

# MPULSIVE *Dance School*

UNCOVERING A **STAR** IN EVERY DANCER... SINCE 2006



INCLUSIVITY  
COMMUNITY  
FRIENDSHIP  
POSITIVITY  
DETERMINATION  
TEAM SPIRIT  
CREATIVITY

**MEMBERS  
HANDBOOK 24-25**

**MPULSIVEDANCE.COM**

# Welcome

to M-Pulsive Dance School. Your journey through dance school with us will be filled with fun and laughter, tears of pride, buzz, opportunities and so much more. We hope that both your youngster and you find new friendships feel like part of our family and take full advantage of the opportunities that we'll provide whilst you are here to help your young dancer grow wings

Being in our 18th year of business, our school has undoubtedly grown and evolved to meet the needs of a growing population of dancers in the area but we stay true to our core values...

- ♥ **INCLUSIVITY** making dance accessible to everyone, offering a SEN class, outreaching our services to other areas and catering within each class to individuals.
- ♥ **COMMUNITY** creating links with our local community, groups and schools by performing at events, running workshops in schools and raising money for charities
- ♥ **FRIENDSHIP** encouraging dancers to work together, mix with new faces and look out for one another
- ♥ **POSITIVITY** always delivering our classes in a positive way and encouraging our students to achieve with a positive mindset
- ♥ **DETERMINATION** hard work and consistency in training to achieve those ultimate goals however big or small they may be or seem
- ♥ **TEAM SPIRIT** lifting each other up, creating that positive vibe and feeling part of a strong force
- ♥ **CREATIVITY** and imaginative thinking allows us to express ourselves, find solutions, problem solve and create unique and exquisite choreography

We strive to make our programme meet these values consistently, run our business in line with them and celebrate our dancers in line with these. With this formula, we believe we have created the perfect dance school environment to nurture talent, develop confidence and create passion



# CLASS BOOKING 2024-25

## FEES STRUCTURE 2024-25

### Class Prices

30 min £5.50

40/45 min £6.50

60 min £7.50

*Registration Fee of £15.00 is non refundable.*

*It is deducted and applied to your full annual plan with your 2nd class onwards. Multi-class plans are subject to discount, increasing with number of classes taken across an individual dancer's plan*

### ANNUAL PAYMENT

36 weeks of class

10 PAYMENTS MADE AUG 24-MAY 25

#### MINI

1 class £20.00/ month

2 class £36.00/ month

3 class £50.00/ month

#### JUNIOR/ INTER/ SENIOR

1 class £23.50/ month

2 class £44.00/ month

3 class £63.00/ month

4 class £83.00/ month

5 class £102.00/ month

ACRO (as a standalone class) £27.00

+ ACRO (as an add-on class) £25.00

COMPETITION SQUAD SUBJECT TO SEPARATE FEES COVERING EVENT DAY STAFFING  
AND ADDITIONAL ADMIN CHARGES

**Classes are subject to agreement of membership terms and conditions. All fees are due monthly from Aug-May covering 36 classes provided in the academic year. Direct debit via gocardless is our preferred method of payment. Cancellation is strictly by one months written notice to [admin@mpulsivedance.com](mailto:admin@mpulsivedance.com)**

**TERM DATES 2024-25**

**19TH AUG-12TH OCT**

*(AUTUMN HOLS 14TH-18TH OCT)*

**21ST OCT-14TH DEC**

*(CHRISTMAS HOLS 16TH DEC-5TH JAN)*

**6TH JAN-15TH FEB**

*(WINTER HALF TERM 17TH-22ND FEB)*

**24TH FEB-29TH MARCH**

*(EASTER HOL 31ST MARCH-12TH APRIL)*

**14TH APRIL-14TH JUNE**

**EVENTS CALENDAR**

WILL BE UPLOADED TO  
MPULSIVEDANCE.COM IN DUE COURSE



# CLASS BOOKING 2024-25

## REGISTRATION FEE

All memberships are subject to a £15 registration fee. This fee allows us to invest back into the school to offer benefits and programmes over and above your time in class. For example...

- mini and infant certification programme
- junior/ inter recognition programme
- optional progression check ins
- staffing public events
- a thorough and attentive customer service experience

On booking a class you will pay this fee upfront before falling into our monthly class payments from August (or whenever you happen to join). If you book two, three, four... classes in your membership, the £15 upfront fee for the additional classes is accounted into your monthly cost. I.e you only pay the registration amount of £15 once, your other upfront payments cover physical class payments on your membership.

