

Worship Through Dance

Fall 2023



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Class Guidelines

Thank you for choosing Worship Through Dance for your child's dance training. It is important that you and your dancer(s) understand these guidelines and support them cheerfully to bring security, peace and consistency for all who are involved.

1. Dancers should be on time to class and follow the dress code guidelines. Please have your dancer use the restroom before class. (Please make sure their ties are neatly tied and tucked into their shoe comfortably so they are not seen at all in class.)
2. For the safety of all dancers, cover-ups should be worn to and from the church. The cover-up needs to cover your top and hips. Please do not wear dance shoes outside!
3. Levels pre-ballet through level 3: Parents should be outside the dance room when it is time for your child to be dismissed. Teachers do not have time to find missing mommies and this is scary for the younger students.
4. Parents and/or siblings are not allowed in the class room during class time. Please wait in the designated waiting areas. Siblings of dancers are NEVER to be left unattended. No rowdy play is allowed. Everyone must be quiet and respectful inside the church building.
5. Please clean up after yourself and your children.
6. Try not to "catch" a teacher between class. If you have a concern please email her during the week.
7. Please only come to class when your child is well. (No fever, green mucus, or stomach symptoms within the previous 24 hours.)
8. Inclement Weather Policy: We only post on social media and our phone line if weather is a concern. We do not email classes about inclement weather cancellations. You can call 678-784-5317 ext. 2 or you can check Facebook (Johnson Ferry Sports) or Twitter (@jfbcsports). Remember: We do not automatically cancel classes even if the school system cancels. We follow the church's lead in cancelling classes.
9. Make up classes—there will be no makeup classes offered for levels Mommy and Me-Level 2 unless a class is cancelled for bad weather. Makeup classes are only available for Ballet 3-5 and you must schedule this with Tennyson.
10. If you must leave your child during class time, please sign out with a phone number where you can be reached in case of an emergency. Please be in the hallway when class is finished.
11. Please use the seating provided throughout the church. Please do not stand or sit on the walking track. Do not move any furniture.
12. Please keep our equipment outside of class rooms in good condition by not allowing siblings to play with them or around them.

Class Descriptions & Price

Worship Through Dance is a unique opportunity for students to learn the discipline of dance in a Christ-centered atmosphere. Our team of instructors is led by Tennyson Carden. She has served as the Director of Dance at Johnson Ferry for 14 years. We offer classes catering to differing skill levels in Classical Ballet, Tap, Jazz, and Lyrical. Tennyson's heartbeat is for classical dance to be taught in an atmosphere that is glorifying to God and where young hearts can find their acceptance in Him. Each class includes a devotion and prayer. Praise and worship skills and technique are incorporated into each class.

PLEASE NOTE THAT OUR CURRICULUM IS DESIGNED FOR DANCERS TO SPEND 2-3 YEARS IN EACH LEVEL.

Mommy and Me (18 months-30 months) This fun class is an introduction to dance for the youngest dancer. Children will learn music interpretation, spatial awareness and creative movement. They will begin to develop balance and listening skills. A mom or nanny participant is required. Children are welcome to wear leotard, tights, and ballet shoes but this is not required. Moms and students should have on comfortable clothing that is conducive to moving easily. These students do not participate in the Christmas and Spring Concerts.

\$150

Pre-Ballet and Pre-Tap (3 and 4-year olds—must be 3 by September 1, 2023) This fast-paced class introduces children specifically to the discipline of ballet as the foundation of dance as worship is laid. The basic ballet position and vocabulary are introduced at this level. Each class is designed around a Bible theme. Children will be taught to follow instructions, move as part of a group, and to explore their individual creativity while doing all to the glory of God. Instruction will seek to develop gross and fine motor skills and self-awareness. This class is wonderful preparation for later dance training or group sports. The optional Tap portion will take place during the last 10-15 minutes of class as an introduction to the style. These students will perform a ballet dance only in the Christmas and Spring Concerts.

\$215

Optional Tap Add-On: \$25

Ballet 1 (K -1st grade) This beginner class teaches children basic ballet position, movement, and technique. Posture and discipline are emphasized in a positive, non-threatening atmosphere. Dancers are continuously reminded of focusing their attention on worship and of their acceptance in Christ.

