

MOLLY MYERS

DANCE ACADEMY



STUDENT HANDBOOK

504-715-5205

Email: Molly_myersdance@att.net

Website: mollymyersdanceacademy.com

Studio Policies

Please read the studio policies for your dancer listed below. All of these policies need to be strictly followed if we are to achieve the results we expect from our dancers. Following these rules will instill proper school behavior, dress code, and over all attitude.

Contact Number: (504-715-5205)

Please only call/text my cell phone on Monday-Friday from 9:00am -5:00pm. Thank you.

1. All dancers must wear DANCE CLOTHING. No Nike or gym shorts, nor pajama pants allowed. If dance shorts are worn, the dancer must have on tights. Dancer must have dance shoes on at all times. It is the responsibility of the parent to make sure their child comes prepared for class.
2. All hair must be pulled back and off the face. I would recommend wearing a bun.
3. All students must arrive to class on time and be picked up when the class is over.
4. No gum chewing or eating at anytime nor anywhere in the studio
5. No talking while class is in session as this disrupts the other students and makes it impossible to conduct class.
6. All students must ask permission to use the restroom.
7. No laughing, criticizing, or correcting each other at any time.
8. All students must be polite and courteous to the faculty at all times. Disrespectful behavior will not be tolerated.
9. It is the parent's responsibility to bring their child to class each week. Repeated absenteeism affects the entire class and is a reflection on the parent not the child. It is the parent's responsibility to call and find out about extra practices or schedule changes when a child is absent. Teenagers should be able and encouraged to do this on their own.
10. It is the responsibility of the parents to read all notices and contact me with phone number or address changes.
11. Parents or visitors are not allowed to observe during class. We have found it to be more of a distraction in the years past and want to be sure that each child is learning to the best of their ability. No student is to wait outside for his or her ride.
12. Cell phones must be put on vibrate and kept in dance bags while class is taking place.
13. Students are expected to maintain clean personal hygiene. We recommend keeping a stick of deodorant in their dance bag.
14. NO STUDENT SHOULD BE BROUGHT OR DROPPED OFF AT DANCE MORE THAN 5 MINUTES BEFORE THEIR CLASS TIME, AND MUST BE PICKED UP WITHIN 15 MINUTES OF CLASS ENDING.

(504-715-5205) Please only call/text my cell phone on Monday-Friday from 9:00am-5:00pm.

Thank you.

“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.” Proverbs 3:5-6

Tuition Policy

Tuition is due at the beginning of every month. If it is not turned in by the 15th, a \$10.00 late fee is due.

Registration fees AND tuition are non-refundable. Siblings have a \$10.00 a month discount on their tuition.

For example, if the first student pays \$60.00 per month, the second student's tuition is \$50.00 per month.

Any NSF Checks will be charged an extra fee of \$25.00.

September Tuition will be posted on your portal by the Friday before the first week of classes, and again at the beginning of each month. If your tuition is not paid off by the 20th of each month, a red slip will be sent home attached to the outside of your child's dance bag. You can log into the portal and pay online, OR you can pay inside the studio with cash or check written out to MMDA.

2026-2027 School Calendar

September 14	1 st Day of Classes
November 1	Revue Fees are due in full
Thanksgiving	CLOSED November 23 - 27
Christmas Parties	December 14 - 18
Christmas	CLOSED December 21 - January 3
January 4	Classes Resume
Mardi Gras	CLOSED February 8 - 10
March 13 @ 9:00 AM	AD CONTEST
March 20th	All Ads are due.
Easter	CLOSED March 29 - April 2
Rehearsal @ RC	June 15
Recital @ RC	June 19

Monthly Tuition

\$70.00	45 min
\$75.00	1 hour
\$85.00	1 ½ hours

Additional Classes

Ballet:	\$35.00
Hip-Hop:	\$35.00
Technique:	\$35.00
Acro:	\$65.00

Our classes for the 2026 - 2027 season will begin the week of September 14.

Tuition is September-May.

- **Ages 2-4** come for 45 minutes once a week. They will need black tap shoes and pink ballet shoes.
- **Ages 5-6** come for an hour once a week. They will need black tap shoes and pink ballet shoes.
- **Ages 7-9** come for an hour and a half once a week. They will need black tap shoes, tan jazz shoes and pink ballet shoes.
- **Ages 10-14** come for an hour and a half once a week. They will need black tap shoes, tan jazz shoes and tan lyrical shoes.
- **Teens and Seniors** will come once a week for an hour and a half. They will need black tap shoes, tan jazz shoes and lyrical shoes.
- **Ages 6 & up** can take extra hip hop classes.
- **Ages 8 & up** can take extra ballet classes.
- **Teens and Seniors** can take extra technique classes.
- **Ages 4-11** can take extra acrobatics classes.

