



TENTATIVE
STUDIO
HANDBOOK
2025-2026



Office Hours:

Monday - Thursday 3:30-8:30 PM

Saturday 9:00 AM - 12:00 PM

info@xtremedanceacademy.com

www.xtremedanceacademy.com

919-563-8823

Cell: 919-903-2298

WELCOME

Welcome Dancers and Dance Families! We are so excited to begin our 2025-2026 season with you all! We are so thrilled to welcome back our returning dancers, and we can't wait to get to know our new dancers who have just joined our program. We know this will be our best season yet!

Starting a new year or in a new program can be overwhelming, and our goal is to provide as much information about this season through this handbook. We will outline responsibilities, commitments, policies, and more so our dancers and dance families have clear knowledge of what to expect this season.

OUR MISSION

Xtreme was opened in 1997 originally as Carries Dance Creations with Carrie Edwards as the original owner and Jessica Long as a director and instructor. The business plan was kept simple and family friendly. The focus was; Quality dance instruction that leads a child from kinder years of dance through adulthood.

In 2003 Jessica Long purchased the business from Carrie and created Xtreme Dance Academy with Ashley Hawk as a director and instructor. Through hard work and attention Xtreme has grown while keeping true to the original principles. In 2017 Ashley Gooch and Sandy Hawk purchased the business from Jessica and are continuing the quality instruction business plan. Making sure to keep the values and principles that have made Xtreme amazing from the beginning!

STAFF



Ms. Kayla



Ms. Heidi



Ms. Keshia



Ms. Ashley M



Ms. Madison



Ms. Ashley G



Ms. Kelsey



Ms. Sara



Ms. Joelle



Ms. Paula



Ms. Shawnda



Ms. Becca



Ms. Bethany



Ms. Melissa



Ms. Brittanye

WHAT WE OFFER

Acrobatics/Tumble

Tumble focuses on the floor aspect of gymnastics. In this the students learn the basics such as rolls and kart wheels to front and back handsprings. This class requires the students to remain very focused at all times due to the level of risk. Tumblers are conditioned throughout each class to build up their upper and lower body strength and flexibility. This allows them to control their movement better and hold themselves in the difficult tricks. This class often moves very slow allowing each student to progress and his/her own pace so that safety comes first! Ages 3 and up.

Ballet

Dancers can begin ballet at the age of 3 but with limitations as to what they can do. Ballet emphasizes proper alignment of the body focusing on turnout, center and fluid movement of the entire body at the same time. Ballet is the most regimen and focused form of dance demanding a lot of time and years to perfect. Class consists of barre warm up, center work, progressions across the floor and weekly combinations. Age 3 and up

Pointe

This is an advanced form of ballet and is what all serious ballet dancers strive to achieve and perfect. Pointe shoes or Toe shoes, as they are often referred to, are a blocked ballet slipper that allows the dancer to stand tall on her toes. We at XDA do not allow dancers to progress to this level until they are 13 years of age and have had several years of formal training in Ballet. Class for Pointe consists of an advanced level of warm up and center work.

Clogging

Clogging is performed in shoes that have a double tap attached to the bottom. This gives the shoe a unique sound unlike a tap sound. Cloggers are at a fast pace rhythm constantly. With arm motions to match this form of dance is very aerobic. Where tap dancers always begin a motion on their right foot, cloggers begin on the left. The original forms of clogging were performed to country western music and line formations. Cloggers of a new generation have transformed this art form to match today's time, with today's music and the latest hip hop grooves. Ages 4 and up

Hip Hop

This New Break Out form of dance focuses on such techniques as pop and lock and freestyle. This urban dance form stepped onto the dance scene in the 70's and 80's and was known as break dancing. Since then it has progressed into something that today is the widest dance form used. At times the dancers seem as though they very sharp (pop & lock) and at other times within the same dance they are so fluid their body seems to mesh and melt together. This dance form is often seen in music videos for pop music and rap and is very commercialized on TV today because it is SOOOO HOOOT!!! Age 4 and up

Jazz

Jazz dance is linked to many forms of dance and requires great strength and agility. Its focus is purely performance driven and is often seen in most Broadway shows. Jazz requires the dancer to put emphasis on certain parts of the body called isolations. We also focus on a lot of amazing tricks, turns, leaps and jumps as well as flexibility. Your main goal is to bring the audience into your world and make them sit on the edge of their seat! Music styles for this dance form are a wider range, from oldies to rock and show tunes. Class begins with a warm up, progressions across the floor, center work that is focused on learning tricks and combinations. Ages 4 and up.

