



Be Part of Our Story!

Registration opens July 8 for new students

**HMD**

HEARTS IN MOTION DANCE ♥

**2023-24 Programming Guide**

# WELCOME TO SEASON 14!

Welcome to a brand new season of classes at Hearts in Motion! We are thrilled to have you join us on this exciting journey filled with creativity, growth, and beautiful movements. Whether you are a returning dancer or a newcomer to our studio, we extend our warmest greetings and open arms to each and every one of you. As we embark on this new season, we want you to know that this is a space where your dancers can express themselves freely, explore their artistic abilities, and push the boundaries of their own potential. Our team of dedicated instructors is committed to providing you with a nurturing and inspiring environment that fosters both technical proficiency and personal development.

Throughout this season, we will focus not only on technical training but also on fostering creativity, building self-confidence, and promoting teamwork. Dance offers numerous benefits, including physical fitness, discipline, and a sense of accomplishment. Our goal is to cultivate these qualities in your children while creating a space that encourages their artistic expression and celebrates their unique talents.

Here at HMD, you will be part of a vibrant community of fellow dance families who support each other in any way they can as well as dancers who all share a passion for this wonderful art form. As we begin this new season, we want to thank you for choosing to be part of this community. We are honored to be a part of your dancer's journey and look forward to witnessing the magic that unfolds within these studio walls.

Get ready for a wonderful season that allows your dancer to embrace the challenges, the fun, the unique experiences and most importantly themselves!

This program guide contains policies, procedures, important dates and our dance class schedule for the 2023-2024 season!

Registration opens July 8 for new students (July 6 for current students) and classes begin on the 11th of September!



Miss Ali has been running Hearts in Motion since 2010. She is committed to creating a safe and magical space for dancers, families and teachers where they can all share their passion for dance! She is looking forward to a fabulous 14th season!

## HMD Staff are YPAD trained

- ★ *Background checked & CPR certified teachers*
- ★ *Teacher Training & Proven Curriculum*
- ★ *Safer Studio Policies*
- ★ *Focus on safety & wellness for students*
- ★ *Secured facilities*
- ★ *Professional sprung floors*
- ★ *Social Media safety practices*

## What Is More Than Just Great Dancing® (MTJGD)?

- ★ MTJGD is a licensed affiliation of dance studios that subscribe to a higher standard of dance instruction and management principles.
- ★ As part of a dynamic network of nearly 300 dance studios, and 100,000 students worldwide, MTJGD transforms staff development and provides leadership training, quality programs and curricula to its affiliate studios.
- ★ But, MTJGD is a commitment to providing **MORE** than excellent dance instruction. MTJGD dancers go beyond technique to develop important life skills, learning to be respectful, confident and conscientious young people who share their gifts and talents with the community.
- ★ MTJGD studios are diverse in their specialties, but **united in their belief in the power of dance to change lives!**

**We are proud to be a  
More Than Just Great Dancing®  
affiliated studio!**



# PRESCHOOL PROGRAM

These building block classes for ages 2-5 will create a strong foundation in dance as well as an imaginative journey through their own creativity! Must be age as of September 15 (no exceptions).

## AGES 2-3

Twirlin' Tots is for those dancers who are ready for an independent class while Magical Movers is for those who might still need mom or dad.

### Monday

Magical Movers 3:45-4:15

### Tuesdays

Magical Movers 9:45-10:15 am

Twirlin' Tots 10:20-10:55 am

### Wednesdays

Twirlin' Tots 3:45-4:15

### Thursdays

Twirlin' Tots 9:45-10:15 am

**Dress Code** - anything comfortable to move in and bare feet. Dancers are welcome to wear leotard/tights and ballet shoes but it is not required.

## HOLIDAY FUN!

All Pre-K dancers will participate in our Winter 2023 Showcase.

**REGISTER**

## AGES 3-4

Must be fully potty trained and ready to take class independently!

