

SOUTH SOUND DANCE

YOUR 1ST DAY!

EDUCATE, ENRICH, INSPIRE!



TAKE A PEEK!

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INTEGRATING YOUR CHILD

Welcome to class dancers and parents! We are so excited to have you with us this season and we can't wait to learn and grow with you!

Parents we understand this is may be new for you and even maybe a little bit scary especially during this time. Here are a few thing you can expect from us

- You and your child will meet the teacher. While parents are not allowed to remain in the classroom we encourage you to say hello and ask any questions you may have.
- Dancers will participate in ice breakers, dance games, and other activities to learn about each other and their teacher.
- Dancers may come home with an activity, crossword, or word search from time to time to reinforce concepts, language, and ideas taught in the classroom
- Remember that this age can be really nervous about meeting other preteens, teens, and teachers. They may even struggle with connecting for a few weeks. Give it time we promise to make them feel at home!



DROP OFF & PICK UP

Every day you come to dance we will have you bring your child to the back studio doors - Suite 107 or Studio A and Suite 111 for Studio B.

In order for your child to enter for class they must NOT...

- Have had a fever or fever reducing medication within the past 24 hours
- Have severe runny nose, sore throat, or sneezing (seasonal allergies is okay)
- Have been in contact with anyone who has a confirmed case of COVID-19

If your answer is no to all of the above your child will enter and receive a touch-less temperature check. After the temperature check your child will proceed inside to wash hands for at least 20 seconds. Students must take off shoes before walking onto the dance floor so make sure your child wears shoes that can be easily removed.

Parents will pick up at the front studio door (either Studio A or Studio B depending on class location). Please look for directional signs.

Parking can be tight during busy hours 4:30 - 6:30pm. You do not have to park if you are just dropping them off. You may drop off when you see a team member open the back studio doors.

We are assuming every child who enters our facility has answered NO to all of the above questions. Parent sign in is not required. If you need to speak with the front desk team or make a payment please come visit us in the lobby.

"My daughter absolutely loves it here, performed for the first time on stage in their Winter Holiday Show and now wants to add Modern and Contemporary.."

GINA
DAUGHTER ARIANA
AGE 14



WHAT TO BRING TO CLASS EVERY WEEK

Every week your child should come dressed and ready for class 5 min prior to class beginning so that they can get checked in and setup for class.

Dancers will not be able to use the bathrooms for changing due to COVID state policy so we kindly ask that they arrive dressed in appropriate dance attire.

Dancers should also bring the following:

- A small bag to keep & use as their dance bag
- A water bottle for before and after class
- Extra socks and hair ties
- Masks are optional (parent choice)

PLEASE CLEARLY LABEL ALL OF YOUR CHILD'S BELONGINGS INCLUDING SHOES. Thank you!

CLASSROOM RULES

It's so hard to be in a new class with new people. We kindly ask that you review these 3 simple rules with your dancer before they come to class.

1. Keep all body parts - hands, feet, lips, etc to ourself.
2. We treat all friends and teachers at the dance studio with kindness and respect.
3. We have the most fun by doing our very best - listening, looking, and following directions!



DEVELOPMENT IN DANCE

Your child's personal development and growth is of utmost importance to every teacher here at South Sound Dance. Our mission is "to provide a loving and nurturing environment, while challenging each student to reach their fullest potential!"

Every child develops and moves through our program at a different pace. Classes are structured so that students move through our program in sequential order and many students will need to repeat a level for two year. Some dancers are visual learners, some verbal, and all need repetition.

Some weeks your dancer may come home frustrated as we push and challenge our students to learn new choreography, which challenges the brain. Your child will improve at learning dance steps and choreography with time. Keep encouraging them - a skilled gymnast doesn't do a double tuck jump over night do they? Dancers, even professional dancers, are always practicing and fine tuning.

Our teachers use a hands on approach with this age group. Physical touch is very important in learning how movements feel and where and how the body needs to move through space. If your child has any sensitivity or is uncomfortable with physical touch please let us know immediately. Our teachers are trained in proper techniques and safety for body movement and will always do their best to make sure physical touch and movements are professional, safe, and appropriate for the age group they are teaching.

You will have the option to meet with one of our Directors in the month of November and April for a 1:1 ten minute phone call to discuss your child's development, our program, and to answer any questions you may have. During this time we will go over any notes or recommendations from your child's teacher and if your child is ready to move up in level. We also hold a Parent Watch Week where parents can observe the class in person.

Dance is an amazing art form that will benefit your child in so many ways and we are so excited you have chosen us as your dance studio home!

BENEFITS OF DANCE

- Confidence
- Coordination
- Socialization
- Motor skill development
- Body awareness
- Brain development
- Spatial relationship awareness
- Endorphin, dopamine, serotonin release
- Resilience
- Perseverance
- Empowerment
- Strength & Endurance
- Flexibility
- Creative Development
- Improved Math & Reading Skills
- Life long friendships & more!