

## How to Have a Great Dance Class Experience at SRVDA

At San Ramon Valley Dance Academy, we are aware of the importance of a child's first experience in dance and we are committed to providing quality instruction for young children. Accordingly, classes are taught by highly experienced faculty members. We are also aware that individual needs and expectations vary. While some prefer focusing on a single dance style in a formal setting, others favor exploring multiple dance styles in a less structured environment. "Little Dancers" classes recognize individual needs and offer a variety of weekly 45-minute classes for children ages 3-7.

- **Class Options & Content:** All classes begin with a basic warm-up consisting of stretching, motor-coordination skills, and musicality.
- **4 Fun Dance:** A class offered for younger dancers to learn 4 of the FUNdamentals of 4 different dance styles including Ballet, Jazz, Hip Hop, and Tap... while having lots of FUN!
- **Ballet, Hip Hop, Jazz, Tap:** Classes offered in these varied disciplines take a creative, fun approach to introducing technique and style to young dancers.

In an effort to assure that our younger students have the best introduction to dance possible, our caring and experienced staff has compiled some valuable information for participants. Please read and follow the guidelines provided below.

### PREPARING YOUR CHILD

Please prepare your "little dancer" for class by telling him or her what to expect. Make sure your child knows he or she will be required to follow instructions and that he or she must be courteous to others in class. If your child has a combination class that may require shoe changes, **we recommend dancers practice putting on and taking off their dance shoes without the assistance of an adult.** This is an important skill that will continue to be practiced in class as well.

### BE ON TIME

Always bring your child to class on time. When students arrive late it disrupts the entire class and tardy children often feel uncomfortable and embarrassed. By arriving early, you can comfortably dress your child for class and **take any necessary trips to the "potty room."** You may also want to arrive early when making up a class so that your child can be introduced to the new instructor and class.

### ATTEND CLASSES REGULARLY

Regular attendance is required in all classes. The children learn by repetition and proper step progressions. When classes are frequently missed, students often fall behind and do not learn the necessary material.

### BASIC CLASS STRUCTURE

45 minute classes at SRVDA are most often structured to consist of a 15 minute warm-up, progressions, creative exercises, and a combo. We do also trust our instructors to decide what will work best for the group's skill set and interests, and this may mean alterations to that basic structure.

For our 4 Fun Dance classes, this structure is often a mixture between ballet, jazz, tap, and hip hop and will vary each class. Example, one week will include a ballet warm up and exercises with jazz progressions and combos, the next class may include a jazz warm up & progressions with hip hop exercises and combo, and so on.

### EXPECTATIONS OF PARENTS

It is important to have an open mind and realistic expectations of your child and the class. These are our youngest dancers, many of whom have just learned to walk and master stairs. The "Little Dancers" classes are an introduction to dance and movement. Our program develops basic motor skills, pattern skills, and the fundamentals of dance and musicality (relating to music and its tempos). Our age levels are based on the common overall development of 3-7 year olds.



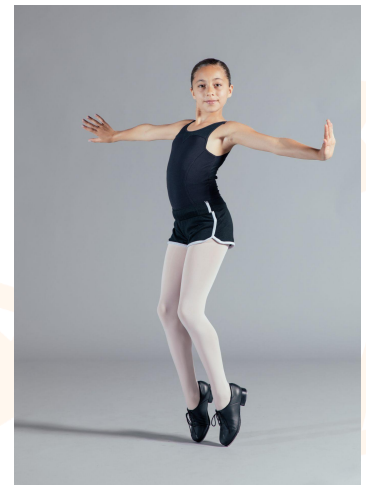
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### WHAT TO WEAR

There are so many beautiful dance outfits, but really, simple is best. We recommend dancers wear class-appropriate clothing and shoes. The hair should be placed securely and comfortably out of the face with all distracting hair ornaments, bows, and jewelry left at home. For reference, here is our current dress code policy:

- **NO jeans, dresses, skirts (other than ballet skirts), gum, or jewelry allowed in class.**
- **4 FUN DANCE:** Dancer's choice of appropriate Ballet or Jazz attire, Ballet or Jazz shoes, and Tap shoes (tap shoes preferably with velcro, buckles, or snaps that can be easily taken on or off without the help of an adult). Hair must be securely pulled back.
- **BALLET:** Solid color leotard, pink tights, and pink ballet shoes. Ballet skirts, ballet sweaters, leg warmers optional. Hair must be securely pulled back in a bun. Ballet shoe laces should be comfortably tied in a knot with the excess lace cut off. Adult Ballet Students: Your choice of appropriate dance attire and Ballet shoes.
- **JAZZ/CONTEMPORARY/LYRICAL:** Any style of leotard or dance attire. No clothing may be worn that obstructs the view of the body (baggy t-shirts, pants). Jazz shoes. No street clothes or shoes may be worn. Hair must be securely pulled back.
- **BOYS BALLET AND/OR JAZZ:** Sweatpants, dance pants, or shorts. T-shirts. Ballet and/or Jazz shoes.
- **TAP:** Your choice of appropriate dance attire. Tap shoes.
- **HIP HOP:** Comfortable dance/workout attire. Dance tennis shoes.

### DRESS CODE EXAMPLES



### WHAT TO BRING

For dancers enrolled in 4 Fun Dance, or those enrolled in more than one class in one day, we recommend having a bag large enough to transport the dancer's items to and from the studio. We also recommend bringing a spill proof water bottle for water breaks. It is important that any items brought to dance class should be labeled with the dancer's name.

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### OBSERVING CLASSES

All parents wish to view their child's progress and watching them truly warms the heart. But it can also be quite a distraction for our "little dancers." To ensure the least amount of interruptions to classes, please see our guidelines below:

- Please remember, watching is watching - there should be no outside coaching during class.
- On observation days, you may view your child's class(es) from the Zoom application only.
- Make sure your children know they are supposed to stay in the classroom area, and can talk to Mommy & Daddy after class, but not during.
- If you or your child do cause a distraction, promptly remove yourself and the distraction from the class in progress.
- Videotaping and photography are great methods of documentation but should not interfere with the class. This will only be allowed with the prior express permission of the instructor, students, and student's parents in the class.

### OBSERVATION DAYS

Due to safety protocols, SRVDA will offer Zoom observations only on the following days (*subject to change*)

1. August 8-12, 2022
  2. September 12-17, 2022
  3. October 24-29, 2022
  4. November 28-December 3, 2022
  5. January 9-14, 2023
  6. February 6-11, 2023
- Parents are invited to observe class by using the Zoom application.
  - **Parents who observe will be required to turn off their video and speaker audio while watching.**
  - **Parents are not allowed to interrupt the instructor while observing.**
  - Please note that we often cannot control connection issues that may occur and cannot guarantee there will not be any connection interruptions.
  - Videotaping and recording is not allowed unless there is approval from everyone in the class.
  - If a parent misses an observation day, it cannot be made up
  - If there are disturbances or distractions during the observation days, future observation days will be canceled.

### LITTLE DANCERS DAY RECITAL

Our "Little Dancers" classes will have the opportunity to perform for their families in a June recital at the Village Theatre. However, participation is optional. Information about the participation requirements, costume fees, dates, and other important information will be emailed to currently enrolled families when available. When classes prepare for our June program, students must be in class regularly to learn their show routine.

We at SRVDA hope these helpful hints will make your child's dance class more enjoyable and offer an exciting year of dance... with many more to come!