



Where Kids Get a Jump on Life!

METRODANCE
ACADEMY
LEARN • TRAIN • GROW

May, 2024

NEWSLETTER

Join Us At Metro For A Summer Full of Fun!

Enroll in Summer Gymnastics & Dance Classes & Camps Today!

Upcoming News & Events



Dance Showcase
Tickets on Sale
May 3, 2024

Dance Showcase
Class Picture Day
May 4, 2024

Rec Boys & Girls
Gymnastics
Mini Nationals
June 1, 2024

Dance Spring Showcase
June 8, 2024

School Year Session Ends
June 22, 2024

Summer Gymnastics

Classes: Choose your adventure and secure your spot today!

5 or 8 week sessions from July 1 - August 24. Class listings and pricing online. Enrollment through our office only.
To enroll email annettem@metrogymnastics.com or call 503-620-8939

Camps: Design your ultimate summer experience!

7 weeks of weekly or individual day camp options available. Select our full day or full week camp days and if needed add extended care morning and/or extended afternoon care. Find pricing & times online. **ENROLL ONLINE TODAY!**



Summer Dance

Classes: Dance with us at Metro this summer!

Our 7-week summer session runs from July 8 - August 24th. Classes for all age ranges & styles including ballet, tap, jazz, hip-hop, improv & musical theater!
ENROLL ONLINE TODAY!

Camps:

We are hosting 5 weeks of summer camps, starting in July. All camps are Monday-Thursday from 9:00am-1:00pm and are \$175 per dancer.
ENROLL ONLINE TODAY!



