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midwest dance mechanix

2024/2025



CATALOG OF CLASSES

MDM
MIDWEST DANCE MECHANIX

3805 N. HYDRAULIC AVENUE | WICHITA, KS | 67219



all about our dance family!

My name is Jana Owen and I am the owner and director of Midwest Dance Mechanix (MDM). Dance has been my passion since I first discovered it at the age of nine. After spending some time dancing professionally, I discovered that my true passion lies in teaching and helping students of all ages discover their own unique potential. At MDM, we consider ourselves a FAMILY. A dance family where dancers are supported and encouraged to accomplish their goals in a nurturing and positive environment. We set our standards high and believe in recognizing each student for their individual accomplishments and progress. Teaching and building a strong foundation of technique across all dance disciplines is fundamental to our curriculum and mission. In short, we believe that dance training is **life training** and that the benefits a student receives from dance training extend far beyond the studio doors. I invite you to learn more about what makes Midwest Dance Mechanix special and am honored you are considering becoming a part of our dance family ♥



WHAT MAKES MDM SPECIAL?

- ✓ **TECHNIQUE FOCUSED CURRICULUM:** All of our classes use a progressive curriculum that focuses on building a strong foundation of proper technique. Learning how to accomplish skills in the proper way ultimately helps dancers achieve greater success and avoids the potential for injury in the future. We would rather something be done right than showy!
- ✓ **QUALIFIED AND WELL TRAINED INSTRUCTORS:** All of our instructors are college educated and highly trained within their specific dance discipline. MDM provides ongoing professional development to all of its instructors biannually and commits to employing instructors who are dedicated to personal growth and excellence in dance instruction.
- ✓ **HIGH STANDARDS IN A NURTURING ENVIRONMENT:** We want dance to be the very best part of our dancers' lives! We want to challenge them to grow physically, mentally and emotionally through dance and we believe that this is best accomplished in a nurturing and supportive environment. We recognize and celebrate individual progress over perfection and genuine effort over precise execution. It is our job to guide dancers to recognize their strengths and to help them learn to grow from their challenges. This is the beauty of how dance training becomes life training!
- ✓ **COMMITMENT TO HEALTH & SAFETY:** We are fully committed to providing a safe and healthy environment in which dancers can maximize their potential. This commitment to health and safety includes both the physical and mental health of our dancers as well as the space in which they train. We provide ongoing education related to important subjects such as injury prevention, body image, nutrition, growth mindset, and more.
- ✓ **INDIVIDUAL FOCUS:** Through the use of individual progress sheets, biannual student evaluations, and individual goal setting, we are able to help each student grow and develop at their own pace and in a manner that allows them to be challenged as well as experience success. Through these tools, our instructors are able to build individual relationships with dancers and are invested in their individual progress. We want to help each dancer **discover their own potential!**

WE COMMIT TO

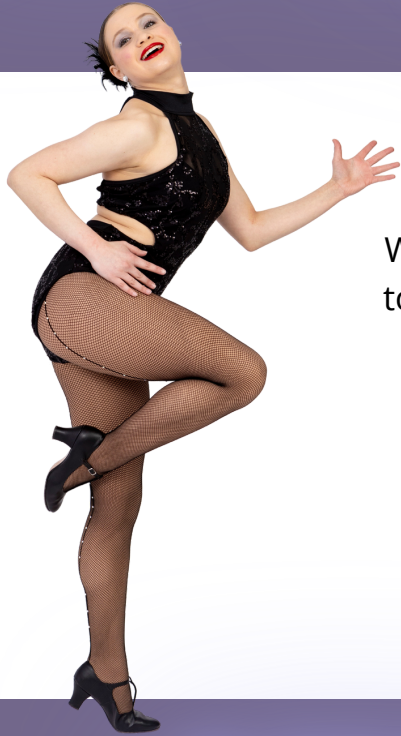
- ✓ AGE APPROPRIATE MUSIC CHOICES
- ✓ DANCE PARTIES & FUN STUDIO EVENTS
- ✓ MODEST COSTUME CHOICES
- ✓ CLEAR & CONSISTENT COMMUNICATION
- ✓ PERSONAL & INDIVIDUAL FEEDBACK
- ✓ ORGANIZED PROGRAMMING
- ✓ FRIENDLY & RESPONSIVE STAFF
- ✓ BUILDING CONFIDENCE & RESPECT
- ✓ CLEAN & SAFE STUDIO SPACE

OUR MISSION:

TO DEVELOP A LIFELONG LOVE OF DANCE, MOVEMENT AND PHYSICAL FITNESS; TO FOSTER AN APPRECIATION OF THE ART FORM AND TO PROVIDE EXCELLENCE IN DANCE EDUCATION.

FREE

trial and placement classes



try before you buy!

We are proud to offer a FREE trial class in the following class genres to all prospective students and to existing students looking to try a new style of dance.

We offer FREE trial classes in the following genres:

Ballet | Tap | Jazz | Hip Hop | Acro

To register for a FREE Trial class, visit:

www.dancemechanix.biz/free-trial-class

OR

email Miss Courtney at office@dancemechanix.biz

SNACK STOP

hungry dancer? no problem!

We have a "Snack Stop" located in the Building 1 Lobby that is open to students through the use of a "Snack Card".

Snack Cards are \$10 for 10 "punches". Snack cards are a cashless way for dancers to be able to quickly get a snack or a bottle of water while at the studio. Snack cards are electronically "punched" each time a student gets a snack at the SNACK STOP!



