



Roger & Sandy Hollingsworth

Sandra Hollingsworth, a native of Indiana, began her dance training in Des Moines, Iowa at age 11 with various teachers. She continued her dance training in Chicago, Illinois at Stone-Camryon Ballet School, Jimmy Payne's Advanced Tap School, Gus Giordano, Jazz, Evanston, Illinois, James Rozanas, Acrobatics and Luiji, Jazz, New York.

Sandra began a professional career at the age of 13 with Barnes and Caruthers in Chicago, Illinois, playing state fair grandstand shows throughout the United States and Canada. They were representatives for the State Department touring South and Central American cities.

Sandra is a member of Chicago National Association of Dance Masters in Chicago, Illinois, Sports Acrobatics Association, the USTA, Iowa AAU, and USA Association of Independent Gymnastics Club and USA Gymnastics.

A 53-year teacher of dance in Fort Dodge, Sandra's students have performed in many organizations during the past 53 years including the Fort Dodge Symphony, Fort Dodge Civic Dance Troupe, Barbershoppers, Sweet Adelines, Comedia Musica Players (*Beauty and the Beast*) Fort Dodge Civic Glee Club. She has been a choreographer for St. Edmond and a St. Edmond Gaelles pom pom drill team instructor. Many of her students have gone on to teaching careers.



Jim Hollingsworth
Gymnastic Coach
Member of the United States Trampoline and Tumbling Association and Iowa AAU and USA Association of Independent Gymnastics Club

Roger Hollingsworth, a native of Fort Dodge, was a juggler first, gymnastic teacher second. In 1970, Roger began teaching gymnastics at the Fort Dodge YMCA as an independent gymnastic club, opening up the first United States Gymnastics Federation competitive gymnastic club in Northwest Iowa. In 1996 he started the Hollingsworth Power Stars Tumbling and Trampoline Team.

He studied ambidextrous acrobatics with James Rozanas. Roger studied extensively with Francis Brunn, Freddie Angel, Rudy Cardenas, Bill Robertson, Herb Vogel and Jack Bond. Working for Barnes and Caruthers in Chicago, Illinois, Roger toured the United States, South and Central America.

Many of his students have gone on to teaching and coaching careers. Roger has taught gymnastics classes in many area cities. He was the first group of U.S.G.F. coaches to be safety certified for the U.S.G.F. In 1997 the USTA created a new coaches certification which Roger completed and for many years was the Iowa State reporter for International Gymnast magazine. Roger is a member of the University of Iowa Mens Gymnastics Club, the USA Association Independent Gymnastic Club, the United States Trampoline and Tumbling Association (USTA), and Iowa AAU. In 2004 Roger completed the new USTA Safety Certification Program and in 2005 he was awarded "Iowa Coach of the Year" by the USTA. Also, in 2007 the USTA has appointed Roger to the National Safety Committee. This committee maintains the safety manual and development of new safety tests for coaches.

This is Roger's 50th year in Fort Dodge.



Vicky Hollingsworth-Vinchattle
Teacher-Owner
Vicky's Academy of Dance & Tumbling, Member/Instructor USTA & AAU, BA in Business



Tiffany Vinchattle-DeCastro
Teacher
BA of Arts in Theatre Performance



Angela Hollingsworth-Peterson
Teacher
MA in Business

Fee schedule

All classes are paid monthly, due the first day of each month. 10% discount if lessons are paid for the full year in advance.

	Auto Pay*
Dance and gymnastics classes, 1 hour	\$54 a month
Second class or second student	\$5 discount
45 minute class	\$52 a month
Mommie and Me, 30 minute class	\$35 a month
Pointe, duet, trio and private lessons.	arrange with teacher
Gymnastics (Power Stars), 3 hours a week	\$74 a month
Competitive dance.	see Sandy

There is a late charge of \$10 if not paid by the 7th of the month for all dance and gymnastic students. Prices Include Sales Tax

If you have any questions regarding the fees, PLEASE ASK.

Schedule changes

Dates not scheduled—

- Labor Day (September)
- Thanksgiving weekend (November)
- Christmas vacation (last of December, classes resume January)
- Good Friday (before Easter)
- Memorial Day (May)

Classes not scheduled because of holidays or Christmas vacation, are offset by the five week class months throughout the year.

Last day of class for year—will notify you.

Dance and Gymnastic Concert is usually last of May or first of June—will notify students.

Your child's lesson time is:

STUDENT'S CELL PHONES NEED TO BE SHUT OFF DURING CLASS.

Please bring student **no sooner than five minutes before class** and **pick up no later than five minutes after class**, as children worry when parents are late. Be sure to collect all personal items. **The school is not responsible for lost items.** Be sure to put child's name in shoes, coats, etc.

Ask us about Birthday Parties!

We carry all dance and gymnastics supplies.

Have a great year with us!
Roger & Sandy Hollingsworth
Jim, Vicky, Tiffany & Angie

For the best in dance and gymnastics...

