



# Heart and Sole Performing Arts

## Handbook



### Hours:

Monday-Wednesday: 4pm-9pm

Thursday: 9:30am-12:30pm & 4pm-9pm

Friday: 4pm-7pm

Saturday: 9:30am-12:30pm

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# Welcome to Heart and Sole

P E R F O R M I N G   A R T S



**At Heart and Sole Performing Arts**, we take pride in our strong reputation for offering **safe, inclusive, and enriching experiences** that foster growth in dance, leadership, community service, and character development.



**From their very first class to their final bow**, your child's journey is our highest priority. We welcome beginners of all ages and provide expert training that progresses all the way to the pre-professional level.



**Our experienced instructors** create a fun, encouraging, and supportive classroom environment where every dancer can thrive.



**Our spacious lobby and viewing monitors** let you watch classes all day with ease and comfort.

**At Heart and Sole, we are more than a dance studio—we are a community.** We believe in developing the whole child, not just their technique. Our core values are simple but powerful: all kids are born worthy, and character counts. These beliefs guide everything we do—from our programs to the way we serve families.



**Our training goes beyond steps and skills.** We build confidence, leadership, and life skills through leadership development and peak performance strategies.



**With a wide variety of classes offered throughout the week**, you're sure to find the perfect fit for your child's interests and your family's schedule.



## Why Choose Us?



- ★ State-of-the-Art Facilities
- ★ Exceptional Customer Service
- ★ Onsite Dance Boutique
- ★ Flexible Schedule Options
- ★ Active Community Presence
- ★ Positive, Uplifting Messaging
- ★ Age-Appropriate Instruction
- ★ Supportive of Your Values
- ★ Background Checks for All Faculty



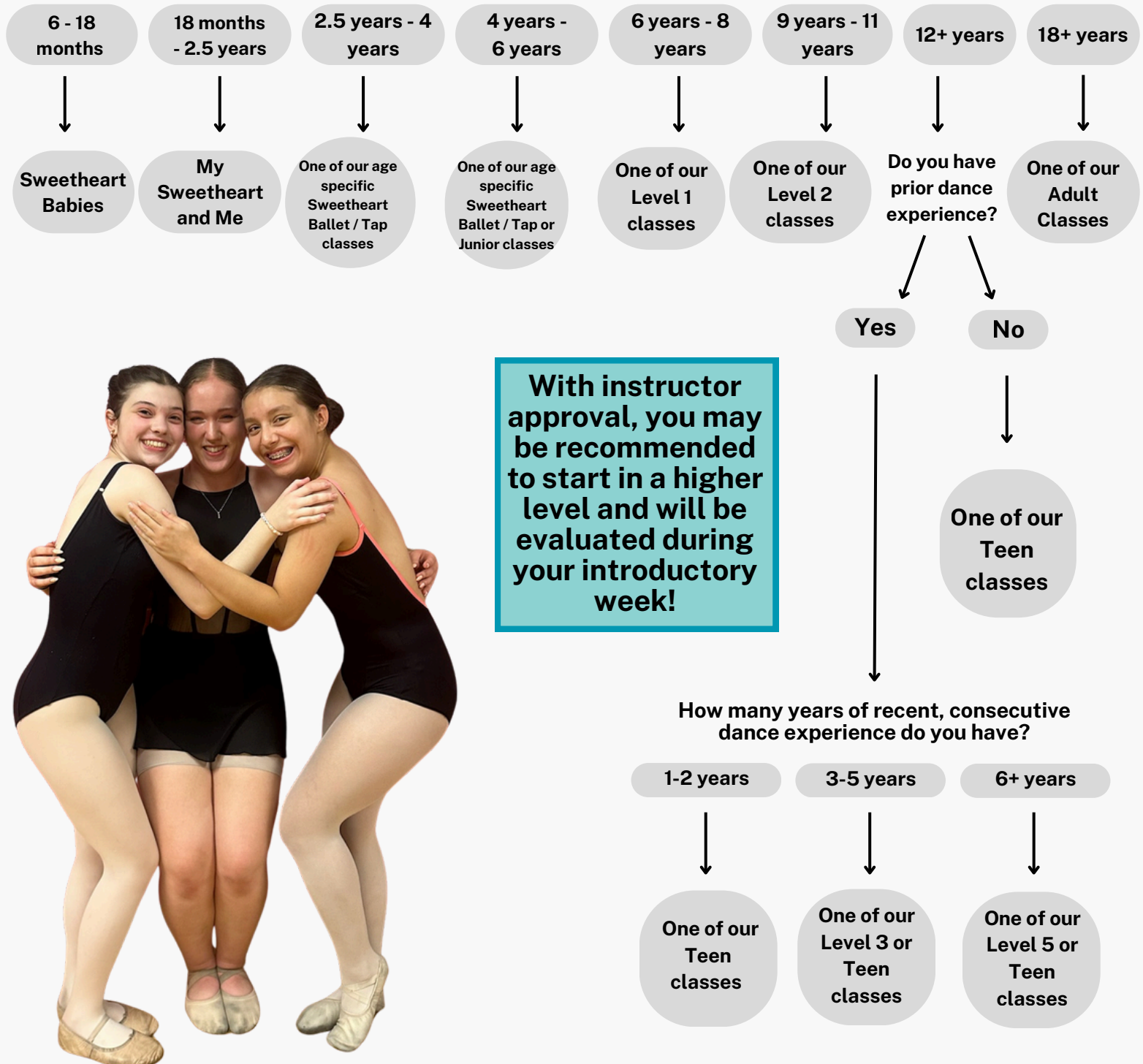
More Than Dance. *A Foundation for Life.*