★★★★★
We love MDM!

"The instructors are amazing and always have the dancers best interest in mind. The environment is encouraging and supportive and they provide amazing technique training. We are so appreciative of all the opportunities that are provided for the dancers and the support they receive in reaching for their dreams."

★★★★★

"This studio is like a home away from home for my daughter! The instructors are amazing, the students are so kind and fun-loving, and the parents are supportive! We couldn't ask for a better dance family or better people to be role models for our daughter. If you aren't dancing at MDM, you should be!"

“ Thanks to Midwest Dance Mechanix, my daughter has grown beyond our dreams, not only in dance but as a human too. She has learned about teamwork, sportsmanship, humility and pride. The teachers at MDM are professionals with a focus on technique that you will find no where else in the state. ”

★★★★★

AGE 18 MO - 6

*cognitive,
emotional,
social & physical
benefits*

tiny dancers 2024/2025



Did you know that research confirms that dance training has cognitive, emotional, social AND physical benefits for children?! Children who take dance classes learn valuable skills such as teamwork, self-expression, discipline, respect, memory skills and more; while at the same time making new friends and increasing their flexibility and strength!

We are proud to offer a wide variety of FUN classes designed especially for "Tiny Dancers" ages 18 months - age 6. Our classes use a progressive curriculum and include individual feedback and progress sheets for dancers, age appropriate and motivating music, and lots of imaginative and creative movements that are sure to delight the tiniest of dancers!

CLASS	MONDAY	TUESDAY	WEDNESDAY
Mommy & Me / Move with Me! (ages 18 mo - 3)			10:00 AM - 10:45 AM AK 6:00 PM - 6:45 PM AK
Taps & Twirls 1 (ages 3/4)		5:15 PM - 6:00 PM ES/CB	10:45 AM - 11:30 AM JO 4:30 PM - 5:15 PM AK
Taps & Twirls 1/2		12:45 PM - 1:30 PM ES	
Taps & Twirls 2 (ages 4/5)	4:30 PM - 5:15 PM CW	6:00 PM - 6:45 PM TT	10:45 AM - 11:30 AM AK
Kinder Kidz: Ballet/Tap (ages 5/6)	4:30 PM - 5:15 PM AL 6:45 PM - 7:30 PM MJ		5:15 PM - 6:00 PM AK
Kinder Kidz: Hip Hop/Jazz (ages 5/6)	6:00 PM - 6:45 PM CW		6:00 PM - 6:45 PM TT
Kinder-Pom. (ages 4/5/6)			5:15 PM - 6:00 PM TT
Tiny Tumblers (ages 3/4)	4:30 PM - 5:15 PM SA		
Kinder-Acro (ages 5/6)	5:15 PM - 6:00 PM SA		



TINY DANCER TEACHER KEY			
AK	Ashlynn Kennedy	JO	Jana Owen
AL	Anna Luttrell	MJ	Maddie Jensen
CW	Courtney Wages	SA	Skylar Adamson
ES	Eliza Sweet	TT	Traci Traffas

AGE 6 - 8



mini classes

2024/2025

take 2-3 classes per week for maximum benefit!

Dancers ages 6 - 8 use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment.

Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets.

Intro classes are best for students with no dance experience.

Leveled classes are placement classes based on previous dance experience.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Intro to Ballet*			5:15 PM - 6:00 PM AA	
Mini Ballet 1*		4:30 PM - 5:15 PM MD	6:00 PM - 6:45 PM JO	5:15 PM - 6:00 PM SA
Mini Ballet 2			6:45 PM - 7:30 PM TT	6:00 PM - 6:45 PM SA
Mini Ballet 3		7:00 PM - 7:45 PM PM		6:45 PM - 7:30 PM AL
Intro to Jazz*			4:30 PM - 5:15 PM AA	
Mini Jazz 1*		5:15 PM - 6:00 PM MD		4:30 PM - 5:15 PM PM
Mini Jazz 2			7:30 PM - 8:15 PM TT	4:30 PM - 5:15 PM SA
Mini Jazz 3		5:45 PM - 6:30 PM MM		
Intro to Hip Hop*			6:00 PM - 6:45 PM AA	
Mini Hip Hop 1*		6:00 PM - 6:45 PM AB/GS		
Mini Hip Hop 2				6:45 PM - 7:30 PM SZ
Mini Hip Hop 3				6:00 PM - 6:45 PM MJ
Intro to Tap*		8:15 PM - 9:00 PM AL		
Mini Tap 1*				4:30 PM - 5:15 PM MJ
Mini Tap 2				5:15 PM - 6:00 PM MJ



* Mini 1 is recommended for dancers who participated in Taps & Twirls and/or Kinder-Kidz classes. Intro classes are recommended for dancers with no previous dance experience.

speciality classes



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Contemporary 1 (prerequisite Mini/Jr Ballet 3)				7:30 PM - 8:00 PM AV
Lyrical 1 (prerequisite Mini/Jr Jazz 3)	6:45 PM - 7:15 PM MM			
Leaps & Turns 1 (prerequisite Mini/Jr Jazz 3)		6:30 PM - 7:00 PM MM		
Music Theatre 1 (prerequisite Jr Jazz 2 & Mini/Jr Jazz 3)		5:00 PM - 5:45 PM PM		
Intro to Acro		5:15 PM - 6:00 PM NB		
Acro 1		7:30 PM - 8:15 PM NB		

Note: Speciality classes do not participate in the end of semester recital

AGE 9 - 12

junior classes 2024/2025

take 3 - 4
classes per week
for maximum
benefit!