Lyrical/Contemporary

Lyrical and Modern are very interchangeable dance forms and often coincide with one another. They both focus on telling a story through dance and movement of the body. Both tend to emphasize the lyrics and the music that they are being performed to. They also focus on such techniques as Fall and Recover, Contract and Release and the movement of your body through your breath. Class begins with a center warm up and is followed by progressions across the floor, center work, and combinations. Ages 4 and up.

Tap

Tap dancing focuses on the exact counts of the music and is performed with shoes that come with or have metal taps added to the toes and heel. Tap class consists of learning to feel the music and the rhythm as well as speed and agility with the different steps in tap. Tap greats such as Gregory Hines pushed this art form to the next level putting it at the forefront of dance along with Ballet! Age 3 and up.

Financial Commitment

Signing up for Fall 2025-2026 classes includes 9 months of instruction. Classes run from September - May; Leading up to our annual recital.
When registering for this session you are not required to attend the entire session however after certain cut off dates, payment of an event/costume is still required. As we base cost on number of enrolled at the time.

Yearly Enrollment Fee:

Returning Student \$40.00

New Student \$50.00 (includes Xtreme Shirt needed for community activities)

Sibling Discount: 10%

Military Discount: 10% off monthly tuition.

Multi-Class Discounts available.

Accounts:

Tuition payments are due on the 20th of the month prior to the month coming due.

(Example-October Tuition Due between September 20th-September 30th)

All Fees are non refundable

After the 5th of each month a \$15 Late Fee will be added to the account.

After the 10th of each month an additional \$15 Late Fee will be added to the account.

After the 15th of each month, if tuition is not paid, we will not allow the dancer in class until payment has been made.

Draft Options:

Credit/Debit Drafts:

Xtreme offers auto-draft on the 1st of each month.

If you would like your credit/debit card to be drafted monthly please inform the front desk.

4% CC fee will be charged.

ACH Drafts:

Xtreme offers bank auto-draft on the 1st of each month.

If you would like an ACH Draft please inform the front desk. This draft requires your bank account number and routing number along with a form and signature to process.

No additional charge.

Drop Information:

Xtreme must be notified through email (xdamebane@gmail.com) of all drops for this session.

Costume Fee:

After November 1, 2025 Costumes cost will be due. If a dancer drops after November 1, 2025; Account holders will be notified when costumes come in and will be able to pick up at their convenience. Costumes will be held until June of 2026 then they will be donated.

Recital Fee:

After December 6, 2025 recital fee (\$125) will be due. If a dancer drops after December 6, 2025. Account holders will be notified when trophies/medals are ready for pick up at their convenience. Trophies/medals will be held until June of 2026.

Tuition Rates:

Tuition is charged by total hours for the week and paid monthly

Multiple Classes: Add all classes together and subtract the appropriate discount.

Multiple students: add each student individually then minus the appropriate discount.

Rates are per month

30 Min Class: \$50.00

45 min class: \$60.00

1 hour class: \$70.00

2 Classes: 20% off total

3 Classes: 30% off total

4 Classes: 40% off total

5+ Classes: Unlimited: \$225.00

Alamance ALZ Walk

September 27, 2025

Burlington Athletic Stadium
1450 Graham St.
Burlington, NC 27217

Opening Ceremony and Walk at 10 am

Xtreme Moves for Memory is excited to be participating for its 2nd year at the Alamance Walk. We would love for you to be apart of our team and join us for the event.

If you are unable to join us for the event we would love if you would be willing to fundraise towards our studio goal!

Join our Team
OR
Make a donation



Bring A Friend Week

October 6th - October 11th

Bring a friend week is an amazing way for our dancers to share dance with their friends and family!

Dancers may bring one friend per class they are enrolled in.

No dance experience required!

Friends must be close in age with the registered dancer. Adults are not permitted into the classroom.



**Friends &
Dancers will
receive a fun
goodie bag for
attending!**

Mebane Christmas Parade

December 5th, 2025

Xtreme participates in Mebane's Annual Christmas Parade each year!

