

SEASON 7 • 2024-2025

DANCE HANDBOOK



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1.Introduction

It's our absolute pleasure to warmly welcome you into our dance family at The Vitality Place. Our team is thrilled to see many familiar faces return to the studio and even more excited to see some new faces join our community. We have created this one-stop handbook to hopefully shed some light on how things will run throughout the year as well as answer a lot of queries you may have before the year begins. While we would love you to take the time to read this information carefully and keep your handbook in a safe place to refer to as you need, don't forget that our friendly office staff are always here to help and will happily answer any queries you may have. Nothing is too big or too small, we promise! 😊



The Vitality Place

Address: 418 Island Pond Rd Derry, NH 03038

Phone Number: 603.458.6772

Email: nicole@thevitalityplace.net

Website: thevitalityplace.net

Instagram: [@thevitalityplace](https://www.instagram.com/thevitalityplace)

Facebook: [/thevitalityplace](https://www.facebook.com/thevitalityplace)

2. Studio Mission

To start us off, it's important to us at The Vitality Place that all members of our team share our vision, our purpose and the philosophy that encompasses everything we do both in and outside of our classes. This is a vision that is shared and demonstrated by the directors, teachers and staff members at our studio and it is the driving force behind every interaction with our students and their families.

The Vitality Place is where people of all ages and abilities can learn to dance and perform. This is a studio where creativity, individuality and self-expression is encouraged and we have a community of teachers, students and families who are passionate about the art of dance. Our goal is to create a positive and happy environment for all of our students. We strive to nurture and develop talent, celebrate the achievements of all students and inspire a love and appreciation of dance. We are committed to providing a safe and positive environment in which all students can feel empowered, comfortable and free to express themselves. We hold self-love at the core of our practice helping to build confidence in each dancer that will exude into all aspects of their life.



3. Registration

Before lacing up those dancing shoes, it's important that all students and parents – whether returning or new - fill out and sign your registration paperwork so we can ensure we have the most up-to-date contact details for you. This information includes your registration form as well as the studio waiver/media release form and payment of first month's tuition & registration fee.

Our Early bird registration offer not only means that you will receive a \$15 off merchandise coupon, but it also ensures that in the event of classes reaching capacity before the season kicks off, you will be guaranteed a place in the class/es of your choice.

You can register online or in person and take advantage of the early bird special at The Vitality Place any time **before July 15th**.

Our annual registration fee is \$40 per student/ per family and must be paid in full prior to the start of classes. This will be collected along with the first month's payment to ensure your dancer's spot in class.

We encourage all of our students and families to try a variety of dance styles and we are more than happy to accommodate trial classes for existing students who are wanting to try something a bit different. Please contact reception if you would like to try a new class and we will happily schedule a quick meeting and fit you in for a trial (provided the class has not reached capacity). Trial classes are \$15 for Pre classes and \$30 for classes ages 6+.

**** REMINDER **** Don't forget - if you refer a new friend or family member who has never danced at The Vitality Place before and they sign up for the season you will get your registration fee for free!





Parent Release Form for Photography and Videography

I, the undersigned, give permission for The Vitality Place to use video footage and / or photographs of my child/ward, _____. This usage may include (but is not exclusive to) displaying publicly, distributing, or publishing, photographs, and/or video of my child for use in materials that include, but may not be limited to:

- printed materials (i.e. - brochures and newsletters)
- online and offline advertising and promotion
- videos and digital images such for use on Social Media.

By signing this form, I acknowledge that I am giving unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by The Vitality Place for a variety of purposes and that these images may be used without further notification. I do understand that any identifying information including surname and location will not be used in conjunction with any video or digital images.

Parent/Guardian signature _____ Date _____

Health Information and Medical Release/Waiver Form

I, _____, the parent/guardian of _____, acknowledge that participation in dance is potentially dangerous and there is an inherent risk of injury involved.

In allowing my child to participate in The Vitality Place activities, I hereby assume all the risks associated with the performing arts. I understand the importance of myself and my child following the instructions and rules set by their instructor/s, and I agree to release The Vitality Place and its employees of any and all liability which may arise as a result of my child's participation in activities at The Vitality Place.