Dancers ages 9 - 12 use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment.

Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets.

Intro classes are best for students with no dance experience. Leveled classes are placement classes based on previous dance experience.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Intro to Ballet			5:15 PM - 6:00 PM AA	
Junior Ballet 2		7:30 PM - 8:15 PM CJ		8:15 PM - 9:00 PM AL
Junior Ballet 3	6:00 PM - 6:45 PM AK			8:00 PM - 8:45 PM AV
Junior Ballet 4		6:45 PM - 7:45 PM AL	6:45 PM - 7:45 PM AL	
Intro to Jazz			4:30 PM - 5:15 PM AA	
Junior Jazz 2		6:45 PM - 7:30 PM TT		7:30 PM - 8:15 PM LP
Junior Jazz 3		5:45 PM - 6:30 PM MM		6:00 PM - 6:45 PM CW
Junior Jazz 4		5:00 PM - 6:00 PM KM	4:30 PM - 5:30 PM KM	
Intro to Hip Hop			6:00 PM - 6:45 PM AA	
Junior Hip Hop 2				6:00 PM - 6:45 PM LP
Junior Hip Hop 3				5:15 PM - 6:00 PM AA
Junior Hip Hop 4	6:00 PM - 6:45 PM MM			
Intro to Tap		8:15 PM - 9:00 PM AL		
Junior Tap 2				6:45 PM - 7:30 PM LP
Junior Tap 3				4:30 PM - 5:15 PM CW
Junior Tap 4	5:15 PM - 6:00 PM CW			



Note: Speciality classes do not participate in the end of semester recital.

speciality classes

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Contemporary 1 (prerequisite Mini/Jr Ballet 3)				7:30 PM - 8:00 PM AV	
Lyrical 1 (prerequisite Mini/Jr Jazz 3)	6:45 PM - 7:15 PM MM				
Leaps & Turns 1 (prerequisite Mini/Jr Jazz 3)		6:30 PM - 7:00 PM MM			
Music Theatre 1 (prerequisite Jr Jazz 2 & 3)		5:00 PM - 5:45 PM PM			
Contemporary 2 (prerequisite Jr Ballet 4)			7:45 PM - 8:30 PM KM		
Lyrical 2 (prerequisite Jr Jazz 4)		4:30 PM - 5:00 PM MM			
Leaps & Turns 2 (prerequisite Jr Jazz 4)		4:30 PM - 5:15 PM AB/GS	5:30 PM - 6:00 PM KM		
Music Theatre 2 (prerequisite Jr Jazz 4)		6:00 PM - 6:45 PM PM			
Strength & Conditioning			8:30 PM - 9:15 PM JO		8:00 AM - 8:30 AM AK 8:45 AM - 9:45 AM AK
Intro to Acro		5:15 PM - 6:00 PM NB			
Acro 1		7:30 PM - 8:15 PM NB			



AGE 12 - 19

2024/2025

teen classes

take 4-5 classes per week for maximum benefit!

Dancers ages 12+ use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment. Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets & individual goal setting sessions.

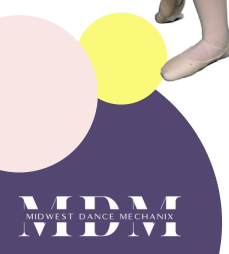
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Teen Intro to Ballet & Jazz	8:15 PM - 9:15 PM CW			
Teen Ballet 2	6:15 PM - 7:15 PM CJ			
Teen Ballet 3	6:15 PM - 7:15 PM CJ			
Teen Ballet 4	7:15 PM - 8:30 PM CJ	6:00 PM - 7:00 PM TS		
Teen Ballet 5	7:15 PM - 8:30 PM AK			
Teen Jazz 2	5:15 PM - 6:15 PM MJ			
Teen Jazz 3	5:00 PM - 6:00 PM KM			
Teen Jazz 4	5:00 PM - 6:00 PM KM			
Teen Jazz 5				5:15 PM - 6:15 PM PM
Teen Intro to Hip Hop		7:45 PM - 8:30 PM SZ		
Teen Hip Hop 2				8:15 PM - 9:00 PM LP
Teen Hip Hop 3				8:15 PM - 9:00 PM LP
Teen Hip Hop 4				4:30 PM - 5:15 PM AA
Intro to Tap		8:15 PM - 9:00 PM AL		
Teen Tap 2				7:30 PM - 8:15 PM CW
Teen Tap 3				7:30 PM - 8:15 PM CW



speciality classes

Note: Speciality classes do not participate in the end of semester recital.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Teen Contemporary/Lyrical (prerequisite Teen Ballet 2/3)	7:30 PM - 8:15 PM PM				
Contemporary 4 (prerequisite Teen Ballet 4)		7:00 PM - 7:45 PM SZ			
Contemporary 5 (prerequisite Teen Ballet 5)				7:30 PM - 8:15 PM SZ	
Leaps & Turns 4 (prerequisite Teen Jazz 4)			7:00 PM - 7:30 PM AB/GS		
Leaps & Turns 5 (prerequisite Teen Jazz 5)			7:00 PM - 7:30 PM AB/GS		
Lyrical 4 (prerequisite Teen Jazz 4)			8:30 PM - 9:15 PM KM		
Lyrical 5 (prerequisite Teen Jazz 5)				6:45 PM - 7:30 PM MM	
Teen Music Theatre	4:30 PM - 5:15 PM PM				
Music Theatre 3 (prerequisite Teen Jazz 4)		7:45 PM - 8:30 PM PM			
Music Theatre 4 (prerequisite Teen Jazz 5)	5:15 PM - 6:00 PM PM				
Prepointe (by placement only)	8:30 PM - 9:15 PM JO				
Pointe 1 (by placement only)	8:30 PM - 9:15 PM CJ		8:45 PM - 9:15 PM TS		
Pointe 2 (by placement only)	8:30 PM - 9:15 PM AK		8:45 PM - 9:15 PM TS		
Intro to Acro		5:15 PM - 6:00 PM NB			
Strength & Conditioning			8:30 PM - 9:15 PM JO		8:00 AM - 8:30 AM AK 8:45 AM - 9:45 AM AK



