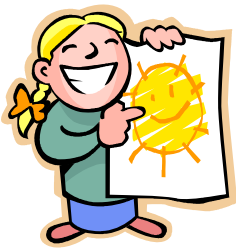


# Fall Preschool 2008-2009

**Preschool curriculum includes:** Basic readiness skills, art, literature, dramatic play and social skills focusing on self-confidence, in a caring, nurturing atmosphere.

Because of our unique facility, Westside Preschool also offers the added bonus of including Gymnastics, Tap, Jazz, Ballet, & Sports Fitness Fun into our curriculum.

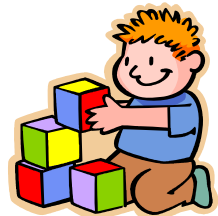


We offer a creative environment that encourages children to build a positive self-image, using their energy and talents in a fun, active atmosphere.

**Other fun activities:** Projects, Science, Field Trips, Drama, Story Time, and much, much more!

## 2008-2009

<u>Days</u>	<u>Time</u>	<u>Price</u>	<u>Materials Fee</u> (Non-Refundable)
<b>3 Year Olds (3 by 1/1/09)</b> This class may be divided into two classes by age.			
Tues. & Thurs.	9:00-11:30 a.m.	\$155.00	\$50.00
<b>4 Year Olds (4 by 9/1/08)</b> This class may be divided into two classes by age.			
Mon., Wed., & Fri.	9:00-11:30 a.m.	\$195.00	\$75.00



## 2009-2010



<u>Days</u>	<u>Time</u>	<u>Price</u>	<u>Materials Fee</u> (Non-Refundable)
<b>3 Year Olds (3 by 1/1/10)</b> This class may be divided into two classes by age.			
Tues. & Thurs.	9:00-11:30 a.m.	\$165.00	\$50.00
<b>4 Year Olds (4 by 9/1/09)</b> This class may be divided into two classes by age.			
Mon., Wed., & Fri.	9:00-11:30 a.m.	\$205.00	\$75.00

- \* The Tuition cost is based on a ten month school year of ten equal payments, thus full tuition is expected each month regardless of days missed.
- \* All Preschool students are welcome to take part in our annual Dance Recital and Mini Olympics Gymnastics Exhibition. (*Costume, tickets, and entry fees additional*)
- \* Students must be potty trained.

Westside also offers ~

**"Lunch Bunch" for all Preschool Aged Students!**

Bring your own lunch and enjoy creative play and open gym time!

- **Lunch Bunch** is held Monday thru Friday from 11:30 a.m. to 1:00 p.m.
- Price: \$10.00 per day Punch Cards are available at the front office for your convenience.

# After School Care Fall 2008 - 2009

## SCHOOL PICK-UP FROM LOCAL SCHOOLS

### Activities include:

**Gymnastics, Rhythmic Gymnastics, Tap, Hip Hop, Jazz, Acrobatics, Ballet, Field Trips, Games, Snacks, Arts & Crafts and much, much, more!**

Do you need a place for your child after school? Westside Academy's After School Care Program provides a safe, fun, caring environment for your child. Westside provides your child with healthy snacks, homework time, supervised gym time, field trips, movies, etc. **Students must be enrolled in a dance or gym class each day that they attend with the exception of Fridays which are "Fun Days", and will include field trips. Students will need to be picked up by 6:00 p.m.**

Westside provides pick-up from schools on "early dismissal" days. All Day Activity Camps are often held during school "Holiday Closures." (See our Parent-Student Policy Sheet for details.)

Tuition is based on an average of a four-week month and is due the first day of each month.

1x week	\$ 66.00 per month
2x week	\$132.00 per month
3x week	\$192.00 per month
4x week	\$250.00 per month
5x week	\$310.00 per month

***(These rates do not include class tuition.)***

A 10% discount is given to additional family members enrolled in the After School Care program.

### SCHOOLS WE PICK UP FROM:

Alberta Rider, C.F. Tigard, Capitol Hill, Conestoga, Deer Creek, Durham, Fowler, Greenway, Hayhurst, Hiteon, Jackson, Metzger, Markham, McKay, Maplewood, Mary Woodward, Nancy Ryles, Oak Creek, Raleigh Hills, Rivergrove, Lakegrove, Scholls Heights, Sexton Mountain, Stephenson, St. Anthony's, Templeton, & Twality.

Additional schools may be added with a minimum of 4 students per day. Contact our office for details.

All After School Care Students are invited to participate in our Annual Dance Recital and Mini Olympics exhibition. Costumes, tickets and entry fees are additional.



# Dance Information

## KIDS-N-MOTION CLASSES

	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>2-1/2 &amp; 3 Year Olds (as of 9/1/08)</u></b>			
Princess Ballet	M	9:30-10:20	A
Princess Ballet	TH	10:30-11:20	B
Princess Ballet	S	9:00-9:50	D
Tap/Princess Ballet	F	9:30-10:20	A
Tap/Jazz/Tumble	M	10:30-11:20	A
Tap/Jazz/Tumble	TH	9:30-10:20	B
Tap/Jazz/Tumble	S	10:00-10:50	B
<b><u>3 &amp; 4 Year Olds (as of 9/1/08)</u></b>			
Princess Tumble	W	5:00-6:00	A
<b><u>4 &amp; 5 Year Olds (as of 9/1/08)</u></b>			
Princess Ballet	W	10:30-11:30	A
Princess Ballet	S	11:00-12:00	B
Princess Ballet II	TH	9:30-10:30	A
Tap/Princess Ballet	T	9:30-10:30	A
Tap/Princess Ballet	S	10:00-11:00	A
Tap/Jazz/Tumble	M	1:00-2:00	A
Tap/Jazz/Tumble	T	10:30-11:20	A
Tap/Jazz/Tumble	TH	1:00-2:00	A
Tap/Jazz/Tumble II	W	9:30-10:30	A
Tap/Jazz/Tumble	TH	10:30-11:30	A
Tap/Jazz/Tumble	S	9:00-10:00	B
Hip Hop	F	10:30-11:30	A
Hip Hop/Gym	M	2:00-3:00	D
<b><u>4, 5 &amp; 6 Year Olds (as of 9/1/08)</u></b>			
Preballet Express*	TH	3:30-4:30	A
Preballet Express*	S	9:00-10:00	C
Dance-Express*	M	4:00-5:00	A
Princess Ballet II	S	10:00-11:00	D
Tap/Jazz/Tumble II	S	12:00-1:00	A
Hip Hop	S	11:00-12:00	B
<b><u>5 &amp; 6 Year Olds (as of 9/1/08)</u></b>			
Wee Sing & Dance	T	1:00-2:00	A

