



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 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 \$35.00 and there is certainly no need to spend more than that.
- Leotard, T-shirt or workout shirt, leggings or sportswear that allow maximum movement. No skirts or jeans allowed in dance class.

- **NO TIGHTS PLEASE!!** We simply don't have the time for changing clothes and would like to spend our time dancing 😊

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 ON OR BEFORE THE FIRST DAY OF CLASS IN THAT MONTH.

Monthly Cost: \$40.00

Late fee of \$10 will be applied on the second class/week of the month

How do I pay?

- **Checks/Cash:** Make payable to Tonya Benziger, or Tell A Story, LLC, and can be dropped off at the ACA front office
- **Venmo** - @Tonya-Benziger
- **CashApp** - \$TonyaBenziger

Extra Info:

- Payment is due monthly or for the year in advance
- All classes will be held on Tuesday during P.E.
- Makeup classes, (or extra Recital prep classes), will be scheduled on Thursdays in April.

Dance Session Schedule / ACA 2023-24

Session 1: September – 5, 12, 19, 26

Session 2: October – 3, 10, 17, 24

Session 3: November – 7, 14, 28

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

Session 4: December – 5, 12, 19

Session 5: January – 9, 16, 23, 30

Session 6: February – 6, 13, 20, 27

Session 7: March – 5, 12, 19, 26 -- **Recital Fee Due - \$100**

Session 8: April – 2, 9, 16, 23, 30 (*With possible Thursday Classes*)

May – NO MONTHLY FEE! Dress Rehearsal and Recital Dates TBD.

Dance Recital is 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 29th, 2024.

Thank you SO much for allowing me to share this experience with your child. I can't wait to get started!



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**ENROLLMENT FORM - ACA DANCE CLASSES
2023-2024**

DANCER NAME:

GRADE: _____

PARENT/GUARDIAN CONTACT INFO:

It's important to write legibly as this will be used to contact you on all things dance related!

Name/relationship: _____

Phone: _____

Email: _____

Name/relationship: _____

Phone: _____

Email: _____

Other contact or necessary information I should know about your dancer:

Reminder... NO Tights in dance class! Please refer to pg. 2 for guidelines!

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

Return to: tonyabenziger@icloud.com
OR ACA Front office

Tell A Story, LLC - Tonya Benziger, Owner/Operator
Liability Release / Hold Harmless Agreement

In consideration of my enrollment or involvement in the dance instruction program offered by Tell A Story, LLC, I understand and agree to release, hold harmless, and discharge Tonya Benziger, Owner/Operator and Aucilla Christian Academy from all claims, costs, liabilities, expenses or judgments, including attorneys' fees and court costs for any occurrences in connection with any dance instruction or associated activity (including, but not limited to, demonstrations and performances).

I choose to let my child participate in classes and performances with Tonya Benziger/ Tell a Story, LLC of my own free will and certify that my child is in proper physical condition to take part in such activities. If my child has any known physical vulnerabilities, conditions, or injuries, I agree to discuss those with the instructor before participating.

I understand that there are risks of physical injury associated with, arising out of, and inherent to dancing. These risks include the potential for slips and falls, sprains, strains, dislocations, soft tissue injuries, musculoskeletal injuries, podiatric conditions and other risks not specified here. In recognition of this acknowledged risk, I knowingly and voluntarily waive all right and/ or causes of action of any kind, including any and all claims of negligence arising as a result of such activity from which liability could accrue to Tonya Benziger/Tell A Story, LLC and Aucilla Christian Academy.

Dance education sometimes requires hands-on instruction as well as verbal instruction. The instructor may correct dancers by touching their arms, legs, feet, hips, back and head to move them in the correct position. I acknowledge that this is a common standard in dance instruction and understand that it is my responsibility to communicate clearly with the Instructor / Director if any form of touch is unacceptable.

While a participant, I agree to abide by any rules, codes, and policies that are put in place by Tonya Benziger/ Tell a Story, LLC, before or at any time during my participation. If I have questions or concerns regarding any policies or decisions made, I agree to bring them promptly and specifically to the instructor's attention.

I understand that Tonya Benziger/Tell A Story, LLC may take photos/video recordings of my child during my participation in classes and activities. I understand such recordings may be used in advertising or other published materials, physical or virtual and give my permission to do so.

All participants must sign a Signature Page at the start of each dance year certifying that they have read this document, understand it in its entirety, and agree to be bound by its terms, before participating in classes.

Dancer's Name: _____ Age: _____
(Print)

Parent/Guardian Name: _____ Phone: _____
(Print)

Parent/Guardian Signature: _____ Date: _____

