

# Handbook



*Student Dancer*

**2025-2026**

Motiv8 Dance Movement

# A MESSAGE FROM OUR FOUNDER

*Hello. I am Monique Tablada, the founder of the Motiv8 Dance Movement & Performing Arts. As a Latina female entrepreneur, dance mom, and education advocate, I have always found passion in developing our youth and providing opportunities to help them achieve their goals and dreams.*

*In 2023 I took on the challenge to lead a project to help a small dance team find a space to train and finish their competitive dance season. What started as a summer dance project with 6 amazing dancers has since evolved into a full after-school dance and performing arts program offering a comprehensive dance curriculum, weekly workshops, monthly masterclasses, and numerous opportunities for the youth in our local community to explore and nurture their love for the arts.*

*We are excited to have you join us in this journey!*

*Monique Tablada*

# ABOUT US

*At Motiv8 Dance Movement, we provide an all-inclusive, safe environment where dancers and artists can create, express themselves, and develop their skills through our diverse and challenging programs and workshops. Additionally, we train and support a competitive dance team that competes at both the regional and national levels.*

*In Fall of 2024 we opened doors to our new space to be able to provide our services to a wider range of dancers and aspiring artists.*

*Our focus goes beyond dance and arts - we're all about instilling life skills, nurturing core values, and providing training and development that will benefit our youth beyond the stage. Our ultimate goal is to motivate, inspire, and empower our members to become outstanding citizens in our community.*

*We love what we do and are dedicated to providing quality dance training in an encouraging environment!*

*#Motiv8ers*

MOVEMENT  
DANCE  
ARTS  
CLASS  
W

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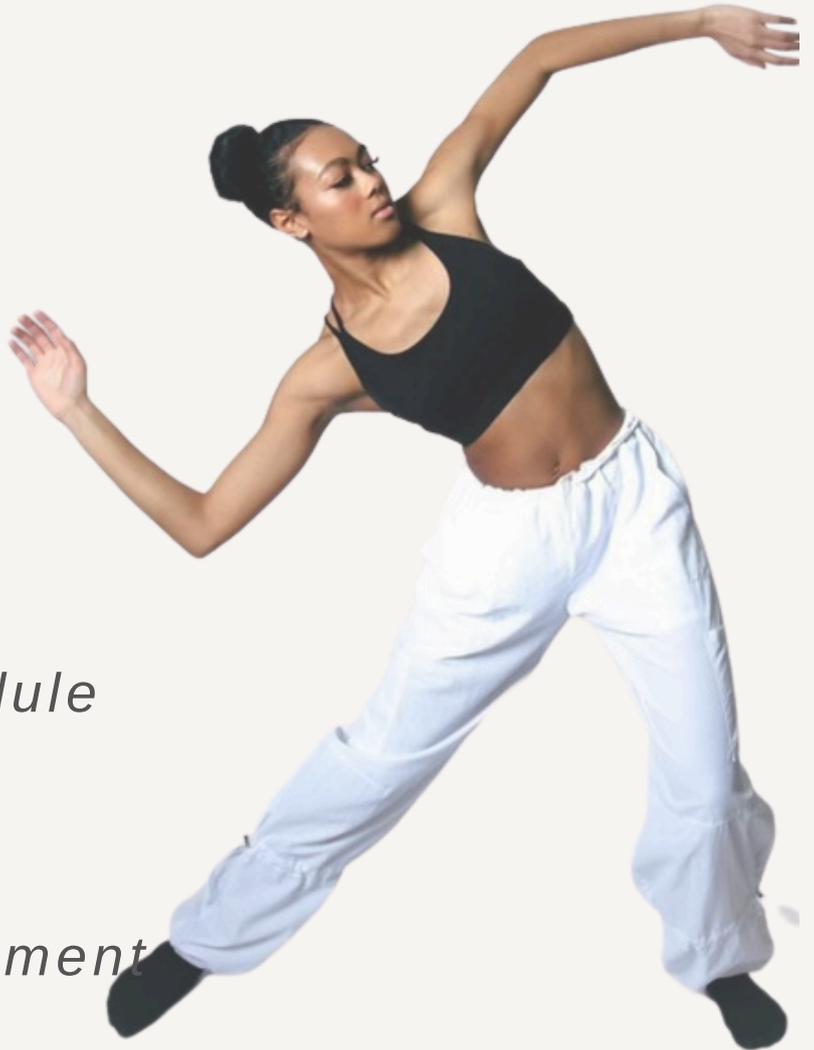
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# OUR PROMISE

## **Value in Communication**

- *Timely response to emails, messages and phone calls.*
- *Providing seasonal studio “PARENT” meetings as a forum to express concerns and give feedback.*
  - *Providing updates on upcoming events.*
- *Supporting parent committees with fundraising opportunities.*

## **Commitment to Students**

- *Providing a safe space for dancers to spend free time.*
- *Quality training that builds graceful and talented Elite dancers.*
- *Upholding a standard of professionalism in the classrooms.*
- *Providing master classes, guest choreographers and open workshops.*
- *Actively seeking new learning opportunities by attending a variety of competitions and conventions.*

## **Professional Development**

- *Seasonal staff meetings.*
- *Annual evaluations/placement reviews.*
  - *Creating team-building opportunities.*
  - *Providing teacher-training workshops.*
- *Participation and attendance at competitions and conventions.*