4. Communication

By now you have probably noticed that we are BIG on communication here at The Vitality Place. We can be contacted on 603-458-6772, but note that often times we are in classes and may not be able to answer your call. Please leave a message so we can get back to you or send us an email.

For convenience, our primary means of communication is via email. You will receive regular newsletters and important information via email so please ensure you have provided the studio with an up-to-date email address that is regularly checked. Don't forget to add our email address nicole@thevitalityplace.net to your contacts so we don't end up in the dreaded Spam folder! We will also be sending emails from our software & third party email organizer so be sure to allow our emails from there as well.

You will have your own dashboard account where you can see the classes you are enrolled in as well as all your bills.

In the infrequent case of urgent information (for example, unexpected class cancellations, snow days or performance changes), we will send out emails, maybe make phone calls if necessary and definitely post on Instagram stories and our "band" account. Make sure you are following our Instagram account [@thevitalityplace](https://www.instagram.com/thevitalityplace) as we post lots of reminders and important info there.

5. Season Schedule

We understand wholeheartedly how busy the lives and schedules of our dance families can get as the year rolls on, so if you are unable to attend a class here's what to do: call, or email us letting us know, or cancel your attendance on the schedule via your pike13 account. We do not do makeup classes if you miss a class. If we have a large amount of snow days that fall on the same day, we will send info out for a makeup class. Below is the season schedule with important dates.

Season Schedule 2023-2024

Listed below are the days in which there will be no dance classes. We follow the same schedule as the NH Department of Education. We will also follow surrounding towns snow day cancellations.

September

- 9- Season begins

October

- 1- Tuition is Processed
- 14- Closed for Columbus Day

November

- 1- Tuition is Processed
- 11- Closed for Veterans Day
- 25-30 Closed for Thanksgiving Break

December

- 1- Tuition is Processed
- 23-31 Christmas Break

January

- 1- Tuition is Processed
- 1- Closed for New Year's Day
- 20- Closed for Martin Luther King Junior Day

February

- 1- Tuition is Processed
- 22-28 Closed for February Vacation Week

March

- 1- Tuition is Processed



- 1- Closed for February Vacation Week

April

- 1- Tuition is Processed
- 28-30 Closed for April Vacation Week

May

- 1- Tuition is Processed
- 1-3 Closed for April Vacation Week
- 26- Closed for Memorial Day

June TBD

- *We will keep you updated as the season progresses and the recital date and venue are booked! Last season our recital was June 22th and the year before that was June 24th. We will aim for June 21st, but this is tentative until booking is complete.*



6. Code of Conduct

To ensure the smooth, safe running of The Vitality Place and an enjoyable experience by all, below you will find our code of conduct. As always we are open to feedback, so if any of the requirements outlined below are unclear, please give us a call to discuss further. Following a formal meeting, we do reserve the right to dismiss or take disciplinary action on any students or parents who breach our studio's code of conduct.

Families who do not comply with their fee or costume payment obligations may be charged a late fee, and/or excluded from performances. External debt collection may occur when fees remain overdue and this will be at the expense of the client. Costume expenses are the responsibility of the parent, and costumes will not be issued to students with unpaid class fees.

No classes (including private lessons) or teachers are to be disturbed unless it is an emergency. Parents are not to approach teachers or students during class as it can be a big distraction to dancers and teachers. We encourage parents with dancers who are 6 years old and up to wait outside of the studio so that the space doesn't get too crowded. Parents of our younger dancers 3-5 can wait in our waiting area until the dancer feels comfortable in the studio by themselves. We do not allow parents to watch as it gets very distracting for our dancers.

We are unable to take responsibility for our students before or after their scheduled classes and it is the responsibility of the parent to ensure their child is picked up and dropped off on time. In the case of an emergency or unavoidable delay, please contact the studio immediately to inform us of the situation so we can keep your child calm and safe until they can be collected.

