



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **DEVELOPING CREATIVITY**

**Langham Creek Family YMCA  
Dance Handbook  
2016-2017**



**LANGHAM CREEK FAMILY YMCA**  
16725 Longenbaugh Dr. Houston, TX 77095  
281-859-6143 [www.ymcahouston.org/Langham-creek/](http://www.ymcahouston.org/Langham-creek/)



**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

# Welcome

My name is Cindy Williams and I am excited to kick off our seventh year of dance at the Langham Creek Family YMCA. We had a great time last year and I'm ready to start our new dance year entitled, "Into The Woods We Dance".

No prior dance experience is needed to join our program no matter your dancers age. All dance lessons are taught on Mondays and classes are grouped according to your child's age (as of the first lesson of the school year). We will host a recital for parents, family and friends at the end of each dance year.

I look forward to teaching returning dancers and welcoming new students to our YMCA dance family.

Let's Dance,  
Miss Cindy

## Meet Miss Cindy

Cindy Williams teaches in 7 locations in the Houston area. She is currently on staff at:

- Ann Moody Sill Dance Studio-Sugar Land (24 years)
- Cypress Elite Dance Studio-Cypress (7 years)
- Robins Dance Studio-Missouri City (18 years)
- Director/ Choreographer at:
  - Alief Family YMCA (22 years)
  - Fort Bend YMCA (Starting Program)
  - Grace Presbyterian (18 years)
  - Langham Creek Family YMCA (7 years)

Miss Cindy has numerous years experience instructing students tot level through high school and adults. She has experience instructing ballet, tap, jazz, lyrical, pointe, and cheer/Pom. For more information please contact Cindy at 713-302-7001 or email [misscindy4dance@yahoo.com](mailto:misscindy4dance@yahoo.com) or contact Camille at the YMCA at 281-859-6143 or email [Camillem@ymcahouston.org](mailto:Camillem@ymcahouston.org).

## Class Schedule

Beginning Monday after Labor Day on Mondays

1:15-2 pm: Buttercups, ages 3-5

6:15-7pm: Bluebonnets, ages 4-5

7-7:45 pm: Stars, ages 6-8

7:45-8:30 pm: Daisies, ages 9-15

# Class Guidelines & Information

Registration for the school year dance program is ongoing until classes are full. Each class has a maximum limit.

Dancers should wear the correct assigned class leotard so that everyone is the same for weekly classes. This dancewear will be worn for class, pictures and our performance.

## The following are class guidelines:

- Please wear a cover-up and street shoes to and from class.
- No gum or candy during class or in the dance room.
- Hair must be pulled back before class begins and pinned out of the face. We would like all dance students to have a bun for class.
- No jewelry.
- No pantyhose or stockings in place of dance tights.
- Please do not wear anything under your leotard except for your dance tights. Tights are the proper undergarment to be worn when dancing.
- No soft satin house shoes or bed slippers in place of pink leather sole ballet shoes.
- Black tap shoes must have elastic, instead of laces. The elastic can be purchased at fabric and craft stores (1/4" flat black elastic). I will discuss this in class. You may take the ties out and keep them.
- Please label all shoes with your dancer's FIRST and LAST NAME, (not just his/her initials).
- Please silence all cell phones and have them out of sight during class. (Your parents know where you are!)
- Everyone needs to bring a "Dance Bag" to class to hold your shoes and cover-up. You are able to order bags from Miss Cindy with your dancers name on the bag if you desire. Order forms are available from Miss Cindy.

We will collect a performance fee in November. It is very important that we collect this fee at this time so that we can order and receive costume accessories in time for our picture day in April and our show in May. The fee is combined with the money we raise. Here is a breakdown of how the fee is used:

- Costumes
- Awards
- Stage materials and scenery
- Refreshments for the final class celebration
- Rental of the Berry Center for our May performance

The \$50 fee is due in November. You may make the payment for your performance fee at the Welcome Center. This fee is separate from your dance tuition.

Thank you for your assistance!

# Class Attire

**Available at: Costumes and Dancewear** 515 Mason Rd. Katy TX 77429. This store carries all required supplies, dancewear and shoes. Miss Cindy has used this specific store for many years and her dancers receive a discount on purchases. Please take this handbook with you so that they know you are a student at the Langham Creek Family YMCA (this allows you to receive the discount).