# MEET THE COACHES



**MONIQUE TABLADA**

*CEO, Founder  
Studio Director*



**VANESSA WONG**

*Social Media Manager /  
Musical Theatre  
Vocal Coach*



**AMANDA MUNOZ**

*Ballroom, Jazz  
Mini Company Director  
Technique Coach*



**DONOVYN DIAZ**

*Master Choreographer  
Elite Director  
Acro Coach*

# MEET THE COACHES



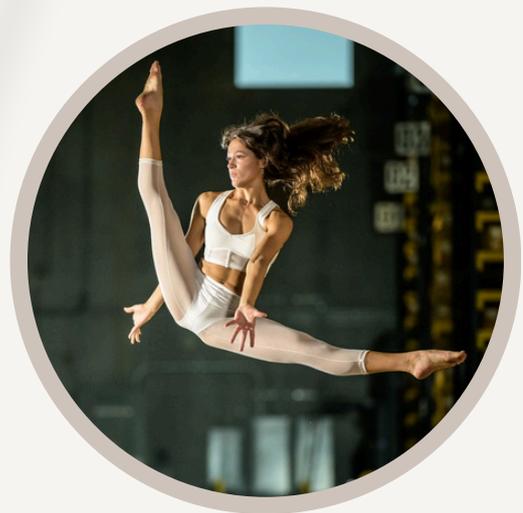
**ANGELINA REAL**  
*Lyrical/  
Turns/Leaps/Stretch  
Dance Tech*



**ELILAY MONET HARRIS**  
*Hip Hop ,  
Contemporary/Lyrical /  
Company /Modern*



**TARA CEVALLOS**  
*Acro, Tumbling Coach*



**CIARA DIAZ**  
*Modern Dance  
Contemporary  
Technique*

# MEET THE COACHES



**MS LUCIA**

*Ballet  
Pre-Pointe / Pointe*



**LEAH GONZALEZ**

*Turns and Leaps  
Dance Technique*

# CLASSES OFFERED

## **SHOWCASE / RECREATIONAL CLASSES**

*Ballet \* (Specialty)*

*Pre-Pointe*

*Pointe*

*Petit/Mini Ballet*

*Contemporary*

*Lyrical \**

*Hip Hop*

*Jazz \**

*Ballroom (Specialty)*

## **TECHNIQUE / SKILLS CLASSES**

*Acro (Specialty)\**

*Tumbling (Specialty)*

*Stretch and Strength\**

*Turns & Leaps \*/ Dance Technique \**

*Improv*

*Musical Theatre /Stage Performance*

*Voice Lessons*

## **COMPANY TEAM CLASSES**

Company Rehearsals & Technique

**Monthly MASTER CLASSES & Workshops**

Private Sessions available upon request

# WEEKLY DANCE SCHEDULE

## SEASON 2025-2026

| DAY/TIME         | MONDAY                             | TUESDAY   | WEDNESDAY  | THURSDAY                                 | FRIDAY                                 |
|------------------|------------------------------------|---|--|--|--|
| 3:00             | OPEN FOR PRIVATE                   | OPEN FOR PRIVATE  | OPEN FOR PRIVATE   | OPEN FOR PRIVATE                         | MINI ACRO<br>BEG/INT<br>3:30<br>AM     |
| 4:00<br>MAIN     | MINI<br>BALLET<br>L                | MINI<br>COMPANY<br>AM   | MINI<br>TURNS /LEAPS<br>AR   | OPEN FOR PRIVATE                         | ACRO<br>BEG<br>4:30<br>AM              |
| 5:00<br>MAIN     | BALLET 1<br>L                      | JAZZ<br>BALLROOM 1<br>AM  | S/S/LEAPS/TURNS<br>AR  | FIT - FITNESS INTERVAL<br>TRAINING<br>VW | ACRO<br>INT<br>5:30<br>DD              |
| 6:00<br>STUDIO B | OPEN                               | OPEN  | OPEN   | OPEN                                     | OPEN                                   |
| 6:00<br>MAIN     | BALLET 2<br>6-7:30<br>L            | JAZZ<br>BALLROOM 2<br>AM  | LYRCAL<br>CONTEMPORARY<br>ELI/AR   | HIP HOP<br>ELI                           | ACRO<br>ADV FUNDAMENTALS<br>6:30<br>DD |
| 7:00<br>MAIN     | BALLET-PRE-POINTE<br>7:30-8PM<br>L | ELITE CO<br>REHEARSALS<br>AM/DD   | ELITE CO<br>TECHNIQUE<br>ELI   | COMPANY<br>PRODUCTION<br>AM/ELI          | ACRO<br>ADV TUMBLING<br>7:30<br>DD     |
| 8:00<br>MAIN     | OPEN                               | ELITE CO<br>REHEARSALS<br>8-9<br>DD   | ELITE CO<br>REHEARSALS<br>8-8:30<br>ELI  | ELITE CO<br>SMALL GROUPS<br>8-8:30       | OPEN                                   |
| SATURDAYS        | MASTERCLASSES AND<br>PRIVATES      | *ELITE COMPANY<br><br>DANCERS ARE REQUIRED TO<br>TAKE UP TO 2 HOURS OF<br>BALLET<br>(BALLET 2 -1.5 HRS + POINTE<br>.5 HR)<br><br>BOTH SSTL + ELITE CO<br>TECHNIQUE<br><br>+ 2 HRS OF ACRO EACH<br>WEEK<br>BE/INT<br>INT/ADV<br>ADV/TUMBLING<br><br>*REVISED JAN. 2026 | <b>THE 2026 FIT* INITIATIVE</b><br><br>THURSDAYS AT 5PM, PREVIOUSLY MUSICAL THEATRE, WILL BE A FUN AND HIGH-ENERGY 60 MINUTE FITNESS INTERVAL TRAINING* SESSION WITH COACH VANESSA UNTIL FURTHER NOTICE. FIT* WILL CONSIST OF A SERIES OF VARIOUS NON-WEIGHTED BODYWEIGHT AND CARDIOVASCULAR MAT EXERCISES, AND FUNCTIONAL TRAINING IN A MOTIVATING ENVIRONMENT. (NO MORE THAN 5LB ANKLE/WRIST WEIGHTS WILL BE ALLOWED)<br><br>WE WANT OUR MOTIVBERS TO LOOK AND FEEL THEIR BEST ON AND OFF THE STAGE THIS COMPETITION SEASON. THIS MEANS TRAINING LIKE ATHLETES AND FUELING PROPERLY, AS SUCH.<br><br>IN EFFORTS TO IMPROVE DANCER ATTENDANCE, PERFORMANCE QUALITY, AND OVERALL STRENGTH, STAMINA, AND ENDURANCE, FIT* WILL BE A HIGHLY ENCOURAGED CLASS.<br><br>HEALTHIER NUTRITION AND LIFESTYLE OPTIONS WILL ALSO BE HIGHLY ENCOURAGED SO AS TO PROMOTE REAL, LASTING RESULTS. |  |  |



