

Heartbeat Performing Arts Center – Summer Session 2017

With genuine warmth, you are welcome to Heartbeat Studios. We take pride in the fact that our professional studio teaches more than dance, singing and acting by providing life enrichment to our students through the performing arts. The youth at Heartbeat are celebrated and we make learning fun! We are sensitive to using only age-appropriate music, choreography and costumes. Through our Academy Program we develop dancers, singers and actors for college and professional careers. We teach discipline, dedication, commitment, confidence, self-esteem and many other life skills. We teach respect for teachers and fellow students and for the performing arts. All students are equally important at Heartbeat whether they dance, sing or act for recreation or for a future profession. We have classes for everyone and “*we teach from the heart!*”

♥ MISSION

Heartbeat’s mission is to **help** students of the performing arts recognize the value of dance, singing and acting, respecting its perpetual rebirth in society. **Encourage** the development of each student’s individuality and uniqueness through artistic expression. **Provide** each student with high quality performing arts education and **enable** them to experience its life-enriching benefits. **Give** the students opportunity to understand that the performing arts have an amazing history and are a universal language. Continually **nurture** their interest in the performing arts and appreciation of it as a personal journey to **enhance** their life.

♥ CLASSES TAUGHT FROM THE HEART IN A NON-COMPETITION ENVIRONMENT

Heartbeat promotes a non-competition environment where instructors teach by encouragement – not by intimidation. We are a performance studio and choose not to be involved in competitions because we appreciate and advocate dance, singing and acting as art forms and not sports. Our focus is on correct training and technique by professionals in the fields of dance, singing and acting. We provide performing opportunities throughout the year for all ages to share the beauty and emotional and intellectual stimulation of the performing arts with the public. We also want to provide long-term, life enriching experiences in the performing arts for our students. Hand-in-hand with this is our goal to develop the students’ trust in dance, singing and acting, encouraging them to take on the responsibility of raising the bar on their own potential. The performing arts are more than a physical presence and we nurture a truthful, not artificial, connection between the performer and the audience. We allow the students to immerse themselves in what is happening and to internalize their artistic voice because it is only then that it is real.

♥ HEARTBEAT PERFORMING COMPANIES

Heartbeat Studios’ performing companies provide a year-round opportunity for dancers, singers and actors to perform in front of an audience and to work as part of a team while improving their skills. Companies perform locally at prestigious venues and occasional out of state performances. Companies include Heartbeat’s Sweethearts, Beat Squad, Jr. and Sr. tap, ballet, modern, jazz, break dance and hip hop groups, Acting, Heart & Soul Choir, and the professional Vox Medusa.

♥ HEARTBEAT JUNIOR AND SENIOR ACADEMY PROGRAMS

The Academy Programs are designed for advanced dance, singing and acting students who are interested in a serious and focused study of performing arts. The Junior Academy is for students age 9 to 12 and the Senior Academy is for students age 13 to 18. Each Academy student auditions for dance, singing or acting advance levels for their Major(s) as their primary focus. Major options are: Ballet, Jazz, Tap, Modern, Hip Hop, Break Dance, Singing, and Acting. Senior Academy students are also enrolled in the Pedagogy program, which is learning the art of teaching dance, singing or acting, by assisting classes in their chosen major. The Junior and Senior Academies will present their own original choreography, playwriting and songs in a separate, self-produced show in the spring. Contact Heartbeat for Academy Program application information.

♥ MASTER CLASSES

Heartbeat provides master classes and workshops from local and world renowned performers, choreographers and directors throughout the year. This opportunity links our dancers with the world-wide dance community exposing them to original choreography and technical training they may not otherwise experience.

♥ PARTNER STUDIOS IN JAPAN AND BARCELONA

In April, 2005 a *Certificate of Partnership and Friendship* between the ARTN Dance Studio (Tokyo) and Heartbeat Studios was signed by the directors of both studios. A teacher and student exchange program was established and teachers and academy students from Heartbeat and teachers and students from ARTN visit each other’s studio in alternating years in the spirit of enhancing their personal and dance lives. In July 2008, a similar program was established between Heartbeat and the Escola Luthier Dansa in Barcelona, Spain.



