



## Dance Class with Mrs. Tonya Benziger



*“Dancing with the feet is one thing. Dancing with the heart is another.”*

Tonya Benziger  
904-568-5700  
tonyabenziger@icloud.com



## Mrs. Tonya's Dance Class

I would personally like to welcome you and your child to my dance class! No matter your child's skill level or dance history, I promise to teach the joy of dance while participating in my class this year!

Here are my goals:

- To provide a safe place in order to build confidence and self-expression of each child
- To also provide a valuable service that teaches your child a quality dance foundation
- Offer a group environment that encourages self-esteem
- Contribute to an experience that helps your child develop a love of, and appreciation for, the art of movement

### **Dance Attire:**

*Hair & Shoes are most important.*

- Hair can be in a ponytail, braid...doesn't matter as long as it is out of the face.
- Jazz or Ballet shoes – These come in pink and tan. Please try to stay away from black. The nude colors will match any costume choice at the end of the year and avoid additional shoe purchases.
  - Discount Dance is a popular website for both types of shoes. They are rarely priced higher than \$25.00 and there is certainly no need to spend more than that.
- Leotard, T-shirt or workout shirt along with tights, leggings or sportswear that allow maximum movement. No skirts or jeans allowed.

I will be teaching a combination of Ballet, Jazz and Lyrical Dance. I have an extensive background in both teaching and choreography of each of these styles. Although they are different, the foundation and skill sets are alike. Here are a few objectives I plan to cultivate:

- Introduce fundamental dance vocabulary combining proper technique and form
- Develop motor skills, coordination, muscle memory, body control, and flexibility
- Introduce basic dance positions, barre work, leaps, and turns
- Gain better body alignment, core strength, balance and poise for an improved fluidity and confidence in movement
- Practice the ability to learn and retain choreography

My most important RULE: Never walk out of a class or go sit down because it's too hard or you feel frustrated. We are here to learn together. "I can't" is simply not in our vocabulary!!



## Payments & Session Dates

Payment periods are divided into sessions. Some month's classes will vary but all will balance out.

**PAYABLE ON OR BEFORE THE FIRST DAY OF CLASS IN THAT SESSION.**

**The cost for each session (approx. 4 classes):  
\$35.00 by check OR \$37.00 via PayPal**

**Checks: Make payable to Dance with Tonya, LLC  
Can be dropped off at the ACA front office**

**PayPal: Pay On my website: [www.stagedoorwithtonya.com](http://www.stagedoorwithtonya.com)  
Then click on Aucilla Christian Academy Tab**

Payment of Session 1 and completion of enrollment form will enroll your child.  
Enrollment forms are located on the next page.

### **DANCE SESSIONS FOR YEAR 2018-2019**

Session 1: September 4, 11, 18, 25

Session 2: October 2, 9, 16, 23, 30

Session 3: November 6, 13, 27 - **Recital & Costume Payment TBD**

Session 4: December 4, 11, 18

Session 5: January 8, 15, 22, 29

Session 6: February 5, 12, 19, 26

Session 7: March 5, 19, 26

Session 8: April 2, 9, 16, 23, 30

**May Rehearsal and Recital Dates TBA**

We will have a Recital at the end of the school year in May. There will be a Recital Fee and costumes that will need to be ordered in late November. My goal is to accomplish this before the busy and expensive Christmas Season.

Thank you SO much for allowing me to share this experience with your child. I can't wait to get started! If you have any questions or concerns, please don't hesitate to contact me!!

Tonya Benziger  
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[tonyabenziger@icloud.com](mailto:tonyabenziger@icloud.com)



**ENROLLMENT FORM FOR ACA DANCE CLASSES  
2018-2019**



NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

PREVIOUS DANCE EXPERIENCE:

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PARENT/GUARDIAN NAME:

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PHONE NUMBER and EMAIL:

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WOULD YOU BE WILLING TO BE PART OF A GROUP TEXT FOR  
UPDATES AND INFO?

YES \_\_\_\_\_ NO \_\_\_\_\_

**\*\*\*\*\*PLEASE ENCLOSE PAYMENT FOR SESSION 1\*\*\*\*\***