# Level Progressions

## How old is your dancer?



# Classes Offered

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## **Ballet (Ages 6-18+)**

Ballet is a structured class where dancers learn and refine fundamental technique and artistry.

## **Tap (Ages 6-18+)**

Tap is a rhythmic and percussive dance form characterized by the use of special shoes with metal taps on the soles.

## **Hip Hop (4-18+)**

Hip hop is an energetic and dynamic dance style rooted in urban culture and music.

## **Jazz (Ages 4-18)**

Jazz dance is a dynamic and expressive style that blends elements of ballet, modern dance, and African dance traditions. Known for its versatility and syncopated rhythms, jazz dance encompasses a wide range of styles, from Broadway and musical theater to contemporary and street jazz.

## **Contemporary (Ages 6-18)**

Contemporary dance is a fluid and expressive form that draws inspiration from various dance styles, including ballet and modern dance.

## **Lyrical (Ages 6-18)**

Lyrical dance is a graceful and emotive style that combines elements of ballet, jazz, and contemporary dance. Focused on conveying emotions and storytelling through movement, lyrical dance often features fluid and expressive choreography.

## **Sweetheart Combo Classes (Ages 3, 4 & 5)**

Age specific Ballet and tap combo classes offer a delightful introduction to the world of dance. In these classes, young dancers explore the basics of ballet and tap in a developmentally appropriate, playful and engaging way.

## **Sweetheart Babies (Ages 6 months - 18 months and one adult)**

Sweetheart Babies is a gentle, engaging, and sensory-rich movement experience designed for babies and their parent or caregiver.

## **Sweetheart and Me (Ages 18 months to 3 years and one adult)**

Sweetheart and Me is a delightful and interactive dance experience designed for young children and their parents or caregivers.

## **Pointe (Ages 12 and up with instructor approval)**

Pointe dance is a specialized and advanced form of ballet where dancers perform on the tips of their toes, wearing specially designed pointe shoes.

## **Acro (Ages 4-18)**

Acro dance is a dynamic fusion of acrobatics and dance, seamlessly blending gymnastic elements with choreographed movements.

## **Turns and Leaps (Ages 8-18)**

Turns and Leaps is an energetic and dynamic class focused on refining the skills essential for executing impressive turns and leaps.



