

Freedom to Dance, 2025-2026 Dance Season



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WELCOME Parents & Dancers! Please read this entire sheet.

We are a unified body of dancers across the Twin Cities. We have many denominations represented in our ministry; it is not church specific, but rather a group of dancers that represent and serve many churches and organizations. Dance is mentioned frequently in the Bible: used in worship, praise, thanksgiving, and warfare. We appreciate the time commitment that this ministry involves for the dancers and their families. Thank you for your service to the Lord!

Dance classes are on Thursdays during the school year at Renewed Hope Church in Eagan: Joy Dancers (4 yrs-5th gr) and Glory Dancers (6th gr-adult) meet from 7-8:30pm. We meet most weeks until the end of May (unless noted). It's very important that you arrive on time due to a limited practice schedule. We ask that you try to make it to as many practices as you can. If we are dancing in a service or event we will ask for your availability. If a dancer commits we recommend attending the two prior practices.

Dancer Requirements:

Dancers are not required to have any dance experience to be in our ministry, just a heart for worshipping the Lord. He doesn't care if you mess up; He created you perfect in His image. He just wants your heartfelt worship. So, please do not get frustrated if you struggle from time to time with some of the movements. We ALL mess up. Try your best and have a great time glorifying God. If you need help, please ask.

Practice Points:

- ❖ If your dancer is five years old or under, an adult parent or guardian is required to be in the room the entire time and encouraged to dance alongside your dancer to help them with movements.
- ❖ We suggest you wear comfortable, yet modest (see test below), clothing; e.g., t-shirts and cotton pants. Many dancers choose to dance barefoot, but you may also wear socks or dance shoes.
- ❖ Please use the bathroom before practice. Also, please bring a water bottle.
- ❖ Dancers must stay in our room for the duration of the practice. They are not allowed to wander around in the hallways – this includes when we are dancing in events. Dancers must be picked up after practice or events. If your dancer must stay after practice, s/he should bring a quiet activity.

Typical Flow of a Thursday Night Session:

- ❖ **Check-In:** Sign in upon arriving and create a name tag. Please be ready to start on time. If a dancer arrives after warm up is done, warm up should be done on their own.
- ❖ **During the time:** Rehearsals may include: Warm-up, Prayer, Dance Instruction, plus Bible Time, Soaking (laying still for one-on-one time with God during a song), and/or Creative Exercises
- ❖ **Worship Dance Pieces:** Each year we may teach sign language, streamers, billows, and flags.

Registration Guidelines:

- ❖ All dancers are required to either complete a new Dancer Covenant and Contact & Emergency Contact Form each year or sign a statement saying nothing has changed. We suggest you go over the Dancer Covenant with your dancer. This form is available on our website.
 - ❖ Bring cash or make checks out to Freedom to Dance to purchase t-shirts. These funds help us to purchase supplies, garments and worship tools, etc. Additional donations are also welcome and will be directly applied to the ministry.
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Fees:

- ☐ **We are a FREE ministry, but a Freedom to Dance t-shirt may be purchased for \$10!**
- ☐ **Dance DVDs for \$10 or \$7 depending on length.** They are high quality DVDs and are wonderful tools to help learn dances or to give as a gift. Pick up a separate order form on the sign-in table.

Dance Practice and Event Schedule (Varies during School Year): Events will be scheduled throughout the year. Practices are scheduled separately for summer events. As soon as we know about them, they will be communicated via email, F2D Messenger group, Facebook, and website www.freedomtodance.org.

- ❖ We have ministered at various local churches, small groups, retirement facilities, and special events.
- ❖ If you know of any place that would like to have us come dance, please obtain a contact name and number to pass on to one of the dance leaders.

Standard Event Dress Attire for Events (changes each time, so check communications):

- ❖ **UPPER BODY:** Loose fitting and modest black or white short or long sleeve shirt that passes the skin test. The shirt must also not have any designs. The Freedom to Dance T shirt is another possibility.
- ❖ **LOWER BODY:** Loose fitting, black or white comfortable pants or capris. Shorts are not allowed. Depending on overlays to be used tights/leggings are acceptable for dancers under 12 only.
- ❖ **FOR DANCE EVENTS, we ask that each dancer dress very modestly and pass the skin test.**

Modest Test: Shirts must not be tight fitting or expose *any skin* of the chest or mid-section, including when you bend over or raise your hands. No low-cut shirts, no bare stomachs or backs, no tank tops, no tight fitting pants, no shorts, and no see-through material. We want everything we do and wear to glorify God and not draw attention to ourselves or cause disrespectful distractions. Modesty is a must!

Rules: We don't have a full list of rules; however, each dancer should treat others in a way that s/he wants to be treated. S/he is to act according to the fruit of the Spirit as described in Galatians 5:22-23. And abide by Galatians 5:24-25 "Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us not become boastful, challenging one another, envying one another."

Worship Tools: Each dancer must take care of the ministry's worship tools. Items are holy and to be treated with care and respect. They are not toys or to be used for any other inappropriate use.

Volunteering Opportunities: Can you help? There are several volunteer opportunities to help our ministry run smoothly. Please let us know if you are willing to help with PRAYER, SOUND, SEWING or other opportunities that arise. If you are interested, please contact a leader to discuss service opportunities. It does not have to be an every-week commitment.

Invite Others! – Dance Ministry Awareness: We have 'promo' materials available for you to share with anyone who may be interested in joining our ministry – friends, family, neighbors, or classmates. They do not need to have faith in Jesus. We are here to be witnesses for Christ and if they have never been exposed to Jesus' saving power then maybe they will through worship dance.

If you have any questions or concerns or would like to volunteer, please contact us. Thank you for your involvement in this ministry. Our ministry is better because of you! May the Lord bless you richly!

Please call or email one of the leaders with any questions, concerns, or comments.

Welcome to Freedom to Dance Ministry!

Cheryl Johnson – C: 651-434-7375 (Worship Dance Coach) Jolene Marek – C: 763-280-4403 (Worship Dance Coach)