### Fairytale Ballet

#### *A magical intro to ballet (ages 3-4)*

Monday 5:00-5:40

Tuesday 4:15-4:55

Thursday 10:20-11:00 am

Thursday 4:20-5:00

### Dress Code

leotard, tights, pink ballet shoes without ties, tutu or skirt welcome, hair pulled out of face

### Hippity Hop

#### *An upbeat intro to hip-hop for ages 3-5*

Tuesday 9:40-10:20 am

Wednesday 4:20-5:00

### Dress Code

leotard or biketard, leggings or shorts and a shirt or tank top, black sneakers, hair pulled away from face

## Spring Recital

Spring Recital is May 18, 2024 at GR Christian HS. Times are yet to be determined, but dancers in our pre-k program will be assigned to show B. Please keep this in mind when thinking ahead to siblings and tickets for shows as you will need tickets for all shows you attend.

## AGES 4-5

The next step in the building blocks of dance! Ideal for dancers in young 5's or their last year of Pre-K.

### Petite Ballet

#### *The next ballet stepping stone (ages 4-5)*

Monday 4:15-4:55

Tuesday 4:15-4:55

Thursday 5:05-5:45

### Little Starz

#### *A Jazz/Tap combo class that teaches rhythm and beginning jazz and tap (4-5).*

Tuesday 10:30-11:10 am

Wednesday 5:05-5:45

Thursday 4:20-5:00

### Dress Code

leotard or biketard, bare feet or grippy socks for the first 6 weeks of class then we will incorporate tap shoes. Convertible tights recommended

## ACRO-KIDS

Tuesdays 5:00-5:15 ages 3-5 add acro tumbling to your class lineup for only \$10/month!

## TUITION

Tuition for all pre-k classes is \$49/month

# Kindergarten Dance Program

These classes help to create a strong base in dance for our Kindergarten dancers. These classes are a bridge for dancers moving out of our pre-school program and into our young dancer program.

## Kindergarten

For dancers ages 5-6 who are attending Kindergarten this year.

### Monday

Kinderballet 4:30-5:10 ♡

Acro 1 5:15-5:45

### Tuesday

Kinderfunk 4:20-5:00 ♡

Tap 1 5:05-5:35

### Wednesday

KinderPOMS! 4:20-5:10\* ♡

Kinderballet 5:15-5:55\*

### Thursday

Kinderballet 5:05-5:45\* ♡

Kinderfunk 5:50-6:30\* ♡

## SPRING RECITAL

Kindergarten dancers will be assigned to recital C.



## Check out our brand new class - KinderPOMS!

KinderPOMS is a brand new class for dancers who love performing! This class is based in Poms and jazz technique. Dancers will participate in 2-3 community based performances as well as recital in the poms style. This class will learn multiple routines throughout the year.

Dancers will need to purchase a special uniform for the Kinderpoms class to be used throughout the season along with their own pair of poms. Tuition for the class is \$65/month. Dancers are encouraged to take kinderballet that immediately follows this class! Check out pg 9 for more info!

## TUITION

Tuition for all Kinder classes (aside from poms) is \$49 per month.

## BUNDLE UP!

Interested in getting the most out of your time at the studio? Bundle up with two kindergarten classes in a row for \$95/month!

\*will only require the purchase of one combo costume as an added benefit!

## Tumbling Add-On

Tuesdays from 4:00-4:15 join us for a tumbling add on class for K-2nd. Dancers will be moving and tumbling the whole time! \$10 per month & non-recital!

## DRESS CODE

Kinderballet - leotard, pink tights, pink ballet shoes without laces, dance skirt welcome

Kinderfunk - Athletic wear or leotard with shorts, leggings or sweatpants. No jeans or dresses. BLACK sneakers.

Kinderjazz/KinderPOMS - leotard, tights, tan jazz shoes, dance shorts or dance skirt welcome.

Tap 1 - leotard, tights, shorts or skirt welcome, black tap shoes

Acro 1 - biketard or leotard, shorts welcome, bare feet (footless or convertable tights are welcome)

♡ Denotes routines in Winter 2023 Showcase.



# LEVEL ONE: AGES 6-8 (1ST - 3RD GRADE)



## TUMBLING ADD-ON

Wednesdays from 4:00-4:15 join us for a tumbling add on class for K-2nd. Dancers will be moving and tumbling the whole time! \$10 per month & non-recital!

## MONDAY

HIP-HOP 4:30-5:10

ACRO 5:15-5:45

BALLET/LYRICAL 5:50-6:30

## TUESDAY

TAP 5:05-5:35

HIP-HOP 5:40-6:20

## WEDNESDAY

BALLET 4:25-5:05\*\*

TAP 5:10-5:40\*\*

JAZZ 5:45-6:15\*\*

\*\*These classes are accelerated. Dancers must be at least in 2nd grade.