RECREATIONAL-8  
MINI / COMPANY-4  
COMPANY -8  
ELITE COMPANY  
10 CLASSES +  
4 HR REHEARSALS HRS  
14



## BALLET AS A REQUIREMENT

*Ballet is characterized by its fluid yet precise movements. The study of Ballet encourages grace and poise as well as learning proper body alignment and movement. Each of these key skills learned will be utilized in the study of every other dance form such as contemporary/ lyrical, Jazz.*

*Ballet classes are offered by age level and students will progress from learning the basic positions of the feet, arms and legs to mastering increasingly complex steps, leaps and turns. As skills are developed, their confidence will grow, and they will become a graceful, well-rounded and accomplished dancer.*

## LEVELS / PLACEMENTS BY AGE

*Only the Head Coaches will be responsible for assessing and placing each student into their appropriate classes as they are qualified to do so. Placements will always be in the dancer's best interest. A student cannot attend a class that is not to his/her level unless otherwise approved by MDM Studio Management.*

*Petit: Ages: 3-4*

*Minis: Ages 5-8*

*JUNIORS: Ages 9-12*

*TEEN: Ages 13 +*



## CLASSES PLACED BY TECHNIQUE AND SKILLS

*Acro and Turns & Leaps classes are offered at MDM as specialized technique classes that require a certain level of strength, flexibility, body awareness and body placement. It is important for the safety of our dancers that each dancer be assessed and placed in the correct classes depending on experience and ability.*

*Technique classes have a list of required skills for each level, and before a dancer can be placed appropriately in a level, he/she must have all the skills on the list with proper technique. When a dancer gains all the skills in that class level, they will be reassessed and become eligible to move up to the next level. Upon leveling up, the dancer and parent will be notified.*

### TURND & LEAPS

*Mini Turns & Leaps- Must have the following skills to register for this class: At least one year of ballet and jazz training. Ability to straighten knees and point feet consistently without instruction. Execute left and right pirouettes and left and right Grande jetes.*

*Junior/Teen Turns & Leaps- Must have the following skills to register for this class: Double pirouettes on both sides, Splits into both sides, leaps with straight legs and pointed feet, a strong foundation of fouetté turns, a strong foundation of leg turns, side leaps, properly executed chaineé turns on both sides, properly executed pique turns on both sides.*

## ACRO – SPECIALTY CLASS

*Mini / Acro 1 – None or minimal experience/skills: Learning basic and fundamentals of Acro. Dancer will learn: Forward Roll, Backward Roll, Cartwheel, Handstand, Bridge & Headstand.*

*Acro 2 - Must have the following skills for this class: 10 second hold Handstand, Cartwheel from knee, One Hand Cartwheel, Front Limber, Back Walkover, Front Walkover, Chin Stand, Forearm Stand, Fish Roll, Dolphin Roll, Hurdle Round-Off, spotted side aerial.*

*Advanced Acro - Must have the following skills to register for this class: Front & Back Walkovers from knees, Side/Front Aerial, Valdez, Scorpion/Needle, Straddle Press to Handstand, Back/Front Handspring & must be able to connect tumbling passes.*

*Tumbling- Must have consistent side aerial and all basics skills in prior levels. Will work on front Aerials, Tucks, Layout step out, Fulls, Twists and other tumbling combos.*





## ATTIRE, EXPECTATIONS AND REQUIREMENTS

*At Motiv8 Dance Movement, we implement a strict dress code for the benefit of the dancers in our programs. Our dress code allows the studio to always display a high level of professionalism and enhances each dancer's experience. MDM dancers are held accountable to meeting these expectations every week. Any circumstances that may come up that will prevent the dancer from meeting the dress code expectations should be communicated to the office via email or phone call.*

*Dancers will not be allowed in class without studio approved uniform. No outside logos or graphics.*

*\*Fridays are "Dress Down" and dancers are encouraged to dress in their favorite dance outfit.*



# REQUIRED ATTIRE BY CLASS

Dancers can purchase **MDM Studio uniforms** via order form at the beginning of each season or upon enrollment and must always adhere to the dress code requirements.

## **Ballet /Pointe**

MDM Leo (mandatory) and pink convertible ballet tights. (Hair must be neatly pulled back in a bun with a hairnet and bobby pins)

## **Ballroom**

MDM Leo/Bra top, Ballroom Skirt and Ballroom Shoes. (Hair must be neatly pulled back in a bun with a hairnet and bobby pins).

## **Acro**

Form-fitting clothing. (Examples: Leggings, shorts, tank top, etc.)

Girls must wear a sports bra under their tank top/shirt. (Hair must be neatly pulled back in a bun with a hairnet and bobby pins).

## **Contemporary/Lyrical**

Studio Colors- Form-fitting clothing. (Examples: Leggings, shorts, tank top, etc.) Girls must wear a sports bra top under their tank top/shirt. (Hair must be neatly pulled back away from face)

## **Stretch and Strength Conditioning**

Studio colors -Form-fitting clothing. (Examples: Leggings, shorts, tank top, etc.) Girls must wear a sports bra top under their tank top/shirt. (Hair must be neatly pulled back away from face).

