

MWENDO DANCE CO.

MANUAL

Dear Parents/Guardians & Dancers,

On behalf of the Mwendo Dance Co. staff, I would like to take this opportunity to welcome you to the Mwendo Dance Company. We are thrilled to have you, as a part of our dance family and just as excited to grow and learn new things with our dancers and celebrate our journey so far. At Mwendo Dance Co we not only teach our students, but we mold them into determined, disciplined, outstanding dancers and individuals. Here at Mwendo, our dancers are the most important part of the company and we work together tirelessly to ensure that dancers are well rounded and taught the key elements of dance. We happily encourage parents/guardians and dancers to contact Mwendo staff at any time with your questions, comments, and feedback. We can be reached at mwendo.dance@gmail.com or you can use the below contact information to contact us.

Mwendo Dance Co.

Email: mwendo.dance@gmail.com

Tamu Beatrice

Phone#: (416)-315-8302

Email Address:

tamusbeatrice@gmail.com

We would like to thank you once again for being a part of our dance family. We are excited and looking forward to working together as a team in this new dance season.

**WE ARE NOW LOCATION AT 15 GRAND MARSHALL DR. M1B 5N6
(INSIDE MMA WORLD ACADEMY'S UPSTAIRS STUDIO!)**

ABOUT

Mwendo Dance Company was founded in 2011. Mwendo welcomes dancers from ages 3 to 19. Offering recreational, competitive and performance team's programs. The word "Mwendo" is the Swahili word for "motion". Our mission is to help our students grow and become amazing, well-rounded performers and dancers. Creating a challenging and inspiring environment that uses all the motions of everyday life to help them become

strong, creative human beings. Mwendo dance company incorporates dance styles such as Caribbean, West African, Contemporary, Jazz, Hip hop, Acro and more. Our love and dedication towards dance, education, community, children, performing and God, has allowed this company to continuously experience and cherish new motions and movements.

Mwendo Dance Co. is where motions comes alive!

TEAMS

Mwendo Dance Co. offers three types of dance programs: Recreational, Performance and Competitive. Every dancer (recreation team – competitive team) will have an opportunity to dance in front of family and friends. Dancer will perform in at least one dance at a performance per year. Hours expected for each dance program per week are:

Recreational: 1-2 hours

Competitive: 4-6 hours

RECREATIONAL: Recreational classes at Mwendo Dance Co. help dancers through the process of learning, perfecting and finally performing in our end of the year Showcase. Our program helps give dancers a sense of self-confidence and accomplishment while having fun in the process. Our faculty provide an enthusiastic environment that your child(ren) will love. We offer a variety of dance genres to ensure that every dancer is challenged and enjoying themselves. Our recreational program provides dancers a great opportunity to improve dance skills, learn social interactivity, discipline, confidence, poise, creativity, movement, and make new friends.

PERFORMANCE TEAM: It is our promise that every dancer will perform at least once in the dance season. Every year, Mwendo orchestrates a showcase/recital where dancers invite their family and friends to see everything they have accomplished thus far. Mwendo's Performance Team performs at multiple events throughout the dance season. Dancers are usually a part of Mwendo for 7 months to 1 year before being asked to join the performance team. The Performance Team also represents Mwendo at events and booking throughout the year.

COMPANY COMPETITIONS TEAMS: The competition teams are a large commitment of time and energy. Every dancer (and parent) who chooses to participate must be ready to

commit to the team and the work required. The competition team is similar to a sports team in which the players depend on each other to work hard and always be present. Each dancer must be physically and mentally present during each practice to be fair to the other dancers, coaches, and themselves. Competition teams will be divided into Generations (Gen for short): Gen 1, 2 & 3 these generation are divided up by age and skill level. Company teams will attend 1- 3 competitions in year. We believe in catering to our dancers in their needs, therefore, there is an audition/evaluation of dancers interested in Competitive teams in order for them to be placed in the right company based on their skill level (not all dancers make company teams). Dancers can only be placed in a Company by auditioning or invitation. We encourage everyone to come out and audition to gain experience. Do not worry if you have never taken dance classes before. Competitive teams practice a minimum of twice a week and dancers are still required to attend recreational class.

COMPETITION TEAM AUDITIONS WILL BE ANNOUNCED!

Note: Dancers registering for a competitive dance team does not guarantee the dancers will be in every competitive dance or in the competitive team. This all depends on dancers' dedication, focus, and technique. Mwendo's first goal is to make sure dancers are ready before entering the competitive team or performance team.