## RECREATIONAL DANCE

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>TAP/JAZZ/TUMBLE</u></b>				
Beg.	6-8	W	4:00-5:00	A
Beg.	6-8	S	9:00-10:00	A
Int.	7-9	T	4:00-5:00	C
Int.	7-9	S	11:00-12:00	A
<b><u>TAP/JAZZ</u></b>				
Beg.	7-10	T	5:00-6:00	D
Beg.	8-11	F	4:00-5:00	A
Int.	7-9	W	4:00-5:00	B
Adv.	8-11	M	4:00-5:00	B
Adv. II	11+	S	12:00-1:30	B
<b><u>TAP/PRE-BALLET</u></b>				
Beg.	6-8	T	4:00-5:00	D
<b><u>TAP</u></b>				
Beg.	Adult	W	12:00-1:00	A
Int.	Adult	W	1:00-2:00	A
Adv.	Adult	T	8:30-9:30	B

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>TUMBLING (Acrobatics)</u></b>				
Beg.	6-8	T	6:00-7:00	G
Beg/Int.	9+	T	7:00-8:00	G

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>TUMBLE/DANCE (Acrobatics/Jazz)</u></b>				
Beg.	6-8	S	12:00-1:00	C
Beg.	5-7	T	3:30-4:30	A

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>JAZZ</u></b>				
Contemporary	11+	TH	8:00-9:00	C
Beg.	11+	TH	7:30-8:30	A
Int./Adv.	11+	TH	7:00-8:00	C
Broadway	Adult	TH	8:00-9:00	B

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>HIP HOP</u></b>				
Beg.	6-8	M	4:00-5:00	C
Beg	6-8	F	4:00-5:00	C
Beg.	7-9	TH	5:00-6:00	C
Beg	8-11	W	4:30-5:30	C
Int..	8-11	TH	6:00-7:00	B
Beg.	12+	TH	8:30-9:30	A
Int./Adv.	12+	T	7:30-8:30	B

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>PRE-BALLET</u></b>				
Beg.	6-8	W	3:30-4:30	C
Beg.	6-8	TH	4:00-5:00	D
Beg	7-9	F	6:30-7:30	B
Beg.	6-8	S	11:00-12:00	C
Int.	7-9	TH	4:30-5:30	A
Int.	7-9	F	4:00-5:00	D
Adv.	7-9	W	5:00-6:00	A

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>BALLET</u></b>				
Beg.	10+	M	5:00-6:00	D
Int.	10+	T	8:00-9:00	D
Beg. Pointe*		TH	8:00-8:30	D
Pointe*		M	9:00-9:30	C
Pointe*		W	9:00-9:30	D
Accelerated Pointe*		M	9:00-9:30	D
Adult	Open	F	6:00-7:00	D

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>MUSICAL THEATER</u></b>				
Beg./Int.	7-11	W	5:30-6:30	C

	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>FLEX</u></b>				
Open	8+	F	5:00-6:00	D
Open	8+	S	12:00-1:00	D

## DANCE CLASS TUITION

50 min - 1 hour per week	\$60.00 per month
1 hour Hip Hop/Gym Combo Class	\$63.00 per month
1.5 hours per week	\$90.00 per month
2 hours per week	\$120.00 per month
Each Additional Family Dance hour	\$32 per month
If your family is enrolled in both dance & gym you will be charged the lesser cost of your 3rd hour of class.	

\*Teacher Recommendation Required

## CLASS DESCRIPTIONS

**Ballet:** Students learn classical positions, barre work, centre floor, leaps & turns. Basic building block of all dance.

**Contemporary:** This form of dance combines ballet and jazz with current choreography and music trends.

**Flexibility (Flex):** A class designed for students interested in improving flexibility. An hour focused on safe stretching & increased muscle elasticity for dance or sports.

**Hip Hop:** A High energy class highlights popular dance steps seen in current music videos, with age appropriate music.

**Jazz:** Jazz includes the latest dance moves with technique training in flexibility, kicks, turns, leaps & choreography.

**Musical Theater:** Class repertoire includes Drama - Improvisation, Script Interpretation, Use of Props and Costumes, Character Development, Vocal Projection, Mime etc.

**Pointe & Pre-Pointe:** Teacher Placement classes. Students are required to take at least 2 advanced level ballet classes in addition to their Pointe class.

**Pre-Ballet:** The perfect class for the younger ballet student. This class includes ballet positions, barre work, floor, leaps & turns. Helps develop coordination and grace.

**Princess Ballet:** An innovative class designed to introduce children to basic ballet positions and technique, through movement, literature and personal expression. Princess Ballet II is designed for students with previous dance training.

**Tap:** A popular dance form here in the Northwest. Dancers will develop rhythm, coordination, clarity of sounds & training in basic routines.

**Tap/Jazz/Tumble:** For boys and girls ages 2 1/2 -10. Students learn the joy of dance and tumbling in a combination class. A fast paced variety of movement make this class one of our most popular.

**Tap/Princess Ballet:** A favorite combination class. Students enjoy learning basic tap skills as well as basic ballet positions and technique.

**Tumble/Dance:** Combines tumble (acro) moves with jazz steps for fun combinations and routines.

**Tumbling (Acrobatics):** Designed to teach the proper drills, progressions and flexibility training to students who want to learn basic gymnastics and acrobatic skills used in cheerleading, dance teams and advanced Acrobatic classes.

