WCPR

Rhythm & Spirit Dance Program







2024 / 2025 Parent Guide

(615) 377-6530

Brittney.Williams@williamsoncounty-tn.gov

www.wcparksandrec.com

WCPR Rhythm & Spirit Dance Program

Welcome to the R&S Dance Program

This handbook will serve as your guide to the Rhythm & Spirit Dance Program of Williamson County Parks and Recreation and its philosophy of dance education. We provide classes for children and teens to dance and express themselves in a positive, non-competitive environment. The coordinators and instructors take our roles as mentors/teachers in your child's life very seriously. It is our objective to inspire a passion for the art of dance in every child who passes through our doors. In the process, we strive to set the right example and help your child (and you) create memories that will last a lifetime.

Philosophy

R&S Dance program is committed to providing high-quality dance classes to enhance the overall development of the child. We provide a safe and child-centered environment to encourage our students to explore dance with qualified, nurturing teachers. We believe that dance training encourages young people to develop a positive self-image as they increase awareness of their physical being. Along with improving coordination skills and developing muscular awareness, dance classes give children the freedom to express themselves through movement. The highest educational standards are expected from all Rhythm and Spirit Dance instructors.

R&S Location Information

Williamson County Enrichment Center	**110 Everbright Ave. , Franklin**
Fairview Recreation Center	**2714 Fairview Blvd. , Fairview**
Franklin Recreation Complex	**1120 Hillsboro Rd. , Franklin**
Longview Recreation Center	**2909 Commonwealth Dr. , Spring Hill**
Williamson County Recreation Complex at Nolensville	**7250 Nolensville Rd. , Nolensville**

Table of Contents

Dates and/or expenses listed in this handbook are subject to change. Please check the web site for the latest updates.

Staying Informed pg.4

2024/2025 Calendar pg.5

Registration & Tuition pg.6-7

Class Descriptions pg.8-10

Dress Code pg.11-12

Policies & Procedures pg.12-13

Recital Information pg.14-15

R&S Performance Team Information pg.15

Instructors pg.16-18

Rhythm & Spirit Birthday Parties pg.18

Contact Information

Website: https://www.wcparksandrec.com

E-Mail: Brittney.Williams@williamsoncounty-tn.gov
Rachel.Crosslin@williamsoncounty-tn.gov

Phone: (615) 377 - 6530 ext.2117 - Brittney Williams
(615) 377 - 6530 ext.2118 - Rachel Crosslin

Introduction to Dance

For Our Students

The first step to becoming a successful dancer is making a solid commitment to your classes. Strong technique is a key ingredient and class is where you develop that technique. Come to each class prepared to learn and without personal distractions. Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door. True progress is made when you look at each class as an opportunity to become better at what you love to do. Dance full-out, stretch a little further, become more aware of your technique, and make the most of every class.

Respect for the teachers is essential. Listen to each correction given, whether it's directed at you or another dancer. A correction is an honor; it shows you how much a teacher cares about your progress as a dancer. Always say thank you when a teacher or choreographer offers you constructive criticism. Nothing can stop those students who apply themselves in every class and appreciate their teachers' knowledge and experience.

For Our Parents/Guardians

We believe that children's success depends on the support of their parents or guardians. Because your commitment to the process makes an enormous difference, we encourage you to be a part of your child's dance education. Our programs rely on a positive atmosphere and educational experience for our instructors and students and their parents. Cooperation between all parents is expected. Showing respect—for other parents, the students, and the instructors—makes an important impression on the children. You are a role model for your child about how to interact with others in a professional setting.

Parents/Guardians and teachers may look at a child's learning from different perspectives. However, we believe they share a common goal: to ensure that every child receives the best possible training, both physically and mentally. As a parent, you play an important role in supporting your student financially, but your emotional support is of equal—and perhaps even greater—value. Encourage your child to be the best that he or she can be regardless of what others may achieve. Dance is an individual art form, and children need to be allowed to achieve at a pace that's comfortable. No two students will progress at the same rate, even if they experience the exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments.