Parade # TBA

Dancers Age 7+: March/Dance in the parade

Dancers 6 & Under: Ride the float

Line up at 6:00 PM

Dancers:

Mebane Community Park
627 W Center St, Mebane, NC 27302

Riders:

404 W Clay Street, Mebane NC 27302

Parade begins at 7:00 PM



Parade Practice:

Practice is only for dancers who are marching: Age 7+
Wear comfortable clothing, tennis shoes, and bring a water bottle.

October 10, 2025: 5:00-7:00 PM

November 21, 2025: 5:00-7:00 PM



Parade Sign up &
Sweatshirt Order Form

Parade Attire:

Performance Dancers:

Green Xtreme Hoodie
Black Leggings or Sweatpants
Tennis Shoes
Santa Hat Optional
Hair Up and Secure

Gloves, Hats, and Scarfs are permitted but need to be Black if worn.

Performance Riders:

Green Xtreme Hoodie
Black Leggings or Sweatpants
Santa Hat Optional

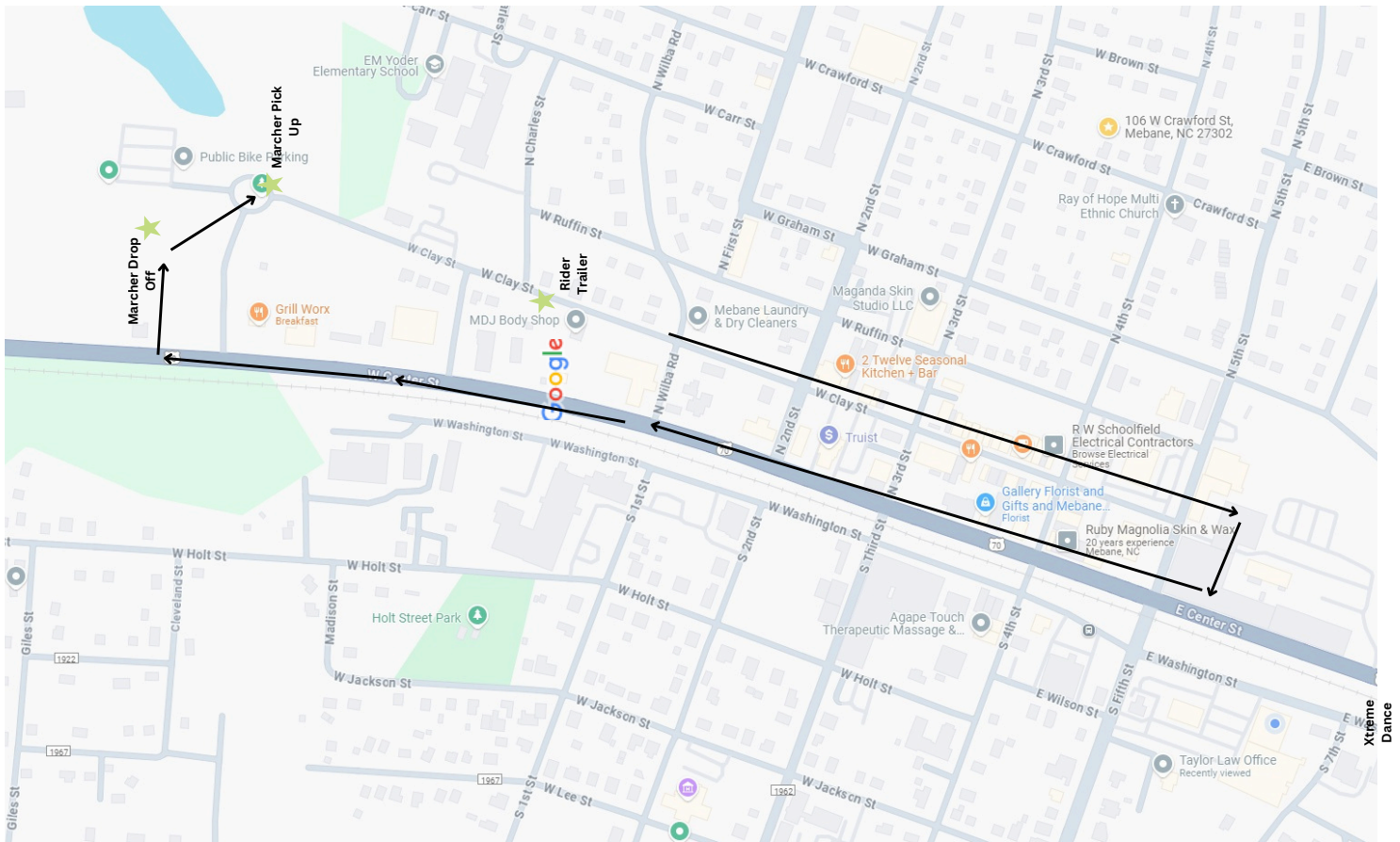
Gloves, Hats, and Scarfs are permitted but need to be Black if worn.

