



DANCE INTENTIONS

WELCOME PACKET

Dance is just steps without INTENTION!

Intentions is committed to providing versatile training at the highest standard for all dancers. We aim not only to produce artists, but also lifelong friendships and valuable life skills along each dancer's journey. We want our kids to find their voice and confidence as individuals while learning how to be part of a successful team.

Our intentions are:

- ***To teach essential dance technique and challenge our dancers technically in a nurturing, encouraging, creative environment***
- ***To build a foundation of crucial life skills; Commitment, Confidence, and Compassion through our studio culture***
- ***To create a second home where kids can feel safe and supported to be themselves, to create lifelong memories and grow friendships that will only inspire them to bloom into their best selves!***

We strive for our kids to be inspired year after year not only by the art of dance and our teachers, but by our entire dance family. We cannot wait to welcome you to the Intention Family and for us to be privileged enough to be a part of your dance journey! Let's dance!!



Call: (607) 444-3047

Email: danceintentions@gmail.com

Website: danceintentions.com

Social Media: @danceintentions

Faculty

Erin Wilcox

Studio Co-Owner & Artistic Director

Erin has been teaching dance in the Binghamton area since 2010 and has been the Head Coach of the Binghamton University Dance Team since 2015. Her training started at age three on Long Island where she performed and competed with Long Island Academy of Dance. As a young dancer Erin and her team won multiple awards, titles, & recognitions on regional and national levels. Erin continued her dance education throughout her undergraduate and master's degrees at Binghamton University. She has not only performed in numerous shows at B.U. as a featured dancer but has also choreographed for the BU Theater Department and continues to grow the Division I Competitive Dance Team program through the Athletics Department. Erin has choreographed and performed as a featured dancer with Vortex Dance Company. Her choreography with Vortex was showcased at E.P.A.C. Her competitive routines have been recognized for their outstanding technique, choreography, and overall entertainment. Her soloists have achieved regional and national titles. But most importantly, as a performer, teacher, and coach Erin's passion for dance is undeniable. She loves making life-long connections with her dancers and helping them find their confidence, joy, and best friends through dance.



Ravin Van Gelder

Studio Co-Owner & Artistic Director

Miss Ravin is a Progressing Ballet Technique (PBT) Certified teacher with a BFA in Theatre: Dance. During her time at Binghamton University, she was a member of BU's DI Dance Team and performed as the Nutcracker in the Theater Department's Production of "Jazz Nutcracker". She had the opportunity to train as a Teacher Assistant in college level Ballet and Tap classrooms, where she developed skills in dance pedagogy and awareness of safe training practices. Throughout her college experience, Ravin also participated in various costuming classes allowing her to offer alterations and custom costuming to her students. In her concluding semester with Bing's Theatre Department, she was awarded Outstanding Costume design by KCACTF for her work designing their production of "Anything Goes". Prior to college, Ravin trained at a local studio for 15 years as well as under the direction of various industry professionals through prestigious summer intensives. In 2018 she attended the audition-only Rockette Summer Intensive where she trained under the Radio City Rockettes, learning the art of precision. Then in 2019, she attended the Hollywood Summer Tour where she had the opportunity to record a dance video through MENINA Entertainment for the opening number of the first annual Universal Dance Awards and received training in the world of commercial dance. Miss Ravin's dance teaching journey began in 2020 where she fell in love with providing technical training and teaching choreography to young dancers. Throughout her journey as a teacher, her dances have been recognized for their choreography, artistic concepts, entertainment value, emotional execution, and technical excellence. Miss Ravin loves working with students of all ages and fostering an environment where her students feel comfortable to grow into their own unique artists.



Grace Strojny

Instructor & Choreographer

Miss Grace is a homegrown dancer, teacher, and choreographer. Growing up in Apalachin, NY and graduating from Seton Catholic, dance has always been a part of her life. She started dancing at age five and was a competitive dancer throughout high school. Grace is known for bringing her unique movement quality and entertaining performances to the stage. Thanks to dance she has met some of her best, life-long friends. Grace continued her education at SUNY Oswego graduating with a major in Psychology and a minor in Dance. She was part of the Dance Company, Del Sarte which included all styles of dance; Tap, Jazz, Ballet, Contemporary, Lyrical, Hip Hop, and Musical Theater. Grace performed and was featured in multiple dance shows at Oswego. She also began to explore choreography and teaching through Assistant Choreographing the Oswego Spring 2022 Musical, The Wedding Singer! Grace has had two years of teaching experience and has been consistently subbing for Miss Ravin and Miss Erin over the last year. You may have met her at the studio before or backstage at Recital! She has always been a part of the DI Fam behind the scenes, one of our biggest supporters, and we are SO EXCITED to be able to show how much we value her by creating an opportunity for her to share her experiences, teach, and create with our dancers.



