

# **MOUNTAINSIDE DANCE CENTER**

**2020 - 2021**



**Registration Form**

**For**

**Children, Teens & Adults.**

# **MOUNTAINSIDE DANCE CENTER**

12625 Lee Highway Washington, VA 22747  
540-987-9390

**ALL SCHEDULES HEREIN SUBJECT TO CHANGE!**

## **Student Information**

### **Student / Adult Information**

Student's Full Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

Work #: \_\_\_\_\_

Email Address: \_\_\_\_\_

How did you hear about Mountainside Dance Center? \_\_\_\_\_

Please list any prior dance experience (i.e. number of years, dance technique studied, dance schools, etc.)

\_\_\_\_\_

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**Emergency Information**

Physician: \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Hospital Preference \_\_\_\_\_

Allergies (food, medicine, etc.): \_\_\_\_\_

Current Medications: \_\_\_\_\_

Any Medical or Physical Conditions: \_\_\_\_\_

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**Emergency Contacts**

1. Name \_\_\_\_\_ Phone #: \_\_\_\_\_

2. Name \_\_\_\_\_ Phone #: \_\_\_\_\_

3. Name \_\_\_\_\_ Phone #: \_\_\_\_\_

4. Name \_\_\_\_\_ Phone #: \_\_\_\_\_

**WAIVER RELEASE & AUTHORIZATION:**

The undersigned on behalf of myself and/or my child have indicated in the space below any health problems or conditions Mountainside Dance Center ("Mountainside") should be aware of (such as heart, back, medical, allergy, muscular, pregnancy, chemical, or neurological condition, special medication, knee/kidney/shoulder problems, etc.).

I understand that the risk of injury is inherent in any physical activity and I, on behalf of myself/my child, knowingly and voluntarily accept that risk. I, for myself/my child, my heirs, administrators, and executors, hereby release and indemnify Mountainside and waive any and all claims or damages of any kind arising out of my/my child's participation in any event, exercise or program hosted or sponsored by Mountainside. This release, indemnification and waiver shall be effective as to all claims and damages against Mountainside, its owners, employees, and agents.

I further certify that I/my child am (is) in proper physical condition to participate in the exercise/dance program and that I/my child has been examined by a licensed physician and found to be in proper physical condition to participate in said program\_ I hereby authorize Mountainside and its Staff to obtain medical treatment for myself/my child in an emergency situation when I am not able to be reached for the purpose of authorizing the treating physician to provide such emergency medical services. I understand that I am responsible for any medical expenses that may be incurred. The agreement shall act as a power of attorney and shall remain in effect until revoked.

Notwithstanding the foregoing. Mountainside reserves the right to refuse to allow any individual to participate in its programs if it is determined, in the sole and absolute discretion of Mountainside that said individual is not in proper health or their participation may result in injury.

Name: \_\_\_\_\_

On Behalf Of: \_\_\_\_\_ (if under age 18)

Date: \_\_\_\_\_

**MEDICAL WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

**ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate on behalf of Mountainside Dance Center (MDC) / Physical Therapy’s (MPT) programs and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While MDC/MPT practices reasonable standards within the statutes of the Commonwealth of Virginia State Law, all students and persons on premises using particular and personal discipline by may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS (insert name of sports organization) their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Print Name of Adult Student or Participant: \_\_\_\_\_

Signature of Adult Student or Participant: \_\_\_\_\_ Date. \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child’s/ward’s presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Print Name of Child/Teen: \_\_\_\_\_

Print Name of Child/Teen’s Parent or Guardian: \_\_\_\_\_

Signature of Child/Teen’s Parent or Guardian: \_\_\_\_\_ Date \_\_\_\_\_

**MDC PHOTO, LIVE STREAMING & VIDEO RELEASE FORM**

I hereby grant permission to the rights of me or my child's image, likeness and sound of my or my child's voice as live streamed, recorded on audio or video tape without payment or any other consideration. I understand that me or my child's image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein me or my child's likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of me or my child's image or recording. I also understand that this material may be used in diverse educational settings within an unrestricted geographic area. This provision is necessary because MDC is a performing arts school with the mission to train students to be seen and perform in all mediums, the necessity of video and live streaming of classes during the Covid19 crisis.