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♥ **ACTING** – From comedy to tragedy, this class focuses on character study and development, improvisation, physical pantomime and stage projection. Acting skills are taught to build confidence and comfort in front of an audience. Two plays are produced each year allowing students to also be involved in a variety of character studies and themes.

♥ **BALLET** – Originating from royal French court dances of the 1700s, Ballet evolved into the quintessential classic form of dance in which most dance forms are technique based. Ballet is meant to give an ephemeral fluid quality to the dancer. This became emphasized as Pointe shoes were introduced in the 1800s to give the audience an illusion of a floating dancer on stage. Meant to demonstrate the beauty of the human form, Ballet technique was formed to fit perfect alignment of the body and five positions of legs, arms, torso and head as well as proper leaps, turns jumps and footwork.

♥ **BREAK-DANCE** - In its early form, breakdancing was divided into three distinct forms: Breaking, dancing, and popping. Break dance is commonly associated with, but distinct from, popping which is one element of the funk styles that evolved independently in California during the 1970s, however elements of popping or popping itself may have existed as a style or subculture of dance as early as the 1920's when it, or the general sub culture of dance associated with Afro-Americans was known as Boogaloo. Other styles of dance associated with the funk styles include locking, tutting, krumping, boogaloo and liquid dancing. These styles are sometimes more "contortionistic" than "athletic," although they are often incorporated by break dancers who wish to widen their expressive range. Class placement for students in break dance is by skill level, not age.

♥ **CHOIR** - Heartbeat offers a youth choir program for students age eight to twelve, and a teen choir company. From world music to Broadway tunes, from soul to rock, the students learn a comprehensive selection of songs, while learning proper vocal technique, breathing and other tools to enhance vocal range and clarity. Both the youth and teen choirs perform in Heartbeat's annual musical theater productions and other venues throughout the year.

♥ **COMBINATION** – These classes are primarily for students four to twelve years of age. The very young have a blend of Ballet and Tap dance. The next level introduces Jazz dance along with Ballet and Tap. The importance of exposure and training in a variety of dance disciplines is important at Heartbeat because we strongly believe it creates a better and more versatile dancer. Studying multi-disciplines is synergistic to the young dancer because the skills learned in each discipline help the student excel in the others.

♥ **HIP HOP** – An art form as we know today, originated in the South Bronx section of New York City around the mid 1970s. You can see Hip Hop in most MTV videos. It's an aerobic and acrobatic style of dance that has basic technique of foot work and floor work that is accented by each individual's free style and perspective.

♥ **FLAMENCO** - Flamenco dance is a highly-expressive and passionate Spanish dance form. Flamenco is dance characterized by hand clapping, percussive footwork, and intricate hand, arm and body movements. In addition to rhythmic footwork and hand clapping, flamenco dancers often use fans, shawls, canes, hats or castanets to tell the story within each dance.

♥ **JAZZ** – This American dance form was developed alongside the revolutionary musical form; thus, they share the same name. In the early 1900s, original Jazz movement was meant to be a visual representation of Jazz music. Influenced by the rhythmic punctuation and syncopation; Jazz technique is based on isolations of torso, shoulder, and hips with fast foot work. Highly styled, flashy and sleek, Jazz dance has evolved into the most common dance form found in Broadway productions today.

♥ **LEAPS & TURNS** – Fundamental, and vital to most dance forms, leaps and turns challenge the strength, grace, and technical expertise of a dancer. Whether sailing high in a grand jete', or executing multiple pirouettes, leaps and turns are integral to most choreography, and exemplify the dancer's skill.

