarily have their high-level tumbling skills mastered.

**Competitive Dance Teams I & II-** Students must take part in a try-out, judged process for these classes- Placement IS NOT easily given! In order to try-out students must be at least 10 years of age or specifically invited by an instructor. They must also be enrolled in a jazz or ballet class for the 2018 year. If you are interested, please grab a skill requirement guide from the studio or view them on our website. Also, make sure you have registered for at least one summer session and emailed Miss Meghan for the tryout date. These classes are run with extremely high expectations and are offered for dancers who want to take their skills to the next level and who put dance before all other athletics & activities. A deposit is not necessary for these classes.

**Pre-pointe**- student must have 6+ consecutive years of ballet experience, must be at least 13 years old and MUST be enrolled in intermediate ballet. Pointe can be very dangerous due to the amount of stress that is placed upon toes and ankles- any student whose feet are not done growing or any student who has issues with knees or ankles should not enroll in this class. Injury can occur easily!

**This class cannot be requested**. Being placed in this class is a reward for hard work and dedication. Also, being enrolled in this class does not mean that you will perform en pointe for recital. If you are unable to hold releve or perform the necessary ballet steps, you will perform in flat shoes for recital. Please, understand if I hold a child back from enrolling in this class, even after age 13.

**Toddler Gymnastics (girls & boys, 3 & 4 year olds)-** Our Toddler class invites all active youngsters who are new to organized gymnastics class to join us for a fun, supportive & explorative experience.  Learn basic stretches, jumps, rolls, swings & more. We will help your child learn what his or her body can do!

**Beginner & Intermediate Gymnastics (girls & boys, ages 4 & 5+)-** Gymnasts will learn fundamentals on vault, bars, beam & floor.  This class invites all 5+ year olds who are new to gymnastics and experienced 4 year olds to learn forward & backward rolls, handstands, cartwheels, bridges, balancing skills & basics on beam, swinging & pullovers on bars, vaulting mechanics, and other fun skills.

**Pre-Team Gymnastics-** This class is a stepping stone from Beginner/Intermediate to Team Gymnastics, but is not a required class when advancing.  This class invites future Team Gymnasts who have advanced from the Beginner/Intermediate level to continue improving and learning skills needed for success on our competitive team. We will reinforce previous skills, work to improve strength and flexibility, and learn new & more difficult skills like round offs, back walkovers, handstands & dismounts on beam, hip circles & dismounts on bars, vaulting skills & much more.

If a Pre-Team gymnast would like to take two classes per week they may combine this class with a Beginner/Intermediate class OR they may combine this class with a Team class (coach placement only).

**Team Gymnastics-** Placement on team is by coach selection.  We intermix our levels with the belief that seeing is believing and provides the best encouragement to work hard.  Our lower level gymnasts get to see what they are working towards by watching our upper level gymnasts. All of our gymnasts are held to the same high standards of excellence.  No matter what skill they are working, they know we are expecting them to work hard and keep a positive attitude. SPSG Gymnasts will begin competing in the AAU Compulsory & Optional Program during the 2018-2019 season.

*Requirements of ALL Team Gymnasts:*

* Register and attend a minimum of two Team classes per week
* Register and compete in a minimum of two Gymnastics Meets during the 2018-2019 season
* Register for a yearly AAU & Gym Membership that runs from September 1 to August 31.  Cost is $40 per gymnast. Membership is required to participate in AAU Sanction practices & meets.
* Purchase the team leotard which must be maintained in pristine condition
	+ Short sleeve SPSG Leotard ($52 when purchased as a group order, $62 as a single order)
	+ In the future, the team leotard will have long sleeves (not during the 2019-2020 season)
	+ Pay all applicable meet fees
	+ Once signed up for a meet, gymnasts are responsible for payment even if no longer able to attend.  Meet fees range $45-$100 per gymnast per meet

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**SHINE POWER STUDIO & GYM HANDBOOK**

\*All 30 minute and 45 minute classes- one routine for the spring recital.

\*All 1 hour classes- 2 routines for the spring recital. \*Tumbling/Gymnastics classes **do not** have a routine for recital.