Photographic, audio or video recordings may be used for the following purposes: online and print marketing, conference and educational presentations, informational presentations.

By signing this release, I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet or in the public educational setting.

I will be consulted about the use of the photographs or video recording for any purpose other than those listed above.

There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed.

This release applies to photographic, audio or video recordings collected as part of the sessions listed on this document only.

I also understand that by not signing this form, MDC has the right to refuse casting in certain event, shows and performance of the signee, child or teen is said events. MDC must have compliance with releasing images in use in teaching and coaching over the internet and recorded classes for use by the participant, students and others during quarantine, semi-quarantine, elective quarantine and other circumstances requiring electronic communication and devices to hold such events and classes virtually.

By signing this form, I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material for educational purposes.

Full Name \_\_\_\_\_

Street Address/P.O. Box \_\_\_\_\_

City \_\_\_\_\_

Prov/Postal Code/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

If this release is obtained from a presenter under the age of 19, then the signature of that presenter's parent or legal

# MOUNTAINSIDE DANCE CENTER

2020-2021 Schedule.

## THIS SCHEDULE IS SUBJECT TO CHANGE!

### Class(es) Enrollment

Classes limited to 5 Children or 4 Adult Maximum per class, according to Covid19 Safe Distancing protocols.

### Children's Dance:

- Foundations of Dance and Movement 1 w/ Tap (Ages 4-6\*) Class 1: Thu. 3:30-4:15 pm & Class 2: Thu. 4:15-5:00 pm \$60 per month (in MPT DANCE STUDIO) Kitty Keyser
- Foundations of Dance and Movement 2 w/ Tap (Ages 6-9\*) Class 1: Wed. 3:30-4:30 pm & Class 2: Wed. 4:30-5:30 pm \$75 per month. Kitty Keyser
- Tweens n' Teens Beginning & Pre Ballet (Ages 9-13) Anne Williams  
This is a beginning Classical Ballet Class for Children with little or no training or experience in Classical Ballet. Thu. 4:30-5:30 pm \$75 per month
- Hip-Hop 1 (Ages 4-6\*) Sat. 9-9:45 \$60 per month. Carmen Grayson
- Hip-Hop 2 (Ages 7-12\*) Fri. 4:30-5:30 \$75 per month. (or a \$180 class card).
- Hip-Hop 3 (Ages 13+\*) Fri. 5:30-6:30 \$75 per month (or a \$180 class card).
  - o Carmen Grayson, instructor.

\* Students skill level is also considered for class placement.

### Adult & Teens Intermediate Ballet

These Classes are available online through Zoom.com or live in the studio: only 4 students in the studio at a time according to Covid19 Safe Distancing protocols. Philip Rosemond Instructor.

- Mondays 10:00-11:30 am: 10 class card for \$250, (\$25 per class)
- Tuesdays 5:30-6:30 pm 10 class card for \$250, (\$25 per class)
- Wednesdays 10:00-11:30 am: 10 class card for \$250, (\$25 per class)
- Thursdays 5:30-6:30 pm 10 class card for \$250, (\$25 per class)
- Saturdays 10:00-11:30 am: 10 class card for \$250, (\$25 per class)

o Philip S. Rosemond

### Adult Beginning

BALLET: Saturdays 11:30-12:30pm 10 class card for \$180 Philip S. Rosemond

TAP: Fridays 10:15-11:00am 4 classes per month for \$60 Kitty Keyser

**OTHER CLASSES TO BE SCHEDULED, SUBJECT TO AVAILABILITY, INTEREST & ENROLLMENT:**

- Modern Dance

- Fitness Classes.

**Pre-Covid classes to be restored:**

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- Therapeutic Movement Class.
  - Fall with Grace: Fall Prevention and Balance Training.
  - Adult Experiential Movement Class.
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Some classes may be applicable to attend through Zoom.com online.