In the rare case of a parent or student showing disrespect or defamation to any parent, staff member or student, a meeting will be called immediately and dismissal may be considered at the discretion of the principal. Physical, mental, emotional or cyber bullying by parents, staff or students will not be tolerated and may result in dismissal from the studio.

The Vitality Place takes no responsibility for any stolen or misplaced property on the studio premises and we encourage our families to avoid bringing valuable items into the studio where possible. We will place any items left behind in lost and found. If we find items of higher value (jewelry, airpods, cell phones, etc.) we will hold onto it until the person it belongs to contacts us about the missing item.

The Vitality Place management reserves the right to change teachers or timetabling when necessary, at any time throughout the year. You will be notified of any changes in the schedule. We do our best to keep it consistent, but may have changes due to enrolment or staff availability.

Choreography, costuming and studio policies remain the intellectual property of The Vitality Place and may not be reproduced or sold by any students, parents or staff without permission of the director.



7. Class Descriptions & Age Groups

Ages 3-5

Pre Ballet: Pre Ballet is an introduction to classical ballet. They will learn the 5 ballet positions as well as basic ballet moves and terms such as pli  , arabesque, pass  , saut  , tendu, etc. We practice ballerina walks on our tippy toes, gallops, skips, etc.

Pre Tap: Pre Tap is a class where your child will be learning super fun basic tap skills in an imaginative way while also learning rhythm. They will learn steps including toe-heel, heel-toe, stamps and shuffles, flaps, etc. as well as making as much noise as they can in our fun, safe and educational environment.

Baby Bop: Baby Bop is an introduction to hip hop! The music for this class is fun and familiar to them and expands on things such as balance, rhythm, body awareness, etc. We do some warming up, and stretching, and learning fun moves as well as putting together a dance for the recital at the end of the season. This class may involve pretending to be animals, clapping to the beat to learn rhythm, learning balancing, skipping etc. This class is suitable for both boys and girls who are having so much fun that they don't even realise that they are learning the fundamentals of dance technique along the way.

Pre Cheer: This class will teach you everything cheer! There will be an introduction to basic tumbling such as forward rolls, hand stands, cartwheels, bridges, etc. You will also learn cheer motions: high v, low v, T, broken T, daggers, K. They will learn cheer jumps: tuck jump, toe touch, pike jump, and herkies. Be ready to learn from former New England Patriots Cheerleader Captain, Nicole. Bring lots of energy and tons of sass!

Ages 6+

Ballet: Ballet will teach you the French ballet vocabulary, and technique for correct body placement. Ballet is the foundation for all other genres of dance, and therefore it is highly recommended. Ballet will be studied through barre, center, and allegro work.

Jazz: Jazz students are building on the basics of jazz technique to popular and age appropriate music. Jazz uses sharp and fluid movements to create a visually technical dance and style. In this class you will learn body isolations, turning, leaping, jumping and technical jazz steps. Be ready to get sassy!

Tap: In this class students would be learning the basics of tap technique as well as building on their sense of rhythm and their confidence when it comes to performances. Our tappers love dancing to popular, age-appropriate music and getting LOUD! Tap dance is a rhythmic form of dance which focuses on musicality and sounds. You will learn many combinations and steps that create different and unique sounds as the tap shoes strike the floor.

Acro & Tumbling: We've known for a long time that kids love nothing more than attempting and perfecting new tricks. Remember learning a cartwheel? We sure do, and it's that sense of pride and exhilaration that we love to pass on to all students. Our Acro & Tumbling class is taught by former New England Patriots Cheerleader Courtney Lamont who has lots of experience spotting and teaching Acro and tumbling. This class works on the basics: forward rolls, handstands, cartwheels, round offs, back bends, and front walkovers and then as the individual progresses they will be able to start working on

more advanced skills such as aerials, back handsprings and back tucks. For individualized skill building we recommend setting up a private lesson to get one on one attention, instruction, and spotting. Private lessons are \$100/ hr, \$75/ 45 minutes, and \$50/ half hour and can be scheduled via email nicole@thevitalityplace.net. Private lessons are only taken when there is instructor availability.