TUITION IS NON-REFUNDABLE. (see page 3)

Recital Fees

All students participating in the recital will have a fee of \$300.00. This covers your revue fee, 2 costumes, headpieces, props, bows and tights. The 2nd child in a family gets \$20.00 off their fee.

If you are participating in the opening number, ages 11 and up, your cost will be \$355.00. This covers 3 costumes, headpieces, props, bows and tights. All additional costumes will be an extra charge.

The cost can be broken down into 3 monthly payments but must be paid in full by November 1st in order for your child's costumes to arrive in time for their pictures and the recital.

<u>Total:</u>	\$300.00	\$355.00(opening participants)	additional siblings \$280.00
September	\$100.00	\$120.00	\$95.00
October	\$100.00	\$120.00	\$95.00
November	\$100.00	\$115.00	\$90.00

*****COSTUMES WILL BE ORDERED ONCE THIS YEAR. IF YOU DO NOT PAY ALL OF YOUR CHILD'S RECITAL FEES BY NOVEMBER 1ST, YOUR CHILD'S COSTUMES WILL NOT BE ORDERED. NO EXCEPTIONS. *****

RECITAL FEES ARE NON-REFUNDABLE

**RECITAL TICKET INFO:
TBA BY OCTOBER 1ST**

Recital Policies

- Everyone must attend the rehearsal, which is held at the BR River Center Theatre.
- Rehearsal is *NOT* a dress rehearsal.
- On recital day, all students must wear the color tights that I carry at the studio so that everyone on stage will match.
- All students must be in *COMPLETE* costume on recital day.
- No parents are allowed backstage at any time.
- I expect all parents, students, and families to display proper theater etiquette during the rehearsal and recital.
- No yelling of names during the show.
- Dress attire should be dressy/casual.
- Every child must stay backstage for the entire show. You will not be able to check your child out of their dressing room until the recital is completely over.
- Rehearsal and recital are both at the BR River Center Theatre. We have two recitals. The first show is at Noon and the second show is at 5:00pm. Ages 2-10 are divided in half and will only perform their dances in one show. Ages 11 and older are in the opening production and perform all dances in both shows.

We are beyond excited to be holding our recital at the River Center Theatre this year! We have not been at the River Center Theatre very long; therefore, we have a lot of NEW policies that we will be implementing.

If you did not know this already, MMDA has been at the LSU Student Union Theatre for the last 15 years. We do know that a lot of families are familiar and accustomed to our backstage policies that we had at LSU, so we're going to ask that you please be patient with us as we make this transition.

Since opening in 2009, it has always been a goal of mine to eventually have our recital at the River Center. It is newly renovated, so the size of the stage is larger, the lights and effects are 'top notch', and the facility reaches another level of professional theatre etiquette. It is truly every dancer's "dream come true!"

Due to the size of the dressing rooms, we will have 3 dance moms PER class stay backstage with the entire class and help change the kids. These backstage moms will have a lot of job duties and responsibilities. Please understand that you will not just be in charge of your child and changing them, but will have the responsibility of the class as a whole, plus more! I'm attaching a file below that lists all of their responsibilities.

If you would like to be a backstage mom, ***you MUST read the information in the file below*** and then text Molly @ [504-715-5205](tel:504-715-5205) with your name, and your dancer's name. If more than three moms sign up for your dancer's class, Molly will put those names in a hat and pick three. If you have more than one dancer, you can only sign up for ONE of your dancer's class.

Please keep in mind that every backstage mom who signs up for a slot will go through a background check before Molly confirms that you can be a backstage mom for a class. Only the 3 moms approved per class for the background check will be allowed backstage, and will be asked to show license or photo ID before entering the backstage door.

I do know that this is going to be a big change for a lot of you, but I am confident that this will be best for our dancer's safety and their ability to change in dressing rooms with no chaos. On recital day, I am solely responsible for 450 dancers; therefore, their safety is of utmost importance to me. I am confident in my decision to conform to more strict policies to protect every one of our dancers. If you have any questions, please let Molly know.

Backstage Mom Responsibilities

Expectations leading up to rehearsal/show week:

- A background check will be run on every stage mom.
- Come into class when asked to learn who your dancers are (starting May 1) – this will help the dancers feel more comfortable on recital day because they will know who you are. Please introduce yourselves to the dancers and their moms.
- Keep a copy of class lists, emergency contact information, recital/rehearsal packets, checklists, headshots w/ their name, etc.