*In order to justify these classes, we must have a list of interested parties with their contact info. Please contact MDC at 540-987-9390 or Philip at 540-622-7308 or [MountainsideDanceCenter@gmail.com](mailto:MountainsideDanceCenter@gmail.com) for more*

## CLASSES TO BE ANNOUNCED UNTIL THE COVID19 CRISIS ABATES:

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### Adult & Teens Movement, Modern & Contemporary Dance (Ages 13+)

Philip S. Rosemond, Instructor

This class will be a beginning level, experiential movement class: a combination of Movement Fundamentals, Bartenieff Fundamentals, Floor Work, Lester Horton Technique™, Release Techniques and Movement Improvisation. The class will be scheduled only if there are at least 4 participants committed by payment to attend the class through the end of each semester.

- Mondays 5:30-7:00pm  
Drop-in \$28, Makeup \$0 or \*Class Card, \$250

### Fall with Grace<sup>(sm)</sup>. (“FWG”) *Balance, Fall Prevention & Falls Training Class, for elders & persons at risk of falling.* Philip S. Rosemond, Instructor

- Tuesdays & Thursdays at 10:15 to 11:00am.  
\$15 for one class, \$25 for two, if two classes are paid in advance at Mountainside Dance Center or “MDC.”

### Therapeutic Movement Class (“TMC”) Philip S. Rosemond, Instructor *Fitness for Elders for fitness and those in rehabilitation for illness or injur.*

- \$15 for one class, \$25 if two classes are paid in advance at MPT.  
(TMC May be paid through insurance or Medicare when applicable. Self-paid classes are through Mountainside Physical Therapy. All transactions must be made at MPT next door.)

*In order to justify all classes, we must have a list of committed parties with their contact info in each specific class. Please contact at 540-987-9390 or MountainsideDanceCenter@gmail.com for more information and to put your name on the list for that class. For questions about the class itself please call Philip at 540.622.7308*

*If a student and/or family can prove inability to pay, MDC has a limited number of scholarships available. All scholarships may be subject to a work/study requirement.*

**Instructors: Anne Williams, P.T., Philip S. Rosemond, CMA, Kitty Keyser, Early Childhood Spec.**

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### Class Descriptions

**Foundations of Dance & Movement for the Young Child:** is designed to help children discover movement, spatial awareness, rhythm and form. Emphasis in class is on exploration and experimentation in a cooperative atmosphere. There are 2 class levels. Placement is primarily according to age or instructor's approval. Level one will incorporate movement that is designed for children age 4 through 6. Level two, will do the same but the movements will become more complex for children ages 6 through 9.

**Hip-Hop.** Come dance in a safe environment both experienced and beginners will have fun learning new routines, choreographed 8 count moves with current hits and fresh music. **Hip-hop dance** refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking which was created in the 1970s and made popular by dance crews in the **United States**. It has become mainstream in dance schools such as MDC and others, where it is taught as a performance dance form.



**Classical Ballet:** is the instruction of the Classical Theatrical Dance of European origin. At MDC, the method of training is called the "Vaganova Method." It is the curriculum of classical ballet created in 1932 for schools in what is now, Russia. It is based upon the early Imperial Russian, French, Mediterranean and Central European schools of ballet. As per the wishes of Mdm. Vaganova, the method must be upgraded continually to meet the current every growing technical and artistic standards of the art form for the time it is being taught and performed. It teaches grace, aplomb, joy, musicality, discipline; creating growth and confidence by making a movement technique, that seems be foreign to the human body, as natural to move in for the dancer, as it is for a non-dancer to simply walk.

In this method, full training does not begin until age ten or eleven. (Pre-ballet may be taught before this, as it is here in Creative Movement 3.) The language of Classical Ballet is mostly French, as ballet began as a formal study in France with the formation of the Paris Opera in 1661-66 and has grown and evolved from there. But, the classes are taught in English using the French terms as will be taught in the progression and order of learning. The training of classical ballet includes knowledge of the steps and positions, the French terms that codify them, as well as the history of dance. But, please note that we train ballet in a recreational format. So, don't worry about us trying to make you a première danseuse or danseur; we simply want you to learn as much as you can about ballet as a discipline and practice with a sense of joy and fun!