**Wee Sing and Dance:** This introductory class to musical theater (open to boys and girls) will allow the students training in Tap, Jazz, Acting and Singing. Students will "have a ball" with drama, improvisation, use of props and costumes as well as beginning character development and mime.

## DANCE DRESS CODE

No Jewelry. Hair should be tied back and off the neck.

### Males:

Tank tops, fitted T-shirts, shorts or dance pants

### Females:

Any color leotard, tights or dance shorts or pants

### Shoes

Tap/Jazz/Tumble: Tap shoes and jazz or ballet shoes required

Hip Hop: Black jazz sneakers.

### Ballet Dress Code

### Males:

Black leggings, black leotard or white T-shirt

Black Ballet Shoes

### Females:

Princess Ballet: Any color pastel leotard & pink tights

Pre Ballet: Pink or black leotard & pink tights

Ballet: Black leotard & pink tights

All Females: Pink Ballet Shoes

# *Dance Recital*

## *THE BIG SHOW!*

### WESTSIDE'S DANCE RECITAL

June 15 - June 20, 2009

Downtown at the Newmark Theater

All dance students are encouraged to participate.

Recital fees are deducted with November EFT.

Tickets go on sale May 26th.

*A very special experience for family and friends!*

### ✦ KIDS-N-MOTION EXPLOSION ✦

Do you have a preschooler with non-stop energy?

If your child is between the ages of 3-6, we are offering the ultimate class schedule: KNM Explosion!

Students come to two or more classes of their choice on a single day, between 9:30-3:00 Monday through Friday.

Students can choose from Tap, Jazz, Gymnastics, Acrobatics, Princess Ballet and Hip Hop.

### What a great foundation to give your athletic child!

Participants in this program receive an additional 10% off of the classes they choose during this time frame.

*For your added convenience, join us for "Lunch Bunch".  
A great addition to your Kids-N-Motion Explosion experience.*

# Gymnastics Information

## KIDS-N-MOTION - GYMNASTICS 6 & UNDER

### Approx. 19 mo. - 2 1/2 years (Parent Participation)

	Day	Time	Room
Gymnastics	T	9:30-10:20	G
	F	9:30-10:20	G
	S	9:00-9:50	G

### 2 1/2 & 3 years (Parent Participation)

Gymnastics	T	10:30-11:20	G
	S	10:00-10:50	G

### 3 & 4 years (Must be 3 by 9/1/08)

Gymnastics	M	9:30-10:20	G
	M	10:30-11:20	G
	M	2:00-2:50	G
	T	9:30-10:20	G
	T	10:30-11:20	G
	T	2:00-2:50	G
	W	9:30-10:20	G
	W	10:30-11:20	G
	W	1:00-1:50	G
	W	2:00-2:50	G
	TH	10:30-11:20	G
	TH	2:00-2:50	G
	F	9:30-10:20	G
	F	10:30-11:30	G
	S	9:00-9:50	G
	S	10:00-10:50	G
	S	11:00-11:50	G
	Sun	11:00-11:50	G
Advanced Girls*	W	12:30-1:45	G

### 3, 4 and 5 year olds (Must be 3 by 9/1/08)

Gymnastics	TH	11:30-12:20	G
Boys	W	2:00-2:50	G
Boys	TH	2:00-2:50	G
Boys	F	10:30-11:20	G

### 4 & 5 years (Must be 4 by 9/1/08)

Gymnastics	M	9:30-10:20	G
	T	9:30-10:20	G
	T	10:30-11:20	G
	T	2:00-2:50	G
	TH	10:30-11:20	G
	TH	2:00-2:50	G
	S	9:00-9:50	G
	S	10:00-10:50	G
	S	11:00-11:50	G
	Sun	12:00-12:50	G
Gym/Dance	W	1:00-2:00	G
Advanced Girls*	M	10:30-11:20	G
Advanced Girls*	M	12:30-1:45	G

### 4 & 5 years Gym Stars (Must be 4 by 9/1/08)

	M	2:00-2:50	G
	F	9:30-10:20	G
	S	11:00-11:50	G

### 5 & 6 years (Must be 5 by 9/1/08)

	Day	Time	Room
Gymnastics	T	9:30-10:20	G
	TH	2:45-3:35	G
	F	10:30-11:20	G
	S	9:00-9:50	G
	S	10:00-10:50	G
	S	11:00-11:50	G

### 5 & 6 years Gym Stars (Must be 5 by 9/1/08)

Gymnastics	T	1:00-1:50	G
	W	9:30-10:20	G
	W	2:00-2:50	G

### 4, 5 and 6 year olds (Must be 4 by 9/1/08)

Gymnastics	M	6:00-6:50	G
	W	5:00-5:50	G
	TH	4:00-4:50	G
	Sat	3:30-4:20	G
	Sun	2:45-3:35	G
Sports Fitness	TH	9:30-10:20	G
Boys	T	1:00-1:50	G
Boys	W	10:30-11:20	G
Advanced Girls*	T	2:30-3:45	G

## Indoor Play Park

Ages 6 & under

Mondays, Tuesdays & Fridays 11:30 a.m.-12:30 p.m.

Members: \$7.00 each or \$10.00 per family

Non-members: \$9.00 or \$13.00 per family

*Punch cards available for your convenience*

## ⚡ KIDS-N-MOTION EXPLOSION ⚡

Do you have a preschooler with non-stop energy?

If your child is between the ages of 3-6, we are offering the ultimate class schedule: KNM Explosion!

Students come to two or more classes of their choice on a single day, between 9:30-3:00 Monday through Friday.

Students can choose from Tap, Jazz, Gymnastics, Acrobatics, Princess Ballet and Hip Hop.

### What a great foundation to give your athletic child!

Participants in this program receive an additional 10% off of the classes they choose during this time frame.