Tricks, Turns, and Technique: In this class, we focus on different kinds of turns, jumps, leaps & kicks including more complicated combinations across the floor and center floor. Be ready to challenge yourself with fun, new and exciting tricks and turn combos!

- Leaps in second, calypso leaps, surprise leaps, switch leaps, and more!
- Single, double and triple pirouette turns, a la seconde turns
- Battements, fan kicks, tilts, and Nfl Cheerleading style kickline drills

Contemporary: Contemporary dance is a style of expressive dance that combines elements from modern, jazz, lyrical and classical ballet. In this class, you will strive to connect the mind and the body through fluid dance movements. This class allows you to express your soul and different emotions through movement. Contemporary is commonly seen on So You Think You Can Dance! This style uses unique softer music (think Ben Howard or Dermot Kennedy). Ballet training is highly encouraged before or while taking this class.

Lyrical: Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires the expression of emotions that choreographer feels from the lyrics of the song. This style concentrates on an individual approach and expressiveness of such emotions as love, joy, hurt, or anger. It is often a soft and graceful movement and is similar to contemporary dance. We have our younger students take lyrical as an introduction for contemporary. Ballet training is highly encouraged before or while taking this class.

Hip Hop: Hip Hop classes are designed for dancers both with or without formal dance training. You will be in an upbeat class that will focus on rhythm, isolations, freestyle, and choreography similar to what you see in music videos. The music will be current and old school to bring a new vibe to every class!



8. Safety

With the safety of our families a number one priority, The Vitality Place is very serious about upholding Child Protection laws and policies within the studio as well as at public performances and in the online arena (website and social media).

As part of your registration, you will have read and sign a media waiver allowing us to proudly use images and video footage of your child for advertising and promotional purposes.

The directors and staff at The Vitality Place are educated in the negative impact of inappropriate music and costume selection when it comes to performing dance routines and are wholeheartedly committed to ensuring children in all of our dance routines are not subjected to any inappropriate songs or costuming. We recognise that songs with sexist, explicit, violent, racist, homophobic or criminal content may influence our dancers and/or audience and will strive to avoid using any such music. We are committed to choosing fun, age-appropriate costumes that suit all body types so that all of our dancers feel comfortable and confident.

Our staff members have been trained in first aid. We enforce a nut-free policy at the studio to ensure the safety of any students or parents with allergies to nuts or nut products.

The Vitality Place takes no responsibility for any stolen or misplaced property on the studio premises and we encourage our families to avoid bringing valuable items into the studio where possible.

9. Privacy

When you purchase or hire a product or service with The Vitality Place, the information we may collect from you includes your name, address, telephone numbers, email addresses, any relevant medical information and credit card details. It also includes details of the products and services we provide to you as well as the status of your enrollment. We only collect information directly from our students or their parent/guardians primarily for the purpose of providing services and products to you and to administer and manage invoicing and debt collection. We may occasionally use your email to promote and market to you information about the studio such as events and opportunities.

We will never sell or pass on any of your information to third parties unless required by government authorities or in the event of debt recovery. Any information passed on will be done so with appropriate privacy and confidentiality protection.

Information is stored securely in electronic form and is accessible only by authorised personnel. Card information is stored for automatic billing each month through our secure merchant processing system.

The last 4 digits and expiration numbers are the only numbers visible to us to further ensure your protection.

10. Weekly Class Schedule

Timetabling our classes is a huge task and we take all care to ensure that children are given classes at an age-appropriate time without long hours that may lead to fatigue or disrupt home / school life. Please find below our timetable for the 2024-2025 season and please contact us if you have any questions at all.