We have so much **NEWNESS** in store for you this year and we can't wait to share it with you in our bid to keep evolving our school, our offering and see the benefits to our young members.



# CLASS BOOKING 2024-25

## MONTHLY BILLING

Your registration fee should be paid at time of booking by card

Any classes taken outside of monthly payment will be billed before landing into your monthly plan, or added to the first of your monthly plans.

Monthly bills are sent from our accounts system, Xero.

Alongside your first bill you'll receive an email from GoCardless. Follow this link to set up a direct debit mandate.

Once your mandate is set up the invoices you receive will be debited automatically on the 1st of each month. August is your first payment. Always check that your first payment is successful and contact us if there are any issues to avoid further charges being added.

Late payments will incur 10% late fee.

Cancellation is by one months notice to [admin@mpulsivedance.com](mailto:admin@mpulsivedance.com)



# CLASS BOOKING 2024-25

## PROGRESS REPORTS

New for 2024-25 you can now apply for a progress report for your dancer on a termly basis. You can request these at any time and your teacher will collate them during admin hours and email them over when they are proofed and ready.

You can request these by emailing  
**admin@mpulsivedance.com**

Your email should be subject titled 'progress report' and should include your dancer's name, age and class they attend.

Reports will be collated, written up and distributed in batches. These will be a general note about your dancer's progression in class. You can ask about a specific element of their attendance in particular- participation, key skills, confidence, social links... More detailed or more frequent reports may incur further cost.

*Also new for 24/25...*

M-Pulsive Acro Awards ✓

Dancing Dino's Achievements (mini/ infant) ✓

Weekly Rewards ✓

Community Values Cards ✓

These programmes are currently being constructed and will all be implemented by your class teachers. These are included in your registration fee



# CLASS BOOKING 2024-25

## WAITING LISTS

We arrange our timetable in plenty of time for the new term giving us the ability to alter it if required, in advance of its start date

If there's a class you wish to take but it's showing as full at time of booking please use the wait lists so we can see demand and hopefully be able to find a solution.

Sometimes our capacities are set lower for crowd control when taking bookings for popular classes, and sometimes we simply need to change the age brackets on a class to accommodate demand. We try our absolute best to get everyone in for August where at all possible.

## SWITCHING BRANCH?

If you need to switch branches for any reason please contact us for info on what date you can access this booking. It's important that we allow time for everyone to secure their current classes before adding newbies in



## **PRE-REQUISITES / ELIGIBILITY**

Whilst our classes at M-Pulsive in the most part are streamed by age rather than ability allowing beginners to join at any point, some classes need to have some pre-requisites applied in order for good progressions and safety.

COMMERCIAL & HIP HOP for all ages are open classes

LYRICAL for all ages are open classes but note that at senior level these are split into two classes. You may be asked to attend an out of age category depending on experience.

MT / JAZZ for all ages are open classes but note that at inter & senior level there may be technical elements to catch up on

BALLET for all ages are open classes

ACRO eligibility criteria next page...



# CLASS BOOKING 2024-25

## ACRO ELIGIBILITY CRITERIA

Our acro classes combine acrobatic tricks training with dance and choreography. It is *strongly recommended* that dancers take acro as an additional class at infant and junior level for a more well rounded dance tuition. It is **compulsory** at senior and inter level as the skills at this level require the additional ability and knowledge gained in a second class

### MINI > INFANT ACRO

Mini and infant acro will encompass children of similar ages (ages 4-7) . Those taking infant level should already have completed a year at mini level, can already forward roll, handstand on wall and perform a basic level cartwheel. Consult Michelle/ Claire if required. We may switch children into different class for the benefit of their safety and progression

### JUNIOR ACRO

We intend to split juniors into roughly a P3-4 and P4-5 class. These are fluid based on us getting two groups of similar abilities. Please apply for the class relevant to your age (new P4s in younger class, P4s who currently take acro in older class) We will then rearrange these accordingly to allow both classes ability to progress well. This may be based on previous acro knowledge or what other classes they take alongside it. P3s may be required to take infant in first instance

### INTER ACRO (P6/7)

Will be split into two classes streamed by tricks ability as well as dance experience/ what additional technical classes they take (lyrical, jazz & ballet count as technical classes)

### SENIOR ACRO

#### Compulsory Pre-Requisites

Clean CARTWHEEL left and right  
KICK UP TO HANDSTAND, BACKBEND  
BRIDGE WALKING, ROCKING & HOPPING

### JEDBURGH

Whilst acro is still a new style here, we'll still be accepting beginners in both classes