Dance education encompasses far more than technique and the steps your children learn. We believe the discipline of dance training gives young people a better understanding of commitment through learning, experiencing the spirit of teamwork, and discovering what they can accomplish through hard work. Our goal is to educate the minds, bodies, and souls of our students, teaching them the skills needed for a successful life, whether or not they stay involved in dance.

Staying Informed

Communication

We work hard to make the dance experience organized and fun. Keeping you informed is one of our primary goals. Our primary form of communication is through email, please read all e-mail communication thoroughly. **All guardians must list a reliable email address on the student's WCPR online account.** Guardians are responsible for reading and understanding the information shared via email from the coordinators, such as deadlines, calendars, reminders, and etc. Should any of your contact information change at any point, you MUST notify the coordinators, as well as update your and your students WCPR online account.

If you have any questions regarding the information posted, we encourage you to contact a coordinator (Brittney Williams or Rachel Crosslin) via email or phone. Our regular office hours during the program year are Monday through Friday, 8a.m. - 4p.m. We answer email on a daily basis, except on weekends.

Web Site: https://www.wcparksandrec.com/activities/rhythm_and_spirit_dance

We are constantly updating our web site. News, important parent and student information, contact information, and more are available online 24 hours a day.

Facebook Page: https://www.facebook.com/rhythmandspirit | Instagram: @wcprrhythmandspirit

"Like" the WCPR Rhythm & Spirit Dance Program page on Facebook & Instagram to receive daily updates on program events. Please invite your family and friends to "like" our page too!

Building Closures / Inclement Weather

*** We do NOT follow school district closures.**

***We are NOT automatically closed if school is canceled.**

***The Rhythm & Spirit Dance Program observes all Federal Holidays mandated by the Williamson County Mayor's office and will NOT have class. These dates have been included on the 2024-2025 calendar.**

In the event of inclement weather, notifications regarding class cancellations will be emailed and posted on the Facebook page usually by 3:00pm. Classes will be canceled -

- If WCPR buildings are closed OR
- At the discretion of the R&S coordinators due to instructor(s) being unable to safely get to class.

If you are unsure whether class will be meeting, please email us or visit our Facebook page. We do not suggest calling the office in the event that we are unable to safely get to our building due to inclement weather.

2024 - 2025 Yearly Calendar

***all dates listed below are subject to change**

June 1st	2024/2025 Class Enrollment Opens
August 3rd - August 9th	First Week of Classes
August 31st	Winter Ballet Auditions **open to any current R&S student ages 5+
September 2nd	Labor Day - NO CLASSES
October 20th	2024/2025 Class Enrollment Ends
October 24th - 30th	1st Guardian Watch Week / Halloween Dress-up week!
October 31st	Halloween - NO CLASSES
October 31st	2025 Recital Registration Opens
November 11th	Veteran's Day - NO CLASSES
November 18th	2025 Recital Registration Ends
November 23rd	R&S Winter Ballet Performance
November 25th - 30th	Thanksgiving Break - NO CLASSES
December 7th - 13th	2nd Guardian Watch Week
December 15th	2nd Semester (Spring) Payment Due
December 16th - January 3rd	Winter Break - NO CLASSES
January 4th - 10th	Classes Resume
February 10th - 15th	3rd Guardian Watch Week / "Bring-a-Sweetheart" to class
February 15th - 16th	Winter Intensive
January 20th	MLK Day - NO CLASSES
February 17th	President's Day - NO CLASSES
March 1st	R&S 2025/2026 Performance Team Auditions
April 26th	Mandatory Rehearsal for students enrolled in Recital
May 3rd	Recital Performance

Registration & Tuition

Registration for year-long classes

The Rhythm & Spirit Dance program is based on a year-long (August through May) class commitment. Your student will remain with their same class for the full dance year. Each class will participate in the R&S Annual Dance Recital is an opportunity for students enrolled in class to celebrate a Dance Year "Well-Done!" with Family and Friends!

Registration for the 2024-2025 year will open on June 1st and close on October 20th *(unless otherwise noted in class description)*. For late enrollment, please contact a coordinator - Brittney or Rachel. There will be no enrollment or class schedule changes after October 20th.