If you are going to the store to purchase shoes, please do not arrive at closing time. If you need to purchase pointe shoes please call ahead to make an appointment.

## Dancewear:

### Assigned Leotard: (Buttercups & Bluebonnets)

- Bodywrappers Tank
- Black Nylon/Spandex
- Adult Item #BWP215
- Child Item #BWP015

### Assigned tights: (Buttercups & Bluebonnets)

- Brand: Bodywrappers
- Item #C-80
- Color: Theatrical Pink

### Ballet Shoes:

- Brand: Bloch
- Style #205 Pink

### Tap Shoes:

- Child's Patent Leather (no buckle strap or velcro strap tap shoes)

### Assigned Leotard: (Stars)

- Black Princess Seamed Tank
- Brand: Capezio Color: Black
- Child #CC202C
- Adult #CC202

### Assigned Tights: (Stars)

- Brand: Bodywrappers Color: Theatrical Pink
- Child #C80
- Adult #A-80

### Dance Shoes: (Stars)

- Leather Split Soled Ballet Shoes (for a canvas split sole ballet shoe that must have elastic pre-sewn, price may vary)
- Black Tap Child's Patent Leather (no buckle strap tap shoes)

### Assigned Leotard: (Daisies)

- Black Princess Seamed Tank
- Brand: Capezio Color: Black
- Child #CC202C
- Adult #CC202

**Assigned Tights; (Daisies)**

- Brand: Bodywrappers Color: Theatrical Pink
- Child #C80
- Adult #A-80

**Assigned Dance Shorts: (Daisies)**

- These may be worn during class & will be worn on stage during their performance.
- Motionwear Black V Front Style #7113

**Dance Shoes: (Ages 9-15)**

- Leather Split Soled Ballet Shoes (or a canvas split sole ballet shoe that must have elastic pre-sewn- price may vary)
- Black Jazz Tap Shoes (Slip on)

**Tips on Tights:**

- Hand wash or place in a garment bag when you wash in machine
- Do not dry in the dryer (hang them to dry)
- Purchase more than one pair of tights
  - A practice pair to wear in class
  - A pair to wear for pictures/recital

If you require any further information please visit [dancewithmisscindy.com](http://dancewithmisscindy.com).

# Langham Creek Dance Calendar 2016-2017

- Indicates regular class times

September 12	<ul style="list-style-type: none"> <li>• First class/collect dancer contact forms from all students</li> </ul>
September 19	<ul style="list-style-type: none"> <li>• Confirm all dancer registration</li> </ul>
September 26	<ul style="list-style-type: none"> <li>• Confirm dancer line-ups in class</li> </ul>
October 3	<ul style="list-style-type: none"> <li>• Turn in one bag of candy</li> </ul>
October 10	<ul style="list-style-type: none"> <li>• Fill out wish list for Christmas gift exchange</li> </ul>
October 17	<ul style="list-style-type: none"> <li>• Wish list for absent students</li> </ul>
October 24	<ul style="list-style-type: none"> <li>• Make copies of wish list</li> </ul>
October 31	<ul style="list-style-type: none"> <li>• Dress up day-take group picture</li> </ul>
November 7	<ul style="list-style-type: none"> <li>• Gift parent name for gift exchange</li> </ul>
November 14	<ul style="list-style-type: none"> <li>• \$50 Recital fee due</li> </ul>
November 21	<ul style="list-style-type: none"> <li>• No Class-Have a safe and blessed Thanksgiving!</li> </ul>
November 28	<ul style="list-style-type: none"> <li>• Pass out second semester calendar</li> </ul>
December 5	<ul style="list-style-type: none"> <li>• Confirm name for gift exchange</li> </ul>
December 12	<ul style="list-style-type: none"> <li>• Gift Exchange during regular class time. Please wear your regular assigned dance clothes and bring your gift to exchange.</li> </ul>
December 19	<ul style="list-style-type: none"> <li>• No Class</li> </ul>
December 26 & January 2	<ul style="list-style-type: none"> <li>• No Class</li> </ul>
January 9	<ul style="list-style-type: none"> <li>• Class Resumes</li> </ul>
January 16	<ul style="list-style-type: none"> <li>• MLK day: 1:15 class will attend in the evening</li> </ul>
January 23	<ul style="list-style-type: none"> <li>•</li> </ul>
January 30	<ul style="list-style-type: none"> <li>•</li> </ul>
February 6	<ul style="list-style-type: none"> <li>•</li> </ul>
February 13	<ul style="list-style-type: none"> <li>•</li> </ul>
February 20	<ul style="list-style-type: none"> <li>•</li> </ul>
February 27	<ul style="list-style-type: none"> <li>•</li> </ul>
March 6	<ul style="list-style-type: none"> <li>•</li> </ul>
March 13	<ul style="list-style-type: none"> <li>• No class-Spring Break</li> </ul>
March 20	<ul style="list-style-type: none"> <li>•</li> </ul>
March 27	<ul style="list-style-type: none"> <li>•</li> </ul>
April 3	<ul style="list-style-type: none"> <li>•</li> </ul>
April 10	<ul style="list-style-type: none"> <li>•</li> </ul>
April 17	<ul style="list-style-type: none"> <li>•</li> </ul>
April 24	<ul style="list-style-type: none"> <li>•</li> </ul>
April 28	<ul style="list-style-type: none"> <li>• Recital at Berry Center</li> </ul>
May 1	<ul style="list-style-type: none"> <li>• Tentative Picture Day</li> </ul>
May 8	<ul style="list-style-type: none"> <li>• Tentative Picture Day</li> </ul>
May 15	<ul style="list-style-type: none"> <li>• Awards</li> </ul>
May 22	<ul style="list-style-type: none"> <li>• "Celebration Monday"</li> </ul>