The Academy

The goal of our Academy Program is to **successfully train our dancers in a variety of genres and celebrate their growth & talent at our annual recital**. We train all of our students with quality dance technique. Our Academy kids will be challenged and celebrated while still having a flexible dance schedule. Academy kids are not required to take any specific classes- take 1 class a month or 5 classes a month! They will not only grow as dancers but also develop life skills such as teamwork, work ethic, confidence, and commitment while creating lifelong friendships and memories with their fellow dancers.

- Students can take a variety of classes and can choose how often they want to dance- one class a week or unlimited classes
- Students are welcome to take additional technique classes outside of their current skill level *Pending instructor approval*

Toddler & Me (ages 18 mo - 3 yrs)

Pre-K (ages 3/4) or Kinder (ages 4/5) Combo Classes

Ballet/Tap Combo, Hip Hop

Ages 6-8

*Ballet, Jazz/Acro, Jazz/Lyrical,
Tap, Hip Hop, or Foundations*

Ages 9-12

*Ballet, Tap, Jazz, Leaps & Turns,
Hip Hop, Contemporary/Lyrical, Conditioning*

Ages 13 and Up

*Ballet, Tap, Jazz, Hip Hop,
Contemporary, Conditioning, Leaps & Turns*

18 & Up Adult Class

Ballet, Jazz, & Tap



**Classes are subject to change*

**The above classes are available for Drop-Ins or Monthly Tuition commitment options*

Apprentice Training Program

The goal of our Pre-Company Apprentice Training Program is **to create a bridge program between our Academy Classes and our Competitive Company for dancers who are interested in competing with our competitive company in the future.** Dancers will be required to train in specific classes that will help them grow into well-rounded artists and prepare them physically and emotionally for future potential company opportunities. This program requires dedication, passion, and hard work! Dancers will perform in Recital as usual and will not be required to perform in any company group routines. This will allow dancers (and their families) take more weekly classes to gain the technical skills and knowledge required before committing to competing. Dancers and families are invited to attend any local competitions we attend as spectators, cheer on their friends, and experience a competition environment with our guidance and support without the pressure of performing! However, if your dancer is really wanting to perform on a competitive stage, we would be happy to help them prepare a Novice level (beginner) solo to perform at a competition.



Mini Apprentice- Ages 6-8

2 Required Classes: Ballet & Tap OR Jazz/Lyrical & Hip Hop

Optional Extra Classes- Jazz/Acro



Junior Apprentice- Ages 9 - 12

3 Required Classes: 1 Ballet Class, Leaps & Turns, One elective class

Choose 1 to fulfill requirements- Jazz, Hip Hop, Contemporary/Lyrical, Tap, Conditioning

Teen Apprentice- Ages 13 - 15

4 Required Classes: 1 Ballet, Leaps & Turns, Contemporary, One elective class

Choose 1 to fulfill requirements- Jazz, Hip Hop, Contemporary/Lyrical, Tap, Conditioning

Senior Apprentice- Ages 16 & Up

4 Required Classes: 1 Ballet, Leaps & Turns, Contemporary, One elective class

Choose 1 to fulfill requirements- Jazz, Hip Hop, Contemporary/Lyrical, Tap, Conditioning

**Apprentices will NOT be required to attend weekly Company Choreography Rehearsals*

The Company

The goal of our Competitive Company Program is **to challenge our dancers to perform and achieve at their highest level, to become well-rounded artists through requiring them to study a variety of genres of dance.** This program requires strong technical skills, dedication, and an engaging stage presence. Students who are offered a position will be required to commit to rehearsal times in addition to their weekly mandatory technique classes. Our Company kids will travel to at least 3 regional dance competitions throughout the year in addition to performing at our annual recital. A national competition will be offered as an optional event for those interested in competing over the summer. Ask any Company kid, **the work is worth it!** With more opportunities to develop their craft and perform, each of our Company kids will not only grow as dancers but also, develop a strong work ethic, learn the importance of teamwork, and create lifelong friendships and memories that will only help to nurture and encourage each dancer's personal growth as individual artists & young people.