Registration can be done online via credit card (transaction fees apply) or via cash, check or credit card in person at the recreation center front desk. Student registration must be based on their age as of August 1st, 2024. Any class adjustments based on maturity and/or skill level, will be made at the instructor's discretion within the first 2-weeks of class.

Tuition & Payment

Tuition is based on our year-long dance program (August through May), with a biannual tuition payment. Discounted rates are available for students/families taking multiple classes; please see rates below. *Pre-discounted rates are not eligible toward multi-class discount.

2024-2025 Bi-Annual Tuition Rates

1st Payment ***Due at the time of registration** *(or pro-rated amount if enrolling after the first day of class).*		**2nd Payment** ***Due by December 15, 2024**	
30 minute class	$170.00	**30 minute class**	$170.00
45 minute class	$185.00	**45 minute class**	$185.00
60 minute class	$200.00	**60 minute class**	$200.00
75 minute class	$215.00	**75 minute class**	$215.00
90 minute class	$230.00	**90 minute class**	$230.00

Registration & Tuition (continued)

Multi Class / Sibling Discounts	
2nd Class	$20 off per semester
3rd Class	$40 off per semester
4th Class	$60 off per semester

***Tuition cost remains the same, regardless of student absences, holidays, inclement weather and/or building closures. We do not offer trial classes or make-up classes.**

*Payment plans / financial assistance available for those who qualify.

*In the event of a government mandated county closure or change in safety guidelines, tuition will be frozen and extended to be applied when classes resume. This would postpone the due date for pending payments.

Refunds/Account Credits

- Withdrawal requests must be submitted via email to a coordinator.
- No check refunds will be given after the 1st week of class in August.
  - After the 1st week of classes, a credit will be issued to your online WCPR account for the remaining amount of unattended classes from the date of students withdrawal.
- Classes must have a minimum of 5 students enrolled by October 20th for the class to remain on the schedule.
- WCPR reserves the right to cancel a class due to low enrollment.
- Should WCPR cancel a class for any reason and the student cannot be placed in another class, then a refund will be issued.

Registration for mini-class sessions

Registration cost & dates for our mini-class sessions will vary upon when, where, and how long (i.e. 4-week session, 6-week session, etc.) these classes are scheduled to take place. Registration can be done online via credit card (transaction fees apply) or via cash, check or credit card in person at the recreation center front desk. Student registration must be based on their age as of August 1st, 2024.

Refunds/Account Credits

- Withdrawal requests must be submitted via email to a coordinator.
- WCPR reserves the right to cancel a class due to low enrollment.
- Should WCPR cancel a class for any reason and the student cannot be placed in another class, then a refund will be issued.

Class Descriptions

Mommy & Me	
Creative Movement (2-3 years old) ***Registration for this class does not close.*	This class is offered for all little ones ages 2-3 year old's plus their mommy/daddy (or guardian). This class is designed to introduce your little one to the joys of combining imagination and movement with music all with the assistance of their adult. This class is an excellent way for children to learn how to share and participate in class with other children.

Petite	
These classes are designed to help your child develop a love of dance. The steps we teach, the games we play, and the exercises we do are all geared to the pre-school learning level. We encourage student imitation through our activities. Songs and dances are simple enough for the youngest students to execute easily, which enables them to build a feeling of self-confidence. These introductory classes are offered at all 5 of our locations for students ages 3-4 years old in the following disciplines listed below:	
Ballet / Creative Movement	This class is designed to introduce your little one to the joys of combining imagination and movement with music, while introducing the fundamentals of ballet. This class is an excellent way for children to gain self-confidence, listening and learning skills, and introducing the fun of dance.
Hip Hop / Pom	This high energy class is designed to expose young dancers to the fundamentals of hip hop and Pom Dance! Your dancer will learn the basics of rhythm, movement, and Pom basics including Arm Motions, Dance Skills, and Jumps. This class is an excellent way for children to gain self-confidence, listening and learning skills, and introducing the fun of dance.