SEASON 7 SCHEDULE

MONDAY	4-4:50pm Lyrical (NW)	Ages 3-5
	5-5:50pm Hip Hop (NW)	
	5-5:50pm Ballet (HM)	
	6-6:50pm Tap (HM)	
TUESDAY	4-4:30pm Pre Ballet (NW)	Ages 6-9
	4:30-5pm Pre Tap (NW)	
WEDNESDAY	4-4:30pm Pre Cheer (NW)	Ages 10+
	4:30-5pm Baby Bop (TS)	
	5-5:50pm Tricks, Turns & Technique (NW)	
	5-5:50pm Acro & Tumbling (TS)	
	5:50-6:30pm Acro & Tumbling (NW)	
THURSDAY	6:30-7:20pm Jazz (JA)	Ages 10+
	5-5:50pm Acro & Tumbling (NW)	
	5-5:50pm Ballet (HM)	
	6-6:50pm Tap (HM)	
FRIDAY	5-5:50pm Acro & Tumbling (NW)	Ages 10+
	6-6:50pm Hip Hop (NW)	
SATURDAY	9-9:30pm Pre Ballet (HM)	Ages 10+
	9:30-10am Pre Cheer (HM)	



11. Dress Code

At The Vitality Place, we believe that wearing studio dress code gives students a sense of belonging to our dance family and creates a clean and professional identity for our studio in the greater community.

Our dress code also:

- Encourages discipline
- Help students resist peer pressure to buy stylish clothes for class
- Help identify non-students in the studio
- Diminish economic and social barriers between students
- Increase a sense of belonging and studio pride
- Improve attendance

Dress code items can be purchased year-round from the studio or a dancewear store.

Please ensure all parts of your child's uniform are clearly labelled - individual shoes, leotards, shirts, etc. you'll be amazed at the amount of lost property we generate!

It's important for students abide by a dress code policy for the following reasons:

- A neat and tidy appearance sets an attitude of attentiveness and respect for students, teacher, and the art of dance.
- Teachers must be able to see the dancer's body outline clearly in order to make proper corrections on posture, alignment, etc.
- Hair must be properly secured and tied up off of the face and neck for all styles of dance. Hair must be in a bun for all ballet classes.
- Jewelry must not be loose or dangling.
- Gum chewing is not allowed due to danger of choking and appearance.

Further style-specific dress code requirements are as follows:

Pre Ballet- Ballet students must have Capezio Hanami Ballet Shoe style 2037W in color light pink which can be purchased from any dancewear store. You will also need pink ballet tights and a pink ballet dress (we sell many ballet pink tights, tutus and dresses at the studio). Hair must be in a bun for each class.

Pre Tap- Students require any pink ballet dress which we sell many at the studio. Their shoes should be Mary Jane Tap Shoe – Child 3800C in color caramel (this is the tan color). Tights will be the same as ballet (ballet pink- many sold at the studio). Hair must be in a bun for each class.

Pre Cheer- Plain white sneakers that are different from your street sneakers. They must wear a plain black leotard with plain black shorts, teal dress sold at the studio or any TVP shirt or crop top with plain black booty shorts. Hair must be pulled back and out of your face for each class. Tights are not required.

Baby Bop- Plain white sneakers that are different from your street sneakers. They must wear a plain black leotard with plain black shorts, teal dress sold at the studio or any TVP shirt or crop top with plain black booty shorts. Hair must be pulled back and out of your face for each class. Tights are not required.



Hip Hop- Students require any clean sneakers that are different from your street shoes to ensure the studio stays clean. They can wear a plain black leotard with black booty shorts (sold at studio) or black leggings with any combination of TVP shirts, or crop tops sold at the studio. Hair must be tied up and out of your face. Tights are not required.

Lyrical /contemporary- Students will wear a plain black leotard with black booty shorts if they prefer. Dancers can be barefoot or wear half shoes. Shoes should be Capezio Pirouette II H061 in color nude. Tights should match skin tone and be stirrup style (many sold in studio). We sell light tan stirrup tights at the studio. Hair must be tied up and out of your face.

Jazz- Students will wear a plain black leotard with black booty shorts or black leggings with any combination of TVP shirts, or crop tops sold at the studio. Older dancers can wear black sports bra and black shorts/leggings. Shoes should be Bloch "Neo Flex" Slip-On Jazz Shoes in color Leather Tan (Style: S0495L for adult and S0495G for youth) . Tights should match skin tone. We sell light tan tights at the studio. Hair must be tied up and out of your face.