*For your added convenience, join us for "Lunch Bunch". A great addition to your Kids-N-Motion Explosion experience.*

## *Lunch Bunch*

for all Preschool Aged Students!

Bring your own lunch and enjoy creative play and supervised open gym time.

Monday thru Friday 11:30 a.m. to 1:00 p.m.  
\$10.00 per day

*Punch Cards are available for your convenience.*

\* *Teacher placement class only*

# Gymnastics Information

<u>Level</u>	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>BOYS RECREATIONAL GYMNASTICS</u></b>				
Open	6-7	M	3:30-4:45	G
Open	7-9	M	4:45-6:00	G
Open	7-9	T	3:30-4:45	G
Open	6-10	W	3:45-5:00	G
Open	6-7	TH	3:45-5:00	G
Open	6+	TH	3:45-5:00	G
Open	7-9	S	9:30-10:45	G
Open	6-7	S	10:45-12:00	G
Open	6-12	Sun	4:00-5:15	G

## **GIRLS RECREATIONAL GYMNASTICS**

Level 1	6+	M	3:30-4:45	G
Level 1	6+	M	4:45-6:00	G
Level 1	6+	M	6:00-7:15	G
Level 1	6+	T	3:30-4:45	G
Level 1	6+	T	4:45-6:00	G
Level 1	6+	W	3:45-5:00	G
Level 1	6+	W	5:00-6:15	G
Level 1	6+	W	6:15-7:30	G
Level 1	6+	TH	3:45-5:00	G
Level 1	6+	TH	6:15-7:30	G
Level 1	6+	F	3:30-4:45	G
Level 1	6+	S	9:30-10:45	G
Level 1	6+	S	10:45-12:00	G
Level 1	6+	S	2:45-4:00	G
Level 2	6+	M	3:30-4:45	G
Level 2 Adv.	6+	M	6:00-7:15	G
Level 2	6+	T	4:45-6:00	G
Level 2 Adv.	6+	T	3:30-4:45	G
Level 2	6+	W	3:30-4:45	G
Level 2 Adv.	6+	W	3:45-5:00	G
Level 2	6+	TH	6:15-7:30	G
Level 2	6+	F	4:45-6:00	G
Level 2	6+	S	8:15-9:30	G
Level 2	6+	S	9:30-10:45	G
Level 2	6+	S	1:30-2:45	G
Level 3	6+	M	4:45-6:00	G
Level 3	6+	T	4:45-6:00	G
Level 3	6+	TH	3:45-5:00	G
Level 3	6+	TH	5:00-6:15	G
Level 3	6+	S	10:45-12:00	G
Level 4 Rec	6+	T	6:00-7:30	G
Level 2	6-12	Sun	1:30-2:45	G
Level 1	6-12	Sun	2:45-4:00	G
Level 3	6-12	Sun	4:00-5:15	G

## **TUMBLING (Acrobatics)**

Beg.	6-8	T	6:00-7:00	G
Beg/Int.	9+	T	7:00-8:00	G

## **GIRLS RECREATIONAL TEAM**

Open	6+	M	6:00-8:00	G
Open	6+	W	5:00-7:00	G
Open	6+	S	1:30-3:30	G

## **CLASS DESCRIPTIONS**

**Boys & Girls Recreational Gymnastics:** Class focus is on teaching proper basics for Beginning to Advanced levels on all Olympic Gymnastics events.

**Girls Recreational Team:** Girl recreational gymnasts put together simple routines for fun competitions to be held throughout the year. Routines are choreographed according to each student's skill level. A \$25.00 fee for each meet you participate in will be billed to your account in November and March to cover meets in December and April.

**Gym/Dance:** An introductory class where students learn a combination of Gymnastic & Tap Dance skills. Students participate in the Mini-Olympics.

**Gymnastics (Kids-In-Motion):** Class focus is on strength, flexibility, balance, coordination & pre-gym skills while discovering movement and activities on all gymnastics apparatus.

**Jump, Tumble & Roll (Parent Participation required):** Designed especially for the toddler to build confidence & gross motor skills through music and movement while exploring pre-gymnastics skills.

**Gym Stars:** This class is designed for students with previous gymnastics training. These students will work on basic and intermediate skills.

**Sports Fitness:** This class is designed to help develop skills used in almost every sport, including gymnastics. A well rounded and fun class for boys and girls 4-6 years of age.

**Tumbling (Acrobatics):** Designed to teach the proper drills, progressions and flexibility training to students who want to learn basic gymnastics and acrobatic skills used in cheerleading, dance teams and advanced Acrobatic classes.

## **GYMNASTICS DRESS CODE**

**(Please do not wear anything to class that is not listed below)**

### **No Jewelry**

**Males:** Elastic gym shorts, fitted T-Shirts, tank tops, arm-ups.

**Females:** Any color or print leotard, gymnastic shorts.

No tights or skirts.

**Hair:** Hair should be in a braid, bun or ponytail.

## **MINI OLYMPICS**

**June 13th - 14th**

Watch your gymnast shine at our annual Exhibition here at the Academy. Students showcase routines and skills on several events.

*All students are encouraged to participate.*

\$60 participation fee includes cost of uniform, trophy and family admission.

Participation fee will be automatically deducted with March EFT.

All uniforms will be worn for Picture Week: May 2nd-9th.

Exact show times to be announced.