Mini
These classes continue to introduce new concepts to young dancers in a fun way, with the focus of building self-confidence but there will be more emphasis on proper body placement and the fundamentals of dance technique. Allowing younger students to experience a variety of dance styles before progressing to the more advanced levels. These introductory classes are offered at all 5 of our locations for students ages 5-6 years old in the following disciplines listed below:

Ballet/Jazz	This one hour combination class will consist of 30 minutes Ballet and 30 minutes Jazz Technique. Young dancers will learn Ballet Technique, Jazz Technique, and explore Creative Movement skills. Classes will focus on the fun of dance while begging to bring awareness to proper technique and body alignment.
Theatre Dance/Tap	This one hour combination class will consist of 30 minutes Theatre Dance and 30 minutes Tap Technique. Dancers will focus on Theatre Jazz techniques seen on the screen and on the stage, as well as an introduction to Tap Technique that incorporates the basics of rhythmic movement.
Hip Hop	This high energy class is a street style of dance that focuses on self-expression and movement that involves the whole body. Young dancers will be introduced to the fundamentals of hip hop and learn the basics of rhythm & movement, all while building their confidence.

Junior, Senior & Teen

These classes continue to build young dancers self-confidences by placing more emphasis on the fundamentals of dance technique through proper body placement and skills for each specific dance style. These classes are for students ages 7+ (Junior) , 10+ (Senior) , and 13+ (Teen) each age group can participate in the following disciplines listed below:

Ballet	This is a classical dance form that develops correct technique, posture, body alignment, flexibility, and control. During this structured class dancers will be taught terminology and foundations of ballet positions.
Pointe/Pointe Prep Pre-Requisite Required Dancer must be enrolled in Ballet class that meets prior to this class.	This is a preparatory class for dancers who are interested in working toward dancing en pointe one day. This class will focus on strengthening their feet and ankles through stretching and other conditioning exercises.
Progressing Ballet Technique (PBT) *previous dance experience is strongly recommended for this class.	PBT is a body-conditioning and strengthening program that is designed to enhance a dancer's technique by focusing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet technique-specific exercises to train dancers at intermediate & advanced levels.
Tap / Theatre Dance	This one hour combination class will consist of 30 minutes Theatre Dance and 30 minutes Tap Technique. Dancers will focus on Theatre Jazz techniques seen on the screen and on the stage, as well as an introduction to Tap Technique that incorporates the basics of rhythmic movement.

Hip Hop	This is a street style of dance that focuses on self-expression and movement that involves the whole body. In class students will learn fundamentals of the different hip hop techniques including, popping, locking, gliding, breaking and choreography.
Contemporary *previous dance experience is strongly recommended for this class.	This dance class blends skills from several types of dance, including, jazz, ballet and lyrical. The expressive style of dance teaches dancers to connect the body and mind through fluid movements. During class, dancers will focus on technique, musicality, improvisation, and expressing emotion.
Jazz	This class will focus on young dancers understanding and applying the basic Jazz technique while developing flexibility, core strength, strong lines and dynamic coordination. Attention will also be placed on learning skills such as basic jumps and turns, as well as, stage presence and learning choreography.
Theatre Dance	This jazz-based class that focuses on dance styles found in Broadway musicals. Students will work on jazz technique and combinations that blend acting with dancing, and learn to showcase their personality and prepare for musical theater auditions.

Adult	
These classes are designed for dancers who are 18+ years of age and open to all skill levels in the following disciplines listed below:	
Ballet (18 +) **Registration for this class does not close.	This class is designed for dancers of all skill levels, This class explores and Introduction to Ballet Basics and allows adult dancers to experience the artistry, athleticism, and gracefulness of the art of Ballet.
Jazz (18 +) ***Registration for this class does not close.*	This class explores and Introduction to Jazz basics and allows adult dancers to develop flexibility, core strength, strong lines, and dynamic coordination needed for this style of dance.
Tap (18 +) ***Registration for this class does not close.*	This class explores and Introduction to Tap basics and allows adult dancers a chance to either develop or fine tune their musicality, timing and balance.