Ballet- Ballet students must have Capezio Hanami Ballet Shoe style 2037W in color light pink which can be purchased from any dancewear store. Tights should be footed or convertible and in color ballet pink (sold at studio). Dancers can wear any plain black leotard or dress (plenty sold at studio). Ballet skirts are also acceptable. Hair must be in a bun for each class.

Acro & Tumbling- Students do not need footwear for this class. They must wear a plain black leotard with plain black shorts or any TVP shirt or crop top with plain black booty shorts or leggings. Hair must be pulled back and out of your face for each class.

Tap- Tap shoes will be Capezio Tic Tap Toe Tap Shoe 443 or Capezio Cadence Tap Shoe CG19 in color caramel. They must wear a plain black leotard with plain black shorts or any TVP shirt or crop top with plain black booty shorts or leggings. Hair must be pulled back and out of your face for each class.

Examples:



12. Fee Structure

Please find below the fee structure for 2024-2025 season. Feel free to contact our office staff if you have any fee-related queries. When registering your child for dance, it is important that you understand the financial commitment. Here is what you can expect:

Item	Description	Price
Registration Fee	One time fee at registration	\$40.00
Pre Classes (3 - 5 years) 1 class	One class per week	\$42.00/month
Pre Classes (3 - 5 years) 2 classes	Two classes per week	\$75.00/month
Pre Classes (3 - 5 years) 3 classes	Three classes per week	\$105.00/month
Pre Classes (3 - 5 years) 4 classes	Four classes per week	\$125.00/month
Classes (ages 6+) 1 class	One class per week	\$70/month
Classes (ages 6+) 2 classes	Two classes per week	\$130/month
Classes (ages 6+) 3 classes	Three classes per week	\$170/month
Classes (ages 6+) 4 classes	Four Classes per week	\$205/month
Classes (ages 6+) 5 classes	Five classes per week	\$225/month
Classes (ages 6+) 6 classes	Six classes per week	\$255/month



Classes (ages 6+) 7 classes	Seven Classes per week	\$275/month
1 st Costume Deposit	This is a non-refundable deposit that is due November 15th 2023	\$50/ per dance performed at the recital
Final Costume Deposit	Remainder of each costume is due by March 1st 2024 This is a non-refundable fee. If invoices are not paid on time we will use the card on file to process payment.	Remainder of each costume will vary based on costume selections, but you can expect to pay a total of \$90-\$140 for each costume.
Recital Tickets	We will sell tickets to our recital online about a month or so before the event. Every person attending will need to purchase a ticket. This does not include the dancer who will remain backstage for the duration of the show.	Ticket prices TBD Last year's pricing was \$32-42 depending on seat selection choices.
Recital video/photo fee	Our show will be professionally filmed and photographed. This is a mandatory fee for all dancers as we are charged on a per dancer basis. Optional *Prints of photos from the show will be available for an additional purchase if you choose through the photographer.	TBD In year's past it has been \$50 and will be added automatically to the final month's tuition.
Private Lesson	60 minutes	\$100/ hr
Private Lesson	45 minutes	\$75/ 45 minutes
Private Lessons	30 minutes	\$50/ half hour
Private Group Lessons	1 hr (3+ students)	\$40 per dancer

We offer the following options for fee payment:

Upfront Payment in full – you will receive 5% off of your yearly tuition if you pay in full upfront. Payment options include cash, or card payments.

Overdue fees will accrue a late fee of \$10 per week that it is past due and if fees remain unpaid in week 4 of classes students will not be permitted to participate in their lessons. Communication is everything to us. We understand that sometimes things happen and we are here to help! Please communicate with us if any payment issues arise so we can be on the same page.



Automatic Payments – This is our most popular and simplest payment method, in which you may choose to pay your fees in monthly installments through our automatic payments. We are able to change the card at any point in the season if needed. Payment will automatically process on the 1st of each month. This is similar to a gym membership or any other monthly subscription.