\$215

Ballet 2 (2nd grade and older) This class is designed to accommodate dancers in the 2nd grade and older that have little to no previous ballet experience. Participants will review and continue to master basic ballet position, posture, and movement. Dancers are continuously reminded of focusing their attention on worship. A non-competitive environment is encouraged as we focus on our acceptance in Christ.

\$215

Preparatory Ballet 2 (2nd grade and older) This class is by invitation only. This class is designed to accommodate dancers in the 2nd grade and older that have demonstrated proficiency in Ballet 1. Students will be placed in the class after they have demonstrated proficiency in Ballet 1 curriculum. New students to the program are required to be evaluated before being placed in this class. (Please contact the dance director at dance@jbc.org to set up an evaluation.) Participants will continue to improve basic ballet position, posture, and movement. Technique is emphasized as the ballet repertoire is expanded. Dancers are continuously reminded of focusing their attention on worship. A non-competitive environment is encouraged as we focus on our acceptance in Christ.
\$215

Invitational Ballet 3 (4th grade and up) This level is designed for students who demonstrate an understanding of beginning classical ballet alignment, technique, and repertoire. It is intended for students who have demonstrated proficiency in level 2. The level is divided into 3B (*typically 4th grade*) and 3A (*typically 5th grade*). Students who are transferring from another program will be required to take an assessment class to be a part of this level. Students are required to take 2 ballet classes a week (one technique class and one repertoire class). Students must commit to dancing year-round to be a part of this level. Students in level 3A have the option of participating in the Lyrical 3A class.
\$295

Invitational Ballet 4 (6th grade and up) Students will continue to develop technique and build repertoire in this level. The level is divided into 4B (*typically 6th grade*) and 4A (*typically 7th grade*). Level 4B is a pre-pointe level and level 4A is beginner pointe training. Students in this class must dance in Ballet 3 (or similar level if transferring from another school) prior to being eligible. Students who are transferring from another program will be required to take an assessment class to be a part of this level. (Please contact the dance director at dance@jbc.org to set up an evaluation.) Students are required to take 2 ballet classes a week, one technique class and one repertoire class. Students at this level are invited to take Lyrical 4. Students must commit to dancing year-round to be a part of this level.
\$325

Invitational Ballet 5 (8th-12th grade) Students will continue to develop technique and build repertoire in this level. Students have experience dancing en pointe in this level. This level is divided into 5B and 5A (top of the level). Students in this class must dance in Ballet 4 (or similar level if transferring from another school) prior to being eligible. Students who are transferring from another program will be required to take an assessment class to be a part of this level. (Please contact the dance director at dance@jbc.org to set up an evaluation.) Students are required to take 2 ballet classes a week and also either the Friday or Saturday Conditioning and Lyrical classes. Students must commit to dancing year-round to be a part of this level.
\$510

Jazz 1-5 Jazz position, technique and movement will be taught in a fun, upbeat and conservative fashion. Jazz levels will coincide with ballet placement. **If a dancer does not have ballet training she will be placed by age through level 2 and assessed and placed accordingly if older than 3rd grade.**
Jazz 1-4: \$215 Jazz 5: \$240

Tap 1-5 Tap curriculum teaches tap steps, technique and rhythm in a fun upbeat style of dance. Dancers have the opportunity to learn to explore the rhythm of music and musical patterns. Students with no previous tap experience will start with Tap 1. **Students are placed in levels 2-5 by assessment only.**
Tap 1-5: \$215

Lyrical 3A-5 Lyrical is a style of dance that combines movement and technique from ballet and jazz and is typically performed to music with lyrics which invokes an emotional expression. It does not require precision of movement and encourages the dancer to use a large amount of space while including emotional expression in their artistry. This allows for a concentrated Christian worship experience for our students. Students are required to be enrolled in ballet in order to participate in this class. Students must be in level 3A or higher to take Lyrical. Lyrical 3A and 4 are optional. Starting in level 5, lyrical is required and is included in the price of Ballet registration.

Lyrical 3A: \$215 | Lyrical 4: \$240

Hip-Hop/Jazz Funk 4/5 (new for 2023) Hip Hop/Jazz Funk is a vibrant form of dance that combines a variety of freestyle movements with uplifting, high-energy music. It is an approach to choreography that is consciously in tune with the beats and grooves of the song to create a dance form that is intricate, expressive, and energetic. Dancers will learn to move their bodies in a fun, upbeat and God-honoring way. This style of dance particularly develops the athleticism required for higher levels of dance. Dancers must be placed in level 4 or higher to participate in this class. Students who have not been placed in our program may be considered for this class if they are 6th grade or older, but must be assessed before joining the class.

