

FALL

2026



DANCE PACKET



AMERICANSPIRITATHLETICS.COM



2026 Fall Recreational Dance Program

At American Spirit Athletics (ASA), our mission is to create a welcoming dance experience where every dancer can explore movement, build confidence, and express their unique voice through music and motion.

Our founder, **Lisa Hemmie**, is a Marine Corps veteran with **34 years of experience** in the spirit industry as a gym owner, coach (all-star, school, and recreational). She has been actively involved with the **U.S. All Star Federation (USASF)**, a leading organization for All Star cheer and dance, dedicated to creating safe, fair, and positive environments for athletes. Through this work, she has judged dance divisions both nationally and internationally, including panels for teams competing for bids to **The Dance Worlds™**.

ASA programs are designed to support the whole athlete – physically, emotionally, and socially – while creating a positive, inclusive, and structured environment. We understand the unique needs of military and civilian families in a transient community and strive to support each family throughout the season.

Families who would like to learn more about Lisa's professional background and ongoing industry involvement are welcome to view her LinkedIn profile:
[linkedin.com/in/lisa-hemmie](https://www.linkedin.com/in/lisa-hemmie)

Lisa Hemmie
Director

✉ lisa@americanspiritathletics.com ☎ Office: 323-203-7542 📱 *Call or text*

Instructors

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ASA DANCE FALL 2026

Programs are open to military and authorized civilian families through a base access process. Information is subject to change based on enrollment and facility availability.

This packet is designed to answer common questions. Information subject to change.

COACH TRAINING & SAFETY STANDARDS

ASA coaches and staff undergo **ongoing training beyond basic requirements** to ensure a safe, professional, and supportive environment for all athletes.

This training includes, but is not limited to:

- Mandatory Reporter training
- Sexual Harassment Prevention
- Safety & First Aid / CPR
- Dance education and Safety & Risk Management coursework

Additional training and education are completed regularly to stay aligned with **current best practices in youth sports/arts safety, athlete development, and risk management.**

PROGRAM FOCUS

Dancers will work on:

- Confidence and self-expression
- Strong technical foundations-leading to more advanced skills
- Movement, musicality and body awareness
- Class structure, etiquette and focus
- Performance awareness, teamwork, accountability, and sportsmanship
- Dance vocabulary
- Having fun!

Instruction is delivered in a positive, structured, age appropriate, safety-first environment. Families may receive supplemental videos or practice resources.

Our new updated online dance skill charts give dancers, families, and coaches a shared roadmap for safe, progressive development—supporting clear expectations, visible progress, and goal-oriented learning in a fun, structured environment.

ENROLLMENT INFORMATION *No prior experience required.*

SESSION DATES

August 24-December 05, 2026

End of season showcase & events are local. Dancers are expected to participate.

Enrollment Period:

August 06-Aug 24, 2026

Registration:

Online at [www.americanspiritathletics.com \(Classes/Sign Up\)](http://www.americanspiritathletics.com/Classes/Sign Up)

Base Access:

Required for practices and events held on base. Please review base access information on our website prior to enrollment. Base access is granted only for the specific date(s) and time(s) of a scheduled practice or special event. Families are responsible for monitoring and managing their access expiration dates.

Creative Movement (Pre-Ballet Foundation). Ages 3-4 40 minutes (Age eligible by Aug 24, 2026)

Creative Movement introduces young dancers to the joy of dance through imagination, music, and playful exploration. Classes are designed to build confidence and classroom readiness while nurturing creativity in a fun, supportive environment. Independent focus, students must be potty-trained.

Pre-Ballet/Ballet Various classes ages 5 through 10

55 minutes (Age eligible by Aug 24, 2026)

Ballet provides a strong technical foundation while encouraging grace, discipline, and confidence. Classes follow a structured format that supports both physical development and artistic expression.

It is designed for dancers looking to build a strong foundation in classical ballet. This class focuses on **posture, strength, coordination, and musicality**, helping students develop confidence and self-discipline.

Contemporary Spirit Team Pom Ages 8-14 Meets 2x week 90 minutes (age eligible by Sept 01, 2026)

Spirit Squad Pom Team brings energy, movement, and community spirit to life through performances at community events, sporting events, and celebrations. Athletes build confidence through fun, progressive instruction in pom, modern dance, visual effects, and age-appropriate acro, stunting, and tumbling. Choreography creates dynamic performances that showcase teamwork, precision, synchronized movement, and each athlete's unique strengths.

PRACTICE LOCATION

- USMC Base – MCCS Community Center classroom 102 (and gym space)
Bldg. 1004 Cottontail Rd
Twentynine Palms, CA 92278

PRACTICE DAYS & TIMES

See [ASA Website](#) for all class dates & times

ATTENDANCE, ARRIVAL & SAFETY EXPECTATIONS

Consistent attendance is essential for safety, skill progression, and readiness. Each practice builds on the last, and reliable participation allows dancers to train safely, understand their roles, and perform confidently.

- Missed practices do not result in make-ups or credits.