# Rates & Tuition

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| Classes per week        | Monthly Tuition |
|-------------------------|-----------------|
| 06 months - 5 years old |                 |
| 1                       | \$55            |
| 2                       | \$85            |
| 3                       | \$115           |
| 6 years old and up      |                 |
| 1                       | \$70            |
| 2                       | \$110           |
| 3                       | \$140           |
| 4                       | \$170           |
| Each additional class   | \$30            |

| Annual Registration Fee |      |
|-------------------------|------|
| Per student             | \$25 |

| Sibling Discount                                                                                   |
|----------------------------------------------------------------------------------------------------|
| 10% off each additional sibling after the first sibling                                            |
| There is a \$5 per month discount for enrolling in autopay. Please ask the front desk for details. |



## Payment Information

Tuition is based on an annual amount broken into monthly payments; therefore, tuition remains the same whether a month has 3, 4 or 5 weeks.

For families using our convenient auto-pay option, monthly fees are automatically deducted from your checking account or charged to your credit card on the first of each month. There is a \$5 a month discount for enrolling in autopay!

For families utilizing the self-pay option, monthly fees are due on the 1st of the month. Tuition payments made after the 5th of the month will incur a \$10 late fee. Dancers whose accounts remain past due for more than 10 days will not be allowed to participate in class until the account is brought to a zero balance. If an account is past due for longer than 30 days, student may be dropped from their class.

# Dress Code

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For the safety and success of our dancers there is a strict dress code for our acro, preschool and ballet classes. For all other classes, students are to wear comfortable, form-fitting dance attire with the appropriate shoes (listed below). Dance shoes should be labeled with the student's name and brought to class in a dance bag. Dance shoes should NEVER be worn to and from class. Students may not wear jeans, "street shoes" or excessive jewelry to class. Hair is to be worn away from the face and female ballet students must secure their hair in a bun. For your convenience, all dance supplies can be sized and ordered in the studio. Please do not hesitate to ask any questions about appropriate gear, sizing, etc. We are happy to help!

## Sweetheart Tap and Ballet Classes (Ages 2-5):

### Option 1

- Solid Light Pink dance dress
- Pink Tights
- Pink Ballet Shoes
- White Tap Shoes (If applicable)

### Option 2

- White T shirt
- Black Sweatpants or jazz pants
- Black Ballet or Tap shoes (as applicable)

## Ballet Classes:

### Option 1

- Leotard (camisole, tank or short sleeve) See colors below.
- Pink Tights
- Pink Ballet Shoes
- Optional: black ballet skirt

\*For dancers in level 1 and up who wear leotards, the required colors are listed below:

Level 1 - Royal Blue

Level 2 - Hunter Green

Level 3 - Burgundy

Level 4 - Eggplant

Level 5 & up - Black

### Option 2

- White T shirt
- Black Sweatpants or jazz pants
- Black Ballet Shoes



## Acro:

- Form fitting biketard, boy shorts or leotard
- Bare feet

## Jazz:

- Tan Slip-on Jazz Boot (no laces)

## Contemporary and Lyrical:

- Canvas half sole

## Tap:

- Black Slip-on Tap Boot (no laces)

## Hip Hop:

- Black Dance Sneaker or non-marking athletic shoes





# Performance Opportunities

*Every dancer deserves the chance to shine!*

At Heart and Sole Performing Arts, we believe performing is an important part of a dancer's education!

Throughout the year, students have multiple opportunities to build confidence, develop stage presence, celebrate their hard work, and create lasting memories with their teammates and instructors.

Whether it's stepping onto the stage for the first time or performing in front of thousands of spectators, our dancers gain valuable experience in a supportive and exciting environment.



## Recitals:

We have two recitals per season, one in the wintertime and the other in the summertime!

