



## Excellence in the Making!

### SERVICES AVAILABLE

CFDC requires a \$40.00 ANNUAL FAMILY REGISTRATION FEE  
 We also offer a 2nd child discount of **10% off the total of your 2nd child's tuition**

Dance Classes Per Week	Monthly Tuition*
ONE CLASS PER WEEK	\$50.00
TWO CLASSES PER WEEK	\$90.00
THREE CLASSES PER WEEK	\$130.00
FOUR CLASSES PER WEEK	\$170.00
FIVE CLASSES PER WEEK	\$200.00
Competitive Team	\$195.00

\* prices are per child

### INFORMATION

Thanks for coming to CFDC! We are excited to bring you a "new" take on dance studios. CFDC has gathered the best, most knowledgeable faculty in the Central Florida area. Our faculty is dedicated to educating you in all styles of dance. Our goal is for you to learn in a fun, friendly and easy-going environment, but to be dedicated and work hard in the process. We hope you are as excited as we are! Read through the following information to prepare for the year ahead and to get helpful tips from each faculty member's "cheat sheet!"

# “CFDC Not Only Makes Great Dancers But Great Kids In The Process”

## Registration

CFDC registration forms can be found in the back of the packet or online. Be sure to read carefully! Registration is always open. \$40.00 annual Family Fee.

## Observer

CFDC is fun for everyone—including parents! Our Center is equipped with state of the art technology including plasma screen TV's for parent enjoyment and online access with parent password protection to view classes while at home or the office. If you registered to be an Observer in advance through our studio, CFDC will register your e-mail address so you are set up to view the classes

## Level Changes

We want every dancer to benefit from our studio. If you find that the class you're in doesn't suit you, speak with your teacher or visit us at the CFDC Front Desk. We will be happy to make the appropriate changes. You must make your level change within the first two classes of the month.



## What to Bring

CFDC dance classes consist of many styles of dance: ballet, jazz, contemporary, tap and hip-hop. Bring all of the appropriate shoes and attire for each class. The faculty prefers that you are dressed properly for their class's style! For example, bring ballet shoes and form fitting dancewear for ballet class.

Some items you want to be sure to have with you:

- ALL Dance Shoes!
- Dance Tops & Biker Shorts
- Sweater/ Sweatshirt
- Sweatpants
- Socks/ Tights
- Hair Accessories (hair ties, bobby pins, etc.)

## CFDC provides a syllabus to secure support for each dancer's future.

### NICOLE'S CHEAT SHEET

#### Tips

**PUSH YOURSELF!** No matter how different or difficult the movement is, do not slack! Push yourself and the teachers will notice! I would rather watch someone who is fighting for execution than someone who is playing it safe.

Wear attire that shows off your skills! It is so distracting when dancers wear too many layers or a full "outfit" to class. It is not a fashion show! We are here to work and sweat.

Cheer for each other! Even if you have never met the other people in class, we are all in this together! Let's keep the classes positive and fun by giving it up for everyone's efforts!

Embrace every class, even if it is not your "favorite style." The more you limit yourself, the less you will grow!

#### Beware

Don't get distracted by other people! In class, it is crucial to clear your mind and focus on the task at hand. Keeping yourself on track will allow you to get the most out of class.

When learning choreography, DO NOT MARK IT!

#### Remember

At CFDC, we focus on being the best teachers for everyone in the room, and we need the same respect on your end. Give us your undivided attention. Give us your heart and soul. Trust us, keep your mind open and your growth will be endless. We teach to create strong minds for future, but it's up to you to let us in and help you become excellent at your craft.

### KINGA'S CHEAT SHEET

The beauty and artfulness of ballet comes from the exquisite precision, perfection and articulation of its technique, which can be difficult and overwhelming! We strive to achieve the beauty of ballet through dedication and hours of training. Here are a few hints to help you enjoy class and the process of training!

#### Tips

Be on time! It is both vital and respectful to the teacher and the entire class.

Dress the part! Be clean and have ballet-appropriate attire. At convention, I do not expect black leotards and pink tights, but I do expect you to be aware of what class you are attending!

#### Technical Stuff

Every step and technique in classical ballet has rhythm, timing and meter. Keep those things in mind and your technique and musicality will improve! Embrace the music and it will tell you what to do.

Remember your feet! I know you hear it all the time and are tired of hearing "point you toes," so instead, think more about the elongation of the top of your arch to extend your line with the whole foot.

#### Remember

Above all, whether you are ballet-inspired or not, I want you to enjoy class, appreciate your own facility, be thankful for the ability to learn and be inspired by CFDC and find joy in ballet!

### LINDSEY'S CHEAT SHEET

#### Tips

Be committed to what you are learning in every class. Although it might not be your favorite style of dance, you need to commit 150% of yourself to every teacher and class. You will get out of class what you put into it. Give it your all and the reward will be great.

Pay attention to the details. You have to demand more of yourself to be better than "good." Get all of the specifics the teachers are asking for, not just the big stuff.

#### Technical Stuff

Take ballet class. You have to have ballet technique and the only way you are going to gain that is by being in class and training your body.

Pay attention to your upper body! Think about the carriage of your arms and back—remember to have a long neck and spine, and keep your shoulders down!

#### Beware

Try not to ask too many questions. I bet you can figure out the answer if you just watch, focus and pay attention. Most of the time, teachers give specific details, so if you give it a chance, your question will probably get answered!

#### Remember

If you love to dance, then show us that. Dance is truly a gift—do not take it for granted. Cherish how blessed you are to have dance in your life. When you are having a rough day or time, you can always turn to dance as an outlet to express your emotions and energy.

### DESIREE'S CHEAT SHEET

#### Tips

Come to my class ready to dance in an unfamiliar way. Try to find one thing in every class that makes your body move in a new way.

If you come into the class with the mentality that you are a certain "type" of dancer, than you will never grow. Whether it is hip-hop, jazz, or contemporary, ALL styles involve movement. Come into my class believing you are a "mover" that's capable of learning all styles of dance.

#### Technical Stuff

Find the use of every muscle separately, before you can use them together. Isolation is not dancing smaller, but dancing much bigger with a specific part of the body to make the movement more defined.

Use "popping" to make your dancing more defined.

#### Beware

Don't stereotype hip-hop to "souljia Boy" and "fierce" booty pops! There are several shades of Hip-Hop from the strange, to hard-hitting, to smooth, to old-school and so on. Don't limit yourself!

Don't think that just because you are a girl, you have to always dance like one. Strive to be versatile.

