

“Where self-expression takes center stage.”



Heartbeat Performing Arts Center



September – June 2021/2022
Class Schedule

Heartbeat Performing Arts Center / Sept. to June 2021-2022 Schedule

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Calendar: Sept. to June 2021-2022 Session

Early-Bird Sept.-June 2021/22 Session..... Full Discount: Reg. by July 1
 No Registration Fee and
 5% off June 2022 costumes.

Early-Bird Sept.-June 2021/22 Session..... Partial Discount: Reg. by Aug. 1
 No Registration Fee.

Classes Begin: Monday, Sept. 13

Halloween: No break. Falls on a Sunday.
 Thanksgiving Break: Sat. Nov. 20-Sat. Nov. 27
 Winter Break: Thurs. Dec. 23-Sat. Jan. 1
 January Show: Sat. Jan. 29. Possibly add show on Jan. 30.
 Spring Break: Sat. March 19-Sat. March 26
 Academy Show: Sat. March 12
 Memorial Day: Monday, May 30
 June Show Dates: Fri., Sat., Sun. June 24-26 (dates tentatively on hold as we wait for possible opening of earlier dates at theater)



We extend our heart-felt appreciation to Heartbeat's teachers, students & families for giving us the opportunity to share the life-enriching joy of the performing arts with you! Deb & Kristin

Past Heartbeat Performing Arts Center Productions

Annual Dance Recitals: 1998-2004

Musical Theater Productions 2005-Present: A Fairytale Mystery, *Aladdin*, Alice in Wonderland, *Cinderella*, *Toy Story*, *Cotton Club*, Moulin Rouge, *Dr. Who*, Into the Snow, *Jungle Book*, *Lord of the Rings*, Peter Pan, *Star Wars*, *Reluctant Dragon*, Wizard of Oz, The Little Mermaid, *Romeo & Juliet* 2017, Jack & the Beanstalk, Pinocchio, Night at the Wax Museum, *Off to See the Wizard*, *Beauty and the Beast*, Sleeping Beauty, Snow White, Harry Potter & the Sorcerer's Stone, *The Shape of Color*, *Mulan*, Dreaming...of, *Greatest Showman*, **Summer Cabaret. MOVIES!...**

Choir Performances: Annual Spring Song and Evensong concerts, MOA and many other public venues

Academy Show: Annual academy self-produced shows from 2004 to present.

Vox Medusa: MN Fringe (*Labyrinth*, 2014 / *Casting Shadows*, 2015 / *Rune*, 2016 / *Medusa*, 2017-18), London 2007, Barcelona 2008 / *EURYDICE*, 2021

Anniversary Show: Tenth, 2008 / Fifteenth, 2013 / Twentieth, 2018

Travel Study/Cultural Exchange Shows: (Tokyo, 2006 / London, 2007 / Barcelona, 2008, 2018)

Photos: Irene Wesee

Heartbeat Performing Arts Center – Sept. to Jun. 2021/22 Schedule - Classes Begin Sept. 13

With genuine warmth, you are welcome to Heartbeat. 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 students 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 appreciation, dedication, commitment, confidence, self-esteem and many other life skills. We teach respect for teachers, 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 or acting, and 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 CELEBRATES DIVERSITY

“Webster's Definition of diversity. 1: the condition of having or being composed of differing elements: [variety](#) especially: the inclusion of different types of people (such as people of different races or cultures) in a group or organization programs intended to promote diversity in schools 2: an instance of being composed of differing elements or qualities: an instance of being [diverse](#) a diversity of opinion.”

This definition could also define the performing arts. Performing artists live and thrive in diversity...in fact, it is celebrated through our universal languages of dance, music, singing and acting, and experienced in all cultures around the world since the dawn of time. Webster's definition is missing something though; diversity is magnificent knowledge.

On the human side of diversity, Heartbeat's teachers and students are from a myriad of ethnic, religious, occupational, educational, cultural, and other backgrounds that range wide and wonderful; ever unique and positively beautiful. Heartbeat's guest artists come from all over the world, sharing passionately their life's work to propel diverse sparks of inspiration. Heartbeat's overseas student/teacher cultural exchange and travel study programs exist precisely to invoke, evoke and provoke diversity education and appreciation through the performing arts. It challenges our students to learn, grow and celebrate the elements and qualities of different cultures; yet grasp the sameness of the world's human inhabitants.