**Extra performance opportunities available to ALL students:**

NUTCRACKER! Magical Christmas Ballet

Fiesta Bowl Parade

Knott's Berry Farm

## Dance Teams:

**Performance Team** - For dancers who love to perform within the community!

**Competition Team** - For dancers who want to take their dancing to the next level!



# Policies

## Studio Policies:

- Tuition is based on an annual amount broken into monthly payments; therefore tuition remains the same whether a month has 3, 4 or 5 weeks.
- Tuition is for classes offered, and in circumstances beyond our control, that may mean classes are delivered electronically and not in the physical studio space per government regulation.
- For families using our convenient auto-pay option, monthly fees are automatically deducted from your checking account or charged to your credit card on the first of each month. For families electing to use auto-pay there will be a \$5 discount per student each month.
- For families utilizing the self-pay option, monthly fees are due on the 1st of the month. Tuition payments made after the 5th of the month will incur a \$10 late fee. Dancers whose accounts remain past due for more than 10 days will not be allowed to participate in class until the account is brought to a zero balance. If an account is past due for longer than 30 days, student may be dropped from their class. Please note, accounts that remain past due for longer than 90 days will be sent to a third party collection agency and customer will be responsible for all collection fees assessed by the third party collection agency.
- Returned checks will incur a \$25 fee.
- Sibling discounts are 10% for each sibling.
- Tuition is non-refundable and non-transferable.
- Make ups for missed classes are offered as a courtesy and must be taken within 2 weeks of an absence. Make up classes must be taken in the same or similar genre at current level or one level below the current level.
- To drop a class, a "Drop Class" form MUST be submitted at the front desk by the 15th of the month prior to dropping. If a "drop class" class form is not submitted by the 15th, you will be responsible for the tuition of the next month regardless of attendance. Should a student decide to return to Heart and Sole after dropping, the student will be assessed a registration fee upon re-enrollment.
- If a student would like to switch classes they must follow the "drop class" procedure for dropping their current class. The new class may be added immediately or for the following month. Tuition is non-refundable and non-transferable, therefore, in the event that a class is added immediately, you will be responsible for the prorated tuition for the new class. Switching classes is only permitted during periods of open enrollment.

## Attendance:

- Attendance is an integral part of student growth. Please have dancers to class on time and in proper dress code. For safety reasons, students that arrive more than 15 minutes after the class start time will not be allowed to participate.

## Dress Code:

- Specific dance wear and shoes are required for participation in class and these items must be purchased in a timely manner (within two weeks of formal enrollment). Students who are excessively out of dress code will not be allowed to participate until the issue is resolved.



# 2026–2027 Important Dates Calendar

Season Dates: August 10, 2026 – July 31, 2027

\*\*\*All dates are tentative and subject to change

## August

- 8/10-2026-2027  
Classes begin!

## September

- 9/7 - Studio closed in  
observance of Labor  
Day

## October

- 10/19 - Nutcracker! Magical  
Christmas Ballet Auditions
- 10/19-11/7 - Annual Food  
Drive
- 10/25 - Annual Halloween  
Party
- 10/26-10/31 - Spirit Week

## November

- 11/11 - Studio closed in  
observance of  
Veteran's Day
- 11/23-11/28 - Studio  
closed for  
Thanksgiving Break

## December

- 12/21 - Nutcracker!  
Magical Christmas  
Ballet Performance
- 12/21-1/2 - Studio  
closed for Winter  
Break

## January

- 1/2 - Fiesta Bowl Parade  
(Opportunity open to all  
dancers at the studio age  
6+)
- 1/30 & 1/31 - Winter  
Recitals

## February

- 2/14 - Valentine's Day ♥  
(But we'll be  
celebrating our love of  
dance all month long!)

## March

- 3/15-3/20 - Studio  
closed for Spring  
Break

## April

- 4/5-4/10 - Spring Spirit  
Week

## May

- 5/31 - Studio closed in  
observance of  
Memorial Day

## June

- Date TBD - Knott's  
Berry Farm  
Performance  
(Opportunity open to  
all dancers at the  
studio age 6+)

## July

- 7/24 & 7/25 - Summer  
Recitals

