

ARE YOU READY? 9 WAYS TO BE PREPARED FOR YOUR DANCE CLASSES

Now that you are organized for school, please take a few minutes to check these guidelines to ensure success this year at dance classes.

1. Make sure you have the regulation **uniform** and appropriate **shoes** for all classes. Check that all dance clothes are **clean** and **in your dance bag the night before dance class**.
2. Put your **name** on EVERYTHING.
3. **Girl's** hair **MUST** be in a bun for ALL BALLET CLASSES. You will need a ponytail holder or elastic, a fine hairnet, bobby pins or hairpins, and possibly barrettes and a scrunchy. PLEASE PRACTICE putting hair in a bun, and/or make arrangements for your dancer to have her hair put in a bun by a friend. Instructors WILL NOT be able to take time out of class to do students' hair. Students will be asked to have their hair done before starting class and will be asked to watch class if they enter with their hair down. If you would like a class on how to put hair in a bun, please see Mrs. Carattini. If **boys** have long hair they will be asked to wear a headband or pull their hair away from the face.
4. Dancers are **NOT ALLOWED TO WEAR JEWELRY** to dance class. This includes watches, anklets, necklaces, rings and earrings that hang below the ears. Dancers will be asked to remove jewelry if worn into the studio. To avoid losing jewelry, keep jewelry in the car etc during your dancer's class.
5. Make sure dancers get **a good night's sleep**. Children often arrive at dance class already tired from a day at school. Please do not make it harder for them to concentrate by allowing them to stay up late the night before dance class. If you want your dancer to get the most out of his/her dance class, try not to organize sleepovers, late night movies, or parties etc for the night before.
6. Pack a **snack** to be eaten AFTER school and BEFORE dance class.
7. Please remind your dancer to **use the bathroom BEFORE class** starts so s/he doesn't miss out on important warm-ups. PLEASE BRING YOUR DANCER to the studio early enough so that s/he has time to get ready for class, and doesn't have to walk in late. Late students may be asked to watch class.
8. Please arrange for your dancer to be **supervised before and immediately after each dance class** throughout the year. We want to be sure that all dancers are safe, but cannot take responsibility for dancers when they are not in class.
9. **Do not overload** your dancer with many after school activities. Sensible planning for a balanced schedule that includes time for homework and friends is essential to avoid anxiety and stress. Take into consideration that a commitment to dance classes, performances and exams requires extra practices, rehearsals etc. Look ahead and plan accordingly.
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