Hip-Hop 4-5: \$215

Class Schedule

Classes begin Saturday, August 12 through August 17, 2023. There are mandatory rehearsals on Thursday, November 16 and Friday, November 17 with the concerts on Saturday, November 18 at 10am and 2pm. (Assignments to come.) Level 3-5 dancers will also have rehearsal on Tuesday, November 14.

Monday			
Class Name	Time	RM	Teacher
Mommy & Me	11:30 a.m.-12:10 p.m.	105	Tennyson
Home School Ballet 1	12:30-1:15 p.m.	280	Tennyson
Home School Ballet 2	1:15-2 p.m.	280	Tennyson
Pre-Ballet (Optional Tap)	1:15-2 p.m. (2:15 p.m.)	290	Christie
Ballet 4A Choreography	5:00-6:15 p.m.	280	Faith
Hip Hop/Jazz Funk (levels 4 & 5)	6:20-7:05 p.m.	280	Faith
Ballet 4B Technique	7:10-8:20 p.m.	280	Faith
Tuesday			
Class Name	Time	Rm	Teacher
Pre-Ballet (Optional Tap)	1:15-2 p.m. (2:15 p.m.)	290	Tennyson
Ballet 1	3:30-4:15 p.m.	280	Tennyson
Jazz 2	3:30-4:15 p.m.	290	Christie
Ballet 2 Preparatory (must have taken Ballet 1)	4:20-5:05 p.m.	280	Tennyson
Jazz 1	4:20-5:05 p.m.	290	Christie
Ballet 3B Technique	5:10-5:55 p.m.	105	Tennyson
Lyrical 3A	5:10-5:55 p.m.	290	Christie
Ballet 5B Choreography	5:20-6:35 p.m.	280	Faith
Ballet 3A Choreography	6-6:45 p.m.	105	Tennyson
Jazz 4	6-6:45 p.m.	276/277	Christie
Jazz 5	6:50-7:50 p.m.	105	Christie
Ballet 4A Technique (pre-pointe)	6:50-8 p.m.	280	Tennyson
Jazz 3	7:00-7:45 p.m.	276/277	Faith
Ballet 5A Choreography	8-9:15 p.m.	280	Faith

Thursday			
Class Name	Time	Rm	Teacher
Tap 1	3:30-4:15 p.m.	290	Erika
Ballet 2 Preparatory (must have taken Ballet 1)	3:30-4:15 p.m.	280	Aubrey
Tap 2/3	4:20-5:05 p.m.	290	Erika
Ballet 1 and Ballet 2 (beginner) combined	4:20-5:05 p.m.	280	Aubrey
Pre-Ballet	4:20-5:05 p.m.	105	Christie
Tap 5	5:10-5:55 p.m.	290	Erika
Ballet 3B Choreography	5:10-5:55 p.m.	280	Aubrey
Ballet 1	5:10-5:55 p.m.	105	Christie
Ballet 4B Choreography	6:05-7:15 p.m.	290	Erika
Ballet 3A Technique	6:00-6:45 p.m.	280	Aubrey
Tap 4	7:20-8:05 p.m.	290	Erika
Ballet 5A/B Technique (pointe)	7:00-9:00 p.m.	280	Aubrey
Friday			
Class Name	Time	RM	Teacher
Lyrical 5 (Section A)	3:30-5:30 p.m.	280	Aubrey
Lyrical 4	5:30-6:30 p.m.	280	Aubrey
Saturday			
Class Name	Time	RM	Teacher
Lyrical 5 (Section B)	10 a.m.-12 p.m.	290	Faith

Important Dates

Mommy and Me: On Monday, November 13 and Monday, December 4, you will be dancing in 270/271 due to conflicting reservations. This room is on the second floor. As you go up the Atrium stairs, turn right and follow the signs.