Please note: All monthly payments are based on a 10-month season so your invoice will be the same each month unless you change class numbers. If you decide to withdraw from classes after December for any reason, you will be charged a \$100 cancellation fee per class you withdraw from. We take the total yearly tuition for the approximately 35 weeks of the school year and divide it into 10 monthly payments, which are due the first of each month. Monthly tuition remains the same whether it is a long (5 week) or short (3 week) month and regardless of absences. Tuition is set up online via Autopay to keep things easy to track for you. The card on file will automatically be charged on the 1st of each month. Every member receives their own account where they can view the schedule, and all past and future bills. There are no tuition refunds for withdrawal from class during any given month. If you elect to pay via cash, it is still due on the first of every month, so make sure to plan ahead. If the payment is received after the due date an additional late fee of \$10 will be charged for each week that it is late.

Refunds will not be issued for missed classes due to cancellation— where possible, we will endeavour to arrange make-up lessons for classes cancelled more than twice due to snow storms.

13. Attendance

Your child's attendance in class is very important to their peers and our teaching staff. As a member of the team, it is a commitment for you to ensure your child attends their classes on time each week and attends all lessons planned for them. Not only do absences impact the recital routines we create, it also impacts the social and confidence-building principals we work hard to foster in each age group.

If you know ahead of time that your child will be absent due to holidays/vacations, commitments or school trips, please let us know ahead of time so the class impact is minimal. If your child is too unwell to attend class, we ask that you inform us as soon as you can so they can let the teachers know and preparations can be made.

Unfortunately, we are unable to accommodate make-up sessions for students who miss classes, but will make every endeavour to schedule a catch-up class in the unlikely event that The Vitality Place needs to cancel a lesson outside of snow storms.

14. Our Teachers / Faculty

Finally, it's our pleasure to introduce our hand-picked faculty for 2024-2025 season! Our enthusiastic, passionate and dedicated teachers are thrilled to be a part of your family's dance journey this year. We are truly looking forward to growing together to mold this generation of skilled, confident, genuine and unique performers.

Nicole White

Owner/Founder

Nicole's studio owning dreams were inspired when she began choreographing dances to Britney Spears, and Christina Aguilera for her sister, cousin, and friends to perform at slumber parties. It has always been a dream of hers to share this love and passion for dance with others. Nicole danced from age 3 through high school, and then went on to dance in college. She was on the Endicott College Dance Team for two years and competed at UDA Nationals at ESPN Worldwide sports arena twice. She also completed a minor in dance taking courses in modern dance, jazz dance, choreography, dance teaching methods, ballet, dance history, world dance cultures, and more. She performed in 4 dance ensemble shows and 2 student choreography showcases during her college years.

In 2015, Nicole was one of 18 dancers selected out of a group of over 400 young women auditioning for a cheerleading position with the New England Patriots. She completed 4 seasons with the New England Patriots cheerleaders and had been a line captain for 3 of those years. As a part of the Patriots Cheerleaders, she performed at all New England Patriots home games and participated in numerous promotional appearances and special events on behalf of the organization. She traveled to the Dominican Republic, the Bahamas, Aruba and St. Maarten to pose for the New England Patriots Cheerleaders Swimsuit Calendars as well as dance in shows for the resort and hotel guests. She was also one of 8 women to be selected to travel to Mexico City to perform in 2017 for the Patriots vs. Raiders game. Nicole had the privilege to perform at THREE Super Bowls; LI, LII and LIII. Two of her favorite moments in her life came from cheering on the sidelines of Super Bowl LI & LIII. Watching the Patriots make history in Super Bowl LI by coming back to win from the





largest deficit in Super Bowl history and also being the first Super Bowl to go into overtime was indescribable. She had danced in Red, White, and Blue Confetti not once but twice! Those moments make her feel extremely grateful to have dance bring her such wonderful life experiences. It was through this professional dance position that she also found her love for fitness.