Mini Company- Ages 6-8

3 Required Classes (2.75 hours): Ballet, Tap, Company Rehearsal

Optional Classes- Jazz/Lyrical, Hip Hop, Jazz/Acro



Junior Company- Ages 9 - 12

6 Required Classes (6-6.25 hours):

2 Ballet, Leaps & Turns, Conditioning, Tap, Co. Rehearsal

Optional- Jazz, Hip Hop, Contemporary/Lyrical



Teen Company- Ages 13 - 15

7 Required Classes (7.25 hours):

2 Ballet, Tap, Contemporary, Conditioning, Leaps & Turns, Co. Rehearsal

Optional- Jazz, Hip Hop



Senior Company- Ages 16 - 18

7 Required Classes (7.25 hours):

2 Ballet, Tap, Contemporary, Conditioning, Leaps & Turns, Co. Rehearsal

Optional- Jazz, Hip Hop



Adult Company- Ages 19 & Up

2 Required Classes (1.75 hours): One Adult Class & Co. Rehearsal

Ballet, Jazz, or Tap

***All Company kids will be required to attend weekly group choreography rehearsals-** at least 30-45 mins per week in addition to their required technique classes. These will not be available to register for online and will be added into tuition as an additional class. **Classes/rehearsal times are subject to change*

Tuition

class time per week - price per 1 month

(approx. 4 classes per month)

45 mins \$45

1 hr \$55

1.5 hrs \$75

2 hrs \$95

2.5 hrs \$115

3 hrs \$135

3.5 hrs \$155

4 hrs \$175

4.5 hrs \$190

5 hrs or over = Unlimited \$205

Additional yearly costs for all students include:

\$25- Registration Fee: per dancer (Due at registration)

\$50- Costume Deposits: per class (Due in Oct)

*Any competitive Company solo, duet, or trio choreography will require additional fees.

*If you would like to request private lessons or solos/duets/trios please e-mail us.

Discounts

FAMILY DISCOUNT- immediate family- 10% off annual tuition costs per additional dancer

MILITARY DISCOUNT- any parent or guardian who is currently or has served for our country deserves a 10% discount off annual tuition costs

BRING A FRIEND DISCOUNT- When you recommend a friend and they register for our Fall season, you both will receive 50% off of one month's tuition

BOYS DANCE TOO- Boys dance half price- 50% off annual tuition cost

TEACHING ASSISTANT DISCOUNT- any student (age 12 & up) who is interested in building their teaching and choreography skills can apply for our T.A. Program. They will assist with weekly classes and learn how to teach dance and how to begin creating choreography with guidance from Erin & Ravin. Exact discounts will be discussed pending availability of each assistant and how many classes they are able to assist with.

*All discounts only apply to your annual tuition costs and cannot be combined. They do not apply to fees regarding: competitive choreography, private lessons, registration, costume, or recital fees.

Enrollment Options

Drop-In Rate:

\$15 per 45 min class, \$20 per 60 min class

Students take class and do not commit to performing in Recital

- *Flexible schedule- come as you can!*
- *Cross-train- for extra technique/practice within a certain genre of dance.*
- *Try different styles of dance to choose which class to commit more time to.*
- *Do not purchase a costume for Recital.*
- *Drop-Ins are available for select classes all year.*
- *Some classes may be closed to Drop-Ins in February to begin preparing choreography for our Recital.*
- *Payment is due at the time of class.*

Monthly Tuition:

Due on the 1st of each month- September through June

Grace period of 1 week to avoid \$10 late fee

Students commit to monthly class (Sept-June) and perform in our Recital

- *Commit to weekly classes and pay once per month- September through June.*
- *Tuition is due the 1st of each month. Late fees will be added on the 10th and cannot be waived.*
- *Monthly classes vary pending calendar years between 3-5 classes per month.*
- *Classes cancelled due to holidays or weather are not refunded.*
- *Any missed classes due to dancer absences are not refundable.*
- *Everyone has the option to make-up any missed classes by taking any other dance class within the same age range as their original class.*
- *Will need to purchase a costume to perform in Recital (\$50 deposit in October).*
- *May have other expenses related to Recital.*

