

Bethany Christian School Dance and Worship

Liability Release Form and Assumption of Risk

I/we realize that participation in dance classes and activities could result in some possible personal injury. Despite precautions being taken by the studio, accidents and injuries may occur. By signing this release form, I/we (the dancer and parent/guardian) assume all risks related to the use of any and all spaces used by Bethany Christian School Dance and Worship.

I/we agree to release from responsibility the Bethany Christian School Dance and Worship including all teachers, dancers, staff members, and facilities used by both entities from any cause of action, claims, or demands now and in the future. I/we will not hold Bethany Christian School Dance and Worship liable for any personal injury including, but not limited to: scrapes, bruises, cuts, sprains, fractures, broken bones, concussions or death or any personal property damage/loss, which may occur on the premises before, during or after classes.

Initial _____ Date _____

Furthermore, I/we agree to obey the class and facility rules and take full responsibility for my/our behavior in addition to any damage I/we may cause to the facilities utilized by Bethany Christian School Dance and Worship.

Initial _____ Date _____

I understand that Bethany Christian School Dance and Worship is committed to a safe and healthy environment. If I/we should observe any unsafe conduct or conditions before, during or after my/our classes, I/we agree to report the unsafe conduct or conditions to the administrator, instructors or staff members as soon as possible.

Initial _____ Date _____

PHOTOGRAPHY/ VIDEO – I give permission for my son/daughter's photographs/videos to be used for publicity and advertising in the studio, on the Bethany Christian School Dance and Worship promotion online, and in the community.

Sign _____ Date _____

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

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

Parent/Guardian Signature: _____ Date: _____

(Please read and return to the Bethany Christian School Office or room 11 before your first dance class)

Bethany Christian School Dance and Worship

Introduction:

Hello Bethany Christian School families! My name is Mrs. Cyndi Cook. This is our second year having a Dance Worship Program at BCS. I have been praying for this year, and I am thrilled to meet all of the aspiring dancers that are ready to learn new skills to grow and glorify God.

Across my walk with God, I have felt inspired to unify the art of dance with worship. Dance worship, also known as messianic dance, has been around since the time of King David with the objective of worshipping the Lord with praises of movement and visual devotional expression. Entwined in this are the messages and stories from the Bible. The classes I will offer at Bethany Christian School will instill classical ballet and dance techniques used in a worship expression.

We want our youth to be bold in their faith. Their dance will be their song unto the Lord to spread His Light and Word to those that need Him. I aim to teach your dancers classical techniques, spur their spirit of conviction and expression, and enflame a joyful tribute to the Lord.

Registration:

Classes are open for enrollment from August 11 through September 11 for Fall semester and December 15 through January 15 for Spring semester. All registration will be accessible through the school website under the menu item "School Life". Payment is now due upon enrollment at the beginning of each semester at \$250. If you wish to also enroll in spring semester, you will need to do so online in December or January through the website as well.

Fall classes begin Thursday, August 21 at the designated class times through the Winter performance on December 11. Spring classes begin back on Thursday, January 8 and continue till the Spring performance on May 12.

Offered Classes:

All classes are introductory level. Classes are divided across ages and learning domains to begin after school on Thursday, August 21 at BCS in the cafeteria.

- 4-4:45: Pre-ballet (VPK-1st)
- 4:45-5:30: Ballet 1 (1st-6th)
- 5:30-6:15: Coed beginning Hip Hop (all elementary grades)
- 6:15-7:15 Ballet technique/Modern Dance (6th-12th)

Rates:

- \$250 per semester due at time of registration paid through the school website
- Winter costumes will be an additional \$40 due by November 24th paid to me directly.
- Spring costumes will be an additional \$65 due by April 27th paid to me directly.

Performance Information:

- Performances December 11 and May 12
- Costumes for both the Winter and Spring performance will be paid to me directly. Costumes will include necessary tights and apparel; shoes and hair care items are the responsibility of each family.

Additional information:

- Makeup classes will either be scheduled for Wednesdays or Fridays in my kindergarten classroom. The times of classes may shift on makeup, and will be communicated through email.
- No classes will be held on holidays.
- Additional rehearsals may be scheduled the week of or prior to winter and spring displays.

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.

Pre-Ballet and Ballet 1:

- **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:

- Appropriately fitted T-shirts.
- 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. They do not allow you to try on items without the intent to purchase; please respect local business policy and shop there with intent to buy or order from there directly.
- 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

Bethany Christian School Dance and Worship Registration

2025-2026 school year through the end of May. (Please complete a separate registration form for each dancer. Specify "Sibling" next to dancer's name please for discounts.)

Dancer Name: _____

Dancer Age: _____

Dancer Grade: _____

Background: _____

Please circle or check the class you desire to enroll your dancer in:

- 4-4:45: Pre-ballet (VPK-1st)
- 4:45-5:30: Ballet 1 (1st-6th)
- 5:30-6:15: Coed beginning Hip Hop (all elementary grades)
- 6:15-7:15 Ballet technique/Modern Dance (6th-12th)

If you are enrolling siblings, what is/are the sibling's name(s)?

Allergies/health concerns:

Contact information:

Parent/guardian name(s): _____

Home address: _____

Cellular Phone/ preferred contact: _____

Email: _____

Please sign the following statements:

*** I have read and understand the tuition, rules/guidelines, and objectives of this program_____**

*** In the event that classes are not paid, dancer's classes will be put on hold until payment is received_____**

*** I understand there is a zero-tolerance bullying policy. If we see evidence of a behavior that persists without correction, that may be cause for immediate dismissal without reimbursement for month_____**

Parent name (print):_____

Parent signature:_____

Date enrolled:_____
