

# After-school Dance Club at RCES! Spring 2019 Session

Taught by faculty from Metropolitan Ballet Theatre, sponsored by RCES PTA!

Class	Grades	Day/Time	Dates	Tuition	Registration Deadline
<b>Beginning Ballet</b>	K-2	Thu. until 4:45	Feb. 28 – Apr. 11	\$105	Feb. 22
<b>Hip Hop</b>	3-5	Wed. until 4:45	Feb. 27 – Apr. 10 <i>(no class 4/3)</i>	\$90	Feb. 22
<b>Yoga &amp; Mindfulness</b>	K-3	Wed. until 4:30	Feb. 27 – Apr. 10 <i>(no class 4/3)</i>	\$90	Feb. 22

\*Yoga & Mindfulness offered through Metropolitan Ballet Theatre as part of its partnership with Clarksburg Yoga & Wellness. The many benefits of yoga and mindfulness include: increasing flexibility, strength and coordination, providing tools to help relax, concentrate and focus.

Three options to register:

- 1) Complete registration and payment through MBT online at: [www.mbtdance.org/academy/offsite](http://www.mbtdance.org/academy/offsite)
- 2) Bring/mail this form to MBT's office at 220 Perry Parkway, Suite 8, Gaithersburg, MD 20877
- 3) Call MBT's office at 301-762-1757 to complete registration

NAME OF STUDENT \_\_\_\_\_ STUDENT'S AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

RCES GRADE LEVEL \_\_\_\_\_ RCES HOMEROOM TEACHER \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_ CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ HOME PHONE \_\_\_\_\_

PARENT/GUARDIAN: MR/MS/MRS/DR \_\_\_\_\_ CELL \_\_\_\_\_

PARENT/GUARDIAN: MR/MS/MRS/DR \_\_\_\_\_ CELL \_\_\_\_\_

PARENT/GUARDIAN EMAIL(S) \_\_\_\_\_ (Please note the majority of correspondence will be sent via email)

BESIDES PARENTS NOTED ON REGISTRATION FORM, WHO IS AUTHORIZED TO PICKUP YOUR STUDENT? (NAME(S) AND PHONE(S)):

\_\_\_\_\_

**CLASS REGISTRATION WINTER/SPRING SESSIONS AT RCES:**

CLASS \_\_\_\_\_ DAY(S)/TIME \_\_\_\_\_ TUITION \_\_\_\_\_

CLASS \_\_\_\_\_ DAY(S)/TIME \_\_\_\_\_ TUITION \_\_\_\_\_

Due to limited class sizes, I, the undersigned, understand this contract to be binding for the full session (2/27 – 4/11). I understand that once my child is registered, I commit to paying the full session, as per above. MBT reserves the right to cancel under-enrolled classes. Tuition is not refundable unless MBT cancels under-enrolled classes. By enrolling at MBT, I certify I have read and agree to comply with MBT's Code of Conduct and all policies posted online, and I give permission for photos and/or video likeness of my child to be used in publications, press releases, video productions and website pages made by and for MBT and RCES PTA. As Consideration for being allowed to participate in any program or activity at or with Metropolitan Ballet Theatre (MBT), the undersigned, on his or her behalf, and on the behalf of the Participant(s) identified above, acknowledges, appreciates, understands, and agrees to MBT's Liability Waiver, found on MBT's website and available in print from the MBT office.

Ballet and other forms of dance are physical in nature and participant and parent assume all risks and liabilities associated therewith. Participant and responsible parent/guardian agree to hold MBT, related faculty, staff and Board of Directors, harmless from all liability. Parents authorize MBT to administer first aid if necessary, and parents will be informed as promptly as possible by MBT if injury or illness occurs.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Mobile Alerts for weather closings & other important events (circle one): **Opt-in** or **Opt-out**

The after school dance club at RCES is managed and taught by Metropolitan Ballet Theatre, and sponsored through the RCES PTA. Please call Metropolitan Ballet Theatre at 301-762-1757, or email Erin Rochow, MBT's Academy Program Manager at [erin@mbtdance.org](mailto:erin@mbtdance.org), with any questions. MBT is a 501(c)(3) nonprofit arts education organization.

**Beginning Ballet (Grades K-2):** Students will enjoy a fun dance class that incorporates a cognitive building ballet warm up, introduction to ballet technique, strength building exercises, and creative exploration of movement. Dancers will learn new ballet steps and combinations incorporating rhythm and musicality, be introduced to new spatial formations and travel pathways, and explore dance dynamics such as levels and quality.

**Hip Hop (Grades 3-5):** Students will be introduced to basic hip hop concepts including coordination, rhythm, and style. Class will include a high-energy warm-up that gets the heart rate up, strength building exercises, introduction to hip hop terminology, and learning choreography all set to fun music.

**Yoga, Mindfulness & Community (Grades K-3):** Together students will explore yoga, mindfulness, community, compassion & empowerment. The many benefits of yoga and mindfulness include increasing flexibility, strength and coordination, providing tools to help relax, concentrate, and focus, exploring creative thought and movement, building confidence and awareness, and a non-competitive environment. Activities include yoga practice, mindfulness activities, crafts related to self-empowerment, creative expression & community support projects. (This class is offered through Metropolitan Ballet Theatre as part of its partnership with Clarksburg Yoga & Wellness.)