Countdown to Spring Dance Showcase! New details, pages 6-8

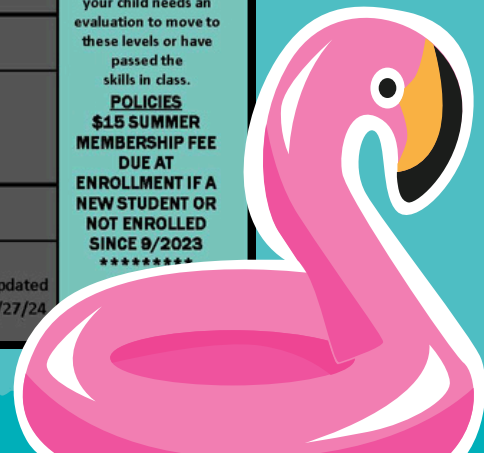
Summer Gymnastics Classes

July 1 - August 24

5 or 8 week Flex Schedule

2024 SUMMER GYMNASTICS SCHEDULE						
JULY 1 - AUGUST 24—MUST Call or Email to Enroll						
 						
OPTION 1: Enroll and attend any 5 weeks out of the 8 week session; no makeups OPTION 2: Enroll for all 8 weeks; 2 makeup offered for absences--see *NOTE Below www.metrogymnastics.com TO ENROLL: Email annettem@metrogymnastics.com or call 503-620-8939						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15		THUMPER SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)	KANGAROO SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)	KANGAROO SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)		THUMPER SPINNER Girls lv1 (6-9yrs) BOYS REC (6-9yr)
10:15 *end 11:30		TODDLER SPINNER Girls lv1 (6-9yrs) *Girls lv3 75mins BOYS REC (6-9yr)	TODDLER KANGAROO Girls lv1 (6-9yrs)	THUMPER SPINNER Girls lv2 (6+) *Girls lv3/4 75mins		TODDLER SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)
11:15			THUMPER KANGAROO SPINNER Girls lv1 (6-9yrs) BOYS REC (6-9yr)			THUMPER KANGAROO SPINNER Girls lv1 (6-9yrs)
3:00		THUMPER KANGAROO SPINNER Girls lv1 (6-9yrs)		THUMPER SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)		PRESCHOOL Outline of Class Names & Ages Toddler-18 mo-2 1/2 Thumper 2 1/2-3 Kangaroo 3-4 Spinner 4-5 45 minutes classes REC CLASSES REC Girl and Boy-1hr MS G & B --1hr Level 3/4 75 mins * Level 2-4 are teacher placement classes and your child needs an evaluation to move to these levels or have passed the skills in class. POLICIES \$15 SUMMER MEMBERSHIP FEE DUE AT ENROLLMENT IF A NEW STUDENT OR NOT ENROLLED SINCE 9/2023 *****
4:15	KANGAROO SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)	SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+) BOYS REC (6-9yr)	SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+) BOYS REC (6-9yr)	KANGAROO SPINNER Girls lv1 (6-9yrs) Girls lv2 (6+)		
5:15	SPINNER	SPINNER	KANGAROO SPINNER	SPINNER		
5:30-6:30 *end 6:45	Girls lv1 (6-9yrs) Girls lv2 (6+) *Girls lv3 75mins	Girls MS 1/2 (10+) *Girls lv3 75mins MS BOYS (10-14)	Girls lv1 (6-9yrs) Girls lv2 (6+)	Girls lv1(5.75-7.5yrs) Girls lv1(6-9yrs) *Girls lv3 75mins		
6:15			KANGAROO SPINNER			
6:45-7:45 *end 8:00	Girls lv1 (6-9yrs) Girls MS 1/2 (10+) *Girls lv3 75mins		Girls lv2 (6+) *Girls lv3/4 75mins		Updated 3/27/24	

Find pricing and full details online



METRO GYMNASTICS SUMMER CAMP



Ages
4-11

Enroll
online!



SCHEDULE



Week 1 (July 8-12)

Week 2 (July 15-19)

Week 3 (July 22-26)

Week 4 (July 29-August 2)

Week 5 (August 5-9)

Week 6 (August 12-16)

Week 7 (August 19-23)

CAMP DETAILS

Gymnastics Camp Options:

Full Day Camp: 8:45am-3:00pm / Ages 4-11

\$350 Full week or \$75 per day

Extended Care Morning : 8:00am-8:45am / Ages 4-11

\$45 Full week or \$10 per day

Extended Care Afternoon: 3:00pm-4:00pm / Ages 4-11

\$65 Full week or \$15 per day

Extended Care Morning and Afternoon 8:00-8:45 and

3:00pm-4:00pm / Ages 4-11

\$95 Full week or \$20 per day

Dance With Us This Summer at Metro! Online Enrollment is Open!

Summertime is right around the corner and now is the time to secure your spot in our summer dance classes! Our summer session is a great opportunity for your dancer to try out new dance styles, make new friends and keep their body moving!

We are excited to offer a variety of classes designed for all age ranges and skill levels. Choose from ballet, tap, jazz, hip hop, and much more.

See below for details on the class schedule and pricing.

Online enrollment is open and classes are filling up, so be sure to sign up now for the classes you're looking for.

We hope to see you this summer at the studio!