On the artistic side of diversity, Heartbeat offers its students training for a solid foundation in the performing arts. In tandem, is encouragement to evolve from these foundations to experience the wildly diverse properties and challenges of taking a risk, experimentation and raising the bar on personal potential. By finding their own voice at the crossroads of diversity of thought, opinion, imagination and life's encounters; springs our students' creativity. A pinnacle of creativity is improvisation, from which the word, 'improve' can be extracted—a word that is important on so many levels.

Heartbeat cherishes diversity whether human or artistic. We are creative here, therefore if we had a flashing neon sign, it would read, “All are welcome.” In reality, our flashing neon sign is represented by our business practices, opportunities given, how we value our “Heartbeat family” and the examples we set for our students to uplift and applaud each other. Paired with the diversity of dance, music, singing and acting, are the admirable virtues of appreciation, respect and love. These are solid foundations to live by and to improve by.

♥ 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 Jr. and Sr. tap, ballet, modern, jazz, break dance, hip-hop, acting, Heart & Soul choir, and the professional award-winning Vox Medusa Dance Company. Company auditions are held during the summer session.

♥ HEARTBEAT JUNIOR AND SENIOR ACADEMY PROGRAMS

The Academy Programs are designed for advance 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 selected 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 present an annual self-produced show featuring original choreography, playwriting and songs. Contact Heartbeat for Academy program application information.

♥ WHAT DEFINES A CLASS AT HEARTBEAT?

All classes, whether taught onsite or virtually, are considered classes for which tuition is due. Both methods deliver training and the expertise of professionals in the performing arts. Virtual classes are in place in the event a teacher is ill but can still teach from home and to provide opportunity for students who are ill or on vacation to still participate in the classes.

♥ 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

Heartbeat has established travel study/cultural exchange programs with the ARTN studio in Tokyo, Japan and Barcelona, Spain. Since 2000, students and teachers from the respective studios have traveled to study and perform with each other. Heartbeat's students and teachers have made multiple trips to Tokyo and Barcelona and also hosted their visits to Heartbeat in return. Long-time friendships have developed and lives have been enriched.

♥ MULTIPLE PRODUCTIONS ANNUALLY

Heartbeat produces three musical theater shows each year. Our winter show in February is an original production featuring most of our students in acting, dance and choirs of all ages. Our June shows are the biggest and most elaborate shows of the year and include a Junior production (Munchkin, Child, Youth and Junior levels in acting, dance and choir), and a Senior production (Junior companies, teens, adults and teaching staff in acting, dance and choirs). Our delightful summer production presents our munchkin, child, youth, junior levels and junior companies in acting, dance and choir. Costumes for our winter and summer shows are kept at a low cost, often using apparel found at home or online. Even though our June show costumes are custom-made by professional manufacturers, we always shop for the best price and quality. In addition, Heartbeat's choirs present their own very popular winter and spring concerts.

♥ COVID-19 PROTOCOL BECAUSE WE CARE ABOUT YOU

Due to the COVID-19 pandemic, the following protocol will be observed until further notice:

1. All classes in acting, choir, dance, drum and graffiti drawing are held in-person at Heartbeat.
2. Heartbeat will continue to maintain strict sanitizing procedures throughout the building, including frequent cleaning of commonly touched surfaces such as ballet barres, door handles, etc.
3. Class size will be limited in accordance with CDC guidelines therefore it is recommended that students do not delay registering for classes they desire.
4. All students must wash their hands or use hand sanitizer before each class and also their feet if class is taken barefoot.
5. Until further notice, students and teachers entering the building will have temperatures taken by a touchless thermometer and answer health assessment questions.
6. Class observation is temporarily discontinued until further notice. The exception would be for students age 3 – 7 (Munchkin and Child level) who may have separation anxiety or need help in the restroom. One parent or guardian per child will be allowed to observe their child's classes in these circumstances.
7. Students are asked to stay home if they or a family member are sick with any contagious illness. If a student or teacher tests positive for COVID-19, they must inform Heartbeat immediately and stay home until fully recovered. A negative test copy must be supplied before their return. If a student or teacher has been exposed to COVID-19, they must stay home for one week plus supply a copy of a negative test, or stay home for a period of two weeks without symptoms. Classes via ZOOM can be taken during the stay-at-home period.
8. In keeping with CDC guidelines, fully vaccinated people are welcome to wear a face mask, but are not required to do so. Unvaccinated people will wear a face mask, but this requirement will remain fluid and eventually end based on evolving CDC guidelines. Children five years of age or younger do not need to wear a face mask.
9. Starting with our summer session and until further notice: Masks do not need to be worn by students during stage performances with acting, choir or dancing, although social distancing according to CDC guidelines will be followed. Once off stage, wearing a mask is optional for vaccinated students but must be worn by those who are not vaccinated.