♥ **MODERN** – Modern dance originated as rebellion against Ballet. In the late 1800s, a ballerina named Isadora Duncan became internationally famous by performing her passionate free-form solos while barefoot and costumed in loose flowing fabrics without a corset. This was a new form of dance thus it was named Modern. In the early 1900s, choreographer, Martha Graham shaped Modern technique by incorporating Ballet technique to give it structure and added her philosophy that Modern's dynamic movement must passionately radiate from a center contraction. Modern has evolved into today's highest art form of dance and consequently is the basis of most college dance programs.

♥ **TAP** – This original American art form, along with Jazz music, share a unique "marriage" in the performing arts. Based on the influence of rhythms from many ethnic sources; Tap not only trains the student as a dancer, but as a percussionist as well. Heartbeat's Tap instruction reinforces the musicianship of the dancers. Correct technique and the freedom of improvisation are equally important at Heartbeat. Tap students, even the very young, may find themselves using hand drums as part of their Tap dance training. The intricacies of Jazz music and its relationship to Tap dance are also stressed. The dancers soon find out that they are the music; the time keepers; the soul in what their soles can do!



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Our policies and procedures help us uphold our professional standards. Please take time to read them and explain them to your dancer. Heartbeat reserves the right to change its policies at any time.

♥ REGISTRATION

Please read and complete the registration and enrollment information contained in Heartbeat's class Registration Form or print a copy of the form from our web site, www.heartbeat-studios.com. A registration form must be filled out for each family member. Registration fee and full camp/evening session tuition are due with your completed registration form.

Registration in Person: Office hours are Monday through Thursday, 2:00pm to 8:00pm. Friday, 2:00pm to 6:00pm. Saturday and Sunday by appointment.

Registration by Mail: Heartbeat Studios, 7661 West 145th Street, Apple Valley, MN 55124

Questions: 952-432-7833, email: debhbt@frontiernet.net, www.heartbeat-studios.com, or Facebook: Heartbeat Performing Arts Center.

♥ MAKE-UP CLASSES

Make-up classes are permitted anytime during the summer session. They cannot be extended to the school-year session.

♥ DRESS CODE for Munchkin to Junior Level (also recommended for Senior Level but not mandatory)

Heartbeat's Dress Code is established for the safety of the students and to provide the tools they need to learn each discipline. All of the items listed are available for order at very competitive prices through Heartbeat. Students' hair for all classes must not interfere with line of vision and must be pulled back in a bun or ponytail. Students who come to class in inappropriate attire will be asked to observe the class rather than participate.

Flamenco: Consult instructor first day of class.

Munchkin/Child/Youth Combination: Black leotard (any style), pink tights, pink ballet shoes, black tap shoes.

Acting: Tennis shoes (any color), black pants, solid black shirt of any style (shirts must be free of design or print).

Ballet: Pink Ballet tights, pink Ballet shoes and black leotard (any style). Black wrap skirt optional.

Hip Hop: Comfortable tops and bottoms but no denim jeans allowed! Tennis shoes not worn outside—must have clean bottoms.

Jazz: Black Jazz sneakers or Jazz shoes, black Jazz pants and black leotard or form fitting top (any style).

Modern: Students dance barefoot or can wear a foot thong. Black Jazz pants and black leotard or form fitting top (any style).

Break Dance: Comfortable clothing that is easy to move in (no denim jeans). Knees and elbows should be covered. Tennis shoes.

Leaps & Turns: Black Jazz sneakers or Jazz shoes, black leotard or form fitting top (any style), black dance shorts or capris.

Tap: Black Tap shoes (flat Oxford-type) for youth through adult classes. Black Jazz pants and black top.

Boys/Men: Dancewear in jazz, modern, tap and ballet is black Jazz pants and black form fitting top. Refer dress code above for hip hop and break dance.



♥ LEVELS

A **Beginning Level** class of any discipline covers the basic technique and vocabulary of a dance style. Beginning classes are structured for the absolute beginner through the second-year dance student. Classes are taught to clearly instruct students on correct body alignment, build muscular strength and flexibility, and to teach students the basic dance pattern rooted within the dance discipline.