AGE 9 & UP

advanced ballet

AND CONTEMPORARY & PBT CLASSES

2024/2025

ballet & pointe

Our Advanced Curriculum programming requires instructor placement in all levels and is designed to challenge students who are committed to serious dance training. Students will receive individual feedback and class evaluations each semester. Most Advanced level classes are designated as "technique only" and will not perform in our bi-annual recitals.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Advanced Ballet 1	6:00 PM - 7:30 PM SR	6:00 PM - 7:00 PM CJ	6:45 PM - 8:00 PM SR 7:30 PM - 8:30 PM JO		8:30 AM - 9:45 AM AV
Advanced Ballet 2	6:00 PM - 7:30 PM SR 7:30 PM - 8:30 PM JO	6:00 PM - 7:00 PM TS	6:45 PM - 8:00 PM SR 7:30 PM - 8:30 PM JO		8:30 AM - 9:45 AM AV
Advanced Ballet 3	6:00 PM - 7:30 PM SR 7:30 PM - 8:30 PM JO	7:45 PM - 9:00 PM TS	6:45 PM - 8:00 PM SR 7:30 PM - 8:45 PM TS		8:30 AM - 9:45 AM TS
Advanced Ballet 4	4:30 PM - 6:00 PM SR 6:00 PM - 7:30 PM SR	7:45 PM - 9:00 PM TS	4:30 PM - 6:00 PM SR 6:45 PM - 8:00 PM SR	6:15 PM - 7:30 PM AV	8:30 AM - 9:45 AM TS
Advanced Ballet 5	4:30 PM - 6:00 PM SR 6:00 PM - 7:30 PM SR	7:45 PM - 9:00 PM TS	4:30 PM - 6:00 PM SR 6:45 PM - 8:00 PM SR	6:15 PM - 7:30 PM TS	8:30 AM - 9:45 AM JO
Prepointe (placement required)	8:30 PM - 9:15 PM JO				
Pointe 1 (placement required)	8:30 PM - 9:15 PM CJ		8:45 PM - 9:15 PM TS		
Pointe 2 (placement required)	8:30 PM - 9:15 PM AK		8:45 PM - 9:15 PM TS		
Pointe 3 (placement required)			6:00 PM - 6:45 PM SR	8:15 PM - 9:00 PM JO	
Pointe 4 (placement required)			6:00 PM - 6:45 PM SR	7:30 PM - 8:15 PM TS/JO	
Nutcracker Partnering (invite only for Fall 24)				8:15 PM - 9:00 PM CB/TS	

contemporary & strength

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Contemporary 3 (prerequisite: Adv Ballet 1)		7:00 PM - 7:45 PM MM			
Contemporary 4 (prerequisite: Adv Ballet 2)		7:00 PM - 7:45 PM SZ			
Contemporary 5 (prerequisite: Adv Ballet 3)				7:30 PM - 8:15 PM SZ	
Contemporary 6 (prerequisite: Adv Ballet 4)				7:30 PM - 8:15 PM MM	
Contemporary 7 (prerequisite: Adv Ballet 5)	6:45 PM - 7:30 PM JO				
Progressing Ballet Technique					8:00 AM - 8:30 AM TS
Strength & Conditioning			8:30 PM - 9:15 PM JO		8:00 AM - 8:30 AM AK 8:45 AM - 9:45 AM AK

2-3 ballet classes per week are recommended for advanced dancers



MDM
MIDWEST DANCE MECHANIX

*Advanced classes are Technique Only Classes & not in recital

AGE 9 & UP

advanced jazz

AND LYRICAL & MUSIC THEATRE CLASSES

2024/2025

Add a Leaps & Turns class & Lyrical class to maximize your jazz training!

Our Advanced Curriculum programming requires instructor placement in all levels and is designed to challenge students who are committed to serious dance training. Students will receive individual feedback and class evaluations each semester. Most Advanced level classes are designated as "technique only" and will not perform in our bi-annual recitals.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Advanced Jazz 1			4:30 PM - 5:30 PM KM	
Advanced Jazz 2			6:00 PM - 7:00 PM AB/GS	
Advanced Jazz 3			6:00 PM - 7:00 PM AB/GS	5:15 PM - 6:15 PM MM
Advanced Jazz 4	7:30 PM - 8:30 PM MM		7:30 PM - 8:30 PM SZ	
Advanced Jazz 5	7:30 PM - 8:30 PM KM		7:30 PM - 8:30 PM SZ	