## **Hip Hop**

Studio colors- Sweatpants or leggings and choice of top. Girls must wear a sports bra under their tank top/shirt. (Hair must be neatly pulled back away from face)

## **Turns & Leaps**

Studio colors - Form-fitting clothing. (Examples: Leggings, shorts, tank top, etc.) Girls must wear a sports bra top under their tank top/shirt. (Hair must be neatly pulled back in a bun with a hairnet and bobby pins).

\*Hair Nets are required to ensure hair and bun stays neat.

# REQUIRED SHOES BY CLASS

*Ballet - Pink Canvas/ leather Split Sole Ballet Shoes*

*Ballroom – Ballroom Shoes*

*Acro - No shoes needed*

*Contemporary /Lyrical- Leather Half soles/ Turners/  
Ballet Shoes*

*Stretch and Strength Conditioning- Mixture of Sneakers,  
and Bare Feet*

*Hip Hop- Sneakers. (Sandals, crocs or flip flops will not  
be permitted)*

*Turns & Leaps- Leather Half soles/ Ballet Shoes  
SNEAKERS/ Running shoes are required every day.*

*\*Dance Shoes must be in good presentable condition  
and must be replaced as needed throughout the season.*

# REQUIRED ITEMS BY CLASS

*The following items are required to enhance training  
and ensure each dancer is developed to an Elite  
level:*

*3lb ankle weights*

*1lb and 3lb wrist weights*

*Yoga blocks -2+*

*Stretch bands*



## TIME AND ATTENDANCE

*Classes start promptly at their scheduled times.  
Please refer to Class Schedule in this Handbook.*

*Students arriving to class late will not be permitted into class after 15 minutes of class start time unless the MDM administration is notified in a timely manner.*

*Students should be ready for class and should not interrupt, exit or enter the Studios while classes are in session.*

## MISSED CLASSES – MAKE-UP CLASSES

*Attendance is crucial for the development of each dancer. If a Dancer misses a class, make-up classes are available if there is a corresponding and appropriate level class that is open. We allow 4 makeup classes to be scheduled within the season. Make-up classes will not be available during Competition or Recital /Showcase preparation weeks. **No Credits/Refunds** are issued for classes missed. All Missed classes must be made up within the the following week of the missed class.*

***Private Sessions** MUST be paid in advanced and confirmed 24 hrs prior- Fees are non-refundable.*

## LOBBY ROOM / LOCKER ROOM RULES

*The lobby/locker area is for drop-off and pick-up only and should remain free of distraction and noise in efforts to keep Staff, Coaches and Students focused during class times. Dancers are only allowed in the studio during their scheduled class times. Plan Drop off and pick-up accordingly.*

*No Dancers are to be in the lobby/locker areas during scheduled class times. Dancers Must be supervised at all times.*

*Studio doors should always remain closed for the safety and security of our student dancers.*



# STUDIO ETIQUETTE AND CODE OF CONDUCT



## **DANCERS**

- Dancers must treat all staff, peers and the MDM STUDIO facility with the utmost respect at all times. This includes tidying up after themselves and their areas.
- Dancers must be on time for class to properly warm-up their body for movement.
- Dancers must adhere to the MDM STUDIO Dress Code. (See Required Attire section)
- Dancers must attend class regularly and Team Rehearsals and must contact the STUDIO ahead of time if they plan to miss class. A dancer is expected to catch up on missed class time either by working with another student or scheduling a makeup class/private when applicable. No credit is given for missed classes.
- No Foul language or inappropriate, negative comments allowed.
- No Gum or food in the studio. Food must be stored in dancer's bag or designated areas. No food allowed in lockers. Food must be thrown away outside.
- Maintain a positive attitude and come ready to learn and grow.
- Dancers are expected to practice at home on a regular basis.
- Dancers are expected to display proper studio etiquette, manners, good sportsmanship, and teamwork at all times.
- Dancers are expected to work together, motivate each other and always support each other in and out of the studio and at competitions.
- Bullying, negative commentary, gossip and disrespectful conduct is prohibited and will result in immediate termination of Dancer Membership.
- Dancers' social media and Grades will be monitored regularly to ensure that they are adhering to the Dancer Code of conduct and representing our studio's Values and Mission in/out of the studio.

# STUDIO ETIQUETTE AND CODE OF CONDUCT



## PARENTS

- Parents/Guardians must treat all staff, students, other families, and the facility with the utmost respect at all times. The STUDIO Directors reserve the right to terminate the services of any families that do not uphold our values.
- Parents/Guardians must inform the STUDIO of any upcoming absences and understand that private make-up lessons at additional costs may be required for their child.
- Parents/Guardians understand that the STUDIO is not responsible for unsupervised children before/after class and that parents accept full responsibility for any damage caused.
- Parents/Guardians must stay updated on studio events such as but not limited to mid-year evaluations, company tryouts, scheduled rehearsals, recitals, conventions and competitions.
- \_The Studio is not responsible for any activity or plans scheduled outside of regular studio hours made by students or coaches.
- \_Coaches are required to always follow studio code of conduct. The studio is not responsible for coaches or students outside of regular studio hours.
- \_Studio Approved outings/events will always be planned by the Studio Director.
- Gossip, Negativity or rude or derogatory comments are prohibited (includes verbal or written comments, chats, etc).
- Parents must respect policies and decisions made by coaches, directors and Administration.
- Team Chats are used strictly to share important information and not to address or share personal opinions or comments.
- Note that Paid Tuition, Choreo fees, Competition fees, Bookings and Merch are Non-refundable.



## FREQUENTLY ASKED QUESTIONS

### WHEN DOES THE SEASON BEGIN & END?

Classes will begin August and end tentatively by May/June.

### IS IT MANDATORY TO TAKE BALLET CLASSES AT MDM?

Ballet is required if your child would like to participate in any of our technique-based dance classes or Competitions. Technique based classes include Contemporary/Lyrical, Stretch and Strength, Jazz, Turns & Leaps. Your child does not need to take Ballet if they are only enrolled in Acro or Hip Hop. However, Ballet is highly recommended for anyone that wants to excel to his or her highest potential as a dancer.