A **Beginning/Intermediate Level** class of any discipline re-enforces the basic technique, alignment and vocabulary of a dance style as well as challenge students' minds and bodies with more complex patterns, multiple turns, developing leaps and faster foot work. Beginning II classes are structured for the second year beginning student who is preparing to move into an Intermediate level of dance.

An **Intermediate Level** class of any discipline is for students who have accomplished the basic technique, alignment and vocabulary of the particular dance style and are capable of handling challenging complex patterns, multiple turns, leaps and fast foot work. Intermediate classes are taught at a much faster pace for the student who is preparing to move into an Advance level of dance.

An **Intermediate/Advanced** Level class of any discipline is for the Intermediate level students who are ready for challenging choreography, physical endurance and flexibility. Intermediate/Advanced classes are taught at a fast and demanding pace. Instructors may demonstrate dance patterns only once or twice for the students and will move on quickly to the next pattern. Intermediate/Advanced levels are for those who are preparing to move to Advanced level.

An **Advanced Level** class of any discipline is for accomplished dance students who are ready for the ultimate challenge of tackling professional level choreography, physical endurance and flexibility. Instructors will move on quickly from one pattern to the next using all special levels. Advanced levels are for those who are preparing for professional level dance.

♥ IMPORTANT NOTICES AND NEWSLETTERS

Written notices and newsletters are periodically distributed to students. It is up to the students and parents to read the information as the information is handed out. Parents are advised to regularly check their dancer's dance bag for these important hand-outs or Heartbeat's website: www.heartbeat-studios.com on the announcement page, or Facebook: Heartbeat Performing Arts Center.

▼ **OBSERVATION ETIQUETTE**

Observation of dance classes from the lobby areas at any time is a privilege that is rarely extended by other dance studios. Heartbeat is a professional school and must have an optimal learning environment for its students. Heartbeat reserves the right to remove the class observation privilege if the following etiquette is ignored:

- No food or beverage, including coffee, are allowed in the studio rooms. The only exceptions are bottled water and food necessary for medical reasons. Students can bring their own bottled water, or for convenience, bottled water is available at the front desk for \$1.
- Talking in the lobbies must be kept low in volume and children in the lobbies must be kept quiet and under their parents' control at all times.
- Observers must not walk into a class in session, or yell into the studio to get a student's attention. This is very disruptive to the class and disrespectful to the instructor.
- Strollers, toys and other large play items are not allowed in the lobby areas as they pose unsafe conditions for building traffic flow. Over-crowding in the building also poses a hazard in the event of an emergency evacuation.
- For an optimal learning environment, observation of classes is not allowed from within the classroom. Observation is allowed from the lobby areas. All show rehearsals are "closed" rehearsals to help make rehearsals run smoother and shorter.
- Help keep the building clean by remembering to use waste containers.
- Video taping of classes is not allowed unless specific approval has been obtained by the instructor.
- If you have concerns, questions, or kudos, feel free to call Deb or Kristin to discuss them. 952-432-7833.

▼ **DANCERS' ETTIQUETTE**

- Arrive to class on time. The first 15 minutes are crucial to a proper warm-up.
- Wear appropriate clothing and come dressed to dance according to Heartbeat's Attire section. Students with inappropriate attire will be asked to observe the class instead and will still be charged tuition.
- No talking during class.
- Do not talk on your cell phones or text during class time.
- No gum, food or beverage other than water is allowed in the studio.
- Respect for your teacher and fellow students is one of the most important lessons in dance class. Thank your teacher verbally or with applause at the end of each class. Compliment your fellow students for giving their best effort in class.
- Attendance in class is essential for the development of each student. Frequent absence of a student is unfair to the other students in the class, to the instructor and to the progress of the class. Having multiple absences may require that a student take private lessons to get caught up on technique, choreography, lyric and script memorization, etc. It is at the discretion of each teacher to decide whether a student can perform in a show due to frequent absences, even if a costume has been purchased.
- Come to class with a positive attitude ready to learn!