## **GYMNASTICS CLASS TUITION**

50 min - 1 hour per week \$ 63.00 per month

1 hour & 15 minutes per week \$ 78.00 per month

1 hour & 30 minutes per week \$ 94.00 per month

2 hours per week \$126.00 per month

Each additional family gym hour \$35.00 per month

*If your family is enrolled in both dance & gym you will be charged the lesser cost of your 3rd hour of class.*

# Dance & Gymnastics Accelerated Classes

	Day	Time	Room
<b>ACCELERATED - DANCE/ACRO CLASSES</b>			
Mini Pre Co	(T/J) TH	4:00-6:00	BB
(3 hrs- \$152)	(B) Sat	10:00-11:00	C
Jr. Pre Co	(J/B) T	6:00-8:00	CD
(4.5 hrs-\$200)	(T/J) F	5:00-7:30	AA
Sr. Pre Co	(T/J) T	7:00-9:30	AA
(4.5 hrs-\$200)	(B/J) TH	6:00-8:00	CB
Petite Acro Express	T	4:15-5:30	TC
Petite Acro Jets	W	4:15-5:30	TC
Mini Acro Express	W	5:30-7:00	TC
Mini Acro Jets	T	4:00-5:30	TC

## WESTSIDE BALLET COMPANY-Invitation Only

Jr. Ballet Co "A"	M	4:00-5:00	D
Jr. Ballet Co. "B"	W	4:00-5:00	D
Teen Ballet Co. "A"	W	5:00-6:00	D
Teen Ballet Co. "B"	M	5:00-6:00	C
Sr. Ballet Co.	T	8:00-9:30	C

## WESTSIDE HIP HOP COMPANY-Invitation Only

HH Co 1	T	6:00-7:00	D
HH Co 2	M	5:00-6:00	B
HipNotic Jr Crew	F	5:30-6:30	B
HipNotic	F	4:00-5:30	B
HipNotic/Jr Crew Tech	TH	4:00-5:00	C

## CLASS DESCRIPTIONS

### All Classes are Teacher Placement Only

**Pre-Company:** Students are selected for more extensive training in dance. Includes classes in Tap, Jazz & Ballet. Members compete and perform locally.

**Elite Acrobatics & Acro Express:** An accelerated acrobatic performance group required to take a Tap, Jazz or Ballet class in addition to their acrobatics class.

**Contemporary:** This form of dance combines Ballet and Jazz with current dance and music trends.

**Pre-Pointe & Pointe:** Students are required to take at least 2 advanced level Ballet classes in addition to their Pointe class, and at least one advanced level ballet class in addition to Pre-Pointe.

**Hip Hop Company:** An accelerated program for dancers who will receive more extensive training in Hip Hop.

**HipNotic:** An accelerated program for dancers who will receive more extensive training in Hip Hop. They will perform and compete locally and regionally. An additional jazz, ballet, or hip hop class is required for all company members.

**Ballet Company:** An accelerated program for dancers who will receive more extensive training in ballet and will have the opportunity to perform. Ballet Co. students must be taking an additional ballet class.

**Performing Company:** A talented group of dancers who compete and performing locally and nationally.

**Northwest Fusion:** A Pre-Professional company for dedicated dancers looking for intensive dance training that will prepare them for a professional dance career.

## ACCELERATED GYMNASTICS CLASSES

	Day	Time	Room
<b>Girls Gymnastics</b>			
Hot Shots A (\$161)	T/TH	3:00-4:30	G
Hot Shots B1 (\$161)	T/TH	12:30-2:00	G
Pre-Team (\$196)	T	4:00-6:00	G
	S	9:00-11:00	G
Level 4A (\$231)	M/TH	4:00-6:30	G
Level 4B (\$260)	M/TH	4:00-6:00	
	T	3:45-5:45	G

## Boys Gymnastics

Jr. Trainers (\$196)	T/TH	3:30-5:30	G
Pre-Team (\$260)	M/W/F	4:00-6:00	G

## Rhythmic Gymnastics

Rising Stars (Lv. 3)	T	5:30-6:30	TC
(\$126)	S	9:15-10:15	TC
Future Stars (Lv. 4)	M/F	4:00-5:30	TC
(\$161)			

**Hot Shots:** A developmental class for younger gymnasts focusing on strength, flexibility, and basic gymnastics skills.

**Pre-Team:** Gymnasts work on perfecting their skills, strength & flexibility needed for competitive gymnastics.

**Level 4 and Level 4 Trainers:** Gymnasts begin training level 4 competitive routines and participate in USAG competitions when ready.

**Boys Jr. Trainers:** A developmental class for younger gymnasts focusing on strength, flexibility, and basic gymnastics skills.

**Rhythmic Rising/Future Stars:** Students are selected for a more extensive training in Rhythmic Gymnastics using hoops, balls, ribbons, clubs & ropes.

## ACCELERATED GYMNASTICS

### CLASS TUITION

50 min - 1 hour per week	\$ 63.00 per month
1 hour & 15 minutes per week	\$ 78.00 per month
1 hour & 30 minutes per week	\$ 94.00 per month
2 hours per week	\$126.00 per month
3 hours per week	\$161.00 per month

### ACCELERATED DANCE CLASS TUITION

50 min-1 hour per week	\$ 60.00 per month
1.5 hour per week	\$ 90.00 per month
2 hours per week	\$120.00 per month
3 hours per week	\$152.00 per month

*If your family is enrolled in both dance & gym your 3rd hour of class will be discounted.*

*Dance \$32/hr Gym \$35/hr*

*A 20% discount is given to individual & multiple family members enrolled in both Performing Company and Gymnastics teams.*

# Dance and Gymnastics Teams

		<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>WESTSIDE PERFORMING COMPANY</u></b>				
Mini's	(T/J)	T	4:00-6:00	BC
(4 hrs- \$184 )	(J/B)	F	5:00-7:00	CC
Juniors	(T/J)	T	5:00-7:30	BB
(5.0 hrs- \$216)	(J/B)	TH	5:30-8:00	AD
Jr. Edition	(J/T/B)	T	430-8:00	AAC
(6 hrs- \$248)	(B/J)	TH	5:00-7:30	DA
Seniors	(B/J)	M	6:00-9:00	CB
(6 hrs- \$248)	(T/B/J)	W	6:00-9:00	ADC
Sr. Edition	(J/B)	M	6:00-9:00	BC
(6 hrs-\$248)	(B/C/T)	W	6:00-9:00	DBA
Sr. Elite	(B/J)	M	6:00-9:00	DA
(6 hrs- \$248)	(C/T/B)	W	6:00-9:00	BAD

## **PERFORMING COMPANY OPTIONAL CLASSES**

After 2 family hours each optional class hour is a rate of \$32.00 per hour.

