



Concepts in Motivation, Inc. (CM) is in its 4th decade of providing our local communities dance at its finest to people of all ages and levels. In 1977, the Olney Studio of Dance premiered in the fast growing community of Olney. Then came our Cloppers Mill, Mt. Airy, and Damascus Studios. We are proud to have second and yes, even third generations dancing with us. We want to thank our student's and their families for their continued support as our faculty continues to enlighten students to the many benefits of dance, both physically and aesthetically. CM is pleased to have had many dancers from our studios pursue dance majors at colleges and long professional careers.

Our Dance Year runs all year culminating in June with a Showcase which combines our studios' dancers in a fabulous program highlighting each class on stage, in costume, with a professionally choreographed routine. Classes are offered weekly and tuition payments are based on a full year's registration. These payments are seasonal and due in September, October, January, and March. To become a student, complete a registration form and include your non-refundable Registration Fee of \$35 along with your first tuition amount. During the summer months we have a brief session where each dance style's technique is emphasized. This tuition is based on the number of weeks dancers can attend and has it's own Registration Form, but no registration fee.

All checks should be made payable to: Concepts in Motivation. Registration can be dropped off or mailed into the studio. Enrollment is on first-come, first-serve bases.

- Tuition Payments (cash or checks) are due **by the start of class.**
- There is **no deduction** in tuition for missed classes. Classes may be made up in another class at or near to the same level.
- **No refunds**

The required classroom attire is:

First Steps I – may wear comfortable clothes and clean sneakers or dance attire.

First Steps II – leotard and tights with ballet and tap shoes..

Ballet – black leotard, pink tights, pink ballet slippers, hair in bun.

All other classes – any color leotard, with jazz shorts or jazz pants. Dance tights (no stockings or pantyhose) and footwear appropriate to the style of dance. Long hair must be secured away from the face.

We offer an annual residential camp. **CM Premier Dance Camp** will be at Virginia Commonwealth University, in Richmond, VA. This week long summer camp of learning and fun is for ages 7 and above. All levels of female dancers are welcome to join us for this great experience. Check at the studio or online for more information.

CLASS DESCRIPTIONS

Dance Levels

Pre-school dancers begin with the basics at the ages of 2 with our First Steps program. At 5 years old and continuing until 8, our **Youth** program offers dancers the beginning steps and technique of the individual dance forms. Our **Junior** Program is for 9-12 year olds. This program is designed for the student who has greater control of their movement and is ready to learn more advanced technique and at a faster pace. Our **Teen** Program is for those students 13 and older. Here each discipline is separated so that the students can have the full benefit of a teacher who specializes in that dance. The routines become more complex and the study more serious. We invite any adult student to dance with our teens or chose one of our **Adult** classes instead.

Once a good foundation of each level of dance technique is mastered, students may advance to the next level classes. We have geared our dance curriculum for each student to remain at the same level for at least two years. Auditions are not necessary to enroll in a class, but our teachers reserve the right to have students meet class requirements in order to remain in class. New students should request an evaluation for placement. Returning students should follow their previous teacher's recommendations.

Age Groups and Levels

Pre-School 2-4	Junior 9-12
First Steps I	Level I – III
First Steps II	Teen 13+
Youth 5-8	Level III – V
Level I – III	Adult 19+

First Steps

Our First Steps classes are for two-four year olds. This is a program that has been developed solely by the owners of Concepts In Motivation, Inc. to help younger children begin to enjoy the benefits of a fitness program at an early age. This program has been used in Canada, Mexico, Argentina, Italy, Australia and Japan. There is an adapted version for daycare, school, and fitness centers. First Steps promotes education, motor skills, coordination, balance, social interaction, and the introduction to dance movement. We are very proud to offer these classes at all our locations and encourage the participation of both young girls and boys.

Ballet

Classical ballet is taught to all ages beginning at five and at a variety of levels. We strongly encourage our students to partake in this form of dance as it is used in almost all facets of dance. Students who do well in ballet usually can transfer that ability into their other dances.

Modern

Modern classes are offered to those dancers wishing to en-

hance their dance experience. Dancers are given the opportunity to express themselves openly and outwardly while feeling the movements of their dance music. The beginner level starts at the age of nine.

Contemporary

Contemporary classes teach students ease of movement using the body's natural lines and energy, allowing a greater range and fluidity of movement. It can be danced to almost any style of music, or united with other dance forms to create new styles. Contemporary seeks to work with the natural alignment of the body, and is therefore safe and accessible for beginners. At the same time, the ease of movement promoted by contemporary dance technique allows experienced dancers to push new boundaries of body movement.

Lyrical

Lyrical classes are offered to dancers with a desire to build on their classical ballet training. Dancers should convey a story to the audience through physical dance movements. Students should express themselves openly and without reservation. Lyrical classes combine dance movements such as ballet, jazz and modern dance. These techniques, when applied, show an intense outpouring of emotion.

Pointe

Ballet classes prepare the foot and body for the demands of pointe work. Pointe is a ballet technique done in pointe shoes. The dancer wears specifically designed shoes to support the dancer while on fully extended feet - on the toes. Students must have a minimum of three years of study and have teacher's recommendation. Student's current study program must have two ballet classes per week .

Tap

We offer tap classes to all levels of ability beginning at three. Our tap classes are fast paced and challenging, encouraging our students to strive towards using maximum effort to harness the techniques being taught. Our younger classes are geared toward the combination of ballet and tap instruction together, thus ensuring a wide range of experience.

Jazz

Our jazz classes are taught to students five years and older. We challenge our students with many forms of jazz, all high energy but with different styles. These classes are very popular with all ages and give dancers the ability to discover the joy of dance through the rhythmic movements. Jazz provides an added benefit of cardiovascular exercise due to the high level of energy exerted.

Hip Hop

Using very popular music, Hip Hop incorporates a totally different style and experience. While hip hop music consists of rhythmic lyrics, its' dance movements makes use of the music's assonance, alliteration and rhyme. Hip hop, while very challenging to our dancers, is very enjoyable.

Jumps, Leaps, and Turns

Students who want to spend some extra time on making their jumps, leaps, and turns look effortless should enroll in this class. Building on their regular classes, the focus is on the technique and style of each.

Conditioning for Dancers

A student whose body is well prepared can achieve their dance goals easier. This class is designed to teach students how to warm-up and prepare for class through classic and innovative techniques. A conditioned dancer is less likely to suffer injuries and the lessons learned here can be carried over into other physical activities.

Dance Companies

Through competitions, performances, appearances, and volunteer activities the Dance Companies serve as ambassadors for the studio. There our two opportunities for dancers to be part of these groups and move to the next stage in their dance instruction. Entrance into these companies is through yearly auditions.

Performing Arts Team

The first is the Performing Arts Team (PAT) which is perfect for our recreational dancer who wishes to perform more often throughout the year at local charity and community events. Often the studios are approached by many organizations for appearances by the PAT dancers. This Team represents the studio as dance emissaries at those venues. Students will experience the self-discipline necessary to progress as a young dancer, the joy of working on personal, group, and community goals, and the reward of performing for both peers and the general public.

Competition Team

The second is the Competition Team (CT) where students will study the art form as a physical expression of the human experience, learning how to communicate clearly and accurately through various genres of dance. These dancers pursue a more intensive curriculum and will experience performance opportunities including competitions, concerts, and community events. The CT stresses the importance of developing the technical skills of the dancer as well as their performance style. They will focus on working together as a group, learning challenging routines, and bringing their high level of skill and poise to the stage.

Concepts in Motivation, Inc. does not discriminate on the basis of race, religion or sex.