



## 2023-2024 DANCE SEASON

### CLASS PREPARATION

Dancers should arrive dressed for class and with their hair fully pulled back and secure. This allows for an optimal learning environment and for classes to start promptly. Dance bags should include dance shoes (labeled with dancer's name), extra pair of socks and water bottle.

#### DRESS CODE

Dancers should wear outfits that represent their style and follow the guidelines below:

- Comfortable and form fitted
- No bare legs - athletic pants/leggings, **long** shorts, or tights are required
- No midribs

Wednesday Ballet Classes - dress code will be discussed the first week of class

#### CLASS SHOES

- Intro to Dance classes - pink ballet shoes (preferably without laces)  
*If your dancer's ballet shoes have laces, please make sure they are tied and double knotted.*
  - Combo Classes - pink ballet & black tap shoes
  - Ballet Classes - pink ballet shoes
  - Hip Hop Classes - separate athletic shoe/sneaker, that are only worn indoors
- Shoes will be checked to ensure they are clean/only worn indoors, so we can preserve and keep the dance floor clean.**
- Contemporary/Jazz Classes - tan jazz shoes or footies
  - Modern - bare feet or footies

### DROP OFF AND PICK UP

- No early drop offs
- Only dancers and teachers in the building  
***This policy was implemented in 2020 and has resulted in a more calm, productive, and healthy environment. We have noticed dancers are more confident and focused in class. Having less people in the building allows classes to start promptly.***
- Younger dancers will be greeted by a teacher, or teaching assistant, to help them prepare for class
- Once class is dismissed, a teacher, or teaching assistant, will help dancers transition out of class and prepare for pick-up
- Immediate exit/pick-up will be required

### WELLNESS

- It is always our mission to create a healthy and happy space for children.
- Teachers will only teach when healthy.
- Students should not attend class if they have any cold or flu symptoms.
- The dance school is equipped with Medify Air Purifiers to improve the air quality within each dance room. This system uses the highest quality/medical grade, True HEPA H13 filters.
- When needed, dancers should bring healthy nourishing food that fuels their energy. Please avoid candy, soda and energy drinks.