Pre/Beg Pointe		TH	8:00-8:30	D
Pointe		M	9:00-9:30	C
Pointe		W	9:00-9:30	D
Accelerated Pointe		M	9:00-9:30	D

## **NORTHWEST FUSION**

T/J/B (10 hrs. - \$302)		M	5:00-9:00	AAD
B/C		W	6:30-9:30	CB
Choreography		Sat	3:30-6:30	TC

## **ELITE ACRO**

Elite Acro Group 1		W	5:30-7:00	TC
Elite Acro Group 2		W	7:00-8:30	TC
Elite Acro Group 3		W	7:00-8:30	TC
Elite Acro Group 4		W	7:00-8:30	TC
Elite Acro Group 5		W	4:00-5:30	TC
Elite Acro Group 6		Sun	4:00-6:00	TC

## **TRAINING CENTER (TC)**

9896 S.W. Tigard St., Tigard, OR 97223

**Directions:** Traveling West on Hwy. 99,  
turn left onto Main Street,  
turn right onto Tigard St.

The Tigard Industrial Park is  
4/10th's of a mile on the left.

Drive straight to the end of the lot & turn right.  
The Training Center is the last door on the right.

Traveling East on Hwy. 99,  
turn right onto Main Street,  
turn left onto Tigard Street.

The Tigard Industrial Park  
is 4/10th's of a mile on the left.

Drive straight to the end of the lot & turn right.  
The Training Center is the last door on the right.

**\*Pre-register at the Academy's main office  
for all classes held at the Training Center.**

		<u>Day</u>	<u>Time</u>	<u>Room</u>
<b><u>WESTSIDE GIRLS GYMNASTICS TEAM</u></b>				
Compulsory Level 5A		M/W/F	4:00-8:00	G
Compulsory Level 5B		T/W	3:45-6:45	G
		S	9:30-1:30	G
Compulsory Level 6		M	4:00-8:00	G
(12 hrs- \$317)		T/TH	4:30-8:30	G
Optional B		T/W/TH/F	4:00-8:00	G
(16 hrs- \$337)				
Optional A		M/T/W/TH	3:15-7:30	G
(19 hrs- \$352)		F	3:15-5:30	G

## **WESTSIDE BOYS GYMNASTICS TEAM**

Level 4		M/W/F	3:30-5:30	G
(6 hrs-\$260)				
Levels 5		T/TH	4:00-7:00	G
(12 hrs- \$317)		W	5:00-8:00	G
		Sat	9:00-12:00	G
Levels 6-7		T/TH	4:00-7:00	G
(14 hrs- \$327)		W	5:00-9:00	G
		Sat	9:00-1:00	G
Level 8-10		M/F	5:00-9:00	G
(18 hrs.- \$347)		T/TH	6:00-9:00	G
		Sat	1:30-5:30	G

## **WESTSIDE RHYTHMIC GYMNASTICS TEAM**

Level 5		M	5:30-7:30	TC
(6 hrs.-\$260)		TH	4:00-6:00	TC
		S	12:30-2:30	TC
Level 6		M/TH	4:00-7:00	TC
(9 hrs.- \$292)		S	12:30-3:30	TC
Level 7 -10		T	5:30-8:30	TC
(L7 13.5 hrs \$322)		TH	6:00-9:00	TC
(L8-10 16.5 hrs \$339.50)		F	4:30-8:30	TC
		S	9:00-12:30	TC
Level 8-10 only		M	6:00-9:00	TC

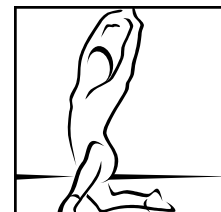
## **CLASS DESCRIPTIONS**

**All Classes are Teacher Placement Only**

**Boys Competitive Team:** Qualification required. Class 4 - 10 Boys Gymnastics competitive team. Competes on a state, regional and national level.

**Girls Competitive Team:** Qualification required. Levels 4- 10 Girls Gymnastics competitive team. Competes on a state, regional and national level.

**Rhythmic Competitive Team:** Qualification required. Level 5 - 10 Girls Rhythmic Gymnastics competitive team. Competes on a state, regional and national level.



# SPECIAL PROGRAMS

## First Fridays

*First Friday of each month*

**9:00 am - 12:00 noon**      **Ages 3 - 5**

½ day preschool fun the first Friday of every month.

A different theme will be offered each month. Have fun with Higgly Town Heroes, Forest & Fairy Fantasy, Winnie the Pooh, Cartoon Clubhouse, Jo Jo's Circus, Sesame Street, Angelina's Princess Ballet, Fairy Tale Theater and so much more!

*Be sure to bring a snack!*

Members: \$27.00 Non-Members \$30.00

*Learning has never been so much fun!*

*Pre Registration is Requested.*

## Lunch Bunch

**Monday thru Friday**      **11:30 am - 1:00 pm**

for all Preschool Aged Students

Bring your own lunch and enjoy supervised creative play and open gym time!

\$10.00 per child

*Punch Cards are available for your convenience.*

## Open Gym

**Saturday 12:00 pm - 1:15 pm**      **Ages 6 +**

Members \$7.00 each or \$10.00 per family

Non-members \$9.00 or \$13.00 per family

*Parents are NOT allowed in the gym.*

## First Saturdays

*First Saturday of each month*

**1:30 pm - 4:30 pm**      **Ages 6+**

3 hour Dance or Gym Camp the First Saturday of every month.

A different theme will be offered each month. Have fun with Jedi Gymnastics Training, American Girl Dance Camp, Pirate Treasure, Miley Mania Gymnastics, High School Musical 3, Gym"Kinz", Dance"Kinz", Camp Rock & many more!

*Be sure to bring a snack.*

Members: \$27.00 Non-Members \$30.00

*Pre Registration is Requested.*

## Parents Night Out

**Saturdays 6:30 pm - 10:00 pm**      **Ages 4-12**

Let your Kids enjoy non-stop fun in the gym.