ALL KELSO ACRO CLASSES AT BOOKING WILL BE SET TO WAITING LIST. ON MONDAY 3rd JUNE PLACES WILL BE ISSUED ON A CASE BY CASE BASIS TO CLASSES RELEVANT TO BOTH AGE AND SKILL SET AND PRIORITISED BY CURRENT DANCERS AND CLASSES TAKEN ALONGSIDE ACRO

**MONDAY**

3.55-4.30 P1-2 HIP HOP  
4.30-5.10 P6-7 HIP HOP  
5.10-5.50 P6-7 LYRICAL  
5.50-7.15 S5/6 COMBO CLASS

**TUESDAY**

4.10-4.50 P3-5 HIP HOP  
4.50-5.30 P3-5 LYRICAL  
5.30-6.15 UPPER SENIOR COMMERCIAL (S3+)  
6.15-7.00 Upper SENIOR LYRICAL (S3+)

**WEDNESDAY**

3.20-3.50 Mini BALLETT  
4.00-4.30 P1-3 BALLETT  
4.30-5.10 P4-7 BALLETT  
5.10-5.50 S1-2 COMMERCIAL  
5.50-6.30 S1-3 LYRICAL  
6.30-7.15 SENIOR BALLETT TECH

**THURSDAY**

3.20-3.50 MINI HIP HOP  
4.00-4.30 TBC  
4.30-5.00 DANCEABILITY  
5.00-5.45 SENIOR JAZZ (S1+)  
5.45-6.45 SENIOR ACRO *\*see pre-requisites*  
6.45-7.45 U18 IGNITE

**FRIDAY**

1.15-2.00	<i>Studio 1</i> P3-4 ACRO	<i>Studio 2</i> 1.20-2.00 P1-2 ACRO
2.00-2.45	P3-5 MUSICAL THEATRE	2.00-2.45 P1-2 MUSICAL THEATRE
2.45-3.30	P4-5 ACRO	2.45-3.30 P6-7 THEATRE JAZZ
3.30-4.30	P6-7 ACRO	3.30-4.30 P6-7 ACRO
4.30-5.15	U14 BLAZE	

**SATURDAY**

9.10-9.40 Mini HIP HOP  
9.40-10.20 P1-2 HIP HOP  
10.20-11.00 P1-3 ACRO  
11.00-11.40 P3-5 HIP HOP  
11.40-12.20 P6-7 HIP HOP

*Birthday Parties*

AVAILABLE SATURDAY AFTERNOONS



# CLASS BOOKING 2024-25

## JEDBURGH: MONDAYS

3.50-4.20	AGE 3-4	HIP HOP
4.20-5.00	P1-3	HIP HOP
5.00-5.40	P4-7	LYRICAL
5.40-6.20	P4-7	HIP HOP
6.20-7.20	S1+	COMMERCIAL/ LYRCIAL COMBO

## JEDBURGH: THURSDAY

4.00-4.40	P1-3	BALLET
4.40-5.20	P1-3	ACRO
5.20-6.05	P4-7	ACRO
6.05-6.45	P4-7	BALLET

## BERWICK: TUESDAY

3.45-4.15	AGE 4-6	HIP HOP
4.15-4.55	AGE 7-9	HIP HOP
4.55-5.35	AGE 10-12	HIP HOP
5.35-6.10	AGE 10+	LYRICAL
6.10-6.50	AGE 12+	COMMERCIAL

## DUNS: WEDNESDAYS

3.20-3.50	AGE 3-4	HIP HOP
4.00-4.40	P1-2	HIP HOP
4.40-5.20	P3-5	MIXED
5.20-6.00	P6+	MIXED

\*to follow on with what we've offered this term these classes will get a mix of styles in class. Age splits currently draft, subject to change to fit demand

## MELROSE: TBC

TBC	P1-3	HIP HOP
	P3-7	Lyrical
	P4-7	HIP HOP

\*day and time TBC based on staff

BRANCHES TIMETABLE 24-25



# CLASS BOOKING 2024-25

## VENUES

### **KELSO: STUDIO 1**

Main HQ Studio  
9 Shedden Park Road  
Kelso

### **KELSO: STUDIO 2**

Roxburgh Hall  
The Butts  
Kelso

### **BERWICK**

East Ord Village Hall

### **JEDBURGH**

Jed Grammar Campus

### **DUNS**

Swimming Pool

### **MELROSE**

Parish Church  
St Mary's Road

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# OUR VALUES