**GENERAL CLASS INFORMATION**

* **EDIT: We do not plan to use the family folders much this year. All newsletters, bills and forms will be sent via email with your new parent portals. Extra hard copies of newsletters will be displayed on the blackboard and front desk. To keep up to date with your payments and class info, please view your portal and emails frequently.**
* Please expect Thanksgiving, Christmas, New Year, and Spring breaks. Dates posted inside studio, on calendars and will be emailed through your parent portal account.

**DANCE & CHEER CLASS PLACEMENT**

* At SPSG student placement from 3+ to 4th grade is done primarily by age level.  Each child can expect to stay in the same level for 2-3 years. Placement after 4th grade is by attainment for their desired classes. All placements are strictly at the discretion of the instructors and directors, not by parent request.  The teacher will inform families at the end of each year as to when they are ready to promote to the next level. Number of years of dance experience does not guarantee placement at a certain level.  Every child learns differently- the instructors take several factors into consideration when advancing students. Parents should encourage their child to focus on their own growth and to always trust in their teacher’s opinions.

**TUITION & FEES**

* To hold your child’s spot in a specific class, you must create a parent portal and register at shinepowerstudio.com. Once you are registered you need to pay your $25 deposit/class. These are non-refundable and non-transferable between classes/students. They will be subtracted from 1st quarter tuition ONLY on the class they were applied too.
* Dance/Cheer classes run on yearly basis. Tuition is due quarterly- the first week of September, November, January & March.
* Gymnastics/Tumbling classes are run on a quarterly basis (meaning: students can drop/join classes every two months, depending on availability). Quarters begin & tuition is due the first week of September, November, January & March. Students can change levels between quarters with teacher approval. To drop after a quarter, please notify us in advance.
* Please write tuition due dates on your calendar. We expect tuition to be paid promptly the first of the quarter.

You can also sign into your parent portal at any time to check and pay your balance. If a balance is 60+ days overdue, we will automatically charge the card on file.

**First-Third Customer Offense**: After 30 days, $5 is added per month on overdue tuition. *Any student who goes 2 or more months without paying tuition is subject to a $25 additional fee and class removal.*

**Fourth Customer Offense:** Class removal after 30 days plus subject to above late fees.

* Costume fee bills will be posted January 1st. Costumes will cost no more than $68 per outfit.
* **Costume bills MUST be paid by Feb. 1st. Any unpaid costume fee not paid by Feb. 1 will be charged an additional $5/ per costume/ per month.**
* Any cheer student who helps with the concession stand during our Spring Recital will have their cheer costume fee voided the following year. All new students and students who chose not to help with concession will be charged a $30 rental fee for their costume. Cheer costumes are rented out and a rental waiver must be signed. They need to be returned, in good/clean condition by the Friday after recital. Any costume returned late will be charged $25 per month until returned.
* Any student that drops a **dance/cheer** class after November 1st will still be charged and expected to pay for costume fees.
* All returned checks will be charged an additional $25. Tuition must be paid in cash after 2nd offense.

**Discounts & Packages:**

**$5 off for every additional dance/cheer/gymnastics class! Applying to siblings. 5th child in family- FREE!**

**$50 off for every 10 hours of classes a family takes.**

**$450/quarter for unlimited dance and gymnastics (per student). $275/quarter for unlimited dance and cheer classes (per student)**

**Unlimited Packages are offered PER STUDENT, NOT PER FAMILY. \*Extra Competitive Dance/Gym Team fees not included**

**PRIVATE LESSONS**

Parents may request a private lesson for their child at any point during the year. These can paid and set up directly with your coach/instructor. Please contact your instructor/coach for available time slots.

**Prices**: Dance/Cheer: $15 for 30 minutes or $25 for an hour Gymnastics: $25 for 30 minutes or $35 for one hour

Please add $10 for additional students during private.

**Competition Dance Team**

* Season 2019-20 Tryouts: August 1st. 4:30-7:00pm. Students MUST have enrolled in at least one summer intensive session. If you are interested, you should view the competition handbook on the website or email Meghan for a copy. We have several requirements to attend the tryout. By emailing Meghan by **June 1st**, you can guarantee an email with the tryout date once it is set…feel free to ask your instructor if you are unsure if your child is ready.