Bring a blanket!

*Parents who volunteer to march in the parade are required to have an Xtreme Sweatshirt.

*Parents/Guardians who are riding the float are encouraged to wear an Xtreme Sweatshirt.

Mebane Christmas Parade



How It Works:

When you check in your dancer at the community park you will receive a pick up pass. Your dancer will receive a color band.

Dancer will go to the assigned color line and wait to be walked down to the second line up location.

For pick up: whoever is picking up your dancer MUST have the pick up pass.

*You are not able to drive to the pick up location - you must walk and pick them up.

If you have a marcher you will meet us at the end of the parade when we are finished. Please make sure someone with a pick up pass is there to pick up your student when we are finished - **not when the Parade is over.**

Our pick up spot is the American Legion Building
506 W Clay St, Mebane NC 27302

6TH ANNUAL!

Egg My Yard

EGG MY YARD

WAKE UP, EASTER MORNING, TO A YARD FULL OF CANDY STUFFED
EASTER EGGS AND A NOTE FROM THE EASTER BUNNY!

35 EGGS \$30.00

70 EGGS \$55.00

105 EGGS \$80.00

140 EGGS \$105.00

Call, Email, Stop By or visit the QR Code
to purchase your eggs!

Deadline to purchase eggs is
March 29th, 2026

Locations available: Efland, Mebane, Graham,
Burlington!

Live outside these areas? We have you covered!
Opt into our basket pickup options!



919-563-8823
xdamebane@gmail.com
103-B S. 5th Street
Mebane, NC 27302



Mebane Dogwood Festival

Downtown Mebane
April 25th, 2026

Xtreme will dance 10:30 AM - 12:00 PM
Stage will be on 4th street next to Muffins Ice Cream Shop

Select classes will be asked to perform. Those classes will be announced at a later date, typically in December.

Dogwood Attire:

All Dancers:

Xtreme t-shirt

Black Leggings

Shoes will depend on what style is participating.

Hair Up and Secure

*Parents who volunteer to work at the Xtreme Booth are required to wear Xtreme Gear.

How It Works:

When you check in your dancer at the table you will receive a pick up pass.
Dancers will be sent to their group - shown by a laminated sheet with the group name highlighted.

For pick up: whoever is picking up your dancer MUST have the pick up pass.

Once dancers are finished with their dance they may be picked up and leave however we encourage you to stay in the crowd and support everyone throughout our time!



Picture Day

@ Xtreme Dance

May 2, 2026

Full Costume: Costume, Tights, Hair, Makeup, & Shoes

Group pictures are not required for purchase but we are asking everyone to attend for the group photo so the studio can have a copy. You do not need to sign up if you are not purchasing a picture- just come during the time slot.

Individual pictures are not required. If you would like to purchase an individual picture, sign up is required. Individual pictures are taken during Group picture times.

Group Digital Download: \$10.00 per group
(only if you want a copy of the group picture)

Individual Digital Download: \$15.00 per costume/Shoe Style

Unlimited (All Group and Individual Pictures): \$125.00

*Payment required by May 1st for picture purchases (Cash or Check ONLY)

You must arrive 15 mins before your time block.

FOR EXAMPLE: MADI'S DANCE CLASS IS THURSDAY 3/4 ACRO
....SHE WOULD COME IN FOR HER GROUP PICTURE AT 9:30 AM
(ARRIVING 15 MINS EARLY FOR HER 9:45 AM SHOOT TIME)

Only Xtreme Staff and Dancers will be allowed in the picture room.
Parents and siblings will wait in the dressing area.

Xtreme X-travaganza

5th & Washington Event Center

Directly beside XDA

May 8, 2026

6:00-8:00 PM

Join us in celebrating the season with Fun, Food & Dancing!