Hollingsworth

School of Dance & Gymnastics
The School of Champions - For ages 2 and up



Reasons for choosing Hollingsworth:

- 50 years quality instruction
- Two separate studios — dance and gymnastics
- Two spring floors for safety
- Memories recital book

Come and join us!

Dance

- Classical Ballet • Tap
- Pointe • Jazz • Acrobatics
- Character • Hip Hop
- Mommie and Me
- Dance Teams
- Dance Competition
- Adult Hip Hop
- Adult Jazz & Lyrical

Gymnastics

- Both Boys & Girls
- Gymnastics
- Uneven Bars • Vaulting
- Balance Beam
- Floor Exercise • Progressive Tumbling
- Trampoline • Power Tumbling

Hollingsworth

School of Dance & Gymnastics

721 South 25th Street
Fort Dodge, Iowa 50501
phone 515-576-3279

You'll be glad you did!

Mailing Address:
1224 25th Avenue North, Fort Dodge, Iowa 50501

Member, Fort Dodge Growth Alliance
Member, BMI ASCP and SESAC Music

www.HollingsworthDance.com • www.HollingsworthGymnastics.com

Welcome to Hollingsworth's School of Dance & Gymnastics.

This brochure has been put together to answer questions you may have. Good communication between teacher/student/parent is the key to any successful program. Please take a few moments to read through this information. If you have any questions after reading, please feel free to ask. We are happy to explain our program.

What do lessons cost?

Regular class lessons for either dance or gymnastics are paid by the month. Specialized classes (private, duet, trio, pointe, technique, pre-school, pre-team, team) have different rates (see back page). Discount for paying by the year, family and lesson discounts. See last page for rates.

When are fees due?

Fees are pre-paid monthly and are due on the 1st. Bring to class. We do not bill. You may also mail to 1224 25th Avenue North, Fort Dodge, Iowa 50501. Your child's lesson is reserved for you. You will be charged for lessons until we are notified by you that your child will not attend. Let us know if you are paying for someone else. **Lessons will stop if over 30 days past due.** For your convenience, we also accept Visa, MasterCard, Discover and American Express. We also offer auto pay direct payment and debit card. Fees 60 days past due will be sent to collections.

What happens if my child misses a lesson?

If class is cancelled **by the teacher**, every attempt will be made to schedule a make-up time. In the case of inclement weather, cancellation will be announced on the local radio stations. Every attempt should be made to insure your child attends scheduled classes. Absences cannot be made up. Since lessons are pre-paid, time missed is time lost. Sickness, see teacher.

When may I watch my child's class?

I ask parents not to visit lessons or classes except during "Visiting Day." I realize this is tempting, and I'm happy parents are interested but it does pose a distraction problem. Visiting time is a week before Christmas vacation and at the spring recital.

My child wants to practice at home. How can I help?

For dancers only: Encourage them. We urge all students to practice. Most importantly, watch your child practice. The student loves performing for you!
For gymnastics: See coach.

What should my child wear to class?

Proper attire is essential. If the body is covered with an oversized sweatshirt, I cannot see what it is doing. Therefore, no big shirts, no warm-up pants, no sweatshirts. Buy a leotard that is becoming and comfortable. Tights for dancers are also important. Shoes with no socks cause blisters. Jewelry and hair can be a distraction. Please leave the jewelry at home. Pull the hair back away from the face and secure in ponytail. Boys need t-shirt and gym shorts for gymnastics. Girls need a leotard for gymnastics. See Sandy for supplies.

Special notes regarding shoes:

Proper fitting shoes are an absolute must. Remember, small children grow in shoe size about every three months. Do not order shoes too big. This will not save you money. The shoes will wear out faster **and** it is hard to dance in ill-fitted shoes. Older student's shoes need to be checked periodically for wear and tear as well as fit. If the student is working like s/he should, the shoes will wear out!

Tap shoes: Young children need TAN tap shoes. For students under 2nd grade, no tap shoes with buckles. PLEASE, **NO BLACK PLASTIC TAP SHOES BECAUSE THEY MARK THE FLOOR.**

Ballet shoes are pink.

Jazz shoes need to be provided if the student is enrolled in a jazz class.

Pointe shoes must fit properly. Ribbons must be sewn on and tucked in. No pins! Remember, these shoes wear out faster than any other. Check them often. —Ask Sandy

No exercise shoes! See Sandy for shoes.

When is the best time for me to talk to an instructor?

I love visiting with you but between classes may not be the best time as one class is leaving, one is arriving. Time spent with parents is time lost by the students. For the same reason, I do not take phone calls during class time. If you would like to discuss something with me, telephoning during the day is probably best.

I have questions about the recital.

Generally speaking, what does this involve?