leaps & turns, lyrical & music theatre

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Leaps & Turns 3 (prerequisite: Adv Jazz 1)			5:30 PM - 6:00 PM KM	
Leaps & Turns 4 (prerequisite: Adv Jazz 2)			7:00 PM - 7:30 PM AB/GS	
Leaps & Turns 5 (prerequisite: Adv Jazz 3)			7:00 PM - 7:30 PM AB/GS	
Leaps & Turns 6 (prerequisite: Adv Jazz 4)			8:30 PM - 9:00 PM SZ	
Leaps & Turns 7 (prerequisite: Adv Jazz 5)			8:30 PM - 9:00 PM SZ	
Lyrical 3 (prerequisite: Adv Jazz 1)			6:45 PM - 7:30 PM KM	
Lyrical 4 (prerequisite: Adv Jazz 2)			8:30 PM - 9:15 PM KM	
Lyrical 5 (prerequisite: Adv Jazz 3)				6:45 PM - 7:30 PM MM
Lyrical 6 (prerequisite: Adv Jazz 4)	8:30 PM - 9:15 PM MM			
Lyrical 7 (prerequisite: Adv Jazz 5)	8:30 PM - 9:15 PM KM			
Music Theatre 3 (prerequisite: Adv Jazz 1/2)		7:45 PM - 8:30 PM PM		
Music Theatre 4 (prerequisite: Adv Jazz 3/4)	5:15 PM - 6:00 PM PM			
Music Theatre 5 (prerequisite: Adv Jazz 4/5)	6:00 PM - 6:45 PM PM			



MDM
MIDWEST DANCE MECHANIX

*Advanced classes are Technique Only Classes & not in recital

AGE 9 & UP

advanced curriculum

TAP, HIP HOP, & ACRO 2024/2025

Our Advanced Curriculum programming requires instructor placement in all levels and is designed to challenge students who are committed to serious dance training. Students will receive individual feedback and class evaluations each semester and will have opportunities to perform in the both the Holiday Showcase (December) and Spring Recital (May), However, many Advanced classes are "technique only" and do not perform in these performances.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Advanced Hip Hop 1		5:15 PM - 6:00 PM AB/GS		
Advanced Hip Hop 2			5:15 PM - 6:00 PM AB/GS	
Advanced Hip Hop 3			6:45 PM - 7:30 PM SZ	
Advanced Tap 1	6:45 PM - 7:30 PM CW			
Advanced Tap 2				8:15 PM - 9:00 PM CW
Advanced Tap 3/4				5:15 PM - 6:00 PM CW

CLASS	MONDAY	TUESDAY
Intro to Acro		5:15 PM - 6:00 PM NB
Acro 1		7:30 PM - 8:15 PM NB
Acro 2		8:15 PM - 9:00 PM NB
Acro 3		6:45 PM - 7:30 PM NB
We recommend a placement class for Acro classes		



*Advanced classes are Technique Only Classes & not in recital

FALL SEMESTER DETAILS

FALL 2024 semester dates

September 9 - December 15

STUDIO closure dates

FALL BREAK: October 28, 29 & 30

HALLOWEEN: October 31

THANKSGIVING BREAK: November 25 - 30

HOLIDAY BREAK: December 16 - January 12

Spring Semester begins January 13th

HOLIDAY SHOWCASE

due dates

OPT OUT: October 5

COSTUME FEES: November 5

COSTUME CHECK OUT:

November 18 - 23

PERFORMANCES:

December 13 - 15



STUDIO fun!

FALL spirit week

October 21st - 26th

CHRISTMAS spirit week

December 2nd - 7th

PARENT watch week

November 18 - 23



CLASS fees

REGISTRATION FEES

\$25 per dancer

Tuition rates are per dancer and include a built in multi-class discount for each additional class a dancer takes. Tuition is a semester rate that includes 12 class periods and one recital in the Fall and 16 class periods and one recital in the Spring. The semester rate is divided into convenient equal monthly payments, regardless of how many classes fall in each individual month. Tuition is non-refundable. Monthly payments are as follows:

	Class Rate	Multi-Class Discounted Rate	\$ Discount Amount per month
1 class/month	\$53.00	\$53.00	\$0.00
2 classes/month	\$106.00	\$99.00	\$7.00
3 classes/month	\$159.00	\$140.00	\$19.00
4 classes/month	\$212.00	\$177.00	\$35.00
5 classes/month	\$265.00	\$206.00	\$59.00
6 classes/month	\$318.00	\$234.00	\$84.00
7 classes/month	\$371.00	\$268.00	\$103.00
8 classes/month	\$416.00	\$286.00	\$130.00
9 classes/month	\$477.00	\$304.00	\$173.00
10 classes/month	\$530.00	\$321.00	\$209.00

TEACHER key

TEACHER KEY

SA	Skylar Adamson	PM	Payton McCaulley
AA	Abby Allen	JO	Jana Owen
NB	Nikki Barger	LP	Lyndsey Piska
AB	Avi Battles	SR	Sharon Rogers
CB	Courtney Brittain	StR	Stan Rogers
MD	Marcee Davis	GS	Gigi Sauter
MJ	Maddie Jensen	ES	Eliza Sweet
CJ	Catherine Johnson	TS	Trudy Souba
AK	Ashlynn Kennedy	TT	Traci Traffas
AL	Annika Lindeman	AV	Alyssa Vierya
AL	Anna Luttrell	CW	Courtney Wages
KM	Kyra Mandrigues	SZ	Sam Zimmerman
MM	Morgyn Mandrigues		

MDM
MIDWEST DANCE MECHANIX

TENTATIVE HOLIDAY SHOWCASE DATE: DECEMBER 13TH - 15TH
LOCATION TBD

studio fun & extras all year

At MDM, it is important that our studio be a place that provides access to lots of different types of "extras": parent educational classes, FUN dress up days and theme weeks, camps, social events & extra performance opportunities. Below are some of the programs & performances that we are proud to offer each year.