KINDERPOMS 4:20-5:10 & KINDERBALLET 5:15-5:55 are open to dancers in 1st grade.

## THURSDAY

BALLET 4:20-5:00

POM SQUAD 5:05-6:00



## TUITION

30 min class - \$49

40 min class - \$54

## RECITAL

DANCERS IN LEVEL 1  
CAN EXPECT TO BE IN  
RECITAL C THIS SEASON!

## DRESS CODE

**Ballet** - leotard, pink tights, pink ballet shoes without laces, dance skirt welcome (hair pulled back)

**Hip-Hop** - Athletic wear or leotard with shorts, leggings or sweatpants. No jeans or dresses. BLACK sneakers.

**Jazz/Poms** - leotard, tights, tan jazz shoes, dance shorts or dance skirt welcome.

**Tap 1** - leotard, tights, shorts or skirt welcome, black tap shoes


**Acro 1** - biketard or leotard, shorts welcome, bare feet (footless or convertible tights are welcome)

## POM SQUAD

Does your dancer love performing and their time on stage? If so, Pom Squad may be the perfect program! This group performs throughout the community and at one dance competition at the end of the season. Cost is \$65/month plus a required uniform/poms fee for this course. Check out page 9 for more info!


# LEVEL TWO: AGES 8-10 (3RD-5TH GRADE)

## MONDAY

HIP-HOP 6:35-7:15 


BALLET/LYRICAL 7:20-8:00 

## TUESDAY

BALLET 6:25-7:05 

POM SQUAD 7:10-8:05 

## WEDNESDAY

BALLET 6:00-6:40 

HIP-HOP/ACRO COMBO 6:45-7:45 

TAP 7:50-8:20

## THURSDAY

JAZZ 6:35-7:15

BALLET/LYRICAL 7:20-8:00 

## TUITION

40 minute classes - \$54

1 hour class - \$65

## RECITAL

Dancers in level 2 will be split between recital C & D with exact details to be announced!

## HIP-HOP/ACRO

This new combo class will incorporate both hip-hop style and technique and acro! Dancers can expect to perform one routine that is based in hip-hop and may contain acro elements. For dress code, dancers should wear more fitted athletic wear and will take shoes off for acro.

## DRESS CODE

**Ballet** - solid color leotard, pink tights, pink ballet shoes, dance skirt welcome (hair in bun)

**Hip-Hop** - Athletic wear or leotard with shorts, leggings or sweatpants. No jeans or dresses. BLACK sneakers.

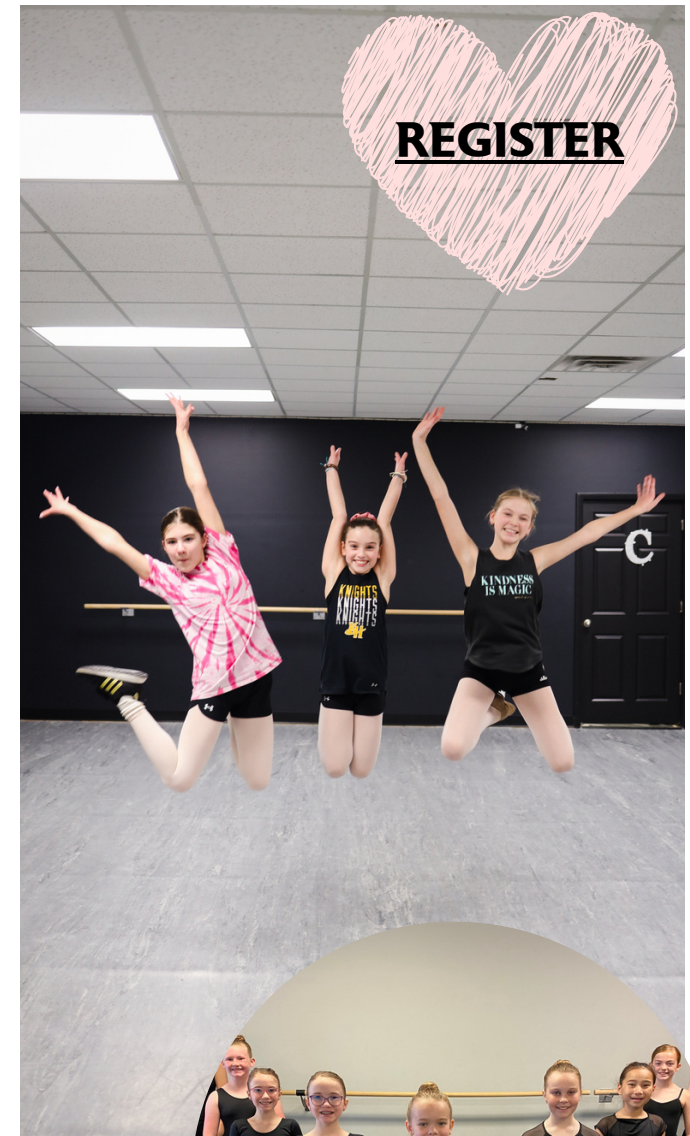
**Jazz/Poms** - solid leotard, tights, tan jazz shoes, dance shorts or dance skirt welcome.