General Payment Information:

- *All payments are made through The Studio Director. Each dancer's family will need to create an online account to access their tuition.*
- *We accept cash or check at the studio.*
- *Bank or credit card information can be entered into your online account with the option of enabling Auto-Pay to avoid a \$10 late fee. Credit cards are subject to a 2.5% surcharge.*
- *All accounts must be settled prior to any performances such as Recitals and Competitions. Failure to pay your account before performances may result in your dancer being ineligible to perform.*
- *Withdrawal fee- If a student enrolls in monthly classes and decides not to complete their year of dance through the Recital. Any remaining balance on that account as well as a \$25 Withdrawal Fee will be charged and need to be taken care of within 2 weeks of withdrawing from class.*

Privates

Private lessons can be scheduled for any age to work on extra technique in any genre. Dancers must be enrolled in a group class in order to request a private lesson. Private lessons can also be used to teach and perfect a dancer's solo, duet, and trio choreography.

Any solos, duets, or trios wishing to compete in the 2025-2026 dance season must be finalized no later than November 1st, 2025. This will allow your teachers to adequately prepare your dancer, purchase costumes in a timely manner, and ensure we can properly register them for events.

Open Studio time may be available pending the seasons' schedule. For safety, this time may only be used for individual/solo rehearsals and dancers under 16 must have a parent present in the room. You must fill out an Open Studio Request form and receive email confirmation from Erin or Ravin each time you wish you use the space.

If you would like to request a solo/duet/trio private please email us at danceintentions@gmail.com your: Name, Age, and your requested style, choreographer, and available days/times.

Pricing

technique privates	solo	duets	trios
no choreography:	choreo & rehearsal:	choreo & rehearsal:	choreo & rehearsal:
30 mins: \$25	30 mins: \$25	30 mins: \$20 each	30 mins: \$15 each
60 mins: \$50	60 mins: \$50	60 mins: \$40 each	60 mins: \$30 each

*Competitive Company Solo/Duet/Trio Choreography we ask:
\$10 choreography fee*

We will always schedule makeups if classes conflict with a break or inclement weather

We can schedule your private every week or every other week.

for example:

30 or 60 mins every week

30 or 60 mins every other week

**1 hr a month recommended*

Studio Policies

Dress Code

All Classes:

Jewelry: For the safety of our kids we ask that no one wears any dangly or distracting jewelry. Clunky, heavy, or even delicate sentimental jewelry can easily be distracting or break during class; necklaces, bracelets, rings, dangling earrings, etc. should be left in dance bags or not worn to the studio at all. Studded earrings are safer options! We would hate for something to be lost, break, or cause injury.

Warm-up Apparel: For the first 10-15 mins of any class joggers, sweaters, zip ups, hoodies, etc. can be worn to help our kids properly warm their bodies up for their day of dance. Please no winter jackets.

Pre-K & Kinder Combo Ballet/Tap:

Hair: Up or out of child's face and please try to secure any hair pieces/accessories.

Dance-wear: Any color leotards, shorts, skirts, and tights are all great options.

Shoes: Pink Ballet shoes & Black Tap shoes.

*Boys ages 6 & Up:

Shorts and a fitted t-shirt or tank top
Black Ballet shoes

Ballet:

Hair: Bun. Out of face if hair is too short.

Dance-wear: All Ages: Pink or skin-tone tights, optional skirts or fitted sweater wraps

Ages 6-8: Any color leotard

Ages 9 & Up Black leotards.

Shoes: Ballet shoes.

Jazz - Lyrical - Contemporary:

Hair: Ponytail or bun. Out of face if hair is too short.

Dance-wear: Ages 12 & Under- any color leotard & tights, shorts/skirts optional.

Ages 13 & up: any color leotards & tights, fitted tank tops, leggings, shorts or skirts.

Shoes: All ages- Half sole/Pirouettes or Barefoot

All ages- Contemporary- Barefoot

Hip Hop:

Hair: However you like! Hats are permitted.

Dance-wear: All ages: Any well fitting clothing. No jeans. No excessively baggy clothes. Please wear age appropriate clothing that you are comfortable dancing in.

Shoes: Sneakers that have not been worn outside the studio! Please set aside a pair of sneakers that will not bring in dirt, snow, salt, ice, etc. Walmart & Target have great Converse and Nike look-a-likes!