Heartbeat Performing Arts Center – Sept. to Jun. 2021/22 Schedule – Classes Begin Sept. 13

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

♥ REGISTRATION

Register Online: Go to Heartbeat’s website, www.heartbeat-studios.com, to register.

Register in Person: Office hours are Monday through Thursday, 2:00pm to 8:00pm / Friday, 2:00pm to 6:00pm / Saturday 9:00am-3:00pm. Summer Session hours are Monday-Thursday, 2:00-8:00pm / Friday, 2:00-6:00pm / Saturday by appointment.

Register by Mail/email: Heartbeat Studios, 7661 West 145th Street, Apple Valley, MN 55124. Print a copy of the registration form from our website and mail it to Heartbeat, or scan or photograph a completed form and email it to: debhbt@frontiernet.net.

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

♥ MAKE-UP CLASSES

Make-up classes are permitted within 30 days of the class missed. Students can also take class via ZOOM during absences but need to inform Heartbeat before the start of their class time.

♥ DRESS CODE for Munchkin to Senior Level (dress code not mandatory for adults)

Heartbeat’s Dress Code is established for the safety of the students and to provide the tools they need to learn each discipline. 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 or Hawaiian: Consult instructor first day of class.

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

Acting: Students are barefoot, 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 solid black tops and bottoms. Tennis shoes not worn outside—must have clean bottoms.

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

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

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

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

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

Boys/Men: Attire for ballet, tap, modern and jazz: Black T-shirt, black dance pants or sweat pants. Shoes: Black ballet, jazz or tap. Modern dance is performed barefoot. Break dance and hip hop: Black long-sleeved sweat or T-shirt, black sweat pants, any style/color of tennis shoe.

♥ 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 to a more advanced level of dance.

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

♥ IMPORTANT NOTICES AND EMAILS

Written notices and emails are periodically distributed to students. It is up to the students and parents to read the information as the information is sent out. Parents are advised to regularly check their dancer’s dance bag for important information and it is very important to check emails received from Heartbeat as this is our established means of communication. Add Kristinheartbeatpac@gmail.com to your contact list to avoid important Heartbeat messages going into your spam/junk folder.

♥ OBSERVATION ETIQUETTE

Due to COVID-19, class observation is temporarily discontinued until further notice. The exception would be for students age 3 – 5 who may have separation anxiety or need help in the restroom. One parent or guardian per child will be allowed to observe their child's classes in these circumstances.

♥ DANCERS' ETIQUETTE

- 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 Dress Code. 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 the performing arts. Thank your teacher verbally or with applause at the end of each class. Compliment your fellow students for giving their best effort.
- 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!

♥ HEALTH & 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 to wait outside. Heartbeat's teachers have other obligations and commitments and are extremely inconvenienced when a student is picked up late.
- In the event of an injury, illness or other medical emergency of a student and his/her parent or emergency contact can't be reached, Heartbeat staff will call 911 to obtain proper medical assistance. In this instance, the student/parent will be responsible for any associated fees for medical services deemed necessary by paramedics and other medical professionals.
- In the event of a potential communicable disease, we ask that the student stays home. In regard to COVID-19, please refer to our announcements found on our website: www.heartbeat-studios.com.

♥ CLASS BEHAVIOR EDUCATION

Heartbeat is extremely concerned about the safety and well being 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 room and parents will be contacted.

