



Exalt Dance Ministry is beginning in September!!!

Exalt Dance Ministry is a wonderful way to worship God with your whole body. Our time together will be a time of praise and prayer to God through stretching, dance moves, toning and some gymnastics in an encouraging, safe, helpful, non-judgmental environment. Everything we do can be modified so you can work at a level you're comfortable with. You will also build wonderful friendships!

We will have a year end Christian dance presentation that will uplift and inspire all who come. We may add a class in the months to come that will focus on special church presentations.

Please pray about joining this special ministry. My desire is that all level of students with different ability levels and backgrounds can be part of this ministry. That we all work together for the purpose of growing closer to God and glorifying Him through this ministry.

There is a small monthly tuition fee, in addition there will be costume fees which I will do my best to keep low. There will be 2 classes offered on Wednesdays, beginning September 18th (see registration information page). If a class fills up and you're still interested, you can be put on a waiting list. If a spot opens up or there are enough interested students I may add a class or look for a bigger room for our time together.



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Class Guidelines

What to Wear

- ◆ Dress is to be both conservative and non-restricting for free flow movement. Please wear shirts that don't show bra straps. Wear an undershirt if your belly will show when you lift your hands, do toning exercises or do gymnastics moves. Yoga pants are comfortable and acceptable, but please wear a shirt that is long enough to cover the back end. If shorts are worn, they need to be just above the knee or tights/leggings underneath. You may dance barefoot or with socks/dance shoes.

Class Expectations

- ◆ Dancers should be ready for class by taking care of any needs such as using the restroom and putting shoes on before class begins. Dancers may not leave class without the instructor's permission. Food and drinks are not allowed in class with the exception of water.

Absent

- ◆ Please notify me, Carrie Lightstein, if you are unable to attend a practice. This will assist with choreography and ensure any missed information has been communicated successfully.

Registration

Please return completed registration forms to Senior Pastor JR Lightstein, Secretary Mary Plank [or visit us online](#).

Tuition

Tuition is due the first Wednesday of every month. Please put the payment in a sealed envelope in the box outside the dance room. You may also pay online through PayPal at www.nesconsetchristianchurch.com.

Costumes

Specific costume details will be given in class.

Scholarships

My desire is that nothing will hold a student back from being part of this ministry. If you need help please contact me, Carrie Lightstein, personally.



Student Registration and Release Form

Student Name _____

Student's Birth Date _____ - _____ - _____

Parent/Guardian Name (if under 18) _____

Cell Phone _____

E-Mail Address (ministry communication only) _____

Class you're registering for: Wednesday from 3:30-4:25 p.m. is for 3-7 year old students - \$20.00 monthly _____

Wednesday from 4:30-5:25 p.m. is for 8-11 year old students - \$20.00 monthly _____

Wednesday from 5:30-6:25 p.m. is for 12-adult students - \$20.00 monthly _____

I, the undersigned, am aware that risks are involved while participating in dance ministry and I hereby release Nesconset Christian Church, our church organization, the pastors, elders, adult leaders, and dance staff from all liability. These liabilities include, but are not limited to, injury, loss of property or damage of property that may occur during the time dance classes are in session. If this participant is injured and requires the attention of a medical professional, I give consent to any reasonable medical treatment as deemed necessary by the medical professional. In the event that such treatment is necessary, I agree to hold any such person free and harmless of any claims, demands, and suits for damages arising from the giving of such consent. I also acknowledge that I will be ultimately responsible for the cost of any medical treatment should the cost of medical care not be reimbursed by a medical insurance provider.

Student Date

Parent/Guardian Signature (If under 18) Date



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A Note from Carrie

I love God so much! I have experienced God's work in marvelous ways in my life and as a result I am a new creation. My life has been transformed! I have found beauty, my marriage has been saved and is healthy and thriving, the way I look at life, struggles and world issues is completely different. Jesus is so completely loving and good and kind and merciful. My heart aches for those who are lost and for Christians who aren't experiencing the fullness of Jesus in their life. I feel compelled to share the Good News, to help in anyway I can to bring light into the darkness of this world, to spur people on in holy living. The joy I feel when I can help the young learn about God and be holy before they are faced with hopeless situations is so fulfilling and to help people find victory through their struggles brings me great rejoicing!

I've loved dance since I was a little girl, the passion has never left. When I lived in Michigan I ran Exalt Dance Ministry years after giving my life to Christ. We moved to Long Island 2 years ago. Over the past year, my daughter was part of Be the Light Dance Ministry and then I went on a mission trip to India in January and through these experiences....watching the children singing and dancing to Jesus sparked the passion in me once again, it was like God tapping me on the shoulder, to start this ministry back up.

So I step out, in hopes that those who are part of this ministry will not only be blessed through worshipping God, but that the time we spend in devotion and prayer and the truths that I've learned over time, the struggles I still face will inspire all who are part of this ministry to turn to God and His word in every area of their life and that the resulting changes will bring victory in their life and that they'll be a blessing to everyone around them.

Blessings,
Miss Carrie