Conditioning/Leaps & Turns:

Follow all the same dress codes as Jazz class! Weekly combo may require different shoes week to week depending on the style offered. Always keep all of your dance shoes in your bag so you are prepared for anything.

Recommended Dancewear providers: Amazon, Discount Dance, Dancewear Solutions, Capezio, & Bloch!

Attendance

We highly recommend that students come to class each week. It is vital to their personal growth and their presence builds class confidence and trust. We understand that sometimes absences are unavoidable- illness, family emergencies, school events.

Unexcused absences would be considered instances that do not fall into the previous

categories. All absences have the option to be made-up by choosing to attend any

additional class within the same age range. There will be no reimbursement for missed

classes in regards to tuition. Excessive absences (3 or more unexcused) could result in; a

parent meeting, dismissal from class, or dismissal from performing in our annual

Recital. Please communicate with Erin & Ravin regarding all absences via email or phone

call. We are very understanding, however we also believe in commitment and open, honest communication!

Parent Observation Week

Every first full week of the month we will open our classroom doors for the last 10 minutes of class to allow any parents, friends, family to watch a little bit of what our class has been working on and show-off any choreography we've been rehearsing.

Class Behavior

We expect all of our dancers to behave with a level of self-control and respect that is appropriate for their age towards their teachers, classmates, and the studio space. We expect kids to show up to class prepared, dressed, and ready for class each day. We, your teachers and staff, will do the same.

We will not tolerate any bullying, disrespect, or destruction of property. Dancers under the age of 8 will be given two warnings via notes home. If the distracting or inappropriate behavior persists we will ask that they be excused from class for the day. A meeting with their parent/guardian will be arranged, after a discussion, they could be invited back into the classroom. For students over the age of 8, they will be immediately excused from class until a discussion including their parent/guardian can be scheduled.

We understand that all kids experience life differently and cope with life differently. What kids need during these difficult moments is guidance and support from their teachers, peers, and family to help them learn how to work through challenges, emotions, and interpersonal relationships in a healthy, safe way. We want Dance Intentions to be a safe place for all of our kids. We hope that you can trust us enough to make those tough decisions and know that this is not coming from a place of embarrassment or judgement but a place of encouragement, learning, and love.

Social Media & Technology

Any cyber-bullying, disrespect, threats, inappropriate language or gestures made in reference towards fellow dancers, families, teachers, or the studio in general will not be tolerated. Some of these offenses can at times be out of our hands if submitted to officials. Any unacceptable behavior online or in-person can be grounds for dismissal from the studio.

If you would like to post any choreography or videos we ask that you get teacher permission or wait until a piece is performed at least once publicly before posting. Students must keep their phones in their dance bags and outside of the dance room at all times.

Photo/Video Release

Any photos or videos taken in class or at performances can be used on our Dance Intentions website or social media pages. If you would not like your child's photos shared online or printed please let us know. There is a release form to sign when registering through The Studio Director as well.

Studio Closings

We WILL NOT always follow school academic calendars in regards to closings due to holidays.

We WILL follow district decisions in regards to closings due to weather.

We will always send reminders of studio closings around any holidays or school breaks.

We will take a Winter Break & Spring Break!

No tuition will be deducted for Snow Days or Holiday breaks.

General Studio Rules

- *Bathrooms are located inside the dance rooms. If you are waiting in the lobby during class time, you will need to wait until classes are dismissed to use the bathroom. *Unless it is an absolute emergency.*
- *No food or drink is allowed inside the dance studios.*
- *No street shoes are allowed on dance floors.*
- *No dance shoes should be worn outside of the studio.*
- *Please do not lean on or touch the mirrors, do not hang on the ballet barres.*
- *If you make any mess in the lobby, please clean it up.*

Teaching Assistant Program

The goal of our Teaching Assistant Program is to:

- *help students begin to learn how to teach dance, how to be leaders, and be confident in their abilities, voice, and dance knowledge*
- *begin to explore how to choreograph routines*
- *give back to our TAs with a discount on their annual tuition costs*

This program requires a high level of responsibility, leadership, and technical dance ability.

Dancers ages 12 & up are eligible for this program as they will be assisting with classes that are under their current age range.

If interested please E-mail us!

Hope to dance with you soon!