♥ **REFUNDS & CLASS DROP-OUT:** During Heartbeat's September-June session, registration fee and first month's tuition are not refundable for any reason. 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. A student dropping all classes at Heartbeat after the first month must submit a 30-day written notice in order to be taken off the billing cycle. Tuition will still be due during the 30-day drop-out period. During Heartbeat's Summer Session, the 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.



SEPT. – JUNE 2021/22 TUITION RATES & FEES

New! You can now opt to register online at www.heartbeat-studios.com. Classes begin Sept. 13

Class Hours Per Week	Tuition Per Month	Class Hours Per Week	Tuition Per Month
30 m	\$ 48	3.75 hr	\$ 172
45 m	\$ 59	4 hr	\$ 182
1 hr	\$ 72	4.25 hr	\$ 187
1.25 hr	\$ 88	4.5 hr	\$ 192
1.5 hr	\$ 105	4.75 hr	\$ 197
1.75 hr	\$ 120	5 hr	\$ 207
2 hr	\$ 130	5.25 hr	\$ 217
2.25 hr	\$ 135	5.5 hr	\$ 222
2.50 hr	\$ 145	5.75 hr	\$ 227
2.75 hr	\$ 150	6 hr	\$ 232
3 hr	\$ 155	6.25 hr	\$ 237
3.25 hr	\$ 157	6.50 hr	\$ 242
3.5 hr	\$ 167	6.75 hr	\$ 247

Junior Unlimited: \$257
Senior Unlimited: \$282

Parent Discount! Parents of students at Heartbeat can take any amount of classes at 50% discount. Academy student parents can take one class free and all others at 50% discount. Take advantage of this benefit and enjoy!

- ♥ **Unlimited Class Pass:**
Junior: \$257 / Senior: \$282
- ♥ **Drop-in Fee:** \$3 added to per class fee
- ♥ **Registration:** \$25 per family
\$15 returning family
- ♥ **Returned Check Fee:** \$30
- ♥ **Late Payment Fee:** \$15
- ♥ **Private Lesson:** \$1 per minute

Refunds & Class Drop-Out:

Refer to Refund & Class Drop-out policy outlined on page 4.

Early-Bird Registration Discount:

Sept.-June 2021/2022 Session: Register by July. 1, 2021 and pay no registration fee plus get a 5% discount on costumes for June 2022 show. Register by Aug. 1 and pay no registration fee.

What if a student in the summer audition period won't know company placement results before the early-bird discount ends? Results for company auditions won't be known until the end of each summer session in August. To take advantage of the discount, auditioning students should therefore go ahead and register for required classes specific to the companies for which they are auditioning. If a student is not placed in the desired company for the Sept.-June session, tuition adjustments will be made along with recommendation for classes to switch to as a plan of action to help the student in future auditions.

What Defines a Class?

All classes, whether taught onsite or virtually, are considered classes for which tuition is due. Both methods deliver training and the expertise of professionals in the performing arts.





Discipline	Level	Day	Time	Length
MUNCHKIN: Age 3 to 4				
Ballet/Tap Combination	Beginner	Monday	5:00-5:45pm	45 m
Ballet/Tap Combination	Beginner	Thursday	5:00-5:45pm	45 m
CHILD: Age 5 to 7				
Ballet/Tap Combination	Beg./Int.	Monday	5:45-6:45pm	1 hr
Ballet/Tap Combination	Beg./Int.	Thursday	5:45-6:45pm	1 hr
Hip Hop	Beginner	Thursday	6:45-7:30pm	45 m
YOUTH: Age 8 to 10				
*Acting - (Requirements below)	Beg./Inter.	Saturday	10:00-11:00am	1 hr
Ballet	Beginner	Saturday	11:30-12:15pm	45 m
Ballet	Intermediate	Friday	6:30-7:15pm	45 m
Ballet	Advance	Tuesday	4:45-5:30pm	45 m
*Youth Ballet Co. - (Requirements below)	Company	Wednesday	5:00-6:00pm	1 hr
Break Dance	Beg./Int.	Thursday	6:45-7:30pm	45 m
*Choir	All Level	Saturday	9:15-10:00am	45 m
Youth Combination (Tap, Ballet, Jazz)	Beg.	Saturday	11:00-12:45pm	1.75 hr
Youth Combination (Tap, Modern, Jazz, Ballet)	Inter.	Friday	5:00-7:15pm	2.25 hr
Youth Combination (Ballet, Modern, Jazz, Tap)	Adv.	Tuesday	4:45-7:00pm	2.25 hr
NEW! Graffiti Drawing	All Level	Thursday	6:00-6:45pm	45 m
Hip Hop	Beg./Int.	Saturday	12:45-1:30pm	45 m
Jazz	Beginner	Saturday	12:15-12:45pm	30 m
Jazz	Intermediate	Friday	6:00-6:30pm	30 m
Jazz	Advance	Tuesday	6:00-6:30pm	30 m
Modern	Beg./Int.	Friday	5:30-6:00pm	30 m
Modern	Advance	Tuesday	5:30-6:00pm	30 m
*Musical Theater Dance (Requirements below)	Inter./Adv.	Wednesday	6:00-7:00pm	1 hr
Tap	Beginner	Saturday	11:00-11:30am	30 m
Tap	Intermediate	Friday	5:00-5:30pm	30 m
Tap	Advance	Tuesday	6:30-7:00pm	30 m