VALENTINES
of CHIEFS

LOVE spirit week

WEAR VALENTINE OR CHIEFS COLORS THIS WEEK!



COMPANY
SHOWCASE

MDM
MIDWEST DANCE MECHANIX



Vacation Vibes

SPIRIT WEEK



NATIONAL DANCE WEEK



QUESTIONS | ANSWERS | ADVICE | WISDOM

dance mom
CLASSES with Miss Jana

3 FREE CLASS OPTIONS TO CHOOSE FROM!



SUMMER CAMPS



HALLOWEEN COSTUME WEEK

ANNUALLY IN OCTOBER



MDM
MIDWEST DANCE MECHANIX

THIS COULD GET UGLY

EXTREME HOLIDAY ATTIRE
ALL WEEK LONG!

HOLIDAY SPIRIT WEEK IN DECEMBER



Short & Suite
NUTCRACKER

FIRST WEEKEND IN DECEMBER

PRESENTED BY

	<i>girls</i>	<i>boys</i>
BALLET	<p>HAIR: Hair must be secured in a proper bun</p> <p>LEOTARD: Leotard (any color or style) (black is required for classes taught by Stan or Sharon Rogers)</p> <p>TIGHTS*: Black or Ballet Pink (pink is required for classes taught by Stan or Sharon Rogers)</p> <p>OTHER ATTIRE: Ballet skirts and shorts are optional</p> <p>SHOES: Pink Canvas or Leather (Level 1 & 2)</p> <p>SHOES: Capezio Canvas Split Sole (Level 3 & above)</p>	<p>ATTIRE: T-shirt or white tank top</p> <p>ATTIRE: Shorts or Black Tights*</p> <p>ATTIRE: Dance belt (teen & senior level)</p> <p>SHOES: Black Canvas or Leather</p>
JAZZ	<p>HAIR: Hair secure in a proper bun or other secure style. No ponytails or hair that is not secured.</p> <p>LEOTARD: Leotard (any color or style) Athletic tops / sports bras may be worn instead of a leotard for Teen (14+) only</p> <p>TIGHTS*: - Optional Black or Skin Tone Tights are NOT required if leggings or shorts are worn</p> <p>OPTIONAL ATTIRE: Dance shorts or leggings can be worn instead of tights</p> <p>SHOES: Black (Capezio or Bloch)</p>	<p>ATTIRE: T-shirt or tank top</p> <p>ATTIRE: Shorts</p> <p>SHOES: Black (Capezio or Bloch)</p>
TAP	<p>HAIR: Hair secured away from face in ponytail or bun</p> <p>ATTIRE: Leotard or shirt and shorts/leggings Tights not required</p> <p>SHOES: Black So Danca Lace up (Level 1 & 2)</p> <p>SHOES: Black Bloch Full Sole Lace Up (Level 3 & above)</p>	<p>ATTIRE: T-shirt or tank top</p> <p>ATTIRE: Shorts or athletic pants</p> <p>SHOES: Black So Danca Lace up (Level 1 & 2)</p> <p>SHOES: Black Bloch Full Sole Lace Up (Level 3 & above)</p>
HIP HOP	<p>HAIR: Hair secured away from face in ponytail or other</p> <p>ATTIRE: Comfortable Work Out Clothes (shorts, leggings, tanks or tees, sweats, flannels)</p> <p>Clean WHITE soled Tennis shoes</p>	<p>ATTIRE: Comfortable Work Out Clothes (shorts, leggings, tanks or tees, sweats, flannels)</p> <p>Clean WHITE soled Tennis shoes</p>
ACRO	<p>HAIR: Hair in ponytail or away from face</p> <p>ATTIRE: Leotard or Unitard (shorts optional)</p> <p>SHOES: No shoes / Bare Feet</p>	<p>ATTIRE: Shorts and t-shirt or tank top</p> <p>SHOES: No shoes / Bare feet</p>

*Tights not required in Summer months

Shoe Specifications & Retail Options

Style	Shoe Description & Brand Preference	Retail Options (prices are estimates)
BALLET	<p>Pink canvas or Leather (Tiny Dancer - Level 2)</p> <p>Capezio or So Danca Canvas Split Sole (Level 3 & above)</p>	<p>Target: \$15 Academy: Capezio Future Star \$20 Attitudes: Bloch \$23 or Capezio canvas \$27</p> <p>Attitudes: \$27</p>
TAP	<p>Black Mary Jane SNAPS (Tiny Dancer)</p> <p>Black Lace Up (Level 1 & 2)</p> <p>Black BLOCH Full Sole Lace Up (Level 3 & above)</p>	<p>Target: \$23 Academy: Mary Jane \$25 Attitudes: \$30</p> <p>Academy: Pro Jazz Tap \$36 Attitudes: So Danca \$38</p> <p>Attitudes: \$91.50</p>
JAZZ	<p>Black Split Sole Jazz Shoe (all levels)</p>	<p>Attitudes: Bloch \$40 or So Danca \$46</p>
HIP HOP	<p>White Tennis Shoes with clean rubber soles</p>	<p>Any</p>

MDM PROGRAMS



tiny dancers program

Our Tiny Dancer program is designed to delight, inspire, motivate and challenge the creativity of children ranging in age from 2 - 5. Research shows that dance has so many positive benefits on young children ranging from social interaction to cognitive development. Even the tiniest of dancers can begin to express themselves through the movement of dance! Our Tiny Dancer programming is designed to support self expression and creative movement in a FUN and exciting environment. While learning Ballet, Tap, Jazz, Hip Hop & Acro, our Tiny Dancers thrive on dance parties, sticker rewards, and an abundance of suckers!