**Tap** - leotard, tights, shorts or skirt welcome, black leather lace up or pull on tap shoes. No shiny material.

**Acro** - biketard, leotard or fitted athletic wear and bare feet.

## POM SQUAD

Does your dancer love performing and their time on stage? If so, Pom Squad may be the perfect program! This group performs throughout the community and at one dance competition at the end of the season. Cost is \$65/month plus a uniform/poms fee for this course. Check out page 9 for more information!



# LEVEL 3 & 4 (11-12; 13 & UP)



These classes are for our middle and high school students. In general, level 3 is meant for ages 11-12 in grades 6-7 and level 4 is meant for dancers 8th grade and up. This is just a general guideline and once dancers reach these ages, placement is often based on leveling. This guide helps to split out classes more by leveling in addition to age. If you need placement help please e-mail us at heartsinmotiondp@gmail.com!

## MONDAY

**LEVEL 4- 6th grade and older; dancers should have prior experience.**

TAP 5:50-6:25

BALLET 6:30-7:20

JAZZ 7:20-8:00

### LEVEL 3

ACRO 7:45-8:25 (Ages 10 & up - intermediate level acro)

## TUESDAY

### LEVEL 3

HIP-HOP 7:35-8:15

## WEDNESDAY

### LEVEL 3/4 (BEGINNER FRIENDLY)

HIP-HOP 5:50-6:30

BALLET/LYRICAL/CONTEMPORARY 6:40-7:40

## BALLET

More intermediate and advanced ballet and leaps & turns options are available to dancers with permission. These are dance team specific but dancers with prior experience who are not on dance team may be eligible.

## THURSDAY

**LEVEL 3/4 - BEG/INT. Open to newer dancers**

BALLET/CONTEMPORARY 6:00-6:55

JAZZ 7:00-7:30

### LEVEL 4

HIP-HOP w/Dancespire (Intermediate and up only) 7:45-8:30

## ADULT CLASSES

### WEDNESDAY

BEG/INT ADULT BALLET 6:45-7:30

BEG/INT TAP 7:30-8:10

### THURSDAY

ADV TAP 7:30-8:10

## TUITION

30-45 minutes - \$54

55-60 minutes - \$65

## RECITAL

Dancers in level 3/4 will be in the D recital.





# Pom Squad

**WHAT:** Pom Squad is a class offered each school year. Pom is a style that is based in jazz. Dancers will learn jazz technique along with the drill team style of poms. This is a more dance focused style than what you would see in cheerleading but something you may have seen at a professional sporting event! This class meets weekly throughout the season and offers several community based performances throughout the season for dancers.

**WHO:** We offer 2 levels of poms at the studio. Level 1 is for dancers ages 6-8 (grades 1-2) and level 2 would be ideal for dancers ages 8.5-11 (grades 3-5). This group is great for dancers who are looking to perform more but are not looking for an intensive commitment.

**SUMMER:** Dancers should enroll in one class or camp throughout the summer season. Ideally something in the jazz category would be a good fit for dancers.

