



Helen's Dance Studio

Parent/Student Handbook



Never miss a chance to dance!

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Dance Skill of the Month

August- Rhythm & Counts

September- Floorwork

October- Balance

November- Turns & Directional Movement

December- Show Rehearsals

January- Improvisation

February- Jumps & Leaps

March- Lifts & Partnering

April- Inversions

May- Recital Rehearsals

Studio Layout



6118 Fort King Rd.
Zephyrhills, FL 33542



Studio B- Gymnastics
on the Left



Studio A- Dance
on the Right





Dance Styles & Levels

Pre-School Program

(Age 2-5)

- Dance With Me (2-3)
- Dance & Tumble (3-5)
- Pre Ballet & Tap (3-5)
- Pre Hip-Hop & Acro (3-5)
- Pre Gymnastics (4-5)

Ballet Program

(Age 5-18)

- Ballet 1 (5-7)
- Ballet 2 (7-9)
- Ballet 3 (10+)
- Contemporary (10+)

Hip-Hop Program

(Age 5-18)

- Hip-Hop 1 (5-7)
- Hip-Hop 2 (8-9)
- Hip-Hop 3 (10+)
- Tap/Jazz (6+)

Gymnastics & Acro Program

(Age 5-18)

- Gym 1 (5-7)
- Gym 2 (8-9)
- Gym 3 (10+)

Required Age of class as of September 1st



Competition Team

Our competition team is for students ages 6 and older who want the opportunity to elevate their skills in a supportive team environment. Dancers will attend 2 competitions a year and receive hours of training and rehearsal before attending competitions. Summer auditions are held for students wishing to join Team.

Dress Code

Ballet/Tap

- Black Leo
- Pink Tights
- Pink Shoes
- Hair in Bun



Hip Hop

- Leotard or Active Wear
- Black Gym Shoes or Dance Sneakers
- Hair pulled away from face



Gymnastics/Acro

- Leotard
- Black Gym Shoes
- Hair pulled away from face
braids or ponytail





Tuition



Registration per student.....\$20

Class tuition

1 class per week.....	\$55
2 classes per week.....	\$80
3 classes per week.....	\$100
4 classes per week.....	\$120
5 classes per week.....	\$140
6 + classes per week.....	\$15
	per additional class

Performance Package

The performance package is a bundle offered at our studio to help make your students performing dreams easier.

Dancers in this package are registered for all performance opportunities at Helen's. Included in their package is one pair of tights, one costume for your student's core class, parade leotard, medal & trophy and two free tickets to the winter & the spring show.

\$20 per class + monthly tuition





Contact Information

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