### WHY IS IT MANDATORY TO TAKE BALLET FOR A TECHNIQUE CLASS?

Since Ballet is the foundation of all technique dance styles, we make it mandatory for all dancers to take ballet in conjunction with technique classes. Ballet will not only strengthen the dancer's abilities but is also a very crucial part of a dancer's training.

IS THERE REQUIRED ATTIRE OR SHOES FOR EACH SPECIFIC CLASSES? Yes! All dancers are expected to attend each class with proper attire, shoes and hair. Refer to Attire by class section. Failure to follow the dress code and class requirements may result in the dancer being sent home. All dancers must arrive to the studio fully prepared for class(es)!

SNEAKERS/ Running shoes are required every day.

### BY ENROLLING IN CLASSES, AM I LOCKED INTO A CONTRACT?

There are no contracts for tuition payments at MDM! If for any reason you need to discontinue your child's class(es), simply notify in advance us via email by the 20th of the month in order for us to update your account as needed and cease any auto-pays. REGISTRATION Fees will apply upon re-enrollment.

IS THERE AN END-OF-YEAR RECITAL? Yes! At the end of each season the studio organizes and beautiful recital/ showcase for friends and family to see just how much their dancers have learned and developed.

# COMPANY TEAM REQUIREMENTS

- Elbow stand
- Handspring
- Headspring
- Head stand
- Kip up
- Front walkover
- Left and right splits
- Over Straddle
- A la Seconde Turns (3)
- A la Seconde changing spots
- Triple Pirouettes
- Leaps (left and right)
- Tilt jump (left and right)
- Firebird jump (left and right)
- Stag jump
- Calypso
- Second position jump
- Toe rise

Elite: Intermediate and Adv level

- Side Aerial
- Clean turn sequences (a la secondes, pirouettes)

Preferred but not required

- Front Aerial
- Back tuck/ Lay out/ step out

*\*Auditions will be held during June/July.  
If selected, Company dancers MUST attend  
Summer Intensive and be available for Choreo  
Week*





## COMPANY TEAM REQUIREMENTS, RULES AND EXPECTATIONS:

Company, Jr. Company and Elite Company Team Auditions will be scheduled in advance in preparation for the next season. Audition Fee is \$25 due at time of scheduled audition. If selected to be on the Company Team, all Dancers will be required to attend a Mandatory Company Team Meeting to discuss Company expectations for the upcoming season. Dancers selected to be on the Company Team will be notified via email after the audition and selection process is complete. (see list of requirements below for team consideration.)

Being part of the Company Team at MDM is a privilege the Studio holds to high standards. It requires discipline, commitment, accountability, and ownership on behalf of each dancer and their parents to meet Company expectations throughout the entire season.

MDM Company Dancers must commit and adhere to the Time and Attendance requirements for Weekly Mandatory Classes, Company rehearsals, competition preparation, recitals, annual showcase. Company members are also required to attend a mandatory 1-week summer intensives and select Masterclasses throughout the Season. This may include some weekends.

All MDM Company members must purchase all MDM "Competition Team" attire items and will be required to wear MDM attire to ALL Classes.

All Company Dancers will perform and compete in the seasonal large group number and Production. Being an Elite Company Dancer requires a bigger commitment for the season as dancers will have the opportunity to be in additional routines and may be considered for solos, duets, trios based on level, competency and at the discretion of the Company Director /Choreographer. Being on Elite Company does not guarantee selection for all routines. Choreographers may make changes to routines and shift formations, re-block choreo as needed throughout the season to protect the integrity of the piece.

Master Classes, Choreo fees and Competition Fees are non-refundable. The Studio honors 1 complimentary reschedule each season (with prior notice) for any scheduled private or masterclass the dancer becomes unable to attend. All booked sessions must be paid in full 24 hours prior to secure booking.

Competition Invoices must be paid on time as scheduled and remain up-to-date in order to dancers to book additional activities or register for optionals. **Note** that Paid Tuition, Choreo fees, Competition fees, Bookings and Merch are Non-refundable.

The Team will be competing the routines at 3 Mandatory Regionals and 1 Mandatory National Competition. Optional Competitions will be explored and a list of suggested optionals will be provided. **Parents/Dancers should make note of all dates and ensure they remain available. No vacations or trips should be planned around these Mandatory/ Important Dates.**



## COMPANY TEAM REQUIREMENTS, RULES AND EXPECTATIONS:

Our Team will compete at 3 Regionals and 1 National Competition throughout the season. Competition and Rehearsal dates/times will be provided with as much advance notice as possible but can be modified based on the needs of the team preparation. Parents/Dancers should make note of all dates and ensure they remain available. **No vacations or trips should be planned around these Mandatory/ Important Dates.**

No more than 2 Company rehearsals can be missed during the competition season. Frequent absenteeism at Company rehearsals or weekly mandatory technique classes will result in the dancer removal from routines as determined by the coach and the dancer not being permitted to perform at Competition and recital/showcase. **Private Sessions or registration for optionals will not be granted to dancers that miss team rehearsals or whose studio accounts are past due.** *Encouraging teamwork and commitment to our group rehearsals is our top priority as a studio.*

Dancer Code of Conduct and Competition Etiquette is strictly enforced for Company Dancers both in and out of the studio.

### **Performance Competition/ Dress code:**

No Jewelry besides Competition jewelry (includes religious jewelry/strings/beads).  
No undergarments.

Natural /Nude Nail polish ONLY on hands and feet,

Tights must be in New/excellent condition-No rips or stains.

Competition shoes must be clean and in excellent condition.

MDM Company Warm-ups must be worn to competitions and all Company events.