Rehearsal day:

- You will need to be at our rehearsals during your group's rehearsal date and time; once your groups are done with their dances and everyone has been picked up, you are free to leave.
- Please arrive early for rehearsal to learn the theatre layout and dressing room area
- Help gather the girls to line up and call roll

Recital Day:

- Upon arriving at our check in door, please have your license or photo ID ready to show before entering backstage. At this check in door, we will have a BRPD officer and River Center Security guard to ensure that only the back stage mom's who have gone through a back ground check can enter.
- Please arrive early on recital day to be there when the dancers arrive and to assist with check in. You will also need to stay until all dancers have been picked up by a parent and assist with check out.
- You will be assisting with setting up and organizing the dressing room, and organizing all dancers' belongings that are in your class.
- Assist with any hair accessories or costume changes for each child in your group, not just your child. Double check that your group has all of their accessories on and all clasps on costumes are secure. Check all ballet shoes to make sure strings are tucked in and tap shoes are double knotted. Everyone must have all pieces to their costumes on. A list of accessories will be posted for each costume.
- You will need to get the dancers lined up for their dance before they go on stage (line up lists will be provided). You will then hand them off to the stage manager. After you get the group lined up for their dance, you will NOT be able to watch them from the wings; however, you are able to run out to the theatre and watch from the back, then run back to meet the group when they are off stage. If your dancer is clingy, and you have a difficult time getting them into class some days, I do not suggest that you sign up to be a backstage mom. We want your child to confidently walk on stage without crying.
- While backstage and in dressing rooms, we ask that you please keep children quiet and your group in their chairs and dressing room areas. When they are loud, sound travels into the auditorium. Please keep them entertained with coloring pages and crayons. If you are not capable of calmly entertaining a group of children, then this job is not for you.
- After each performance, please tidy your area before leaving. This will help as we only have a small window before the next group arrives.
- Any questions or concerns during rehearsals and performances should be directed to your cellphone mom, who will be in contact with admin. One of the backstage moms will be chosen to also be a cell phone mom! So please understand that you may sign up for a slot for a backstage mom, but then ALSO chosen to be the cell phone mom of your dancer's class.

Cell Phone Mom Responsibilities:

- You must be able to respond to incoming calls or texts days before the rehearsals and recital days. Have your recital packet printed and reviewed so you are able to answer questions that come about. For any assistance or emergencies, you will have a contact person to reach out. Molly will not be able to answer any calls, texts, and/or emails the week of rehearsal and recital.

Thank you for all of your help! Let's have a fabulous show!
In Gratitude,
Molly

Student Teachers

- You must be on time to your designated class.
- You must dress appropriately, meaning NO gym shorts or pajama pants. Please wear dance clothing and proper dance shoes; this is a dance studio.
- Cell phones must be put away AND on vibrate or turned off.
- If you are unable to make a class, you must call me a day in advance to let me know so I can get someone else to come and help me.
- You must be aware of everything going on inside the classroom.
- You must let the head teacher know if you are bringing a child to the restroom.
- You must attend student teacher training throughout the year that we will have at the studio.
- You are required to get the class started with simple stretches if the head teacher seems to appear busy with a child's parent.
- No chewing gum or eating snacks during a class. You may eat snacks in between classes.
- Absolutely no contact should be made between you and a student's parent. If a parent has a question you must direct them to the head teacher or secretary.
- During recital time you must bring a notebook each week and write down the choreography for each dance on top of memorizing the dances. If the main teacher is absent you will be expected to carry the class for the substitute.
- You are expected to maintain clean personal hygiene. Please keep a stick of deodorant inside of your dance bag.

(Responsibility- always accountable; trustworthy; mature; reliable)

*****If you are not willing to dedicate your time and take on this responsibility, please do not volunteer to help out. I expect a lot from my student teachers. My younger students look up to the teachers; therefore, you must set the best example to my girls.***

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these". Matthew 19:14

Dancer's Manners

Please review all of this information with your child. It is important in providing the best classroom environment possible for your child.

Dancers show respect for themselves by:

1. Being prompt for class.
2. Being dressed properly for class with tights. (No gym shorts, Nike shorts, or pajama pants)
3. Having hair pulled up out of the face.

Dancers show respect for others by:

1. Keeping their hands to themselves during class.
2. Waiting quietly for others to have a turn and for instructions from the teacher.
3. Talking with one another at the appropriate time.
4. Supporting other students' efforts, never laughing, pointing or whispering.