# Frequently Asked Questions

**Q:** What will be taught in class?

**A:** All students will be instructed in both ballet and tap.

**Q:** Is there a performance/show/recital in the school year dance program?

**A:** Yes, it will be held at a theatre in the CyFair area.

**Q:** Can I purchase Satin House Shoes "look alike" ballet slippers from Wal-Mart?

**A:** No, please purchase only actual pink ballet shoes with a leather sole from either Costumes and Dance-wear, Wal-Mart, Academy, and Payless. Ballet shoes must have a leather sole and can not be a satin house shoe slippers (they have no support).

**Q:** Who gets to be in the program/recital held at our end of the year performance?

**A:** All students enrolled and in the dance program will perform.

**Q:** How old do you have to be to dance?

**A:** Must be 3 years old by the start date.

**Q:** Should I come to class even if I forgot my clothes for dance?

**A:** Absolutely, please don't miss a lesson because you don't have your leotard or tights.

**Q:** Is it necessary to wear underpants/panties with my dance tights?

**A:** Absolutely NOT, all you need to wear with your leotard is your "BodyWrappers" Theatrical Pink tights. We will also discuss this in classes as an etiquette lesson.

**Q:** If I dance this summer, does this mean that I have a spot in the school year dance program?

**A:** No. You still need to re-register. The programs are completely separate. Registration is on a first come, first served basis. Your child's name will not appear on the class roster until you have paid your first payment at the Front Desk/Welcome Center.

**Q:** Are statements or bills sent out to request dance program payments?

**A:** No. Miss Cindy tries to remind you but the YMCA does not send reminders. The Summer Program consists of a one-time payment. The School Year Program consists of monthly drafts. Please see the Welcome Center for information.

**Q:** Are there any other fees collected during the dance program?

**A:** School Year Dance Program YES. A \$50 performance fee is collected in November in order to purchase awards for after the recital and costume accessories, and to pay for the Berry Center.

**Q:** When is registration for the school year dance program?

**A:** June 1

**Q:** Is there a Slideshow presentation made of classes?

**A:** There is one slideshow presentation with pictures throughout the year shown at our recital. If you would like to submit pictures to be included in the slideshow you can email them to [dancewithmisscindy@gmail.com](mailto:dancewithmisscindy@gmail.com)

**Q:** Can my daughter wear a pull-up under her tights?

**A:** A pull up may be worn under the tights, but it would be helpful if the parent remained close by in case a dancer needs to be taken to the restroom.

**Q:** How long is my child's dance class?

**A:** Each class is on Monday and 45 minutes long.

**Q:** Are parents allowed to remain in the teaching room during weekly classes?

**A:** No. Parents will be called into the classroom at various times throughout the year to observe progress.

For evening classes, Regina Simmons will be available to help answer any questions you might have. You can also email questions to [dancewithmisscindy@gmail.com](mailto:dancewithmisscindy@gmail.com).