Checklists will be provided prior to each event

# IMPORTANT SAVE THE DATES

- EOY Recital 1st week in June
- Company Auditions: 5/24, 6/14
- Post Audition Company Team Parent Meeting: 6/25 -7pm
- Believe Nationals- 6/27-7/2
- *Summer Intensive: 7/7-7/12 \*Mandatory for Elite Co.*
- Final Company Auditions: 7/12
- *Group Choreography week: 7/13-7/17 & 7/28-8/3*
- *Solo Choreography week: 7/18-7/20*
- *Company Photo Shoot -August/Sept*
- Competition Schedule -TBD (3 Regionals/1 Nationals)
- Winter Showcase -TBD
- Closed for Winter Break: 12/22-1/4
- Back To Dance Jan 5th

CALENDAR WILL BE SENT ONCE FINAL DATES ARE CONFIRMED

## COMPETITION & CHOREO FEES

### Company Team Monthly Tuition:

Monthly Company/Elite Co plan \$350-\$375 Unlimited + Rehearsals

### Choreography Fees:

- Solo Choreography -\$650-\$850- Includes 4 Hours
- Duo Choreography -\$650-\$850- Includes 4 Hours (shared fee)
- Small Group Choreography (4-8 dancers)- \$190+ pd
- Large Group Choreography (9+ dancers)- \$160+ pd

### Competition Registration Fees:

- New Dancer Account Set up Fee \$25
- Solos- \$160 average
- Duos/Trios/Groups- \$85-\$100+
- Add-ons (Photogenic, Costume, Title)- \$40+
- Coach Fee \$15-\$30 per Comp
- Media Fees \$55+ SDA / Non-SDA -TBD
- Competition Fees are due 90-120 days prior to Comp Date
- Comp Season Invoices sent out in July
- Choreo Fees Due by July 15th
- Initial Deposit of 25% total regional Comp Fees due by Aug 1st
- Comp Gear Fees Due by Sept 1st
- 2<sup>nd</sup> deposit 25% due by Oct 1st
- 3<sup>rd</sup> Deposit due Jan 1st
- Nationals Fees due by March 1st (Fundraisers begin Aug)
- Costumes range from \$60-\$140 for groups/\$210+ Solos
- Company Team 3pc warm-up Set + Duffle (custom made) \$-TBD

Choreography, Rehearsal, costumes, privates, bookings & competitions deposits fees are nonrefundable. This is standard across studios and covers the choreographer's time, travel, creative work, teaching hours, and any revisions or additional sessions they provide. Along with that, the choreographer reserves the right to remove a dancer from a routine or to pull a routine entirely at any point in the season if they feel it is necessary for the integrity and preparedness of the piece. These policies apply to everyone equally and are in place to protect the overall success of the team.

Note there is a

# 2025–2026 COMPETITION SCHEDULE

MOVEMENT CONVENTION– SEP 12  
MIAMI

WILD DANCE INTENSIVE–NOV 9TH  
FTL

ID INFLUENCER SUMMIT– NOV 16  
ORLANDO

TITANS DANCE CONVENTION– DEC 14TH  
FTL

–

## MANDATORY

FLY DANCE COMP–  
FEBRUARY 13–15  
BOCA RATON

–

ID DANCE COMP–  
APRIL 10–12  
FT LAUDERDALE

–

ON STAGE AMERICA –  
APRIL 24–26  
CORAL SPRINGS

–

ID NATIONALS–  
JUNE 16–20  
ORLANDO  
LOCATION TBD



CALENDAR WILL BE SENT ONCE  
FINAL DATES ARE CONFIRMED



# Tuition and Fees

Initial Registration Fee \$75 - Payable once every dance season.

Open Class Rates \$25+ (Specialty \$35+)

Master Class Rates \$55 +

Private Rates: \$85+ per hour – Private Packages available\*

Private Rates Master Choreographer/Coach: \$120+

Monthly Tuition - Rates are based upon hours of dance per week.

Specialty Classes included: Ballroom and Acro (excludes Aerials)

| <u>Hours/Week</u>     | <u>Monthly</u> | <u>Auto Pay</u>                         |
|-----------------------|----------------|---|
| 1                     | \$120          | \$105 - Intro (Acro Specialty \$125)    |
| 2                     | \$175          | \$155 - Basic (Specialty Classes \$170) |
| 3                     | \$200          | \$185 - Standard                        |
| 4                     | \$225          | \$205 - Intermediate                    |
| 5                     | \$275          | \$255 - Advanced                        |
| 6                     | \$300          | \$285 - Premium                         |
| Unlimited class Pass* | \$375          | \$355 * 8+ weekly classes available     |

\*MDM Mini Company\* \$285 unlimited classes + Rehearsals 1/wk

\*MDM Company Team\* \$350 unlimited classes + Rehearsals 1-2x/wk

\*MDM Elite Co Team\* \$375 unlimited classes + Rehearsals 2-3x/wk

Rates are subject to change and every attempt will be made to contact the dancers.

\*MDM Company Team -Requires Audition for acceptance (Audition Fee \$25)

## TUITION FAQ:

Tuition is due on the 28th of each month for the upcoming month or on your corresponding auto-pay billing cycle date.

If tuition is not paid prior to the first class of the month, you will not be allowed to take class until you are up to date with your payments. (\*late fee of \$30 will be added to your account if paid after the 1st.)

All members can sign up for autopay, free of charge, to eliminate late fees.

Tuition fees can be paid through your online account.

We accept Cash, Visa, Mastercard, Discover & ATM debit card for all studio expenses.

A \$30 service charge will be added for all returned checks. . All paid fees are non refundable .



## Dancer/Parent Acknowledgement

\_\_\_ I have received a copy and read the MDM Student Handbook

\_\_\_ I understand the Attire Requirements and will adhere to the Studio dress code.

\_\_\_ I understand and will always abide by the Studio Etiquette and Code of Conduct.

\_\_\_ I understand that MDM reserves the right to discontinue enrollment and Studio access for any dancer not adhering to the Handbook Policies and Guidelines. Paid fees will not be refundable.