- **First Day of Classes:** Saturday, August 12 through Thursday, August 17.
- **Labor Day Weekend:** There are no classes Saturday, September 2 or Monday, September 4.
- **Fall Break:** There are classes Saturday, September 23. There are no classes Monday, September 25 through Saturday, September 30. Classes will resume on Monday, October 2.
- **Monday, November 13:** All classes will meet per usual schedule.
- **Mandatory Rehearsal Levels 3-5:** Tuesday, November 14 (times TBD)
- **Mandatory Rehearsal Pre-Ballet – Level 5:** Thursday, November 16 and Friday, November 17
- **Concerts:** Saturday, November 18 at 10am and 2pm
- **Thanksgiving Break:** There are no classes Monday, November 20 through Saturday, November 25
- **Last Day of Classes:** Monday, December 11 through Saturday, December 16

Dress Code (updated dress code for 2023-2024)

Each class has specific required attire. Every dancer needs to arrive dressed in the attire below. You may purchase your apparel at the local dance store of your choosing. Online options include: us.blochworld.com, discountdance.com, www.capezio.com (for tights), and amazon.com.

Boys: Solid black pants or shorts, solid white t-shirt and black ballet shoes.

Pre-Ballet and Pre-Ballet/Tap: Pink tights (Bloch T0981G in ballet pink), pink leather ballet shoes (full sole), and a solid pastel pink leotard (no skirt attached). Ballet shoes must have elastic sewn across the top. No skirts will be allowed at this level. Hair must be in a bun-- neat and tidy off the neck and out of the eyes. **If taking Pre-Ballet /Tap:** In addition to the above, you will need Mary Jane style tap shoes with buckles or Velcro.

Ballet 1: Leotard: Bloch CL5602 in **turquoise**. Pink Tights (Bloch T0981G or T0982G in ballet pink) and pink leather ballet shoes. Ballet shoes must have elastic sewn across the top. No skirts will be allowed at this level. Hair must be in a bun and neat and tidy, off the neck and over the eyes.

Ballet 2 and Ballet 2 (Preparatory): Leotard options: Bloch CL5602, CL5605, or CL5607 in **berry**. Pink Tights (Bloch T0981G or T0982G in ballet pink) and pink leather ballet shoes. Ballet shoes must have elastic sewn across the top. No skirts will be allowed at this level. Hair must be in a bun and neat and tidy off the neck and over the eyes.

Invitational Ballet 3: Leotard options: Mirella M201C, or M207C in **royal**. (Adult sizes are M201L and M207L.) Performance Pink Tights (Capezio Mesh Transition Tight® w/ Mock Seam, #18C or #18 in ballet pink) and pink (split sole) ballet shoes. Ballet shoes must have elastic sewn across the top. Everyone has the option of wearing this ballet skirt: Mirella MS12CH in **royal**. (Adult size for skirt is MS12.) Hair must be in a secure bun and neat and tidy off the neck and over the eyes.

Invitational Ballet 4: Leotard options: Leotard options: Mirella M201C, or M207C in **burgundy**. (Adult sizes are M201L and M207L.) Performance Pink Tights (Capezio Mesh Transition Tight® w/ Mock Seam, #18C or #18 in ballet pink) and pink (split sole) ballet shoes. Ballet shoes must have elastic sewn across the top. Everyone has the option of wearing this ballet skirt: Mirella MS12CH in **burgundy**. (Adult size for skirt is MS12.) Hair must be in a secure bun and neat and tidy off the neck and over the eyes.

Invitational Ballet 5: Leotard options: solid black in dancers' style of choice. Performance Pink Tights (Capezio Mesh Transition Tight® w/ Mock Seam, #18C or #18 in ballet pink) and pink (split sole) ballet shoes. Shoes must have elastic sewn across the top. Pointe shoes have to have elastic and ribbons sewn properly for every class. Hair must be in a secure bun and neat and tidy off the neck and over the eyes.

All Tap Classes: Leotard and tights: Same attire as ballet level. Some "extras" are permitted such as dance shorts or dance pants. Please no shirts, skirts, or "baggy" clothing.

Shoes: Pre-level and level 1: tan Mary Jane style tap shoes

Level 2-5: tan lace up tap shoes

All Jazz Classes: Leotard and tights: Same attire as ballet level. Some "extras" are permitted such as dance shorts or dance pants. Please no shirts, skirts, or "baggy" clothing.

Shoes: tan slip on jazz shoes

All Lyrical Classes: Leotard and tights: Same attire as ballet level. Some "extras" are permitted such as dance shorts or dance pants. Please no shirts, skirts, or "baggy" clothing.