Jump in the foam pit, bounce on the trampoline, and play in the bounce house. Practice your gymnastics skills and learn some new games. For added enjoyment, activities such as dress up, crafts, and dancing are occasionally offered.

Members: \$20.00 per child ~ \$30.00 for 2 children

Non-Members: \$23.00 per child ~ \$33.00 for 2 children

*New this year!*

*Pizza will be served for an additional \$5.00 per child!*

*Pre Registration is Requested.*

## Indoor Play Park

**Monday, Tuesday & Friday 11:30 am - 12:30 pm**

**Ages 6 and Under**

Children enjoy free time in the gym with their parent or responsible adult.

Members \$7.00 each or \$10.00 per family

Non-members \$9.00 or \$13.00 per family

*A perfect way to get those wiggles out on a rainy day!*

## In-House Field Trips

Our fun-filled package includes 60-90 minutes in the gym/dance room with an instructor who will introduce your students to the world of Gymnastics or Dance!

*Call for available times and prices.*



## Party Packages ~ (Gymnastics or Dance)

**Basic Party Package** *(includes invitations)*

45-55 fun-filled minutes in the gym or dance room

35-45 minutes to celebrate in a party room

**Gymnastics Party - Up to 10 Children** *(1 instructor)*

Members: \$160.00      Non-Members: \$170.00

**Gymnastics Party - 11-20 Children** *(2 instructors)*

Members: \$195.00      Non-Members: \$205.00

**Gymnastics Party - 21-30 Children** *(3 instructors)*

Members: \$230.00      Non-Members: \$240.00

**Hannah Montana and/or Hip Hop Dance Hits Party - Up to 10 Children** *(1 instructor)*

Members: \$175.00      Non-Members: \$185.00

*Each additional guest (up to 3 only): \$5.00 more*

**Princess Dance Party - Up to 10 Children** *(1 instructor)*

Members: \$175.00      Non-Members: \$185.00

*Each additional guest (up to 3 only): \$6.00 more*

# Westside Dance & Gymnastics Academy

## Policy Sheet

<b>Business Hours:</b>	Monday - Friday	9:00 a.m. - 9:00 p.m.
	Saturday	9:00 a.m. - 6:00 p.m.
	Sunday	11:00 a.m. - 6:00 p.m.

**Registration:** A one-time family membership fee of \$25.00, includes full membership & member discounts to all programs in the facility. There will be a \$10.00 re-start fee for any member that drops and chooses to re-enroll in classes.

**Tuition:** Tuition is based on 48 weeks of classes per year, an average of 4 weeks of classes per month. *(Some months you will have 5 classes and some months you will have 3.)* **Tuition is due the FIRST DAY of the month, not the first class of the month.** Late fees will automatically be charged to all accounts with a balance due after the first. It is recommended and encouraged that tuition is processed through the Electronic Funds Checking Transfer System. Our EFT system is 100% safe and confidential. Customers enrolled in EFT have the added benefit of charging pro shop items and other fees to their account. Westside Academy also accepts checks and cash. **Credit & Debit cards are not accepted.**

**Recital and Mini Olympic Fees:** Our year-end dance Recitals and Mini-Olympics are very special opportunities for our Westside stars to "shine." On November 1st, a recital fee will be charged to all dance students for each class in which they are enrolled. Recital fees include: *costume, costume administration (ordering, shipping, processing), administration and staffing of event, & year-end achievements.* On March 1st, a Mini-Olympics fee will be charged to all gymnastics students. Mini-Olympics fees include: *uniform, uniform administration (ordering, shipping, processing), administration and staffing of event, & year-end trophies.* Westside has a 99% student participation rate in these events and we are excited to see your child reach for the stars! Fees are non-refundable once processed.

**Missed Classes:** Students are encouraged to schedule make-up classes through the front office. We do not pro-rate for missed classes or substitute for tuition payments. Open Gym is available to use as a make-up. All make-ups are forfeited if the student drops from the program.

**Adding, Dropping or Transferring Classes:** The customer is responsible for notifying the office of any changes to their child's enrollment. All adds, drops, and transfers will be effective at the time of notification.

**NSF Payments:** A \$35.00 fee will be charged to your account for each transaction that is returned "Insufficient Funds." This fee is non-negotiable.

**Referral Credit:** If you refer a new family to our facility and they register for a class, you can receive a \$20.00 credit towards your account. Referral forms are available at our main office.

**Parking:** Do not park in front of the door, along the yellow painted curbs or along the fire lane. Remember: *Children cannot be seen behind or in front of a parked car.* For everyone's safety, please use designated parking spots! Do not park behind the Westside Academy vans, as they make many trips during our regular business hours. Additional parking is available in the Tigard Cinema lot.

**Bad Weather Policy:** Westside Academy follows the Tigard School District for weather closures only. If Tigard School District is closed due to weather, so is the Academy. If they open late, we open at 10:30 a.m. For Saturday classes, please call the Academy or check your local news station.

**Newsletters:** In our on-going effort to keep parents informed of upcoming events, classroom activities and general academy information, an academy notice is distributed the first week of each month. Additional copies are available at the front office.

**Lost & Found:** Please do not leave your personal items in the restroom. Westside Academy cannot be responsible for lost or stolen belongings. For those items left behind, please check the lost & found bins located in the restrooms.

**Gymnastics Viewing Area:** For our students safety as well as your own, we do not allow parents or students (*not in class*) to stand or sit in the gym during classes. The upstairs viewing area is designed for this purpose.

If you bring additional siblings with you, they must stay with you! Westside Academy cannot be responsible for children not in classes. Dance classes have special quarterly Parent Watch Weeks for parents to observe their child's progress.

**Parent Watch Week:** Parents of dance students are encouraged to attend watch week. You may bring your still and/or video camera. Our Parent Watch Week dates are: December 15-20th, March 14-20th and June 8-13th.

**Photos:** For the safety of our gymnasts, please do not take flash pictures or use video cameras with bright lights when taking pictures in the gym.