\_\_\_ I understand that the Studio is not responsible for personal belongings/items left unattended or lost.

\_\_\_ I understand that I am part of a team, and I must always prioritize mandatory team rehearsals/activities and act in the best interest of the studio and my team.

\_\_\_ I understand that the Studio reserves the right to remove me from a routine at any given time if I am not abiding by the rules/expectations. 3 missed team rehearsals in a season can lead to removal from the routine and team altogether. Paid Fees are non-refundable.

\_\_\_ I have reviewed the Team Schedule and can commit to the weekly attendance requirements, required training and rehearsals in addition to all 4 mandatory competitions. **No vacations or trips will be planned around those dates.**

\_\_\_ I understand that the studio reserves the right to deny solo private session requests due to absenteeism to mandatory classes, scheduled group rehearsals and past due accounts/invoices.

\_\_\_ I understand that Coaches will be providing me with Constructive Feedback throughout the season to help me progress in my dance journey.

\_\_\_ I understand that the studio reserves the right to access lockers at any given time and lockers should stay clean and clear from any food or candy or any items not allowed on property.

\_\_\_ I am committing to helping the team Fund raise for the competition Season, promote and Studio events and show support to all teammates throughout the season.

\_\_\_ I understand that Choreography and competition fees are nonrefundable. This is standard across studios and covers the choreographer's time, travel, creative work, teaching hours, and any revisions or additional sessions they provide. I further understand the choreographer reserves the right to remove a dancer from a routine or to pull a routine entirely at any point in the season if they feel it is necessary for the integrity and preparedness of the piece. These policies apply to everyone equally and are in place to protect the overall success of the team.

\_\_\_ I have read and fully understand the MDM Company Team Expectations and Requirements.

\_\_\_ I am committed to being a Motiv8er, spreading positivity and representing my studio in the best way possible at all times. I understand that my actions reflect not only on myself but also on the values and reputation of the studio, and I will carry this responsibility with integrity and dedication.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Guardian (if under 18yrs old)

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

\_\_\_\_\_  
Telephone #

\_\_\_\_\_  
Date



# Parent Acknowledgement

## 1. Communication

- Parents/Guardians must stay updated on all studio events, including evaluations, tryouts, rehearsals, recitals, conventions, competitions, and team deadlines.
- Team chats are strictly for sharing official information—not for personal opinions, debates, or commentary.
- Parents are expected to check communication channels daily and respond within 24 hours when needed.
- Urgent concerns should be directed through the designated contact method.

## 2. Attendance & Scheduling

- All absences must be reported at least 24 hours in advance (except emergencies).
- Parents understand that private make-up lessons, at an additional cost, may be required if absences affect choreography or readiness.
- The Studio is not responsible for any activities, meetups, or plans made outside regular studio hours by students, parents, or coaches.
- Any studio-approved outings or off-site events will always be planned by the Studio Director.

## 3. Behavior, Respect & Conduct

- Parents/Guardians must treat all staff, students, families, and the facility with respect at all times.
- The Studio Directors reserve the right to terminate the services of any families who do not uphold studio values.
- Gossip, negativity, rude or derogatory comments—verbal, written, online, or in group chats—are strictly prohibited.
- Parents must respect the decisions of coaches, directors, and administration regarding casting, choreography, placements, scoring, and scheduling.

## 4. Social Media & Content

- Parents agree to follow studio guidelines regarding posting videos, rehearsal clips, choreography, and behind-the-scenes content.
- Full routines and unreleased choreography may not be posted without approval.
- Parents must respect privacy rules and refrain from posting dancers other than their own without permission.
- Notify the studio immediately if a dancer's social media is hacked, disabled, or compromised.

## 5. Safety & Supervision

- The studio is not responsible for unsupervised children before or after class.
- Parents accept full responsibility for any damage caused by unsupervised children.
- Parents must inform the studio of any medical conditions, injuries, or health concerns.

## 6. Financial Responsibilities

- Parents are responsible for timely payment of tuition, costumes, private lessons, competition fees, and other charges. All paid fees are non refundable.
- Late payments may affect class participation, choreography placement, or competition eligibility and registrations for optional or additional activities.
- It is the parent's responsibility to review all invoices and keep personal records.

## 7. Rehearsal, Class, & Event Etiquette

- Parents may not coach, correct, or distract dancers during classes or rehearsals.
- Spectator areas should remain quiet and respectful.
- At competitions, parents must remain in spectator sections unless assigned a team role.
- Dancers must arrive prepared with proper attire, shoes, hair, makeup, and all required items.

## 8. Acknowledgment

By signing below, you agree to follow all Parent Expectations and understand that failure to uphold these standards may result in consequences, including possible removal from the program.

Parent/Guardian Signature: \_\_\_\_\_

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

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



# Parent Acknowledgement

## Company Team Withdrawal, Removal & Exit Fee Policy

Company Team participation is a season-long commitment due to the collaborative and structured nature of choreography, formations, rehearsals, and competition preparation.

In the event that a dancer voluntarily withdraws from the Company Team or is removed by the studio prior to the completion of the competition season—due to personal choice, conduct, failure to comply with studio policies, or misalignment with company values—the following policy applies:

- An exit fee of \$250 per dancer, per routine will be assessed.

This fee helps offset costs associated with, but not limited to:

Re-blocking and restructuring choreography

- Additional rehearsals required for remaining dancers
- Instructor and staff time
- Administrative planning and competition adjustments necessary to maintain team integrity

The exit fee is separate from and in addition to all previously paid tuition, choreography fees, costume fees, and competition fees, all of which remain *non-refundable*.

## Studio Discretion

The studio reserves the right, at its sole discretion, to discontinue or remove a dancer from the Company Team at any time when it is determined to be in the best interest of:

- Studio culture and values
- Team cohesion and competitive standards
- The safety, well-being, and experience of dancers, families, and staff

Removal from the Company Team does not waive or negate the exit fee outlined above.