Dress Code

To participate in class, students must be dressed in proper attire with hair worn as listed below.

- Ballet shoes must be "no tie" shoes or strings must be knotted with excess cut off.
- Dancers name must be written inside all shoes/bags. R&S is not responsible for any lost or misplaced items.
- Small stud earrings may be worn; no other jewelry will be permitted.

Ladies

Ballet / Creative Movement

- Leotard (any color)
- Pink tights
- Pink ballet shoes (prefer "no-tie")
- Hair in ponytail or bun

Ballet / Jazz

- Leotard (any color)
- Pink tights
- Pink ballet shoes (prefer "no-tie")
- Hair in ponytail or bun

Hippity Hoppers / Pom

- Comfortable dance / athletic attire
- Pants or shorts with tights underneath
- Tennis shoes
- Hair in ponytail or bun

Ballet and/or Pointe Prep/Pointe

- Black or pink leotard
- Pink tights
- Pink ballet shoes
- Hair in bun

Theatre Dance / Tap

- Leotard (any color) or fitted top
- Fitted pants or shorts with tights underneath
- Flesh Colored Jazz shoes
- Black patent tap shoes
- Hair in ponytail or bun

Theatre Dance

- Leotard (any color) or fitted top
- Fitted pants or shorts with tights underneath
- Flesh Colored Jazz shoes
- Hair in ponytail or bun
- Teen Theatre Dance will need 1.5in. tan character shoes.

Contemporary

- Leotard (any color) or fitted top
- Fitted pants or shorts with tights underneath
- Flesh Colored Jazz shoes
- Hair in ponytail or bun

Jazz

- Leotard (any color) or fitted top
- Fitted pants or shorts with tights underneath
- Flesh Colored Jazz shoes
- Hair in ponytail or bun

Hip Hop

- Comfortable dance / athletic attire
- Pants or shorts with tights underneath
- Tennis shoes
- Hair in ponytail or bun

Progressing Ballet Technique (PBT)

- Fitted Dance Attire
- Shorts, Convertible tights
- Socks

Dress Code (continued)

Gentleman
• Comfortable, Solid Colored Athletic Attire • Pants (no shorts or jeans) • Tennis Shoes for Hip Hop • Black patent tap shoes; tie closure • Black Jazz Shoes for all other styles

Where to Shop: Most dance attire and shoes can be purchased at the following retailers:	• Bellissimo • Academy Sports (Petite & Mini Students) • Target (Petite & Mini Students) • (Online) Amazon.com • (Online) DiscountDance.com

Policies & Procedures

All Rhythm & Spirit policies and procedures are in place for the safety of the students. Guardians and students are expected to understand and comply with these policies.

- Water bottles with a lid are encouraged; no other food, drinks, or gum is permitted inside the dance studios.
- All students should use the bathroom before class. Instructors and/or class assistants CANNOT accompany any student to the bathroom; nor are they allowed to let a student leave the studio unsupervised.
- Due to the limited time in between classes, we ask that guardian questions and concerns be directed to the coordinators via email or phone. Instructor contact information is not distributed, but coordinators can communicate between guardians and instructors when needed.
- Guardians and siblings may not enter the studio while class is in session.
- Never speak negatively about instructors, students, or other parents.
- All students must show respect for their teachers at all times.
- Inappropriate behavior could result in dismissal from class.

Drop-Off & Pick-Up

For safety, we ask that all guardians with a student under 12 years old are responsible for coming inside the building, and picking up their student(s) from the dance studio immediately after class.

Drop-Off & Pick-Up (continued)

Petite & Mini Classes (3-6 yrs. old)	A guardian or responsible adult must remain in the building for the full duration of class.
Junior, Senior, & Teen Classes (7+ yrs. old)	A guardian or responsible adult must remain accessible by phone for the full duration of class.

- **At drop off, the guardian or responsible adult for each student must provide his/her cell phone number on the student's name tag. Those who carpool, or who share responsibility for students during class must provide their cell phone number on all students' name tags they are responsible for at drop off.**
- We encourage students to, arrive early enough for them to use the bathroom and put on appropriate shoes before class starts.
- If a student arrives late, to help minimize class disruption we ask that guardians make sure the student is ready with their shoes on and hair up before entering the studio.

