

Dance for Life – KIDS DanceSport RVA

Welcome to Dance for Life – KIDS DanceSport RVA!

We are the premier studio in Richmond, VA for kids to learn the competitive art of DanceSport. DanceSport builds self-confidence, develops social skills, work ethic and discipline, and is a creative form of artistic communication and expression. It is an exciting competitive opportunity for your child when he/she is ready to take their skills to the next level, and our students have won numerous awards in local, regional and national competitions.

At Dance for Life, we strive to create a supportive environment that nurtures young dancers to learn new skills, achieve results and work hard to become better artists and individuals. Our dance instructors are international ballroom champions ready to provide your child with the highest level of instruction, attention and encouragement.

Happy Dancing!



Mariya Vysotskaya

A native of Kaliningrad, Russia, Mariya began dancing at the age of 6 and moved to the United States in 2007. She is the Founder and Executive Director of Dancing Classrooms Greater Richmond, which has taught thousands of young people the value of teamwork and discipline as they learn to lead, follow and succeed through the art of

ballroom dance. She is a highly qualified dance instructor with over 20 years of formal training and proficiency in International Standard (Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep), International Latin (Samba, Cha-Cha-Cha, Rumba, Paso Doble, Jive), American Smooth (Waltz, Tango, Viennese Waltz, Foxtrot), and Social Latin dances (Salsa, Bachata, Merengue). She has extensive experience as an International Ballroom Standard dance competitor with numerous certifications and accomplishments in Russia, Germany, England, Poland, Lithuania, Belorussia, Ukraine and the United States. She has a proven track record of developing successful training programs for both adults and children/teens.



Contact Info:

Mariya Vysotskaya, Owner
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804-385-8204

Address:

Lessons in Ballroom Studio
2300 John Rolfe Parkway
Henrico, VA 23233

Social Media:

 KIDS DanceSport RVA





Rules and Policies

Our studio policies were designed to promote an organized and professional studio, and a safe and positive learning environment for your child. Please help us create the best dance experience possible by following these policies and procedures.

Studio Rules:

- Dance shoes should not be worn outside of the building.
- No horseplay is permitted in the lobby or studio during classes.
- For their safety, all young dancers must be escorted to and from the building.
- In the case of inclement weather, Dance for Life may cancel classes at the director's discretion. No refunds will be given for classes missed due to inclement weather closings.
- Parent concerns should be addressed by appointment only. There is typically not enough time before, during or after a scheduled class, so please do not approach an instructor during this time.
- Dance for Life reserves the right to decline instruction to anyone to anytime for any reason.

Class Rules:

- All students should arrive to class on time. Repeated tardiness may result in termination of lessons.
- Students must be picked up on time at the end of class. If there is an emergency and you will be late, please call/text Mariya as soon as possible.
- If you must pick your dancer up early from class, please let Mariya know in advance.
- Parents are not permitted to stay and watch class. This can be distracting/disruptive to our students.
- Students must keep talking to a minimum. Teachers reserve the right to dismiss any student from class who continuously disrupts.
- A parent/teacher conference must take place before a "dismissed student" may return to class.
- Students must follow the dress code and come to class wearing proper attire & footwear with hair properly secured.
- If a child has a medical condition that prevents full participation in class, please notify Mariya.
- Students are expected to attend classes regularly. If a student misses more than 4 classes without written notice, his/her lessons may be terminated without refund.
- Classes with less than 4 students may be cancelled, combined or rescheduled. Proper notice will be given.

Private Lessons:

- 24 hour cancellation notice (phone or via email) is required for all private lessons.
- If a student cancels a lesson with less than 24 hour notice, 100% of the lesson fee will be charged.
- If an instructor must cancel a private lesson with less than 24 hour notice, the student will receive the rescheduled lesson at no cost.
- If one person from a couple is sick or absent, it is suggested that the other person will take over the private lesson, unless more than 24 hour cancellation notice is given to reschedule.
- Private lessons must be scheduled in advance according to the availability of the instructors.

Tuition and Schedule:

Beginner Group Classes – Mondays and Fridays from 5:00 – 6:00pm	\$85 per month
Intermediate/Advanced Classes – Mondays and Fridays from 6:00 – 7:00pm	\$85 per month
Private lessons – Afternoon/Evenings/Weekends based on instructor availability	\$75 for 45 min*
(Saturday practice rounds and Solo Ladies Club may periodically be offered at suggested rate of \$5.)	

*Private lessons may be solo or by couple, in which case the cost would be split between the two dancers.