REQUIREMENTS

- Acting:** Students must also enroll in any dance class of their choice or the youth choir class. Actors will benefit greatly from taking both a dance class and choir class if possible.
- Youth Ballet Company:** Placement in this company is by audition during Heartbeat's summer session. In addition to the company class, members must take at least one other advance level foundation class such as ballet, modern or jazz.
- Musical Theater Dance:** Students must also take at least one other advance level foundation class such as ballet, modern or jazz.
- Choir:** Classes are now held in person instead of on ZOOM.

Discipline	Level	Day	Time	Length
JUNIOR: Age 11 to 13				
*Jr. Academy (Requirements below)	Academy	Tuesday	8:00-9:15pm	1.25 hr
*Acting (Requirements below)	Beg./Int.	Thursday	5:00-6:00pm	1 hr
*Jr. Acting Company (Requirements below)	Company	Monday	6:45-8:00pm	1.25 hr
Ballet/Modern Combination	Beg./Int.	Friday	5:45-6:30pm	45 m
*Jr. Ballet Company (Requirements below)	Adv./Co.	Saturday	1:30-2:30pm	1 hr
*Pre-Pointe (Requirements below)	Int./Adv.	Monday	4:30-5:15pm	45 m
*Pointe (Requirements below)	Int./Adv.	Monday	5:15-6:15pm	1 hr
Break Dance	Beg./Int.	Thursday	6:45-7:30pm	45 m
*Break Dance (Requirements below)	Advance	Thursday	7:30-9:00pm	1.5 hr
*Choir - Junior	All Level	Tuesday	4:00-5:30pm	1.5 hr
*Choir - Heart & Soul (Requirements below)	Company	Wednesday	4:00-6:00pm	2 hr
Jr. Combination (Jazz, Ballet/Modern, Tap)	Beg./Int.	Friday	5:00-7:15pm	2.25 hr
*Dance Line (Requirements below)	Int./Adv.	Saturday	3:30-4:30pm	1 hr
NEW! Graffiti Drawing	All Level	Thursday	6:00-6:45pm	45 m
Hawaiian	All Level	Friday	7:15-8:15pm	1 hr
Hip Hop	Beg./Int.	Thursday	7:30-8:30pm	1 hr
*Jr. Hip Hop Company (Requirements below)	Adv./Co.	Tuesday	7:00-8:00pm	1 hr
Jazz	Beg./Int.	Friday	5:00-5:45pm	45 m
* Jr. Jazz Company (Requirements below)	Adv./Co.	Wednesday	8:00-9:00pm	1 hr
*Leaps & Turns (Requirements below)	Int./Adv.	Monday	8:00-8:45pm	45 m
Modern/Ballet Combination	Beg./Int.	Friday	5:45-6:30pm	45 m
*Jr. Modern Company (Requirements below)	Adv./Co.	Saturday	2:30-3:30pm	1 hr
*Musical Theater Dance (Requirements below)	Inter./Adv.	Wednesday	6:00-7:00pm	1 hr
Tap	Beginning	Friday	6:30-7:15pm	45 m
Tap	Intermediate	Saturday	1:30-2:30pm	1 hr
*Jr. Tap Company (Requirements below)	Adv./Co.	Wednesday	7:00-8:00pm	1 hr