Dancers show respect for their teacher and the art of dance they are learning by:

1. Being properly dressed and ready for class on time.
2. Listening when the teacher speaks.
3. Never crossing their arms while the teacher is speaking.
4. Always finishing every exercise, never walking off noisily or showing anger or aggravation.

Dancers show respect for the studio by:

1. Leaving gum, food, or drinks outside.
2. Never hanging or leaning on the barres.
3. Never running inside the studio.
4. Putting trash in its proper place.
5. Turning off cell phones.
6. Always keeping all belongings zipped inside their dance bag.

Parents show respect for the dance class, teacher and studio by:

1. Coming inside to drop and pick up dancers. It is unsafe to allow children to walk through the parking lot alone.
2. Never leaving siblings unattended.
3. Bringing dancers to class on time and picking them up promptly after class.
4. Having dancers ready for class before entering the classroom.
5. Making sure the dancer has the opportunity to use the restroom before class starts.
6. Leaving toys at home.
7. Teaching children to never run or scream in the studio, waiting areas, or parking lot.
8. Talking only briefly to the teacher in between classes knowing she may have another class to teach.
Please leave a short note in the tuition box with name, phone number, and best time the teacher can contact you.

DANCE PICTURES & AD PACKETS

All of the information you need to place your child's picture in the revue book is included in this packet. You have two options to choose from. You can either pay for a picture in the front of the book or sell ads to family, friends, and businesses.

OPTION #1 This means that you are not selling ads and are purchasing your child's picture for the front of the book outright by either cash or check.

Full Page (8x10) | Price: \$175.00

Includes the student's name under the 8x10 picture OR a Full Page that includes a message with a 5x7 photo. This makes your child an automatic trophy winner.

Half Page | Price: \$160.00

Includes a 4x5 picture and a 4x5 ad next to it. Student's name appears underneath.

¼ Page | Price: \$90.00

Includes a 4x5 picture with the student's name underneath OR a 2x3 photo with a message next to it.

All Students who take pictures during picture weekend will receive a 2.5 x 3 photo in the back of the recital book with their name underneath. Mrs. Molly will choose her favorite picture, and it's of no extra charge. If they do not take a picture through our photographer, they will not receive their picture in the back of the book.

ANY STUDENT BRINGING IN \$165.00 IS AN AUTOMATIC TROPHY WINNER.

Below is a list of the ad sizes and costs to sell to Businesses only:

If the business wants to add a picture of your child, it's an additional \$10.00. You may add up your business ad sales with your personal ad or personal picture sales to get your total to place in the contest.

- \$50.00 Business Card
- \$80.00 ¼ Page
- \$150.00 ½ Page
- \$165.00 Full Page

AD REWARDS

If you sell \$300 worth of ads, your child is rewarded a Free Full Page.

-Includes the student's name under the picture and she is an automatic trophy winner.

If you sell \$200 worth of ads, your child is rewarded a Free ½ Page.

-Includes a 4x5 picture and a 4x5 ad next to it. Student's name appears underneath, and she is a trophy winner.

If you sell \$175 worth of ads, your child is rewarded a Free ¼ Page.

-Includes a 4x5 picture with the student's name underneath.

Center-fold

Who will be our Centerfold this year? It is a lot easier than you think. Start selling ads today. The student who has the highest total of money with a minimum of \$2,000 will be our Color Centerfold. In addition, she will receive the following:

1. 8x10 pictures in the front of the book
2. One ¼ page color picture
3. A 4 ft. trophy
4. She will be presented and featured in the grand finale.
5. Four free reserved seats for the revue.
6. One free revue book.

Back Cover

All 1st, 2nd and 3rd place winners who's ads total \$650.00 or more will be on our back color cover. In addition, they will receive the following:

1. ¼ page color picture in the book
2. A 2 ½ ft. trophy
3. 2 8x10 pictures in the book
4. She will be featured and presented in the grand finale.
5. One free revue book.

Grand Finale

Any student whose money totals \$650.00 or more will automatically participate in the grand finale. They will also receive the following:

1. ¼ page color picture in the book
2. 8x10 black and white pictures in the book
3. A 2 ft. trophy
4. One free revue book
5. She will be featured and presented in the grand finale.
6. An opportunity to be featured on the back cover.

The ad contest will be on March 14, at the studio, promptly starting at 9:00am

(this is for dancers who are turning in \$500 or more) . All other ads are due by March 20.