Tuition and Payment Policies:

- Dance for Life accepts payments by check (written to Dance for Life) or cash.
- All payments for group classes are due at the beginning of each month. If your payment is not received by the 10th of the month, you will be charged an additional \$15 late fee.
- All payments for private lessons are due at the time services are rendered unless prearranged.
- NO REFUNDS will be issued for competition fees, tuition, private lessons, workshops, missed classes, withdrawal from class, etc.
- Group class fees will not be prorated.
- All new students are permitted one free group class to determine interest. Monthly group class fee will be due at student's next class attendance if he/she chooses to continue.

Insurance Policy:

- Dance for Life does not carry medical insurance for its students.
- It is required that all dance students be covered under their own family insurance policies and if injury occurs, it is understood that the student's own policy is your only source of reimbursement.

Dress Code/Practice Wear:

- Students are expected to attend all classes in required practice wear, or they may be asked to sit and watch the lesson.
- Practice wear includes dance footwear for all students, and any combination of black leotards, tops and skirts for girls and black tops and pants for boys.
- Girls should wear skirts that are no longer than knee length so their legs can be seen.
- Practice wear and shoes can be found online at websites such as www.discountdance.com, www.allaboutdance.com, www.dancewearsolutions.com, www.dancerswarehouse.com, www.dancewearcorner.com, etc.
- No specific brands are required. Tops can be sleeveless, short, or long sleeves. Long pants required for boys.
- Socks are optional for girls, although all NDCA competitions will require them for girls 10 and under.
- Travel team members are required to purchase a warm up uniform.

Practice Wear Examples:

Boys Shoe:



Girls Shoes:



Examples of Girls Clothing:



Examples of Boys Clothing:



Competition Policies:

- Competition is not required, but encouraged when the student is ready (as determined by the instructor). It is an opportunity to showcase talent and provides a tangible timeline for acquiring new skills.
- Competition fees and any travel expenses are the responsibility of the student's parent.
- Recommendations for entry categories will be provided to the student in advance of registration deadlines. Registration is the responsibility of the student's parent, but assistance is available.
- Competitors will have to follow costume guidelines as set forth in the USA Dance and NDCA rulebooks and the purchase of costumes are the responsibility of the parent. Fortunately, the guidelines are similar enough that one costume can meet the requirements of both.
- For competitions sponsored by USA Dance, costume requirements may be found in the Rulebook located online at <http://www.usadance.org/dancesport/athlete-information/rules-policies-and-bylaws/>
- For competitions sponsored by NDCA, costume requirements may be found in the Rulebook located online at https://ndca.org/pages/ndca_rule_book/Default.asp
- Costumes may be purchased online or made by an experienced seamstress. We are working on a list of options to purchase costumes and always looking for seamstresses with experience creating ballroom dresses, so please let us know if you know someone.

Competition Costume Examples:

For Girls:



For Boys:



2019 Competition Schedule*:

Date	Title	Location	Website	Early Bird Deadline	Final Deadline
Feb 9	Royal Palm DanceSport Championships	Ft. Lauderdale, FL	www.royalpalmdancesport.org	Jan. 12	Jan. 26
Feb 24	Mid-Atlantic Championships	Bethesda, MD	www.usadancedc.org	Jan. 12	Feb. 2
Mar 31	Liberty Ball	Philadelphia, PA	www.liberty-ball.com	March 1	TBD
April 12-13	USA Dance National DanceSport Championships	Baltimore, MD	www.usadancenationals.org	TBD	TBD
April – TBD	River City Ballroom Dance Competition	Richmond, VA	www.rivercityballroomcomp.com	TBD	TBD
May – TBD	Charlotte DanceSport Challenge	Charlotte, NC	www.charlottedancesportchallenge.com	TBD	TBD
June 8	Atlantic DanceSport Challenge	Baltimore, MD	www.atlanticdancesport.com	TBD	TBD
June – TBD	NJ DanceSport Challenge	Hackensack, NJ	www.njdancesportclassic.com	TBD	TBD
Oct 4-6	Carolina Fall Classic	Charlotte, NC	www.carolinafallclassic.com	TBD	TBD
Oct 25-27	Chicago DanceSport Challenge	Chicago, IL	www.chicagodancesportchallenge.org	TBD	TBD
Nov – TBD	Shining Stars Dance Festival	Towson, MD	www.atlanticballroom.com	TBD	TBD

*Dance for Life may add/remove competitions from the calendar as necessary. All competitions are encouraged, once a student is determined ready, but not required. Further information will be provided as it is released by the competition hosts.