**Competitive Gymnasts**

*Requirements of ALL Team Gymnasts:*

* Register and attend a minimum of two Team classes per week
* Register and compete in a minimum of two Gymnastics Meets during the 2018-2019 season
* Register for a yearly AAU & Gym Membership that runs from September 1 to August 31.  Cost is $40 per gymnast. Membership is required to participate in AAU Sanction practices & meets.
* Purchase the team leotard which must be maintained in pristine condition
	+ Short sleeve SPSG Leotard ($52 when purchased as a group order, $62 as a single order)
	+ In the future, the team leotard will have long sleeves (not during the 2019-2020 season)
	+ Pay all applicable meet fees
	+ Once signed up for a meet, gymnasts are responsible for payment even if no longer able to attend.  Meet fees range $45-$100 per gymnast per meet

**HANDBOOK & LIABILITY FORMS**

* **SPSG Handbook and Liability Form:** When your register online with your portal, you are automatically agreeing to ALL our terms and regulations. Signatures are required on your portal and will be in effect throughout your entirety at SPSG. First quarter tuition must be paid before child can begin classes. If we have any unfinished paperwork or unpaid fees, we will ask your child to sit out and watch during classes until everything is turned in.

**GENERAL Studio/Gym Rules**

* Hair **MUST BE** pulled back.
* No blue-jeans, dangly earrings, stomach/facial piercings, or necklaces worn in class
* No gum or eating candy during class times
* No running or tumbling without teacher’s permission
* No entering the dance studio/gym without teacher permission
* The instructor is responsible for children only during class times. An adult must accompany children before and after classes. Classes often run back to back, thus the teacher cannot monitor children.
* Our waiting room is for watching & waiting ONLY. Please make sure that if you are bringing food, playing with toys, looking at magazine etc. that you are cleaning up after yourself.
* Do not run in waiting room or carry on loud conversations- It is very distracting to our students to have loud conversations and noises taking place within the viewing area.
* Nobody should be within the kitchen, office or behind the front desk AT ANY TIME. These areas are for “employees only.” If you are caught within these limits and we find any items to be missing, you will be liable.
* Students should use the bathroom before class begins.
* The studio opens 15 minutes before first class. If you bring your child early, please keep them in the waiting room, with you. Your instructors are often prepping for classes beforehand, do not send your child into the studio or gym until instructed by the teacher.
* Please use the drinking fountain to drink water. DO NOT wash hands, play, or stick gum in the fountain.
* All dance shoes & water bottles should be kept in the waiting room. Gymnasts and cheer students may bring items into the gym with them and keep near cubbies/wall.
* Parents MUST watch from the watch windows. It is distracting to have parents in the gym and studio during classes. This is not allowed.

\*Note- If a student fails to follow the rules or is misbehaving, I will ask them to sit out and take notes during classes or give them a conditioning list to work on. The instructor has the right to call a parent if they become a distraction to the class multiple classes in a row. In this case, the child will be asked to withdraw from the course.

**DRESS CODE**

* **Footwear-** Students must wear the required footwear for each class, meet, and recital.

**Tap-** Black Tap shoes

**Ballet-** Pink ballet shoes

**Jazz-** Black Jazz Shoes

**Tumbling/Gymnastics-** Barefoot

**Cheerleading-** Tennis Shoes (will need plain white for recital (can have purple or teal logos on side if desired)

**Boys HipHop-** Tennis shoes. MAKE SURE THEY WERE NOT WORN OUTSIDE BEFORE ENTERING CLASS.

**\*No STREET shoes should be worn in gym or studio at any time!**

* **Body wear-** Students are expected to dress properly for classes. The following dancewear is REQUIRED!

**Ballet-** All ballet and tumbling students **must** wear leotards to class. Ballet students also **need** to wear tights or leggings and are given the option of wearing shorter shorts or ballet skirts.

**Cheer-** Chest must be covered. Wear a leotard or bralette with tanks, t-shirts and shorter shorts overtop for class. NO BAGGY CLOTHING!