Pizza Provided!

Chips, Desserts, Plates,
or Monetary Donations appreciated.
(No Peanuts)

Kids 6 and under need a chaperone (1 adult)
7 and up can be dropped off (sign in/out required)
Everyone is invited!



DRESS CODE: CASUAL, BRING YOUR
DANCING SHOES!

Dress Rehearsal

May 11th-14th

5th & Washington Event Center

103 C S. 5th Street Mebane, NC 27302

Dress Rehearsal is how we prepare for the stage! We will have dancers arrive in full costume, makeup, etc and take the stage to practice! Parents are allotted 3 people per dancer to come and watch but please remember this is rehearsal, we will be fixing and making sure dancers feel comfortable throughout the night.

Recital

Our 2025-2026 season leads up to our annual recital in May. This is where your dancer is able to show off some of the skills they have worked on all season. While this is not required we encourage everyone to participate! We try and make it an unforgettable experience and allow each dancer to shine!

Cost of Recital Participation is \$125. This helps cover the cost of the facility, staff, experience, etc.

With the Recital Fee you receive a Recital T-shirt, Digital Download Video, Digital Download Program, 4 Tickets to your dancers show, and trophy or medal for the season. The QR code below is your recital order form. Please be sure to fill that out by February 14th, 2026.

May 15 & 16

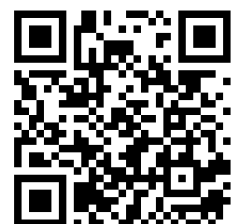
Eastern Alamance High School

4040 Mebane Rogers Rd, Mebane, NC 27302

Please block the 2 days for Recital (Friday PM only). We will have set days/times available soon.

Dates/Location subject to change until October 2025.

Rehearsal at Eastern:
May 13th



Recital Order Form

Finale

At Recital each dancer participates in a finale.

This is a dance with all dancers at the end of each show before trophies/medals are handed out.

For Finale, dancers will wear the Recital T-shirt and black bottoms (leggings, shorts) with bare feet.

Dancers will learn the finale in class but we will also have a practice.

This will be held May 14, 2026 at the dance studio.

Ages 3-6: 5:30-6:15 PM

Ages 7+: 6:00-7:15 PM

Calendar

SEPTEMBER

8th :Classes Begin
27th: ALZ Walk
20th - 30th :October Tuition Due

OCTOBER

5th :\$15.00 Late Fee Applied
6th - 11th :Bring A Friend Week
10th:Parade Practice: 5:30-7:00 pm
13th :Sweatshirt Order Due
25th - 30th :Halloween Fun Week
20th - 30th :November Tuition Due

NOVEMBER

1st:Final Drop Day for Costumes
5th :\$15.00 Late fee Applied
8th :\$50.00 Costume Deposit Due (per dance)
17th - 22nd :Parent Week
21st :Parade Practice 5:30-7:00 pm
23rd - 30th :Closed for Thanksgiving
20th - 30th :December Tuition Due

DECEMBER

5th :\$15.00 Late Fee Applied
5th :Mebane Christmas Parade
6th :Final Drop Day for Recital
6th :Final Costume Balance Due
Dec 21st - Jan 4th :Closed for Christmas
20th - 30th :January Tuition Due

JANUARY

5th :First Day Back from Holiday Break
5th :\$15.00 Late Fee Applied
20th - 30th :February Tuition Due

FEBRUARY

5th :\$15.00 Late Fee Applied
9th - 14th :Spirit Week
(see newsletter for details)
14th :Recital Fee Due & Recital Order Form Due
20th - 30th :March Tuition Due

MARCH

5th :\$15.00 Late Fee Applied
March 28th - April 2nd :Parent Week
20th - 30th :April Tuition Due

APRIL

4th - 10th :Closed for Spring Break
5th :\$15.00 Late Fee Applied
11th :Recital Ads Due
11th : First Day Back from Spring Break
25th :Dogwood Festival
20th - 30th :May Tuition Due (Final Tuition Payment)

MAY

2nd :Recital Pictures
5th :\$15.00 Late Fee Applied
8th :Xtreme X-travaganza
11th - 12th :Dress Rehearsal
13th :Rehearsal
14th :Finale Practice
15th - 16th :Recital/s
18th - 29th - Classes will run as normal to wrap up
the season- Details will follow

Class Observation

Fall Observation: November 17-22nd, 2025

Spring Observation: March 28-April 2nd, 2026

2 parents can join us for 15 mins of class.
See schedule below for specific time & location.