**PRICE/FEEES:** Dancers should plan for the following fees associated with this class:

- Monthly tuition for the one class (\$65)
- Performance Team membership fee (\$75)
- Uniform fee - uniform changes from year to year so dancers must purchase each year. Uniform fee TBA as we are finalizing the new design!
- Poms fee (required for new dancers who don't already have poms) - \$35
- Recital costume fee - \$85

**PERFORMANCES** - Wondering what kind of performances you can expect? Throughout the year, we like to vary our performances. You can expect to see things like community festivals, parades, sporting events, recital and more!



# *Interested in joining a Team?*

THIS YEAR, WE ARE ONCE AGAIN OFFERING A COMMUNITY PERFORMANCE GROUP FOR AGES 11 & UP. WE ARE CURRENTLY GAUGING INTEREST FOR THIS GROUP THAT WOULD MEET ON THURSDAYS. THIS IS A SIGN-UP, NON AUDITION COURSE. PLEASE REACH OUT TO US FOR MORE INFORMATION!

WE ALSO STILL HAVE SPOTS IN SOME OF OUR COMPETITION TEAMS WHICH DO REQUIRE AN AUDITION. EMAIL US FOR MORE INFORMATION!



## MEMBERSHIP

All students must be a member of Hearts in Motion to enroll in class. Membership is \$45/student and will automatically renew on June 1, 2024 as we embark into rollover membership moving forward. Registration fee includes a season shirt.

## DRESS CODE

Dress code for specific classes can be found on the specific classes pages and on our website. Dancers should never wear stiff pants for class and hair must always be pulled out of your dancer's face.

## BALLET SHOES

We ask that all young dancers purchase ballet shoes without ties, such as Capezio hanami or Revolution brand.

## POINTE

Do you have a dancer who is interested in pursuing pointe in the future? At our studio, we have a very specific series of steps that dancers must take. Dancers must take anywhere from 1-3 years of pre-pointe and be enrolled in 2 ballet classes for several years as well. Dancers may enroll in pre-pointe starting at age 10 (as long as they are also enrolled in 2 ballet classes) and will not be considered for pointe until at least age 13 after being evaluated by a physical therapist. Interested in more info? Email us!

## CLASSES

- Teacher assignments will be announced before classes begin.
- HMD reserves the right to reschedule, combine or provide substitutions for classes where necessary.
- Dance classes are non-refundable and school year courses are a full year commitment (September-end of May). Should you choose to withdraw, we require 1 full month's written notice before payments can be canceled.

## PERFORMANCES

- We finish our season for school year students with a Spring recital. Spring Recital is May 18, 2023 at GR Christian.
- Tickets will be a required purchase for all attendees. Tickets will range from \$12-\$20.
- Costume fees are \$85/costume, which includes tights where applicable.

## WINTER SHOWCASE

Classes with a heart next to them denote whether the class will participate in our Winter recital. All participants will have a \$25 fee in October. Ballet/lyrical courses will receive a wrap skirt for this fee and hip-hop/jazz/pre-k students will receive a holiday shirt.

## 2023-2024

## CALENDAR

Below are important dates for the upcoming season. These dates are tentative and will be firmed up at the beginning of the school year in accordance with the local school districts so please don't put them in your calendar quite yet!

- September 11 - Dance Starts
- October 31- Studio closed
- November 21-26 Thanksgiving Break, studio closed
- December 13-16 Holiday shows
- December 22 - Jan 7 Tentative Christmas Break Dates
- February 14-20 Mid-Winter Break
- March 29 - April 7 Spring Break
- Week of May 13 - Dress rehearsals
- May 17/18 Annual Spring recital

## PAYMENT

All students enrolled at Hearts in Motion must also enroll in autopay. All accounts will be billed by the 23rd of each month and autopay will run on the 1st of the month. With your autopay, you will have two options. You may place a credit card on file which has a 2.7% processing fee or you may set up ACH directly linked to your bank account with no processing fee.

Winter   
RECITAL

DECEMBER 14-16

A festive holiday show paired with our annual ballet production



We can't wait to dance  
with you this season!

✂  
\$5 off your first  
private lesson  
email to redeem  
✂

✂  
15% off your entire  
purchase at the HMD  
Boutique of Ada  
✂

Hearts in Motion

4336 Plainfield Ave NE  
Grand Rapids, MI 49525  
Heartsimotiondp@gmail.com  
616.292.0684

Register now



Interact with us on  
Social Media!