**Jazz Hop, Boys Hip-hop, and Tap-** Students can wear comfortable clothing.

**Gymnasts/Tumblers-** Leotards must be worn. No shorts or shirts. Hair tied up in clean, tight bun

**All boy gymnasts:** shorts and fitted t-shirts.

**\*\*For safety purposes: ALL dance, cheer & gymnastics students must have hair pulled back and will not be allowed to participate in blue jeans, skirts, or dresses.**

**SNOW DAYS & CANCELATIONS**

* Please listen to WRCO radio or check our Facebook page prior to classes for cancellations. **We try and coordinate with Boscobel Schools; however, we will not always be closed if the schools are closed.** **We will never penalize a student if they miss class due to weather related driving conditions. Parent discretion is always encouraged.**
* 3 class cancelations are built into our schedule. If we use up more than 3, a makeup class will be scheduled (normally during spring break).

**SPRING RECITAL**

* Spring Recital will take place: April/early May (exact date TBA).
* A Friday or Saturday in April or March will be set aside for recital pictures & individual gymnasts (optional). I will send out more information on pictures, ticket sales and costumes after January 1st.
* The Wednesday or Thursday before recital, will be a **REQUIRED,** rehearsal for all solos, duets, trios and all intermediate and advanced classes at the auditorium. There will also be a **REQUIRED dressed** rehearsal Friday for **ALL** students at the at the auditorium. Friday’s rehearsal will start promptly at 4:00 pm so please plan rides accordingly. Any student who misses or is late for rehearsals **CANNOT** perform in the recital.
* Any student who misses 5 or more classes after February will not be able to perform in recital because they will be unprepared for their performance. \*Multiple, private, make-up lessons will not help against absences- they need to be working with their class/ in their class to understand formations/ripples/tricks etc.

**SOLOS, DUETS & TRIOS**

* As my gift to graduating seniors- seniors will have the opportunity to pick a song **and choreograph their own senior** solo for recital. Please, let me know the song prior to choreographing.
* We DO NOT offer out solos each year; however, if our show number is below 30 then solos, duets & trios are an option. If you are interested in having one of these for the 2020 Spring Recital, you must turn in a request form (found on our website) by September 13th, 2020. Students who put in a request will be placed in a ***drawing*** for spots. The first 2-5 students drawn will be given two weeks to pay the fee, in full, in order to guarantee their place in recital.
* Once the fee is paid, the student is obligated to practice with their instructor up to 5-10 times. Most lessons will be scheduled on Sundays or Tuesdays. If you are unable to make these days/times work then you will be unable to perform in recital. You must be willing to work into the instructor’s open time slots and you must understand that any lesson cancelled less than 24-hours in advance will be charged accordingly.
* **To qualify** for a solo/duet/trio, ALL students must be enrolled in at least one regular dance class and they will need to have at least three years of dance experience. As a reward for their hard work and dedication, I will add the students name into the drawing an extra time for each dance/cheer/tumbling workshop they participate in during that year.

Recital Solos: $350

Recital Duets: $450

Recital Trios: $550

Recital Senior Solos: FREE

**OPEN GYMS**

* Open gyms will be offered throughout the year. Schedules for open gyms will be updated monthly.
* Open gyms are a time when students can come and use the gymnastics equipment and work their routines. An instructor will also be there for supervision ONLY. Because students are not being spotted or guided, they should make sure to work only on skills they are being taught in class.
* No parent supervision needed.
* Regular class rules apply: 1 person on trampoline at a time. No more than 3 jumping into the pit at a time. Equipment should be used for their intended purpose. No student/parental training.

Cost: $5/ per open gym for enrolled students $7 for non-SPSG students

OR purchase a punch card (no refunds available)

$45 for 10 sessions $63- non-SPSG students

**NON STUDENTS MUST BRING A SIGNED WAIVER!**

**For any questions or concerns please contact Miss Meghan or review our handbook, handouts, and website for immediate answers. Business related questions will not be answered on the weekends. I appreciate everyone’s understanding and I will always return calls/emails as soon as possible on Monday.**

**Website**: [shinepowerstudio.com](https://sites.google.com/site/shinepowerstudio/home) **Phone:** 608-485-2589 **Email:** shinepowerstudio@outlook.com **Coach Sheena:** **SPSG\_Sheena@outlook.com** **Mailing Address:** 407 Lak5e Street. Boscobel, WI 53805 **Studio Address: 404 Johnson St. Boscobel, WI. 561230**

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