



Where Kids Get a Jump on Life!

METRODANCE
ACADEMY
LEARN • TRAIN • GROW

April, 2024

NEWSLETTER

Enrollment is Open for Metro's Summer Programs!



Upcoming News & Events

Showcase Opt-Out Deadline

April 19, 2024

Showcase Fee Due

April 23, 2024

Dance Showcase Class Picture Day

May 4, 2024

Rec Boys & Girls Gymnastics

Mini Nationals

June 1, 2024

(Registration mid April)

Dance Spring Showcase

June 8, 2024



Summer Gymnastics Classes

Choose your adventure and secure your spot today! 5 or 8 week options during our summer gymnastics class session. Find class listings and pricing online.

Enrollment through our office only. To enroll email annettem@metrogymnastics.com or call 503-620-8939

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 makeups offered for absences - see *NOTES 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 1vt (8-9yrs) Girls 1v2 (8y)	KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)	KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)		THUMPER SPINNER Girls 1vt (8-9yrs) BOYS REC (8-9yrs)
10:15		TOSSELS SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y) BOYS REC (8-9yrs)	KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)	TOSSELS SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)		THUMPER SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)
11:15			THUMPER KANGAROO SPINNER Girls 1vt (8-9yrs) BOYS REC (8-9yrs)			THUMPER KANGAROO SPINNER Girls 1vt (8-9yrs)
3:00		THUMPER KANGAROO SPINNER Girls 1vt (8-9yrs)		THUMPER SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)		PRESENCE: Option of Cash Bonus & Open Enrollment (10-12-13) Newcomers 1-4 *Must be 10 weeks in program *BEE SLASSER 10-11-12-13-14 10-11-12-13-14 *Must be 10 weeks in program *Must be 10 weeks in program *Must be 10 weeks in program *Must be 10 weeks in program
4:15		KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y) BOYS REC (8-9yrs)	SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y) BOYS REC (8-9yrs)	KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)		SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y) BOYS REC (8-9yrs)
5:15		SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y) MS BOYS (11-14)	SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)	SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)		SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)
6:30		Girls 1vt (8-9yrs) Girls 1v2 (8y)	Girls MS 1/2 (10+) Girls 1vt (8-9yrs) Girls 1v2 (8y) MS BOYS (11-14)	Girls 1vt (8-9yrs) Girls 1v2 (8y)		Girls 1vt (8-9yrs) Girls 1v2 (8y)
7:30		Girls 1vt (8-9yrs) Girls MS 1/2 (10+) Girls 1v2 (8y)	KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)	KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)		KANGAROO SPINNER Girls 1vt (8-9yrs) Girls 1v2 (8y)

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



Summer Gymnastics Camps


Design your ultimate summer experience! 7 weeks of weekly or individual day camp options available. Select from full day, extended morning and/or extended evening care. Find pricing & times online Enrollment available online 4/1 at noon

Dance Summer Classes and Camps



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
			*Tap 2 1:30-2:15 (Age 8-12)				
		**Ballet 3 1:30-3:00 (Age 10+)	*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.



SCAN ME TO REGISTER!



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

Class listings and enrollment for summer classes available online 4/1 at noon. Enroll online now for camps!



METRODANCE
ACADEMY

LIVE YOUR *Dream*



2024 Spring Dance Showcase Updates:

Show Times and Ticket Sales

Tickets will go on sale May 1st, 2024 at 12pm.

Morning Show: 11:30am

Matinee Show: 3:00pm

Order of performance and show schedules coming soon

Showcase Fees:

The \$65 costume fee was charged to your card on file on Monday, Feb 26. The upcoming Showcase participation fee of \$50 will be collected on **Tuesday, April 23**. If you are not going to be participating please send your opt-out email to annettem@metrogymnastics.com or danceatmetro@gmail.com by **Friday, April 19th** to avoid being charged.

Showcase Class Picture Day:

All dancers are invited to participate in our studio-wide **Showcase Class Picture Day on Saturday, May 4, 2024**. Our recital photos will be taken by **Hults Photography**. Dancers will wear their Spring Showcase costumes for each routine they are in. Even if your dancer will not be participating in the show, we'd love to have them have their photo taken!

See complete showcase details at

MetroDanceAcademy.com/springshowcase

April Tuition:

- Tuition Billing Cycle : 4/1 - 4/27
- Tuition Auto Charge: 4/6 (Teams/Dance) 4/8 (Gymnastics)

May Tuition:

- Tuition Billing Cycle: 4/29 - 5/25
- Tuition Auto Charge: 5/6 (Teams/Dance) 5/7 (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 6/21

Last day of classes is on Friday, 6/21. Summer classes begin on 7/1 for gymnastics and 7/8 for dance.

Summer Enrollment

From a couple of pups who love pop, make sure to “swiftly” enroll in your summer classes and camps as Metro is in its “Enrollment Era” this Spring and spots are filling up fast!

A Note From Meka & Luna



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