Please remember; sometimes bringing parents in can be intimidating to younger students. We ask that you clap and celebrate what they show off in each class! This helps reassure them for recital and gives students a positive experience.



Drop Off/Pick Up Procedures

Drop off Procedures:

Guardians are asked to bring in younger dancers to the lobby for each class.

Please arrive a few minutes early.

Ms. Heidi will then call out for the class to come line up with her.

She will then guide them down to the classroom door to wait for the instructor to welcome them into class.

Parents/Guardians are not allowed in the classroom. There are several reasons for this.

We have learned after 21 years of dance education that dancers do better without a parent/guardian in the room. They focus and learn more and tend to be less distracted.

We also require background checks for all staff and volunteers who have interaction with dancers. While we understand that you are the parent/guardian to your dancer, there are many other dancers in the space.

We do offer parent/guardian nights throughout the year and are working hard to get our cameras up and running into the lobby so you can see the classes live. We do not allow parents to log into our camera system because we are unable to monitor who is online.

Pick Up:

Instructors will bring dancers to Ms. Heidi in the lobby, and she will then hand dancers off to parents/guardians.

We do not allow dancers outside without a parent.

If you are going to be more than 5 minutes late picking up your dancer please call and inform the front desk.

DO NOT PARK OR STOP IN THE FIRE ZONE

Jackrabbit Software

Xtreme uses Jackrabbit for online registration, payments, and more.

When you register you will receive a link to start your Jackrabbit account.

To login to our Customer Portal

Your Login ID is your Email Address given at registration. You can request a new password by clicking the "I don't know my password" link

OR

TO LOGIN:

Visit www.xtremedanceacademy.com

Click the "Customer Login" on the top of the page

Scroll down to see the button on the page and follow the directions.

Please make sure to login and verify all of your information is correct.

If you need any assistance logging into Jackrabbit or with passwords please let us know!



Jackrabbit Class

Costumes

All dances have a costume for the recital. Costumes can range from \$75.00-\$120.00 depending on what they class they are in. We do our very best to try and limit the costume cost for the year.

Please also remember that costumes come in general sizes. There is a chance that your dancers costume will need to be altered. We do our best to have our seamstress get the costumes fitting to the best of our ability.

There is a \$50.00 Non-Refundable
Costume Deposit Due November 8th

Final Costume Payment Due December 6th.

After November 1, clients will be required to pay the costume fee even if the end participation.

We will contact you when the costumes come in so you can pick them up.

Parents will be required to come in and sign for the costumes once they are in. You will receive an email for pick up day.

Please note - We order in December but sometimes do not receive costumes until April.



Dress Code

Ballet/Tap Combo

Age 3-5

**Leotard, Skin Tone tights, Skin Tone Ballet Shoes,
Black Tap Shoes**

Ballet/Pointe

Age 6+

**Black Leotard, Black Skirt (Optional)
Skin Tone Tights, Skin Tone Ballet Shoes**

Jazz/Lyrical/Tap/Clogging/Acrobatics

**Leotard, Boy shorts, Jazz pants, or Leggings
Cami, Bra top, or Fitted shirt**

Jazz/Lyrical: Skin Tone Jazz Shoes

Tap: Black Tap Shoes

Clogging: Clogging Shoes

Acro: No Shoes

Hip Hop

LOOSE FITTING CLOTHING – NO DENIM

Tennis shoes Required

Xtreme has a wonderful store located in the front lobby. You can purchase shoes, clothing, and Xtreme merchandise from here year round.
We also have a used shoe exchange program.

Xtreme & Co. Dance Store

Xtreme has a full dance store
located in the front lobby.

Year-round you can purchase shoes, clothing, tights, and
Xtreme merch!

We also have a great used shoe program ! Purchase used
shoes for \$5 or exchange your used shoes for the next
size up.

You can also purchase Xtreme Merch on our website -
www.xtremedanceacademy.com



BAND



**Join our BAND Group to stay up-to-date
during the season!**

Office Hours:

Monday - Thursday 3:30-8:30 PM

Saturday 9:00 AM - 12:00 PM

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