Student Emergency

In the event that the student needs his/her guardian for a safety concern or bathroom emergency our staff will call the number that was provided on students name tag at drop off. **If called, the guardian must report to the studio immediately for each child they are responsible for that day.**

To ensure that you receive and/or recognize the number calling your phone, please save the phone number listed below for your location. Please note that these phones are outgoing lines only, you are unable to return the instructors missed call.

Fairview Recreation Center	**(615) 790-5700**
Franklin Recreation Center	**(615) 790-5719**
Longview Recreation Center	**(615) 302-0971**
Nolensville Recreation Center	**(615) 786-0200**

Recital Information

The Spring Recital is offered for registered students 3 years and older. We encourage all students to participate in the recital, however it is not mandatory. Participating students will perform in 1 dance per class, as well as the finale. A detailed recital guide will be provided via email with all the information parents and students need to know to make the recital experience enjoyable for all.

Recital Fee (non-refundable)	TBD
Recital Registration & Payment Deadline	Registration Opens - October 31st, 2024 Registration Closes - November 18th, 2024
Mandatory Dress Rehearsals	Friday, April 25, 2025 (tentative) and/or Saturday, April 26, 2025 (tentative)
Recitals	Saturday, May 3, 2025 (tentative)

Recital Commitment & Cost

- ***Please note that all students must participate in the MANDATORY dress rehearsal in order to perform in recital.***
  - There are no exceptions to this policy, including but not limited to high school graduations, and other school or sports related events.
- The recital fee is non-refundable and due at the time of registration.
- The recital fee includes -
  - Event Rental fees
  - Digital copy of the recital
  - One costume (dancers participating in multiple classes will receive information via email regarding details on how to purchase their additional recital costume(s).

Recital Costume(s)

In an effort to ensure that costumes are delivered in time for the (voluntary) individual dancer photos and allow for an organized distribution to our students, costume orders are placed prior to the December break. Costume manufacturers do NOT accept cancellations or offer refunds; therefore we are unable to refund any costume payments.

- Costume selection(s) pictured class sizing sheets are tentative and subject to change based on availability at the time the order is placed.
- Please, allow for growth when selecting costume size. It is easier, cheaper, and less complicated to alter a costume that is to large vs. too small. Any alterations that must be made are the responsibility of the guardian and cannot change the overall look of the costume.

Recital Tickets

Ticket sales are limited to ensure every dancer is able to have audience members in attendance to watch their performances. Ticket sales are scheduled to take place in the spring, and are NOT included in the recital fee.

- All tickets are only sold online (purchased tickets may be printed or presented on mobile device)
- Tickets will not be on sale the day of recital.
- All audience members are required to have a ticket (with the exception infants and small children who will be sitting in your lap throughout the full duration of the show).

Recital Photos

Class photos will be taken during dress rehearsals . In addition to the group photo, students may elect to sign-up for individual portraits to be made in any of their recital costumes.

- Sign-ups for individual photo's will be sent via email in the spring.
- There is no obligation to purchase photos.

R&S Performance Team Information

The Performance Team is an extra - curricular opportunity for R&S students. Team members are required to take weekly Rhythm & Spirit technique classes in addition to team practices. This option is offered for students who want to take their dancing and performing to the next level!

The emphasis of the Rhythm & Spirit Performance Team is on community performances such as festivals, parades, etc. around Williamson County. This gives our students the opportunity to participate in a non - competitive, positive, and supportive team atmosphere while encouraging them to become great athletes, students, and performers. Students will work together and enjoy the fun that comes with being part of the Rhythm & Spirit Performance Team!

Auditions for our 2025-2026 Performance Teams will be held on March 1, 2025.