REQUIREMENTS

- Jr. Academy:** Students must have successfully auditioned into at least two companies during Heartbeat's summer session. The companies can include any combination of dance disciplines, acting or choir. In addition to the Jr. Academy class, students must enroll in required classes for each company in which they are a member and submit a completed academy application form. Tuition for the Jr. Academy is the Junior Unlimited Class Pass.
- Acting Class:** Students must also enroll in any dance class or choir class of their choice. Actors will benefit greatly from taking both a dance class and choir class if possible.
- Jr. Acting Company:** Students must audition into this company during Heartbeat's summer session. In addition to the acting company class, students must also enroll in any dance class of their choice or a choir class. Actors will benefit greatly from taking both a dance class and choir class if possible.
- Jr. Ballet, Hip Hop, Jazz, Modern or Tap Companies:** Students must audition into any of these companies during Heartbeat's summer session. In addition to the company class, students must also enroll in at least one other foundation class such as ballet, tap, jazz, modern, hip hop, break dance, leaps & turns or musical theater dance.
- Pre-Pointe:** Students must have successfully auditioned into the Jr. Ballet Company. Students advance to pointe when ready as determined by instructor.
- Pointe:** Students must be advance/company level in ballet. Placement into pointe class is by teacher determination only.
- Break Dance Advance:** This class will work toward establishing an elite performing crew.
- Jr. Choir and Heart & Soul:** Classes are now held at Heartbeat instead of on ZOOM. Heart & Soul placement is by choir director invitation only.
- Dance Line:** Students must also enroll in at least one foundation class such as ballet, jazz, modern or musical theater dance class at inter. or adv. level.
- Leaps & Turns:** Students must also be enrolled in an intermediate to advance level ballet, jazz or modern class.
- Musical Theater:** Students must also be enrolled in any of the following: ballet, jazz or modern at the intermediate or advance level.

Discipline	Level	Day	Time	Length
SENIOR: TEEN (mature 13+) & ADULT				
*Sr. Academy (Teen) - (Requirements below)	Academy	Monday	8:00-9:15pm	1.25 hr
*Acting - (Requirements below)	Beg./Int.	Thursday	5:00-6:00pm	1 hr
*Sr. Acting Co. (Teen) - (Requirements below)	Company	Tuesday	6:45-8:00pm	1.25 hr
Ballet/Modern Combination	Beg./Int.	Saturday	12:45-1:30pm	45 m
*Sr. Ballet Co. - (Requirements below)	Adv./Co.	Wednesday	6:00-7:15pm	1.25 hr
*Pre-Pointe - (Requirements below)	Int./Adv.	Monday	4:30-5:15pm	45 m
*Pointe - (Requirements below)	Int./Adv.	Monday	5:15-6:15pm	1 hr
Break Dance	Beg./Int.	Thursday	6:45-7:30pm	45 m
Break Dance	Advance	Thursday	7:30-9:00pm	1.5 hr
*Choir - Senior	All Level	Tuesday	5:00-6:30pm	1.5 hr
*Choir - Heart & Soul (Requirements below)	Company	Wednesday	4:00-6:00pm	2 hr
*Dance Line - (Requirements below)	Int./Adv.	Saturday	3:30-4:30pm	1 hr
Flamenco	All Level	Saturday	10:00-11:15am	1.25 hr
NEW! Graffiti Drawing	All Level	Thursday	6:00-6:45pm	45 m
Hawaiian	All Level	Friday	7:15-8:15pm	1 hr
*Sr. Hip Hop Co. - (requirements below)	Adv./Co.	Tuesday	8:00-9:00pm	1 hr
Hip Hop	Beg./Int.	Saturday	12:00-12:45pm	45 m
Jazz	Beg./Int.	Saturday	11:15-12:00pm	45 m
*Sr. Jazz Co. - (Requirements below)	Adv./Co.	Monday	6:15-7:15pm	1 hr
*Leaps & Turns - (Requirements below)	Int./Adv.	Monday	7:15-8:00pm	45 m
Modern/Ballet Combination	Beg./Int.	Saturday	12:45-1:30pm	45 m
*Sr. Modern Co. - (Requirements below)	Adv./Co.	Wednesday	7:15-8:15pm	1 hr
*Musical Theater Dance - (Requirements below)	Int./Adv.	Saturday	2:30-3:30pm	1 hr
Tap	Beginning	Friday	6:30-7:15pm	45 m
Tap	Intermediate	Saturday	1:30-2:30pm	1 hr
Tap	Advance	Saturday	9:00-10:00am	1 hr
*Sr. Tap Co. - (Requirements below)	Adv./Co.	Wednesday	8:15-9:15pm	1 hr