EXPECTATIONS & REQUIREMENTS OF DANCERS:

Dancers should:

- Have fun and live/dance in the moment
- Follow instructions that are given by instructors
- Each dancer must push themselves to the best of their abilities to develop dance skills
- Attend all their classes on time, while being ready and prepared to stretch and dance
- Coming to practice with a prepared dance bag (water, medication/inhalers, appropriate shoes [jazz shoes/running shoes], dance wear, hair ties, etc...)
- Avoid giving any form of disrespect. There is zero tolerance in relation to disrespect, violence and other negative behaviors during practices, especially under instructors' supervision. Instructors will speak to parents/guardians about behavior and the dancer(s) will receive appropriate reprimands. Further action will be taken if behavioral issues continue

- Not be performing Mwendo choreography or wearing costumes elsewhere unless granted permission by head instructors.
- Tell teachers ahead of time about absence with explanations (we are only a text or a call away)
- Be eating healthy snacks if a snack is needed
- Bring WATER
- Not be playing with hair or clothing during class
- Purchase at least one Mwendo T-shirt
- Leave personal lifestyles and issues outside of dance class
- Not be chewing gum
- Lotion body/feet several hours before practice or events to avoid injury
- Use the restroom before class or during break to prevent missing anything important and distracting others
- Communicate and let instructors know in advance about illness and pain
- Not be sitting in class unless instructed. Dancers should go over dances, choreography or stretch while waiting on instructor
- Keep cell phones on SILENT during practice
- Be practicing and rehearsing techniques on their own time

Expectations & Requirements for Parents/Guardians:

Parents should:

- read all info given
- Inform and remind dancers to stay focused during practice
- Not interfere with teaching methods. We will discuss issues with instructors after practice or set up a suitable time to meet
- Inform an instructor about new dance-related information needed before practice (medications, injuries)
- Teach dancers to be prepared for dance practice (building good habits)
- Make sure dancers are dropped off and picked up on time
- Make sure fees are being paid by requested date
- Make sure all forms are filled out and given back on time
- Be involved in fundraisers and meetings
- Keep personal issues outside of dance practice
- Not call dancers during practice unless in case of an emergency. The best way to contact students is to directly call a dance instructor

ALL FORMS MUST BE FILLED OUT CORRECTLY BEFORE DANCER CAN START!

DRESS CODE

teachers/instructors can change dress code at their own discretion

A letter will go home the first week of class if instructors have specific dress codes

TINYZ, JRS, INTER & ACRO

- Comfortable appropriate clothing: leggings, shorts to mid thighs, t-shirts, tank tops, covering stomach and minimum 1-inch straps, sports bras if needed (no jeans, skirts, or constricting clothing)

- Colours: Black, White or any Mwendo gear

- Hair out of face. Preferably in a Ponytail, sports headbands, or braided

- Appropriate dance shoes or running shoes when running

- No track pants allowed unless in warm up or during hip-hop

Body suit and black or skin tone footless dance tights (optional for recreational dancers)

SRS

- Comfortable appropriate clothing: (no jeans, skirts, or constricting clothing)

- Black, White, Maroon or any Mwendo gear

- Hair out of face. Preferably in a Ponytail, sports headbands, or braided

- Appropriate dance shoes or running shoes when running

- No track pants allowed unless in warm up or Hip-hop

Body suit and black or skin tone footless dance tights (optional for recreational dancers)

REQUIRED DANCE WEAR:

*** Please talk to Tamu before purchasing anything not all dancers will need certain gear ***

(For dance wear, Dancewear More Dance Supplies. 1345 Morningside Avenue, ON

M1B3C5- Phone number: 416-286-7668)

Mwendo Gear:

MWENDO GEAR ORDER FORMS WILL BE OUT IN THE FALL

ATTENDANCE

- Arrive 5-10 minutes before classes

- Inform instructors or Mwendo staff that dancer(s) will be absent from class due to illness or other reasons.

FEES:

WILL BE ACCEPTED AS MONTHLY OR BI TERM.