Instructors



Hayley Lowery started ballet/tap classes in Texas and by the age of eleven, convinced her parents to let her host a summer-long dance camp at their home for younger children. Her desire to teach and host events began to grow from there. She made the high school dance team in Fountain Hills, Arizona where she discovered her love for jazz dance. In 2007, she graduated from Columbia State Community College in Commercial Entertainment and decided to go professional with her performing career. She danced, sang, acted and hosted shows with Walt Disney World, Feld Entertainment, Universal Studios, SeaWorld, Gaylord Palms/Gaylord Opryland Resort & Convention Center, Royal Caribbean Cruises and Pirate's Town Dinner Theater Orlando. Two of her favorite roles have been dancing in "Festival of the Lion King" at Disney World and touring all over the world portraying Belle in Disney LIVE's production, "Mickey's Magic Show." Hayley started teaching preschool dance a year ago and fell in love with it! She is beyond excited to join Rhythm & Spirit in hopes she can instill a lot of love, confidence and the passion of dance into all her kiddos!



Jacqueline Gray began dancing at the age of four in Orlando, FL. At the age of eleven, she became the youngest member of her studio's senior dance company, and furthered her dance education by taking master classes in New York, attending conventions throughout every school year, and also competing in National Competitions, where she won 1st overall numerous amounts of times. Jacqueline was accepted into the Dance Performance program at her junior college, and earned her Associates of Arts degree in 2000. In 2002, she was hired as a backup dancer for the boy band Fusion, until she left to work at Universal Studios and Disney in Orlando as a dancer and stilt walker. She has been blessed with opportunities such as taking classes from So You Think You Can Dance's Mia Michaels and Wade Robson, Frank Hatchett of Broadway Dance Center in New York, and Joe Tremaine, and incorporates the knowledge she has learned from all of her wonderful teachers into her own classes. Jacqueline loves to teach and help each student bring their own unique gifts onto the dance floor.



Jaden Olesen Bio coming soon!



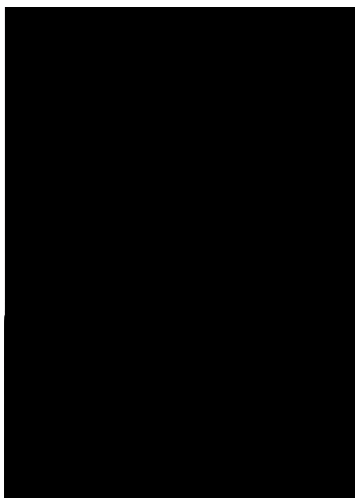
Jaimie Flores started dancing at 7 years old, being classically trained in ballet in her hometown of Homestead, FL. By the age of 12, she was training in ballet, tap, jazz, acrobatics, modern dance, and pointe and continued throughout high school. She went on and pursued furthering her dance career at Middle Tennessee State University were she attained her degree in Dance Pedagogy. She joined Rhythm and Spirit in 2019 and has loved the experience of teaching children. She hopes to instill her love of dance in the kids through discipline, a strong technical foundation, and the freedom to explore their self-expression through dance.



Kaelyn Terry started dancing at the age of 9, taking hip hop classes at Rhythm & Spirit. In 2014, Kaelyn joined Rhythm & Spirit's performance team where she danced and performed many styles such as hip hop, jazz, pom, ballet, and contemporary at events, festivals, and parades. Kaelyn stayed on the performance team until she became an assistant dance instructor at Rhythm & Spirit in 2019. Alongside being on the performance team and assistant teaching, Kaelyn danced for her middle school dance team, helped to create the dance team for Franklin High School, and continued dancing through her first year of college in other programs. Now, Kaelyn is pursuing a bachelor's degree in Art Education at Middle Tennessee State University and she has become a full instructor for Rhythm & Spirit. She is excited to continue to teach and inspire students to love dance just as much as she does!



Kelsey McCarthy fell in love with dance at the age of 5. A Nashville native, she trained with studios and companies across Middle TN. She began working professionally in high school which took her training and knowledge to the next level. She graduated from MTSU with a major in Communications and minor in Dance. While there, she was a part of the Dance Theatre Company and served on the Student Advisory Board for the dance department. She's been fortunate enough to dance and choreograph for music videos, film, and live performances across the country.



Molly Pena Bio coming soon!



