



Bethany Christian School Dance and Worship

Introduction:

Hello Bethany Christian School families! My name is Mrs. Cyndi Cook. I grew up training exclusively in ballet conservatories across the United States, including the American Ballet Theatre and the Governor's School. Over the past twenty years, I've taught dance at various local studios and conservatories in Virginia, and more recently, in Melbourne for two years before joining BCS.

I am passionate about teaching students a variety of dance styles, including ballet, tap, movement, modern, and this year, hip hop. It's a true blessing to witness students acquire new skills as they navigate the mental, physical, and emotional challenges of connecting their minds and bodies to express themselves through movement and rhythm.

Watching dancers learn to coordinate their thoughts and bodies to take direction, explore new movements, and discover new rhythms brings me great joy. While the discipline of mastering coordinated movements can be frustrating at times, I encourage dancers to overcome these challenges with joy, prayer, and obedience as they develop their skills.

Throughout my walk with God, I've been inspired to unite the art of dance with worship. Dance worship, or messianic dance, has been practiced since the time of King David, with the purpose of praising the Lord through movement and visual expression. These classes at BCS will teach classical ballet and dance techniques integrated with worship expression.

Our goal is to inspire our youth to be bold in their faith. Through dance, they will offer their praise to the Lord, spreading His Light and Word to those who need Him. My aim is to teach your dancers classical techniques, ignite their spirit of conviction and expression, and inspire them to joyfully honor the Lord through their art.

Offered Classes:

All classes are introductory level. Classes are divided across ages and learning domains to begin after school in September, Thursdays at BCS in the cafeteria.

- 4:00-4:45 Pre-k-1st dance movement
- 4:50-5:35 Beginner Ballet 2nd-4th (consider up to 6th) grade
- 5:40-6:25 Coed hip hop worship

- 6:30-7:15 Girl's modern and conditioning

Rates:

- \$60/ dancer per month.
- \$10 monthly sibling discount on second and additionally enrolled sibling.
- \$10 monthly discount for children of BCS staff
- \$50 for month of November, December, and March due to holidays/breaks (\$40 for staff children and additional siblings)
- All monthly fees will be paid through FACTS/RenWeb. If the student does not attend BCS, please contact the office for information on how to submit payment.

Performance Information:

- Performances December 12th and May 29th
- We may have selected students showcase a display in the April 24 production with BCA.
- Costumes for December performance will be \$40 (basic low-cost items)
- Costume for May performance will be \$75 (Cost of shoes, tights, and hair materials are not included in this expense calculation and are the responsibility of each dancer).

Rules and Regulations:

- Dancers should arrive at least five minutes before classes begins for time to stretch and get on their shoes.
- Dance is a time for experiential learning and listening. Dancers that insist on talking in class will be asked to sit out from practice for a select amount of time or for the day as it detracts from learning and engagement.
- Dancers should be dressed in proper dance attire following BCS Dance and Worship dress code.
- Hair should be neatly pulled up away from the eyes and off the neck. The hair must at least be in a ponytail. Buns are preferred for ballet.
- No gum, candy, or food in dance area or during class.
- Bullying is strictly prohibited and may be cause for dismissal without refund if not stopped immediately.
- Video taping and pictures during classes are discouraged as they are distracting to the dancers. Parent viewings will be scheduled quarterly with opportunities to record.

Dress Code for Thursday Classes:

My goal in the planning of our dancer's dress code is to reduce cost for small shows by having a uniform look. The closer the dancers can adhere to the recommended guidelines; the less cost or extra expense may be incurred later for production.

Dance Movement and Beginning Ballet:

- At least two pairs of pink convertible dance tights for ballet.

- Any brand is fine. Convertible tights mean that it can be pulled up around the ankle with a hole at the sole of the foot. Budget for \$10-\$15 per pair depending on brand.
- Solid black, cap-sleeved leotard.
 - Suggested style for VPK-1 is the following on Discountdance.com: Capezio Girls Short Sleeve Leotard. Style No: TB132C. \$20
 - Suggested style for grades 3-6 is the following on Discountdance.com: Capezio Adult Economy Short Sleeve Leotard. Style No: TB133 \$21
- Pink ballet split-sole shoes. Leather preferred. Canvas will get very dirty over time and look uncomely for performance displays.
 - You can buy them for any size from Discountdance.com. Sizing can be confusing to figure out online, so it might be preferred to go straight to Melbourne Dancewear in Indian Harbor.
 - Shoes will run in price between \$12.00-\$30.00 depending on what you get.
- Dance skirt. The dance skirt should be elastic, pull-on.
 - Suggested Style for VPK-2 is the following on Discountdance.com: Pink color Theatricals child pull-on skirt. Style No: TH5513C. \$17.95.
 - Suggested Style for grades 3-6 is the following on Discountdance.com: Blue color Maria Crown, girl's mock-wrap pull-on skirt. Style No: ME636C. \$20.00
- Dance Black Dance shorts. These may be work in the VPK-1st Dance movement class. I do not have direct specifications for the dance shorts other than they cannot be baggy and they must fit properly through the dancer's pelvis. They are not to be too short or too tight.
- Bun for long hair or secure pony-tale for short to shoulder length hair. Hair bands for very short hair. If the pony-tale can whip the dancer in the face when turning, hair should be neatly pinned up away from the face. Braids are acceptable.
- Boys enrolled in this class should wear BCS shorts, a semifitted t-shirt, and black or tan jazz shoes.

Coed Hip Hop:

- BCS gym shirt.
- Shorts at least fingertip length.
- Tennis shoes with flexible sole. No high rises.
- Hair must be pulled back and out of the face.

Modern and Conditioning:

- Students must wear fitted black exercise pants or knee length bike shorts with a fitted black or grey t-shirt. Youth are to wear appropriately fitted sports bras underneath. Hair must be neatly drawn back and out of the face.
- Each dancer should have either dance socks that are tan. Check either Melbourne Dancewear or visit the website Discount Dance Supply and look up Unisex "Blochsox" Dance Crew Socks, style No: A1000.

Dance Supplies:

- Melbourne Dancewear is located at the following address: 442 N Harbor City Blvd, Melbourne, FL 32935. If you tell them you are shopping with for classes with Bethany Christian Dance and Worship, then they will direct you to items that may work.
- Discountdance.com has many promotions and discounts you can apply to your cart for either reduced price or free shipping. Go to their website to look up the recommended styles suggested above.

- Younger dancewear items may be found at Once Upon a Child or search up various Facebook market pages in our local area as well.

Contact:

For more information about this coming year, please contact Mrs. Cyndi Cook at either her email or cellular phone.

Email: ccook@bcsmelbourne.com

Phone: 240-426-3189

Dance classes are broken up by ages and learning domains as follows:

- 4:00-4:45 Pre-K-1st Dance Movement
- 4:50-5:35 Beginner Ballet 2nd-4th Grades (May Consider Up to 6th)
- 5:40-6:25 Coed Hip Hop Worship
- 6:30-7:15 Girl's Modern and Conditioning

Payments:

Monthly fees can be paid monthly or upfront. You will make your selection during the online enrollment process. Fees will be billed through your FACTS/Renweb account. Costume fees will be billed separately.

- Costumes for December performance will be \$40 (basic low-cost items) Payment for December costume pieces must be paid by November 14 to give me time to prepare and/or order items necessary.
- Costumes for May performance will be \$75 (Cost of shoes, tights, and hair materials are not included in this expense calculation and are the responsibility of each dancer). This payment must be made by April 18. The time between ordering and performing will allow me to return or exchange pieces that do not work as intended.