## Acknowledgment of Understanding

By signing below, the dancer and parent/guardian acknowledge and agree that:

- Company Team participation impacts the entire group, not just the individual dancer
- Early withdrawal or removal requires additional time, labor, and resources from the studio
- The exit fee outlined above is reasonable, necessary, and agreed upon as part of Company Team participation

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_

“Join our Movement.....Motiv8 Dance Movement.”



## Registration Form

Please complete the form and include a \$75 per dancer registration fee as a deposit.

All payments are due on the 28th of every month for the upcoming month. All paid fees are non refundable.

A \$30 Fee will be applied for insufficient funds, rejected transactions, closed accounts or late payments.

Registration/Start Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent or Guardian's Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact (if different from above):

Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

Allergies/Medical Conditions: \_\_\_\_\_

I understand and agree that by enrolling my child in a dance class means that there will be movement, stretching, jumping, balancing, motor skills development, creative dance time and tumbling. I accept responsibility for my child under these conditions and that Motiv8 Dance Movement employees or its affiliates shall not be responsible or made subject to any claim from injury, sickness or accident while participating in any class or event associated with Motiv8 Dance Movement.

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_

“Join our Movement.....Motiv8 Dance Movement.”



## MDM WAIVER

READ AND SIGN BELOW

REGISTRATION IS INCOMPLETE WITHOUT SIGNATURE AND MUST BE COMPLETED BEFORE CLASS

I fully understand and agree that in participating in any dance class, workshop, rehearsal or performance, there is a possibility of physical injury or death. I voluntarily agree, therefore, to assume all risks and responsibility for any such injury or accident, which might occur to me or my child during any of MDM classes, rehearsals, performances, or activities. I also hereby waive, release, and forever discharge The Motiv8 Dance Movement, its owners, agents, volunteers, assistants, employees, guest artists, faculty members, and/or students from any and all liability claims, demands, or causes of action whatsoever from any damage, loss, injury to me, my children, or property which may arise out of or in connection with participation in any classes or activities conducted by The Motiv8 Dance Movement. I also understand that physical and fitness activities including but not limited to dance involve risk of injury and even death and I am voluntarily participating in these activities. I further hereby voluntarily agree to waive my rights and that of my heirs and assigns to hold Motiv8 Dance Movement, its owners, agents, volunteers, assistants, employees, guest artists, faculty members, and/or students liable for such damage, loss, injury, or serious injury. I understand that I should be aware of my physical limitations and agree not to exceed them. If I am signing this waiver for my children, I certify that I am the parent or legal guardian and have the right to waive these rights.

Permission is granted to Motiv8 Dance Movement to use photographs and/or videos of students for publicity purposes.

I have read, understood and agree to be bound by the above statement (please print your name, sign & date):

PRINTED: \_\_\_\_\_

SIGNED: \_\_\_\_\_

If under 18, parents or legal guardian must sign

FOR: \_\_\_\_\_

Name of Student

DATED: \_\_\_\_\_

“Join our Movement.....Motiv8 Dance Movement.”



## CONTACTING THE STUDIO

Website: [Motiv8DanceMovement.com](http://Motiv8DanceMovement.com)

Email questions/concerns to: [Motiv8DM@gmail.com](mailto:Motiv8DM@gmail.com)

All email inquiries will be responded within 24-48 hours.

Tel#: 786-332-8680 Studio Director / Monique Tablada

Tel#: 786-332-8683 / Creative Director /Marketing & Social Media Manager / Vanessa Wong

Follow us on Instagram : @Motiv8dancemovement

“JOIN OUR MOVEMENT.....MOTIV8 DANCE MOVEMENT.”

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## FRIENDLY REMINDER TO COMPETITION PARENTS AS WE HEAD INTO COMPETITION SEASON, PLEASE REVIEW THE FOLLOWING EXPECTATIONS:

FRIENDLY REMINDER TO COMPETITION PARENTS  
AS WE HEAD INTO COMPETITION SEASON, PLEASE REVIEW THE FOLLOWING  
EXPECTATIONS:

- PARENTS ARE RESPONSIBLE FOR SUPERVISING THEIR OWN CHILDREN AT ALL TIMES. THE STUDIO AND COACHES ARE NOT RESPONSIBLE FOR DANCERS OUTSIDE OF SCHEDULED REHEARSAL OR PERFORMANCE TIMES.
- PLEASE ARRIVE ON TIME FOR CALL TIMES, REHEARSALS, AND PERFORMANCES.
- DANCERS ARE EXPECTED TO MAINTAIN A POSITIVE ATTITUDE, SHOW RESPECT, AND ADHERE TO ALL COACH INSTRUCTIONS. WE ENCOURAGE FAMILIES TO SUPPORT ALL REGISTERED COMPANY ROUTINES.
- ALL DANCERS ARE REQUIRED TO STAY THROUGH AWARDS UNLESS EXCUSED BY A COACH.
- BEHAVIOR—BOTH DANCER AND PARENT—SHOULD REFLECT THE STANDARDS OUTLINED IN THE STUDIO HANDBOOK.

FAILURE TO FOLLOW STUDIO AND COMPETITION RULES MAY RESULT IN CONSEQUENCES, INCLUDING A DANCER'S SPOT ON THE TEAM BEING AT RISK, AS STATED IN THE HANDBOOK.

THANK YOU FOR YOUR COOPERATION AND SUPPORT IN MAKING COMPETITIONS A POSITIVE EXPERIENCE FOR EVERYONE.

“JOIN OUR MOVEMENT.....MOTIV8 DANCE MOVEMENT.”

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THANK YOU!



We are so excited to have you join the Motiv8ers and our hive! We believe it's going to be an incredible season of filled with growth, memories and magic and above all FUN  
Let's Thrive!

*Monique Tablada*

2025-2026