SUMMER 2024 SCHEDULE JULY 8 - AUGUST 24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
		**Ballet 3 1:30-3:00 (Age 10+)	*Tap 2 1:30-2:15 (Age 8-12) *Hip Hop 2 2:15-3:00 (Age 8-12)			Ballet 1 2:00-3:00 (Age 7-10)	Turns/Tricks 2:30-3:00
Turns/Tricks 3:00-3:30 (Age 7+)		**Ballet 2 3:00-4:00 (Age 9+)	*Tap 3 3:00-3:45 (Age 10+)	Pre-Ballet 3:00-3:45 (Age 5-7)	Jazz 1 3:00-3:45 (Age 6-9)	**Ballet 2/3 3:00-4:30 (Age 9+)	Jazz 1/2 3:00-3:45 (Age 8-14)
Flexibility 3:30-4:00 (Age 7+)	Tiny Ballet/Tap 3:15-4:00 (Age 3-5)	Turns/Tricks 4:00-4:30	*Hip Hop 3 3:45-4:30 (Age 10+)	Ballet 1/2 3:45-4:45 (Age 7-12)	Tiny Hip Hop/Jazz 4:00-4:45 (Age 3-5)		Tiny Ballet/Jazz 3:45-4:30 (Age 3-5)
Jazz 2/3 4:00-5:00 (Age 9+)	Jazz 1 4:00-5:00 (Age 5-9)	Strength + Tech 4:45-5:30 (Age 12+)	Tiny Ballet/Jazz 4:30-5:15 (Age 3-5)	**Ballet 3 4:45-6:00 (Age 10+)	*Lyrical/Jazz 4:45-5:30 (Age 8-12)	*Strength + Tech 4:45-5:45	Musical Theater 4:30-5:15 (Age 8+)
Acro 1 5:00-6:00 (Age 7-10)	Strength + Tech 5:00-6:00 (Age 8+)	Street Jazz 5:30-6:15	Hip Hop 1 5:15-6:00 (Age 6-10)	Jazz 2 6:00-7:00 (Age 8-12)	Hip Hop 1 5:30-6:15 (Age 6-10)	*Contemporary 2/3 5:45-6:30	Tap/Jazz Combo 5:15-6:15
**Acro 2 6:00-7:00 (Age 9+)	**Contemporary 3 6:00-6:45 (Age 10+)	Acro/Jazz 6:15-7:15 (Age 5-9)	Jazz 1 6:00-7:00 (Age 7-12)	Strength + Tech 7:00-7:45 (Age 8+)	Choreo 101 6:15-7:00	*Improv 6:30-7:00	Tap 1 6:15-7:00 (Age 6-10)
**Acro 3 7:00-8:00 (Age 11+)		Acro 1 7:15-8:15 (Age 7-10)		Jazz 3 7:45-8:45 (Age 12+)			

Class Rates:

- 30 MINS = \$101.50
- 45 MINS = \$147.00
- 60 MINS = \$160.00
- 75 MINS = \$168.00
- 90 MINS = \$175.00

SUMMER UNLIMITED!
\$825
(7 weeks - 7+ classes)

Summer tuition to be charged AFTER 6/21

If your child has not been enrolled at Metro since last Sept, a \$15 summer membership fee will be charged



SUMMER DANCE CAMPS

Join us at Metro Dance Academy for our 2024 Summer Dance Camps!

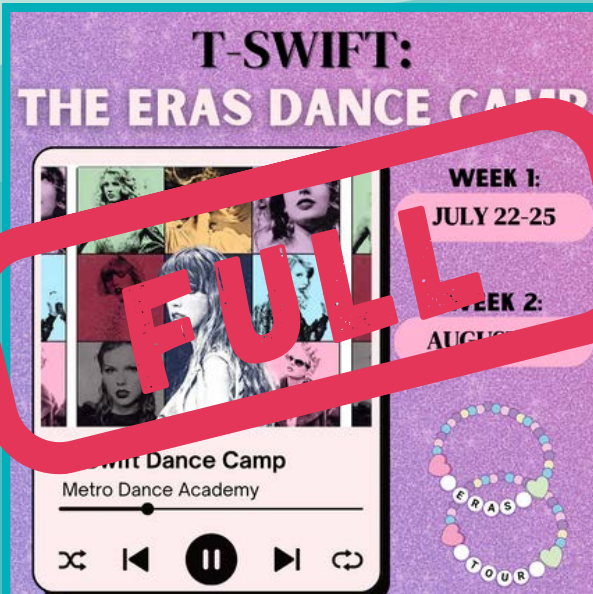
We are hosting 5 weeks of camps starting in July. All camps are Monday-Thursday from 9:00am-1:00pm and are \$175 per dancer.

Visit our website for the full details!
metrodanceacademy.com/summercamps

Questions? Contact our Director, Stephanie Morris
danceatmetro@gmail.com | (503) 620-8939
www.metrodanceacademy.com

Groove, Twirl, Shake & Jam With us at Our Summer Dance Camps!