▼ **SAFETY**

Young students must be walked into the building by their parent or chaperone. Parents should let the teacher or front desk person know if their child is to go home with someone other than the person who dropped them off. Parents should arrive to pick up their child before the class ends. Students must be picked up on time and not left in the lobby. Parents must make sure their child knows not to leave the studio without them and not to wait outside. Heartbeat's teachers have other obligations and commitments and are extremely inconvenienced when a student is picked up late.

▼ **CLASS BEHAVIOR EDUCATION**

Heartbeat is extremely concerned about the safety and wellbeing of its students and staff and holds safety in the studio as a very high priority. Students exhibiting behavior in class that is disrespectful, unsafe or harmful or deemed as unsafe or harmful to any student or staff member will be asked to sit down and observe the remainder of the class. In some situations, if a student has caused harm to another person or his/her behavior is grossly disruptive, he/she will be asked to immediately leave the studio and parents will be contacted.

▼ **REFUNDS:** Registration fee is not refundable for any reason. Tuition is not refundable for any reason less than two weeks prior to the first day of our summer session. Refund requests before the two weeks prior to the start of summer session will incur a 50% fee. Full refunds are given only for class cancellation by Heartbeat due to insufficient enrollment, or for illness or injury supported by a doctor's notice.



Summer Calendar 2017

- Enrollment begins: March 12 (Save \$\$\$! No registration fee if enrolled by April 30)
- Camps/Workshops/Intensives: Check page 10 for exact dates of each camp and workshop
- 8-Week Evening Session: Monday, June 26 – Saturday, August 18 (*Skip July 4th holiday*)
- 8-Week Evening Session Show: August 19 - The munchkin, child, youth, and junior levels present "*Jack and the Bean Stalk*"
- Fall Enrollment Begins: June 15 * (Save \$\$\$! No registration fee if enrolled by August 1)
- Fall Classes Begin: Monday, September 11

* In order to get the fall "No Registration Fee" discount, students auditioning for companies during the summer session should go ahead and list required company classes on their fall registration form. Students not accepted into a company at the end of the summer session audition period will receive recommendation for other classes to switch to instead to help them be reconsidered for company placement in the future.

**Per Person Summer Session Tuition Rates and Fees
8-WEEK EVENING DANCE, ACTING & CHOIR CLASSES**

Class Hours Per Week	Tuition for 8 Weeks	Class Hours Per Week	Tuition for 8 Weeks
30 m	\$ 84	3.75 hr	\$ 330
45 m	\$ 102	4 hr	\$ 350
1 hr	\$ 128	4.25 hr	\$ 360
1.25 hr	\$ 160	4.5 hr	\$ 370
1.5 hr	\$ 190	4.75 hr	\$ 380
1.75 hr	\$ 220	5 hr	\$ 400
2 hr	\$ 240	5.25 hr	\$ 420
2.25 hr	\$ 250	5.5 hr	\$ 430
2.50 hr	\$ 270	5.75 hr	\$ 440
2.75 hr	\$ 280	6 hr	\$ 450
3 hr	\$ 290	6.25 hr	\$ 460
3.25 hr	\$ 300	6.50 hr	\$ 470
3.5 hr	\$ 320	6.75 hr	\$ 480
		Unlimited Pass:	\$ 494

- ♥ **Unlimited Class Pass:** \$494 for entire eight weeks (does not include workshops)
- ♥ **Drop-in Fee:** \$3 added to per class fee
- ♥ **Summer Registration:** \$15 per family \$10 returning student
- ♥ **Returned Check Fee:** \$30
- ♥ **Camp/Workshop Fees:** Refer to page 10

Class Drop Policy (Class drops must be submitted in writing).

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Unlimited Pass does not include fees for camps that are charged separately.