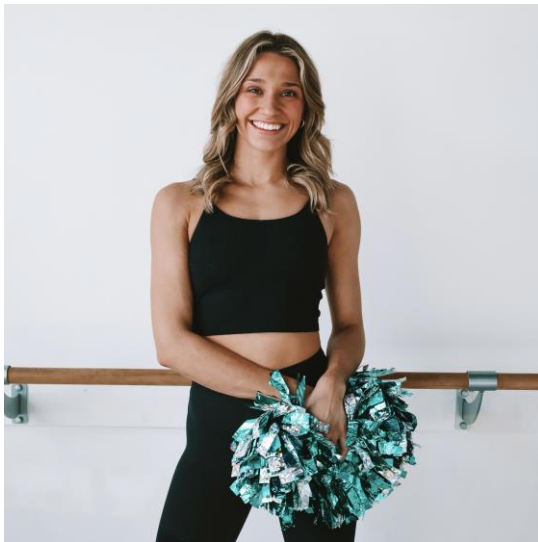
Nicole is a level 1 & 2 IBBFA Certified Barre instructor. IBBFA Barre Certification is the internationally-recognized 'gold standard' in barre education, and IBBFA is the only organization working to create universally-accepted standards for barre instruction certification. The IBBFA certification is accredited by more fitness associations around the world than any other barre certification out there. Nicole is a Yoga Girl 200 hr RYT Yoga Alliance certified teacher. She trained under Rachel Brathen (AKA Yoga Girl), a New York Times best-selling author, serial entrepreneur, and international yoga teacher living in Aruba. Nicole spent 23 days in Aruba for her 200 hour yoga teacher training. This program is very prestigious and only 50 women were accepted. Of the 50 women, the group came from 19 different countries! Nicole is one of only 250 Yoga Girl Certified Yoga Teachers across the entire world!!

Nicole wants to provide people with a community where they feel strong, and confident. She promotes self-love and body confidence in all of her classes. She works to make each of her classes a positive and fun experience every single time. She teaches Barre, Yoga, and Dance classes that are sure to make you sweat and smile!

Nicole wants to share all she has learned as a professional dancer to help you follow your dreams too! From technique, to stage presence, to fitness, she will show you the ropes and be cheering you on the whole way!

Hannah Maldonado
Dance Instructor

Hannah's dance journey started just at 2 years old when her mom signed her up for dance class and she's been dancing ever since. Growing up she was a competitive dancer and also performed as a part of the Tyngsboro Theatre Program where she trained in singing and acting as well. She loves live theatre and was in over 25 plays and musicals by the time she graduated High School. High School is also when she fell in love with teaching, ballet especially. She graduated in 2017 from Stonehill College with a Bachelors in Business Administration and was a part of the Stonehill Dance Company and Stonehill Dance Team during her 4 years there. When she's not in the studio Hannah works in planning and buying for the TJX Corporation. Hannah loves fashion and also recently completed her Masters in Fashion Merchandising and Management. Hannah is so excited to be given this opportunity to teach again and can't wait to meet you!



Taylor Sawyer
Dance Instructor

Taylor's bio coming soon...

Jordan Alberstone
Dance Instructor

Jordan's Bio coming soon...





Acknowledgement of Handbook's Policies and Procedures

The parent/guardian and dancer acknowledge and agree that they have both read and understand the contents of The Vitality Place's Handbook. Further, parent/guardian and dancer both agree to follow all listed policies and procedures in The Vitality Place's Handbook.

Parent/Guardian Signature: _____ Date: _____

Payment Agreement

The parent/guardian also agrees to pay tuition, in full, by the 1st of every month and understands that there will be a penalty of \$10 late fee per week is assessed if account is past due. They also agree to pay a recital fee and costume fee by the dates listed above. Furthermore, the parent/guardian understands that should their dancer be removed from classes after December 31st they will incur a withdrawal fee of \$100 per class they are withdrawing from, and understand that tuition and costume fees ARE NOT REFUNDABLE.

Parent/Guardian Signature: _____ Date: _____