Hollingsworth School proudly displays their students' progress in an annual spring dance and gymnastic concert. All students are required to be in the concert. The concert is a great experience and fun to perform for an audience. Preparation must begin early. A concert fee of \$40, per family, allows the student, their family and friends free admittance to the annual dance concert. The concert fee is due March 1st. A costume fee of \$85 per student (includes tights), per routine, may be paid anytime but is due in October. Fund raising available for all costumes, ask Sandy. **This includes both gymnastic and dance students.** (Does not apply to gymnastic teams or competition dance.) Every attempt is made to order costumes that flatter the dancer/gymnast. Other considerations include: the match between costume and music; the price; the construction and wearability; and availability. Prices vary from size to size. And one would expect an adult costume costs more than a child size. It also stands to reason, the more routines your child performs, the higher your costume balance will be. After selections have been made and orders sent, you will be billed for the balance. This is due in October. At times we find it necessary to order accessories (gloves, mitts, hats). They are part of the costume and payable upon billing. Solo costumes are paid for when ordered. Special rehearsals, including dress rehearsal will be scheduled. You will receive information regarding these prior to the concert. The concert is a great experience and fun to perform for an audience.

Our school mission is to provide students of all ages with the skills they need to enjoy dance & gymnastics for a lifetime.

Man has always expressed himself through movement and through time we have learned to use that vehicle as an instrument which can universally touch every facet of the human experience. Experts confirm our position in education by reporting, "The vigor and discipline of dance and gymnastics makes for quicker information processing—a boost for the challenge ahead."

Thank you for choosing Hollingsworth.

Hollingsworth School of Dance and Gymnastics

Class List

MONDAY:

CLASS	AGE	TIME	CLASS LENGTH
Tap, Ballet & Tumbling	3-4	4:30 pm	45 min.
Tap, Ballet & Tumbling	5-7	5:15 pm	45 min.
*Tap, Jazz & Tumbling	6-9	6:00 pm	45 min.
"Tiny Stars" Gymnastics; Boys & Girls	3-5	5:15 pm	45 min.
"Stars" Gymnastics; Boys & Girls	6-8	6:00 pm	60 min.
Tap, Jazz, Tumbling - Juniors	9-11	6:45 pm	45 min.
Tap, Jazz, Lyrical & Tumbling - Teen	12 & up	7:30 pm	45 min.
Tap, Jazz, Lyrical & Tumbling - Seniors	14 & up	8:15 pm	45 min.

TUESDAY:

CLASS	AGE	TIME	CLASS LENGTH
Pre-School; Tap, Ballet & Tumbling	3-5	3:45 pm	45 min.
Tap, Jazz & Tumbling	8-10	4:30 pm	45 min.
Mommy & Me; Tap, Ballet & Tumbling (This class involves participation with a parent)	2-4	5:30 pm	30 min.
"Starchaser" Gymnastics; Boys & Girls	6-8	6:00 pm	60 min.
"Shooting Stars" Gymnastics Tumbling Team Power Stars (Placement by Instructor)	All Ages	7:00 pm	90 min.
Tap, Jazz & Lyrical	11-12 & up	6:00 pm	45 min.
Tap, Jazz & Lyrical	14-16	6:45 pm	45 min.
Ballet; Technique Only (Barre Center Beginning & Intermediate)	10-21	7:30 pm	60 min.
Pointe; Technique Only (Barre Center Intermediate)	12-21	8:30 pm	30 min.

WEDNESDAY:

CLASS	AGE	TIME	CLASS LENGTH
Jazz & Lyrical	8-12	4:30 pm	45 min.
Tap, Jazz, Ballet & Tumbling	6-8	5:15 pm	45 min.
Jazz & Lyrical	11-14	6:00 pm	45 min.
"Twinkling Stars" Gymnastics; Boys & Girls	3-5	5:15 pm	45 min.
"Shooting Stars " Gymnastics Tumbling Team Power Stars (Placement by Instructor)	All Ages	6:00 pm	90 min.
*Technique Class	Comp. Class	6:45-7:30	
NEW Adult Hip Hop Class	18+ All Ages	7:30	45 min.
NEW Adult Jazz & Lyrical	18+ All Ages	8:15	45 min.

THURSDAY:

CLASS	AGE	TIME	CLASS LENGTH
Hip Hop	5-8	3:30 pm	45 min.
Tap, Ballet & Tumbling	6-7	4:15 pm	45 min.
"Starbursts" Gymnastics; Boys & Girls	6-9	5:00 pm	60 min.
Tap, Ballet & Tumbling	3-5	5:15 pm	45 min.
Tap, Ballet & Tumbling	5-7	6:00 pm	45 min.
"Starpower" Gymnastics; Boys & Girls	9 & Up	6:00 pm	60 min.
Hip Hop	All Ages	6:45 pm	45 min.
*Competitive Class - Small Group - Junior	9-13	7:30 pm	60 min.
*Competitive Class - Small Group - Senior	Teen	8:30 pm	60 min.

FRIDAY:

CLASS	AGE	TIME	CLASS LENGTH
Beginners Ballet	All Ages	4:00 pm	45 min.
Ballet Class	7-14	4:45 pm	45 min.
Pointe Class	7-14	5:30 pm	30 min.
Power Stars Work Out Class (Placement by Instructor)		5:00 pm	90 min.

* Class schedule is subject to change.