MONTHLY:

*fees are due the FIRST SUNDAY of every month *Jan monthly will be due first class back*

DANCERS AGES 3-5 IN CLASSES : TINYZ, 5VERZ & TUMBLERZ)

1 Class per week: \$50.00 per month

2 classes per week: \$80.00 per month

3 classes per week: 100.00 per month

Unlimited classes a month: \$120.00 (mainly used for competition dancers)

DANCERS AGES 6& UP IN CLASSES: JRS , INTERS, SR, SR HIPHOP, ACRO 1,2,&3, GENZ)

1 Class per week: \$60.00 per month

2 classes per week: \$90.00 per month

3 classes per week: 110.00 per month

Unlimited classes a month: \$130.00 (mainly used for competition dancers)

BI-TERM: **fees are due the FIRST WEEK OF TERM ot at registration*

DANCER AGES 3-5 IN CLASSES : TINYZ, 5VERZ & TUMBLERZ)

1 Class per week: \$180 FOR TERM

2 classes per week: \$288.00 FOR TERM

3 classes per week: \$360 .00 FOR TERM

Unlimited classes a month: \$432.00 FOR TERM

DANCER AGES 6& UP IN CLASSES: JRS , INTERS, SR, SR HIPHOP, ACRO 1,2,&3, GENZ)

1 Class per week: \$190 FOR TERM 1

2 classes per week: \$298.00 FOR TERM 1

3 classes per week: \$370 .00 FOR TERM 1

Unlimited classes a month: \$442.00 FOR TERM 1

ADDITIONAL CLASSES & FEES:

Dance Basket: Individual class supplies dancer will need during classes (basket are geared towards class level. More info will be sent in monthly newsletter)

Company Competitive Teams: \$130 a month (unlimited classes)

(Additional costs for competition fees and costuming)

Costume Deposit: - TBA RANGE FROM \$50-\$120

Privates: \$25.00 for 30-minute private session

(If privates are not canceled or rescheduled within 24 hours private will be still charged.

Private come on first come first serve basis)

Company Competition fee: Fees may vary depending on the competition we attend and how many dances your dancer is in. Dances range from \$40-\$120. Further info of cost will be discussed during info meeting.

COSTUMES FEES:

Dancers will have a costume deposit due in Feb for their recital costume and Company costumes. Costume that become dancer property are allowed to wear items AFTER THE DANCE SEASON IS OVER! Invoices will be sent out and these will include balances and any additional fees.

FAMILY DISCOUNT:

Families of 3 or more receive a 15% discount on the total registration and class fees.

MWENDO\$: Mwendo money is earned through our referral program. Every new dancer/s you refer that completes registration, will earn you \$30 MW money (this can be used towards class fees & Mwendo gear.)

DEADLINES:

PLEASE PAY ATTENTION TO DATE AND DUE DATES LISTED TO AVOID LATE FEES

LATE FEES: If registration or class fees are not paid or filled out correctly by due date there will be a 1 WEEK grace period. If a payment is not made within the grace period, an additional \$10 will be added to the dancer's fee weekly. If fees are not paid after ONE WEEK dancer will be asked to sit and watch the class. If fees are not paid by 3rd week the dancer will unfortunately not be able to participate in practices. Please call or speak to Tamu about any issue or concerns about fees or late fees.

PAYMENT: Cash payments & e-transfers.

All e-transfers must be sent to mwendo.dance@gmail.com

In memo section please fill out who the fee is for and what month.

Please contact Mwendo Dance Co. Head Team (Tamu)
if you would like to pay in a different way.

FUNDRAISERS:

Mwendo will hold a few fundraisers each year. We require your help for success in these fundraisers. With your participation the funds raised will help with keeping Mwendo Dance Fees as low as possible. Examples of fundraisers are Mwendo T-shirt sales, Christmas flowers, donations, etc. If goals are not met it may cause costume fees to increase and dance fee.

DANCE GENRE

We give all dancers the opportunity to learn all dance genres within class session to explore and experience each dance style offered.

All sessions have a warm up and stretching section with the exception of our strictly hip hop program

Genres available are:

-Afro-Caribbean

-Jazz

-Contemporary/Lyrical/ Modern

-Acrobatic Skills (Acro)

-Hip Hop/Dancehall/Soca

Also provided:

- Competitive/ Performance Teams

- Dance Life: a prep class teaching dancers good hygiene, body care, dance vocabulary, dance etiquette, and much more

Important

We encourage a hands-on teaching approach. Instructors may need to physically adjust a student's body, to correct the dancer's placement and alignment. That would involve physical contact.

CLASSES

Classes are subjected to altered based on class sizes; during the end of the season additional classes and/or added hours may be given in preparation for recital. Please note teachers can keep dancers for extended time if classes start late.

Mwendo Dance Co is located at 15 Grand Marshall DR M1B 5N6. If there are any questions about the class schedule, please contact us.

Important Dates:

Will be sent out in monthly newsletters. NORMALLY ON THE FIRST SUNDAY OF EVERY MONTH.