REQUIREMENTS

- Sr. Academy:** Students must have successfully auditioned into at least two companies during Heartbeat's summer session. The companies can include any combination of dance disciplines, acting or choir. In addition to the Sr. Academy class, students must enroll in required classes for each company in which they are a member and submit a completed academy application form. Tuition for the Sr. Academy is the Senior Unlimited Class Pass.
- Acting Class:** Students must also enroll in any dance class or choir class of their choice. Actors will benefit greatly from taking both a dance class and choir class if possible.
- Sr. Acting Company:** Students must audition into this company during Heartbeat's summer session. In addition to the acting company class, students must also enroll in any dance class of their choice or a choir class. Actors will benefit greatly from taking both a dance class and choir class if possible.
- Sr. Ballet, Hip Hop, Jazz, Modern or Tap Companies:** Students must audition into any of these companies during Heartbeat's summer session. In addition to the company class, students must also enroll in at least one other foundation class such as ballet, tap, jazz, modern, hip hop, break dance, or leaps & turns.
- Pre-Pointe & Pointe:** Students in pre-pointe and pointe must be advance level in ballet. Placement into pointe class is by teacher determination only.
- Break Dance Advance:** This class will work toward establishing an elite performing crew.
- Sr. Choir and Heart & Soul:** Classes are now held at Heartbeat instead of on ZOOM. Heart & Soul placement is by choir director invitation only.
- Dance Line:** Students must also enroll in at least one foundation class such as ballet, jazz, modern or musical theater dance class at inter. or adv. level.
- Leaps & Turns:** Students must also be enrolled in an intermediate to advance level ballet, jazz or modern class.
- Musical Theater:** Must also take inter. or adv. level in ballet, jazz or modern.

Heartbeat Performing Arts Center / September-June Session 2021-2022 / Week-at-a-Glance / Classes Begin Monday, Sept. 13