PAST REVUE BOOKS ARE AVAILABLE TO LOOK AT TO ASSIST YOU WITH WORDING YOUR ADS. ALL OTHER ADS ARE DUE NO LATER THAN MARCH 20. PLEASE SEE NEXT PAGE FOR AD FORM.

MOLLY MYERS DANCE ACADEMY

AD Form

****This form must be filled out for every single ad sold/bought.**

Dancer's Name: _____

Business Prices:

Family Prices:

- | | | |
|----------|--|---|
| Business | <input type="checkbox"/> \$50.00 Business Card | <input type="checkbox"/> \$90.00 1/4 Page: 2x3 picture w/message or 4x5 photo with name underneath |
| | <input type="checkbox"/> \$80.00 1/4 Page | <input type="checkbox"/> \$160.00 1/2 Page: 4x5 picture and 4x5 ad(message) next to it |
| | <input type="checkbox"/> \$150.00 1/2 Page | <input type="checkbox"/> \$175.00 Full Page 8x10 picture with name underneath or 5x7 picture with a message |
| | <input type="checkbox"/> \$165.00 Full Page | |

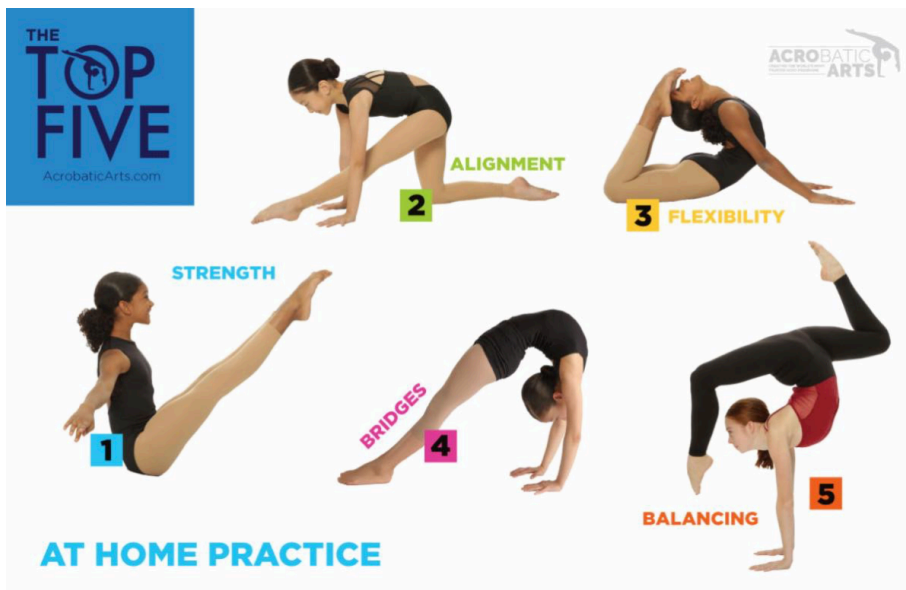
Name(if this is a business ad): _____

In the box below, please write out the message you would like your ad to include. PLEASE WRITE CLEARLY. If the business wants to add a picture of your child, it's an additional \$10.00. Cash or Check is acceptable. Please make checks payable to Molly Myers Dance Academy.

ACRO

What is Acro?

- “AcroDance, or Acro as it is commonly referred to by dancers and dance professionals, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line and extension with acrobatic movements in a dance context.”
- We currently have two certified Acrobatic instructors here at MMDA, and we offer beginner levels all the way to advanced level 6. Acro classes are skill based, and not 100% separated based on the dancer’s age.
- Understand that Acro is **NOT** tumbling. While certain tumbling skills are taught in Acro, such as aeriels, back/front handsprings, and back/front tucks, these skills along with others are not executed the same as cheer and gymnastics. They are done with agility and control rather than explosive power.
- Because Acro skills are learned on hard flooring, as opposed to a spring floor, kids are trained to land skills in a way that absorbs shock and is not hard on their joints.



The image to the left is a brief overview of the 5 focal points in Acrobatic Arts curriculum. In every Acro class we focus on each of these aspects at every level. **Strength** develops the muscle control needed to support/execute skills safely. **Alignment** promotes proper body positioning to prevent injury and improve technique. **Flexibility** increases the range of motion to enhance movement quality and skill progression. **Bridges** build spinal flexibility and strength for backbends and limbering skills. **Balancing** improves stability, control, and body awareness.

- ***Acro is made to be incorporated into dance. Children become stronger and more advanced dancers with with the help of Acro**

