

Dancing 15 years in the Community

Dear Dancers and Dance Parents,

My name is Colleen Day, and I have been the proud owner and Artistic Director of Dance-n-Fitness for 15 years. I hold a B.S. Degree in Dance Education from the University of Minnesota, and have instructed "dance-n-fitness" classes to all ages and levels for over 25 years!!

At Dance-n-Fitness all teachers are either professional, degreed, or dance majors. We believe in providing quality dance instruction that is both structured and enjoyable! (See our instructors' biographies at www.dance-n-fitness.com).

We offer a wide variety of dance from origins across the globe, including Pre-Ballet, Ballet, Pointe, Tap, Jazz, Lyrical, Hip Hop, Irish Step Dancing, Competition Lines, Swing, Salsa and Ballroom styles, just to name a few.

Dancing complements all sports, and is by far the most enjoyable and efficient form of exercise! By embracing the capabilities of the entire body, all forms of dance provide the satisfaction of increased strength, coordination, and flexibility. This in turn leads to improved self-esteem, boosted confidence, and the rhythm, technique, and grace that comes from moving with music. We would love for you and your child to share in these experiences by becoming a part of our growing studio.



See you in class!

The Dance-n-Fitness Program

Our classes follow a 9 month schedule, September-May, which coincides conveniently with the school year. We have our annual "2009" Holiday Dance Performances at Dance-n-Fitness, December 14th-19th. We order our costumes in December (a \$50 costume down-payment is due in October and full costume payment is due in December) and begin work on our recital choreography in January. At the end of May, we celebrate our year of dance with our annual Spring Recital!



Dressing for Dance

At Dance-n-Fitness, we believe comfort is key!! Form fitting yet stretchy clothing, including leotards, tights, leg warmers, jazz pants, and sports bras are appropriate for class wear. **For more details on specific shoe and attire recommendations, a handout is available at the studio or online at our website.**

www.dance-n-fitness.com

2009/2010 Registration Form

Name	Age	Birthday	
Address	City	State	Zip
Parent's Name		Home Phone	
E-mail		Work Phone	

My signature here indicates that I have read and understand the tuition and studio policies of 9 equal payments, Sept.-May. I also agree to pay monthly tuition in full by the first class each month or be subject to a \$20 per month late fee. I have also read the recital information in this book and understand that costumes must be paid in full by December. I also give Dance-n-Fitness permission to use pictures taken during classes, picture day and performances for publicity purposes. Dance-n-Fitness, it's owner, instructors, or staff, will not be held accountable for any injury or loss of property while the above student is attending, coming to, or leaving the school. My signature below absolves Dance-n-Fitness of all responsibilities.



Parent's Signature _____ Date _____

Classes	Day	Time	Tuition
Registration fee per family	Waived if on or before Aug. 18th \$35 if after Aug. 20th		
Total			
<i>No confirmation will be sent, however you will be notified if a class is full or canceled. Classes with fewer than 6 students may be canceled or combined.</i>			

To register, call, drop off or mail completed and SIGNED registration form to:
Dance-n-Fitness, 311 Division St., Northfield, MN 55057, 507-663-7814