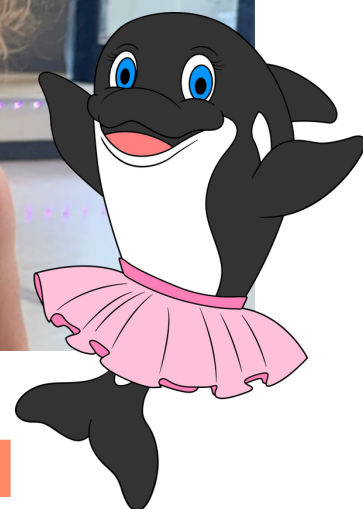


# YOUR 1ST DAY!

SUPPORTING A SMOOTH AND INTENTIONAL EXPERIENCE



## BENEFITS OF DANCE

- Confidence
- Socialization
- Motor skill development
- Body awareness
- Brain development
- Emotional regulation
- Spatial relationship awareness
- Resilience
- Perseverance
- Empowerment
- Strength & Endurance
- Flexibility
- Creative Development
- Improved Math & Reading Skills
- Life-long friendships & more!

## CLASS INTRODUCTION

Welcome to South Sound Dance! Starting something new for your little one can be exciting AND scary. We get it, and we've got you!

Some dancers jump right in, while others need time to warm up. Both are completely normal. **If your dancer is hesitant, here's our gentle introduction plan:**

- **Week 1:** You may sit **outside/in the doorway** to the classroom and encourage your dancer to join when they're ready.
- **Weeks 2-3:** Repeat as needed, with the goal of entering class a little sooner each week.
- **Week 4:** Say goodbye at the door.

Our teachers are experienced in supporting dancers through separation anxiety, even when there are tears. If we can't engage your dancer within the first 30 minutes, we'll call you to make a plan together.

Our goal is simple: build trust, confidence, and a positive foundation for dance!



## DROP OFF

### Before Class:

- Enter through the front doors and head to your classroom (Studios 1–4).
- Your teacher or assistant will open the door at class time. Please do not knock or open the door.
- Grown-ups say goodbye outside the classroom and leave the building until class is over.
- Make sure your dancer is in SSD dress code.
- Use the bathroom before class.
- Students will put on dance shoes in the classroom with teachers & assistants help.
- **Please stay home if your dancer...**
  - Has had a fever or needed fever-reducing medication within the past 24 hours.
  - Has a severe runny nose, sore throat, or frequent sneezing. (Seasonal allergies are okay!)
  - Is vomiting or has another potentially contagious illness. (a doctors note may be requested for severe contagious ailments)

## PICK UP

- Dancers will be released to grown-ups at the classroom door (Studios 1–3) or the main doors (Studio 4).
- Please wait outside the building for pick-up to keep the lobby clear for dancers changing classrooms.
- Running late? Your dancer will wait safely at the front desk. Frequent tardiness may result in a late pick-up fee.

**"We love South Sound Dance! My daughter started class a month ago and looks forward to it every week."**

**LAUREN  
DAUGHTER LOTTIE  
AGE 3**



## CLASSROOM EXPECTATIONS

Please review these expectations with your dancer before class and as needed.

Dancers are expected to:

- Arrive in dress code, with the correct shoes and long hair pulled back.
- Enter class independently. Adults may not enter the classroom.
- Use the bathroom independently. Please practice managing tights and leotards at home, we're happy to help when needed.
- Put on their shoes independently and return belongings to their bags and cubbies. We can help with tying shoes.
- Stay in the classroom for the entire class.
- Keep hands, feet, and bodies to themselves.
- Follow directions and stay where they are expected to be in the classroom.



## DEVELOPMENT IN DANCE

- Every dancer learns differently and at their own pace. We strive to teach to all learning styles through a multi-sensory approach.
- Repetition is especially important for building confidence, skills, and a strong foundation. You will see the same things in class often!
- Our teachers use songs, games, rhymes, and creative movement to make learning fun and engaging. Dancers progress through our program in sequence, and many repeat a level for two or more years.

**We are a team!** We are always happy to discuss your dancers progress with you, Don't hesitate to reach out with questions. Teachers might not always be able to chat with you in between classes, email [info@southsounddance.com](mailto:info@southsounddance.com) and we will help coordinate a call or meeting time that works for you both.