The Classical Ballet classes range from age 8 through adult.

**Therapeutic Movement Class "TMC":** Therapeutic Movement class is for people struggling with recovery from injury, disease-oriented movement issues, age related issues, coordination issues that are habitual or related to injury. The class is also for those interested in exploring a larger range of movement options than they have in the past. Anne Williams is a Physical Therapist and Philip Rosemond is a dance and movement specialist. Together they "tag team" to work with the class as a whole as well as with each client on specific problems. The class is designed to use simple movements beginning with the arms and head, working through the body to the legs. No student is pushed to work beyond their ability, rather they are encouraged to work towards better mobility, flexibility and stamina. We use chairs, the ballet barre, fitness balls and other simple tools to help the students with their specific issues. Some of the techniques we incorporate are drawn from floor work, yoga and other movement modalities designed to help both general as well as specific movement issues. The class is held, when C19 Restrictions are not in place, at Mountainside Dance Center & Physical Therapy, in conjunction with on Tuesdays and Thursdays at 10:15am.

**Fall with Grace © (sm) "FwG"** As human beings encounter injuries and accidents, as others have trouble with equilibrium, and as all of us get older, we encounter difficulties with balance and falling. Fall with Grace© is designed to help anyone with such issues take control of their lives by through self-empowerment: I teach them to take control of balance, being aware of self and environment, and to become aware of their inner-state to conquer the fear that is at the root of the majority of falling: "Don't let the fall control you; you are in control of the fall." A prerequisite for Fall with Grace is that all students also must be active in a fitness class such as Therapeutic Movement to attend FwG.

### **Instructors:**

**Director, Anne Williams, MPT**, is the owner of Mountainside Dance Center, Mountainside PT and Lakeside Manual PT. She has a degree in Dance from Radford University, and a Masters in Physical Therapy.

**Artistic Director, Philip Rosemond, CMA** was a fulltime professional dancer for 21 years, with 8 ballet and 3 modern dance companies. He has been teaching since 1978. He has a Bachelors in dance education, performance, composition and direction, from the U of Cincinnati plus years of ongoing pedagogy with his mentors. He also is a professional choreographer, and director, nationally. Philip is a Certified Movement Analyst and is the founder of Fall with Grace, Balance & Falls training and Prevention classes and workshops. He is certified teach in yoga, floor work & cross training methods. He leads seminars and consults in fine art curating, aesthetics and dance, culture, and objectives training & mindfulness for artists.

**Kitty Keyser** teaches Creative Dance & Movement for Children. She has been a Certified Waldorf Teacher for 18 yrs. and is an early childhood specialist, with 30 years of experience teaching movement and dance. She is a Virginia licensed daycare provider.

**Carmen Lopez Grayson, MA** has three years of Fitness and Dance training from Brigham Young University Dance Department where she earned her Bachelors degree. She won the Balloon Silver Competition Award in 2005. She has been a Fitness and Wellness coach for 5 years. Carmen is a Nutrition Certified Coach, under Beachbody. She earned her MS degree from Clemson University Civil and Environmental Engineering Department.

All teachers and staff are American Heart Association CPR certified

# MOUNTAINSIDE DANCE CENTER

## Payment Information

Payment Options for all classes:

Class Cards:

- 1.5 Hour Class Card 10 for \$250, or \$25 per class. \_\_\_\_
- 1 hour Class Card, 10 for \$180 or 18 per class.
- Class Card for both 1 and 1.5 hour classes 12 for \$250.

Monthly Class costs for some Classes:

- \$75 per month for one - 1 hour class.
- \$60 per month for one - 45 minute class per week.