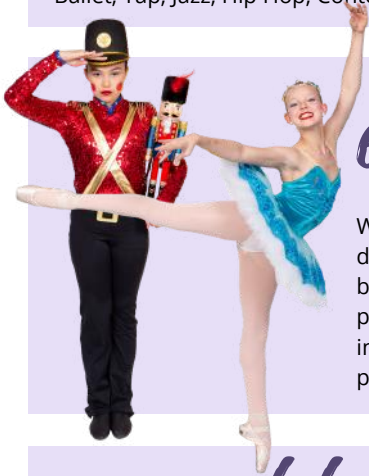
mini, junior, & teen programs

It's never too late or too early to begin dance education! And that is precisely why we have developed progressive curriculums to meet the needs of dancers at every age and stage of life; from ages 6 - 18. Our class structure is designed to allow dancers to progress at their own pace amongst peers of similar age and skill. We believe in allowing kids to develop into leadership roles as they progress and also push them to be challenged once they have mastered a curriculum level. Dancers in these programs have the opportunity to participate in 2 recital shows annually and are invited to train in a wide variety of dance disciplines including Ballet, Tap, Jazz, Hip Hop, Contemporary, Lyrical, Music Theatre & Acro!



en avant youth ballet company

We love ballet at MDM! While ballet is foundational for all dance disciplines, some dancers develop an even deeper love for the art form and wish to pursue additional training and performance opportunities specific to ballet. The En Avant Youth Ballet Company consists of dancers ages 9 - 18 who have a desire to train in a preprofessional ballet environment. These dancers perform a Winter Showcase, The Short & Suite Nutcracker in December, and compete at the Youth America Grand Prix Regional in Kansas City. In addition to these extra performance opportunities, these dancers take Master Classes with specialty instructors throughout the year.



competition company

Our award winning Company dancers are a select group of dancers ranging in age from 6 - 18 who audition in the summer and train throughout the year in a variety of dance styles. Our Company dancers attend various conventions, competitions & master classes throughout the year to further their dance education while experiencing a wide variety of teachers, styles and stage opportunities. Being a part of Company is a wonderful opportunity for dancers, but also a serious commitment as it requires an additional time and financial commitment. Dancers who wish to pursue this training gain valuable experience both on the stage and off!



advanced curriculum

Our Advanced Curriculum program is designed to challenge dancers ages 9 - 18 who are interested in pursuing dance more seriously through additional weekly technique and Master Classes. Once per semester, dancers in this program create goals and receive individual evaluations and feedback related to their goals and their overall progress and development. These focused dancers also receive ongoing supplemental education related to important topics such as nutrition, growth mindset, anatomy, injury prevention and goal setting. This program is designed to challenge dancers who are focused and committed to pursuing a high level of dance instruction.



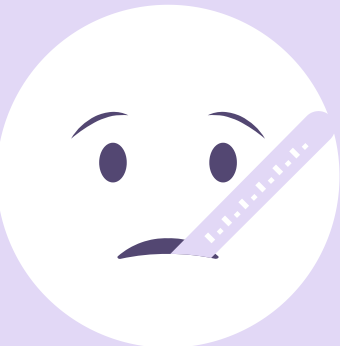
discover your own potential!



listen up! IT'S THE IMPORTANT STUFF!



We distribute a monthly newsletter at the beginning of each month that is full of important information related to studio programming and opportunities. These newsletters are also kept on our website for ongoing reference. We also use email, SMS messaging and social media platforms to keep our dancers and parents up to date on an ongoing basis.



We require all dancers to be 48 hours fever, vomit, and symptom free of **ALL** illness before coming to the studio for classes or rehearsals. If your dancer is ill, please email **office@dancemechanix.biz** to notify us and we will be happy to help you schedule a make up class.