	Mon. A	B		Tues. A	B		Wed. A	B		Thurs. A	B		Fri. A	B		Sat. A	B
4:00			4:00		Junior	4:00		Heart & Soul Choir	4:00			4:00			9:00	Sr. Tap	
4:15			4:15		Choir &	4:15			4:15			4:15			9:15	Advance	Youth Choir
4:30	Jr. & Sr.		4:30		Combined	4:30			4:30			4:30			9:30		
4:45	Pre-Pointe		4:45	Youth	Rehearsal	4:45			4:45			4:45			9:45		
5:00		Munchkin	5:00	Ballet	Senior Choir & Rehearsal	5:00	Youth		5:00	Munchkin	Jr. & Sr.	5:00	Youth Tap	Jr. Jazz	10:00	Flamenco	Youth Acting
5:15	Jr. & Sr.	Ballet/Tap	5:15	Adv.		5:15	Ballet	5:15	Ballet/Tap	Acting	Beg./Int.	5:15	Int.	Beg./Int.	10:15		
5:30	Pointe		5:30	Youth		5:30	Company	5:30		Beg./Int.		5:30	Youth		10:30		
5:45		Child	5:45	Mod. Adv.		5:45		5:45	Child			5:45	Modern Int.	Jr. Ballet/	10:45		
6:00		Ballet/Tap	6:00	Youth		6:00	Yth./Jr.	Sr. Ballet	6:00	Ballet/Tap	Graffiti	6:00	Youth Jazz	Modern	11:00		
6:15	Sr. Jazz		6:15	Jazz Adv.	6:15	Musical	Company	6:15		Drawing	6:15	Int.	Beg./Int.	11:15	Sr. Jazz	Youth Tap Beg.	
6:30	Company		6:30	Youth Tap	6:30	Theater		6:30				6:30	Youth Ballet	Jr. & Sr.	11:30		Beg/Int
6:45		Jr. Acting	6:45	Adv.	6:45	Dance		6:45	Child	Break Dance	Beg./Int.	6:45	Int.	Beginning	11:45		
7:00		Company	7:00	Jr. Hip Hop	7:00	Jr. Tap		7:00	Hip Hop			7:00		Tap	12:00	Sr. Hip Hop	Youth Ballet Beg.
7:15	Sr. Leaps & Turns		7:15	Company	7:15	Company		7:15				7:15			12:15	Beg/Int	
7:30			7:30					7:30	Jr. Hip Hop	Break Dance	7:30		Jr. & Sr.	12:30		Youth Jazz Beg.	
7:45			7:45					7:45	Beg./Int.	Advance	7:45		All Levels	12:45	Sr. Ballet/		
8:00	Sr. Academy	Jr. Leaps & Turns	8:00	Jr. Academy	Sr. Hip Hop	Jr. Jazz	Company	8:00		Company	8:00			1:00	Modern	Youth Hip Hop Beg/Int	
8:15			8:15		Company	Company		8:15			8:15			1:15	Beg/Int		
8:30			8:30					8:30			8:30			1:30	Jr. Ballet	Jr. & Sr. Intermediate Tap	
8:45			8:45					8:45			8:45			1:45	Company		
9:00			9:00					9:00			9:00			2:00			
9:15			9:15					9:15			9:15			2:15		Sr. Musical Theater Int/Adv	
			9:30					9:30			9:30			2:30	Jr. Modern		
														2:45	Company		
														3:00			
														3:15			
														3:30	Dance Line		
														3:45	Int/Adv		
														4:00			
														4:15			
														4:30			

 **Contact Information:**

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Always Something Happening at Heartbeat!



“Summer Cabaret”

Performance & Heartbeat Family Picnic!



Sat., Aug. 21, 2021

Details coming soon. Fun for everyone!

Vox Medusa’s newest epic experience...



July 16, 17 & 18, 2021
Seating begins 8:30pm.
Target Stage on Harriet Island, St. Paul, MN.

EURYDICE

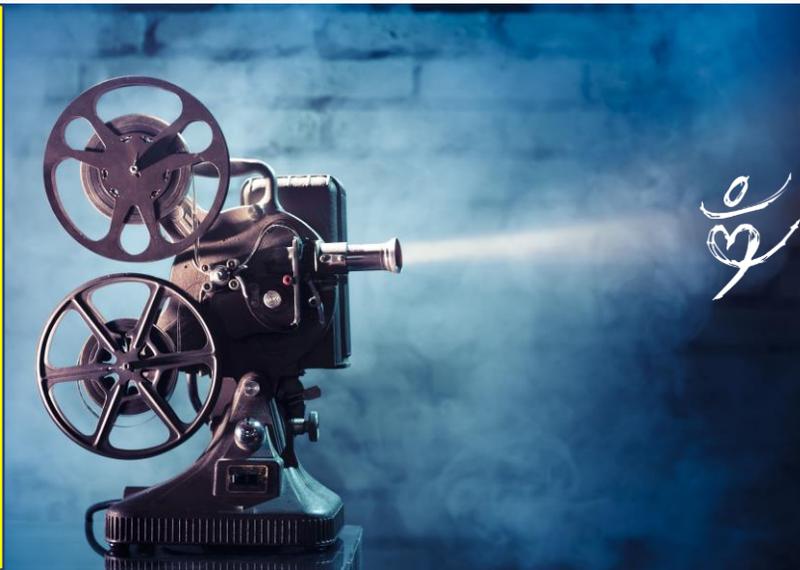
In-person, outdoor production forged in music, dance, film & fire.



Directed by Kristin Freya, featuring members of Heartbeat’s teaching staff & Senior Academy.

Excitement ahead! Watch for upcoming details:

- **Academy Show**
Sat. March 12
- **June ‘22 Show**
(Confirmed dates TBA)



Presenting Heartbeat’s 24th Annual Original Winter Show!

MOVIES!

Sat. Jan. 29
Ives Theatre