Drop-in \$20, Makeup \$0

*Scholarships are Available for all Ages!*

\*I understand that the all fees are nonrefundable and non-transferable and that tuition shall be paid on the 1<sup>st</sup> of every month. If the monthly tuition has not been paid by the 15<sup>th</sup> of the month, a \$10.00 late fee will be added to your account. **Statements are sent only to delinquent accounts.**

\*Monthly tuition is due regardless of attendance. There are no refunds, credits, or deductions for missed lessons. Classes may be made up in a similar class level with the instructor's permission. It must be made up within 30 days of the missed class(es).

\*If the Student withdraws from classes, you must do so in writing or you will be responsible for fees until we receive that notice. Students who withdraw before the end of the month are obligated for the full fee unless due to illness or injury.

**Person Responsible For Payment:**

Print Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

I have read and understand the tuition/fees as listed by the Mountainside Dance Center.

MDC and/or The instructors are not responsible for injuries sustained while in class or on studio grounds. Parents are responsible for each of their children before and after class. MDC is not responsible for loss or damages of personal property or valuables.

**PLEASE COMPLETE THIS REGISTRATION FORM BEFORE TAKING YOUR FIRST CLASS. We must have contact information for consent, liability, billing, medical and security purposes.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Frequently Asked Questions from students:**

Q: What do you need to bring?

A: BOTTLED WATER! There is a cooler at the Dance Center, but it is often drained from over use. Please help MDC by equipping your child with bottled water.

Q: What do you need to wear?

A: Leotard and tights for the girls or shorts. For Ballet, Ballet Shoes, leotard and tights for teens and adults. For Hip hop Jazz shoes or clean sole shoes. If you don't have them yet, in the beginning socks are fine. Some sweats and warm up gear for teens and adults is allowed within reason. (The teacher must be able to see the contours of the student's body to be effective.) Shorts, sweats and a tee shirt for boys and men. The children may have ballet shoes, but often will be asked to be in bare feet. For Ballet and/or pre-Ballet any child from age 8 through 12 year olds are encouraged to have ballet shoes for class.

The Place to purchase dance wear, ballet and tap shoes:

- Liesl's Dancewear at 13885 Hedgewood Drive, #131, Woodbridge VA 22193 571-659-2937 .  
Lieslshop.com *Note that this is the shop we highly recommend you go to!*
  
- "Dance at a Discount, 8759 Mathis Ave. Manassas, VA 20110. 703-331-5964  
TheCinnamonTree1108@gmail.com <http://danceatadiscount.com/> (at Samantha's Corner shopping area.)

For both, please tell them Philip from Mountainside Dance Center sent you! (The better our relationship with them, the better service we will get!)

It is suggested to be fitted for shoes by an experienced fitter. NEVER buy shoes too large! It is dangerous and prevents both the look and feel of dance. If they do not fit, you will be asked to return or purchase a shoe of correct size if it is too large! All shoes must be snug and close fitting; some often ballet shoes should actually feel too small, but will stretch out when broken in. Your teacher will show you how to do this.

Q: What should I expect when the day is over?

A: You may be tired. The study and interaction can be exhausting. There will be a break for a few minutes between barre and center, and similar breaks for non-ballet classes.

Q: What will I gain from dance as a whole?

A: You will gain a sense of rhythm and movement. Dance is the use of communication through movement of the body. Dance incorporates all of the other three main types of art forms 1: music as movement quality, tempo and reactivity is guided specifically by musicality – yet without sound. 2: drama and theater because it is demonstrative of (a) emotions and (b) narrative and impression of dialogue and story, through kinetics – yet without literal voice. 3: visual art as it can only be witnessed visually, yet, in motion.

Dance also instills a sense of confidence in the ability to communicate effectively by learning to move. You may gain more coordination and they gain a sense of spatial awareness of what is going on around you in present time, and an increased ability to interact communicate effectively with others.

Q: I do not feel comfortable with me or my child studying dance in person, during the Covid19 epidemic. If my class is not offered online through "Zoom," may I request that it be streamed?

A: Yes. We already offer all of the adult classes and some of the Hip Hop classes through Zoom while others are in the MDC studio. If your chosen class is not online, make a request. If we have enough people at home wanting to study dance from home, we will *try* to make it available.