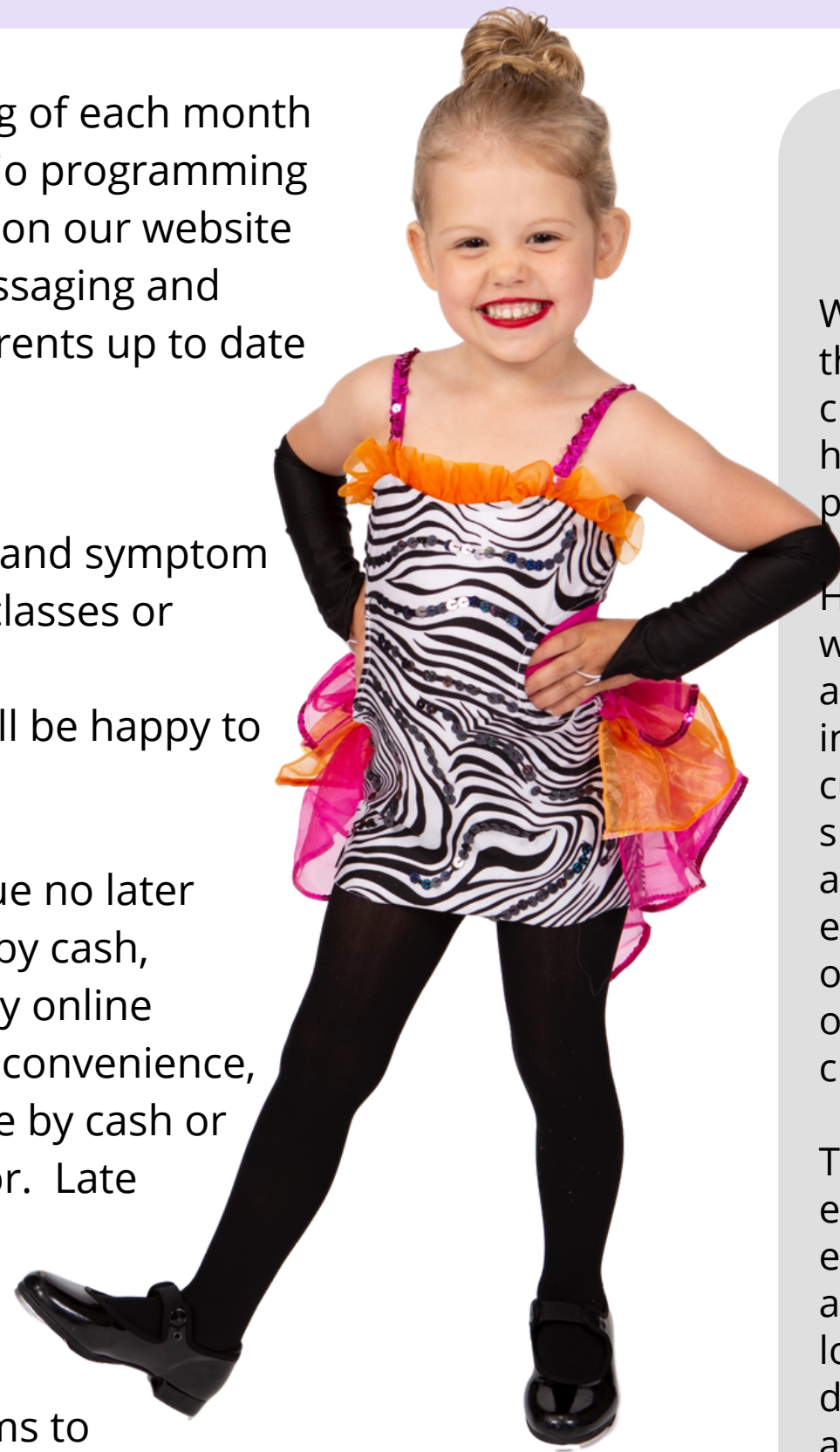


Tuition is posted on the first of the month and is due no later than the tenth of the month*. We accept payment by cash, check or credit/debit card. You can conveniently pay online through your Portal or if you would like even more convenience, we have an AutoPay option as well. Payments made by cash or check can be placed in a drop box by the office door. Late payments will incur a \$10 non-refundable late fee.

*Applies to all months except January, June and September. Tuition is due on the 20th of those months.



We ask dancers to keep their belongings with them and use the storage cubbies in the studio classrooms to store their belongings during class. If something ends up missing, we have a Lost & Found bucket that is located in the lobbies of both buildings. We typically donate unclaimed Lost & Found items every couple of months, so be sure to check it often!



LOBBY POLICY

CLOSED

We learned a few things during the policy changes that Covid created. One of those relates to having our lobbies closed for parent observation and waiting.

Having closed observation and waiting lobbies allows us to create a more professional environment inside the lobby for our customers. We have a quieter space whereby parents are able to ask questions at the desk in an environment that is less noisy and our dancers have space available, other than the floor, to wait for class, eat and do homework.

This is a policy that we feel enhances our ability to provide excellent dance instruction as well as excellent customer service. Our lobbies are always open for front desk assistance, bathroom needs and drops offs and pick ups!

Thank you for helping us keep our focus on providing excellent instruction and customer service!



classroom rules

- No Food in the Classroom
- Water Bottles are Allowed
- Wear the proper shoes; no street shoes are allowed
- No Gum in the Classroom
- Cellphones must be silenced and kept in a bag while class is taking place
- Arrive on time; dancers who are more than 15 minutes late will be asked to observe to avoid injury
- Be kind, positive and respectful to your instructor and to your peers
- Thank your teacher after class
- Adhere to the Dress Code
- When the teacher is talking or the music is playing, dancers should not be talking
- Respect everyone's personal space by keeping your hands and feet to yourself
- Remember... class is a time to learn, grown and have FUN!

dress code

TINY DANCERS

Dancers are welcome to wear their favorite leotard and either pink, tan or black tights for all classes other than Acro. Dance skirts, shorts and other accessories are optional. Shoes: Pink Ballet Shoes, Black Mary Jane Style Tap Shoes, and Black Jazz shoes. Suggested stores and styles are available on our website. Hair should be pulled back and away your face.

ALL OTHER CLASSES

Ballet: Any leotard; pink or black tights; pink canvas ballet shoes; hair in bun

Jazz: Any leotard; pink, black or tan tights; dance leggings or shorts can be worn in place of tights; black jazz shoes; hair in bun

Tap: Leotard or shorts; tank tops, leggings or athletic wear; black lace up tap shoes; hair in ponytail; tights not required

Hip Hop: Athletic clothing that you are able to move in; clean white tennis shoes, hair in ponytail

Details on Website



find us

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WICHITA, KS 67219**



call us

316.337.5299



text us

214.544.5655



email us

office@dancemechanix.biz



visit us

**www.dancemechanix.biz
www.mdmathome.com**



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