



Dance Class with Mrs. Tonya Benziger



"Dance with your heart. Your feet will follow."

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 \$30.00 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 is due monthly. There are approx. 4 classes per month/session. All classes will be held on Tuesday, with the exception of the month of April, when we typically do make-up classes or Recital preparation.

PAYMENT IS DUE ON OR BEFORE THE FIRST DAY OF CLASS IN THAT MONTH.
Payment accepted through Cash, Venmo or Check. NO PayPal this year. Sorry for any inconvenience.

Cost per month/session (approx. 4 classes): \$40.00
Late fee of \$10 will be applied on the second class/week of the month

Checks: Make payable to Tonya Benziger or Tell A Story, LLC
Can be dropped off at the ACA front office

Payment for the first month and completion of enrollment form will enroll your child. Enrollment form is located on the next page.

DANCE SESSIONS FOR YEAR 2021-2022

Session 1: September - 7, 14, 21, 28

Session 2: October - 5, 12, 19, 26

Session 3: November - 2, 9, 16, 30 –

November includes **Costume Fee – TBD** (Avg cost \$40-\$75)

Session 4: December – 7, 14, 21

Session 5: January – 4, 11, 18, 25

Session 6: February – 1, 8, 15, 22

Session 7: March - 1, 8, 15, 22, 29 -- **Recital Fee Due - \$100**

Session 8: April – 5, 12, 19, 26 (With possible Thursday Classes)

May -- Dress Rehearsal and Recital Dates TBD. Typically, the first weekend in May.

We will have a Recital at the end of the school year. Costumes are ordered in November. Recital Fee of \$100 will be due March 24th, 2022.

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!!

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**ENROLLMENT FORM FOR ACA DANCE CLASSES
Tell A Story, LLC
2021-2022**

NAME: _____ GRADE: _____

PREVIOUS DANCE EXPERIENCE:

PARENT/GUARDIAN NAME:

PHONE NUMBER and EMAIL:

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

YES _____ NO _____

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

Return to: tonyabenziger@icloud.com

OR ACA Front office