**Wireless Internet Service:** We now have Wireless Internet Service available here at the Academy. The WEP Key is: 5036395388.

# Calendar of Events

## January 2009

- 1 Academy Closed.
- 2 Office open 8:30-12:30
- 2 "First Friday" -Kids Camp (9:00-12:00) ages 3-5
- 3 "First Saturday" Dance Camp (1:30-4:30) ages 6-12
- 3-4 Open for Parties and Parent's Night Out
- 5 Fall 2009 Preschool Registration Begins
- 5 CLASSES RESUME
- 10 Kids-N-Motion Family Fun Night 5:00-6:15 p.m.
- 19 Martin Luther King Day-Regular Class Schedule
- 19 All Day Activity Camp 7:30 am -5:30 pm, Ages 6+
- 24-25 Boys Team Home Meet- No Open Gym, Parents Night Out or Birthday Parties

## February 2009

- 1-14 Annual Valentines Sale - 20% off All Apparel!  
(Excludes shoes, logo items and special orders.)
- 1-28 Student Evaluations for summer placements
- 6 "First Friday" -Kids Camp (9:00-12:00) ages 3-5
- 7 "First Saturday" - Gym Camp (1:30-4:30) ages 4-12
- 16 Presidents Day- Regular Class Schedule
- 16 All Day Activity Camp 7:30 am - 5:30 pm, Ages 6+

## March 2009

- 1 Gymnastics Department—Mini Olympic Fee Due  
The non-refundable fee will be automatically deducted with your March EFT.
- 1 Hipnotic and Hipnotic Jrs Auditions 1:30-4:30pm
- 1 "First Sunday" Extreme Acro (1:00-3:00) ages 5+
- 6 "First Friday" -Kids Camp (9:00-12:00) ages 3-5
- 7 "First Saturday" Dance Camp (1:30-4:30) ages 6-12
- 8 Rhythmic Home Meet
- 8 Daylight Savings Time- Set clocks forward 1 hour
- 14-20 Dance Department "Parent Watch Week"  
(Classes will be held 3/21)
- 22-28 NO CLASSES, NO INDOOR PLAY PARK -  
Spring Break, Office Open 10:00 a.m. -6:00 p.m.
- 23-26 Camps- 9:00-12:00 (Gym, Dance, Preschool Camps)
- 23-27 All Day Activity Camp 7:30-5:30 pm ages 6+
- 27 Spring Day Camp 9:00-11:30 am (Ages 2½-6)
- 29 Classes Resume

## April 2009

- 3 "First Friday" -Kids Camp (9:00-12:00) ages 3-5
- 4 "First Saturday" Gym Camp (1:30-4:30) ages 4-12
- 5 Fusion Auditions 1:30-4:00 pm
- 5 "First Sunday" Extreme Acro (1:00-3:00) ages 5+
- 6-12 Summer schedules and placements handed out.
- 12 Easter -Academy Closed. No Parties.
- 13 Summer Registration for Classes & Camps begins
- 19 Spring Showcase 2:00 at Valley Catholic High School
- 24 Fusion Show Tech Rehearsal
- 25 Fusion Concert 2:00 and 7:00 pm
- 26 Westside Recreational Team Home Meet 4:00 pm

## May 2009

- 1 "First Friday" -Kids Camp (9:00-12:00) ages 3-5
- 2 "First Saturday" Dance Camp (1:30-4:30) ages 6-12
- 2-9 Gym Class "Picture Week"- Pictures will be taken during class in your Mini Olympic Uniform
- 5 "First Sunday" Extreme Acro (1:00-3:00) ages 5+
- 10 CLOSED - Mother's Day. No Parties.
- 11-17 Dance Class "Picture Week" - Pictures taken during class in your Recital Costume
- 23-25 CLOSED - Memorial Day Weekend
- 26 Dance Recital Tickets go on sale.

## June 2009

- 5 "First Friday" -Kids Camp (9:00-12:00) ages 3-5
- 7 "First Sunday" Extreme Acro (1:00-3:00) ages 5+
- 8-13 Dance Department "Parent Watch Week"
- 9 Last day of Indoor Play Park
- 10 Last day of extended care
- 11/12 Last day of Preschool, Annual Picnic
- 13/14 "Mini Olympics" Gymnastics Department  
No Open Gym, Parents Night Out or Parties.
- 13 Last day of Dance Classes.
- 15 Summer Camps Begin
- 15-20 Dress Rehearsal & Dance Recital Performances
- 15-20 No Dance Classes. Dress Rehearsal & Recital for all dance students in lieu of classes.
- 20 Last day of Gymnastics Classes and Open Gym
- 20 Open for Parties and Parents Night Out
- 21 CLOSED - Father's Day. No Parties.
- 22-26 Summer Camps.
- 27-28 Open for parties and Parents Night Out.
- 29-7/2 Summer Morning Camps
- 29-30 Office Open 8:00 am- 6:00 pm

## July 2009

- 1-2 Summer Morning Camps
- 1-2 Office Open 8:00 am - 6:00 pm
- 3-5 Office Closed (Happy 4th of July) - No Parties or Parents Night Out.
- 6 Summer Classes Begin

## August 2009

- 12 Fall Registration Begins.
- 24-29 Dance Department "Parent Watch Week"
- 28 Preschool Open House 5:30-7:00 p.m.
- 31 No Classes. Office Open 8:00 am - 6:00 pm

## September 2009

- 1-4 No Classes. Office Open 8:00 am - 6:00 pm  
(Friday, office closes at 2:00)
- 5-7 Academy Closed- Labor Day Weekend
- 8 Fall Classes Begin

## Summer Registration Begins April 13th

Summer Schedules and Placements Available the week of April 6th

In addition to classes, we also offer Camps for the Summer

Half Day \* Full Day \* Gymnastics \* Dance \* Preschool  
Acrobatics \* Musical Theater \* and more!

*With all this variety, there's sure to be something for everyone!*