PRACTICES

- Regular attendance is expected, particularly during weeks with any scheduled performances
- Warm-ups are a critical part of injury prevention and safe skill execution.
- Dancers who miss practices leading up to a scheduled performance may have limited or modified participation due to safety considerations.

PERFORMANCE DAYS

- A required arrival time will be communicated for any events.
- Dancers must arrive early enough to complete full warm-ups, safety checks, and performance preparation.
- Late arrivals may impact a dancer's ability to safely participate in performance.

COMMUNICATION NOTES

- Planned/unavoidable absences must be reported in advance through the **Parent Portal**.

Consistent communication helps coaches make informed planning decisions around formations, routines, and performance readiness—ensuring a safe and cohesive dancer experience.

These guidelines will be applied consistently by ASA staff and coaches.

PRACTICE ATTIRE (REQUIRED)

Dancers must arrive dressed appropriately for safe participation.

See [AMAZON LINK for SAMPLES](#)

Shoes should fit properly (like a sock no loose space) to serve the dancer.

Preschool Creative Movement:

- Girls: Ballet leotard. Pink canvas/leather ballet shoes. May wear ballet tights/tutu.
- Boys: Fitted white t-shirt, black athletic pants or shorts, black canvas/leather ballet shoes, thin white ankle socks.
- Long hair up in a slicked-back ballet bun or pony tail. Short hair must be secured away from the face.

Pre-Ballet /Ballet

- Girls' Dress Code: Pink leotard, ballet pink footed or conversion tights, pink ballet slippers. Dancers have the option to wear any color tutu/flowy skirt if they wish.
- Boys: Boys' Dress Code: White T-Shirt, black leggings, black ballet slippers.
- Long hair up in a slicked-back ballet bun. Short hair must be secured away from the face.

Spirit Squad Pom Team

- Girls-Leotard of choice (may also wear cami top cover,) black fitted shorts, or leggings (no flair).
- Boys- T-shirt of choice with black fitted athletic pants.
- Shoes-black split sole jazz dance sneaker-see Amazon link.
- Hair up in a bun or ponytail. Short hair must be secured away from the face.

Instruction is delivered in a positive, structured, safety-first environment. Families may receive supplemental videos or practice resources.

PERFORMANCE COSTUMES REQUIRED *Subject to change based on the market supply chain.*

Creative Movement

- Affordable, stylish. TBD upon theme selection. Pink Ballet Shoes

Pre-Ballet/Ballet

- Affordable, stylish. TBD upon theme selection. Pink Ballet Shoes

Spirit Squad Pom Team

- Uniform TBD we are getting quotes Goal \$75-\$85
- Black jazz split sole dance sneakers Purchase on own-see Amazon link
- Set of dance poms \$22.00 (one green, one royal blue)
- Hair accessory TBD Goal \$8-\$12

Costume payment

- Some will have links to order
- ASA order some items (poms) TBD

Pom performance Costume pics coming

Tuition Installments & Fees (billed mid month due by 25th for upcoming month)

Annual Registration Fee:

\$25.00 per athlete (*assessed annually on the enrollment anniversary date.*)

Monthly Tuition Installment Schedule:

Covers the remainder of August and September, including instruction, music licensing, choreography and standard community event participation fees. Tuition structure includes scheduled gym breaks.

- **First Payment (Due at Registration):** Covers the remainder of August and September, including instruction, music, and standard community event participation fees.
- **Monthly Tuition:** Due on the 25th of each month.
- **Final Payment (Due November 25): 50% of the regular monthly tuition installment**

Creative Movement

- **\$60.00** per month 1 class per week

Pre-Ballet/Ballet

- **\$70.00** per month 1 class per week

Spirit Squad Pom Team

- **\$85.00** per month 2 classes per week

Dance is a season-based program. Monthly payments are a billing structure and do not represent a per-class or per-month rate. Season fees are divided into monthly payments for convenience. No prorating, refunds, or make-ups are offered once the month begins.

COMMUNICATIONS

- Private Dance Facebook Group:
<https://www.facebook.com/groups/danceasa>
- Email updates sent regularly

SPECIAL EVENTS (SUBJECT TO CHANGE)

- **Spirit Squad Pom Squad**
Local community events-TBA-waiting on final schedules
29 Palms Pioneer Days Parade Sat Oct 17th
29 Palms Holiday Light Parade Tues Dec 01
- **Dance Photos**
Friday, TBD (Dance classroom on base, approx. 6:00 pm)
- **Recital Showcase (All Dance):**
Saturday morning, Dec 5th USMC West Gym Drop off 10:00AM Showcase 11:00AM

STANDARDS & CULTURE

This is how we keep training safe, focused, and respectful for everyone.

ASA is committed to a positive, respectful, and supportive environment.
Please: Parents and athletes:

- Avoid sideline coaching or interruptions during practices or events
- Follow staff direction
- Support all athletes positively
- Parents: drop off and pick up students promptly

IMPORTANT ENROLLMENT ACKNOWLEDGMENT

By enrolling, families acknowledge they have read and agree to the policies and expectations outlined in this packet.

QUESTIONS?

 VIPsupport@americanspiritathletics.com