All camps are \$175/dancer and are from 9:00am - 1:00pm



Camp Details & ENROLL NOW at:

MetroDanceAcademy.com/SummerCamps

2024
SPRING DANCE SHOWCASE

LIVE YOUR
Dream

Tickets On Sale This Friday, May 3rd at 12:00pm!

Online ticket sales via TutuTix will open this Friday, May 3rd at 12:00pm. They will be sold on a first come first serve basis and tickets for the morning and matinee shows are sold separately.

Morning Show: 11:30am

Matinee Show: 3:00pm

- Adult ticket: \$15
- Kids ages 4-12: \$10
- Kids 3 and under (sitting on laps): FREE

All participating classes have been assigned to the morning or matinee shows.

Please see the **Show Class List** and ticket link at www.MetroDanceAcademy.com/springshowcase

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Showcase Class Picture Day is This Saturday, May 4th!



Our 2024 Spring Showcase Class Picture Day is this Saturday, May 4th at Metro Dance Academy in Studio 1. Dancers will wear their costumes, hair and makeup for each routine they are in. Please see your Costume Detail Sheet for hair and makeup requirements.

Please check your email for your class's assigned photo time, or it can be found at www.MetroDanceAcademy.com/springshowcase. Please plan to arrive at the studio at least 15 minutes prior to your scheduled time in full costume, hair and makeup.

In-Class Dress Rehearsal

Save the date for Spring Showcase in-class dress rehearsals, scheduled for the week of June 3rd.

Please have your dancer wear their costume, accessories and full hair and makeup to class.



LIVE YOUR
Dream

METRODANCE
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2024

SPRING DANCE SHOWCASE PROGRAM ADS

Show your dancer how proud you are of their achievements this season and celebrate their performance with a custom Dancer Ad in our beautiful Spring Showcase program!

Ad Sizes:

Full Page: 1-4 photos + message
\$100

Half Page: 1-2 photos + message
\$75

Quarter Page: 1 photo + message
\$50

FULL PAGE



HALF PAGE



QUARTER PAGE



Scan the QR code to fill out the Ad Order Form and submit your message and photos today!

ALL FORMS & AD CONTENT INCLUDING SIZE, MESSAGE & PHOTOS
DUE BY MAY 25TH

(no late entries will be accepted)

File requirements:

Photo(s) must be high-resolution, 300dpi PNG or JPG file type

Payment can be made via check made out to Metro Gymnastics Center or charged to your card on file.
Total amount due by May 25, 2024.

Once your content is received, you will be sent a proof of your ad for final approval. No changes may be made to your ad after May 25th.

May Tuition:

- Tuition Billing Cycle : 4/29 - 5/25
- Tuition Auto Charge: 5/6 (Teams/Dance) 5/7 (Gymnastics)

June Tuition:

- Tuition Billing Cycle: 5/28 - 6/22
- Tuition Auto Charge: 6/6 (Teams/Dance) 6/7 (Gymnastics)

For complete details on Tuition and our cancellation policies, please visit the **Customer Portal & Policies** pages at MetroDanceAcademy.com and MetroGymnastics.com.

School Year Classes End 6/22

Last day of classes is on Friday, 6/22. **Dance classes will run for two weeks after the Spring Showcase on 6/8.** Summer classes begin on 7/1 for gymnastics and 7/8 for dance.

Summer Enrollment

We still have room in summer classes and camps. Visit our schedule our websites to find details on enrollment.



A Note From Annette



Metro Gymnastics Center & Metro Dance Academy

18084 SW Lower Boones Ferry Rd. Tigard, OR 97224 | 503.620.8939

Office Hours:

Monday - 11:00am - 6:00pm | Wednesday - 9:45am - 6:00pm | Tuesday & Thursday - 8:45am - 6:00pm
Friday - Office Closed | Saturday - 9:00am - 12:00pm

www.MetroGymnastics.com | www.MetroDanceAcademy.com



Follow Us on Social Media!

@metrogymnastics @metrodanceacademy