Roxanne Crew began dance lessons at the age of six, and has been hooked ever since. She trained in a variety of styles such as ballet, modern, jazz, lyrical, tap, and hip hop. This prepared her to attend Jacksonville University, where she expanded her understanding of the art of dance, including technique, performance, choreography, and pedagogy. Her first year, she was named Outstanding Freshman in Dance, and her senior year won the prestigious Dean's Award for Student of the Year in Dance. She graduated Summa Cum Laude with a BFA in Dance and an Education minor. Since college, she has continued her dance training at Vanderbilt University, performed on Chicago rooftops with Wake Up! Waltz, and entertained as a high-kick dancer at Universal Studios Florida. She is thrilled to be able to share her love of dance with the students of Rhythm and Spirit!



Summer Elkin grew up in Alabama as a company member with Montgomery and Mobile Ballet and attended Joffrey Ballet in the summers. She moved to Nashville to attend college where she danced for Vanderbilt, appeared in music videos, and danced in the Super Bowl. After dancing in the NBA with the Miami Heat and cheering for the Atlanta Falcons she focused solely on her favorite style of dance, ballroom. Years of competing professionally in ballroom eventually led to multiple titles including the USDC National Compulsory title, UCWDC World title, USDC National, World, and Blackpool finalist. Summer continues to teach and loves sharing the joy of dance with others!



Suzanne Holmes was born in Durban, South Africa where she received 13 years of ballet training in the Royal Academy of Dance classical ballet method. Upon completion of all her ballet exams she furthered her ballet training at the Royal Ballet School in London, UK. She then went on to have a 10 year career as a professional ballet dancer with PACT Ballet Company in Pretoria, South Africa. After "retiring" from the stage she made the transition to a ballet teacher after studying and passing her Royal Academy of Dance Teacher's exam. Suzanne has 29 years of teaching experience of which 23 of them she was the owner, director, teacher and choreographer of Suzanne Holmes School of Ballet. Suzanne immigrated to the USA in 2018 and continued her love of teaching ballet in California. She recently relocated to Nashville TN. She is very excited to be joining Rhythm and Spirit and she is looking forward to sharing her lifelong passion of ballet with the students.



Tessa Mendoza has established herself as a successful Choreographer and Director. Starting at the age of 7, her passion for the stage has continued to grow as has her passion to teach. Originally from Los Angeles, Tessa Mendoza began her vocal and dance training in Arizona. At 14, she began choreographing for her high school show choir and at the age of 17 was choreographing and coaching college dance teams across Arizona. She was awarded two choreography scholarships for her work on the shows "Little Shop of Horrors" and "Godspell" and then went on to work with the Bel-Air Musical Theatre Company for Kids in Los Angeles. Tessa Mendoza is most known for Choreographing, Dancing and Directing for Disney Star and Hollywood Recording artist Coco Jones.

Coordinators



Brittney Williams graduated from Columbia State in 2009 with a degree in Commercial Entertainment. Upon graduating, she began working in Orlando, Florida for Nickelodeon Suites, Universal Orlando, Gaylord Palms Entertainment, Sea World Orlando, and Walt Disney World. Brittney obtained her Bachelors Degree in Dance from Middle Tennessee State University to further her knowledge in Dance and Dance instruction. She joined Rhythm & Spirit as an instructor in 2014 and taught hundreds of students in her 5 years teaching with the program. Brittney became a full time coordinator in the fall of 2019.



Rachel Crosslin Bio coming soon!

R&S Birthday Parties

Did you know that we offer Rhythm & Spirit Birthday Parties? Give the gift of dance with one of our party options and make your child's day extra special! For children ages 3 to 12 years old.

Party Details

- Cost - $150.00 / 2 hours
  - 45 minute dance led by an Rhythm & Spirit instructor.
  - Second room + time for cake/refreshments and presents.
- For more information contact Rachel Crosslin at Rachel.Crosslin@williamsoncounty-tng.ov or visit our website at - https://www.wcparksandrec.com/activities/rhythm_and_spirit_dance/birthday_parties.php