

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! This is so exciting as for many of you it will be your very first dance class and we can't wait to learn and grow with you!

Parents we understand this is new and even maybe a little bit scary for you and your child. Because of this we have created an integration plan for children age 2 - 4.

- Week 1 you will stay with your child for the first 15 - 20 min to help your child feel comfortable and meet the teacher.
- Week 2 you can stay with your child for 10 min of movement and play.
- Week 3 you can stay for 5 min of play.
- Week 4 we say goodbye at the door.

If your child cries, it is best to leave them with us so we can redirect and build rapport with them. If your child is still unsettled after 30 minutes, we will call you and come up with a suitable plan. The goal is to set your child up for success, build trust and confidence!



## DROP OFF & PICK UP

Every day you come to dance we will have you bring your child to the back studio doors - Suite 111 or Studio B for most ORCA classes. This is the smaller room by the back of the building. If your class is in Studio A (the larger room), please drop off at Suite 107.

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 please proceed to help your child 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 then exit the front studio door and return for pick up at the front studio door (either Studio B or Studio A depending on class location). Please look for directional signs.

Parking can be tight during busy hours 4:30 - 6:30pm. If your child is capable to enter the studio on their own without parent assistance you may drop them 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.

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

LAUREN  
DAUGHTER LOTTIE  
AGE 3



## 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:

- Age 2 - 4 pink dance dress, pink tights, shoes for ballet, tap, jazz, or hip hop depending on class
- Age 5 - 6 lavender dance dress, pink tights, shoes for ballet, tap, jazz or hip hop depending on class
- Hair secured off the face

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
- A mask if over age 5 or if you prefer one
- Personal set of ribbons and wand (these will be handed out and made the first day of class)

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 friends. But 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. Dance is like learning to read, every child learns to read differently. Some dancers are visual learners, some verbal, and all need repetition. In our ORCA program you will see many of our dance steps repeated weekly, and this is great for your child! When we are teaching our children to read we begin reading to them at a very young age daily. When you enroll in a dance class, most of the time you begin with one a week, so retaining the information from week to week is very difficult for your young dancer. Thus, repetition is huge in their learning and it is creating a solid foundation for them to learn and grow from as they move through our levels with us.

Our teachers use song, game, rhyme, and creative movement to teach our curriculum and keep it engaging and entertaining for your child. Classes are structured so that students move through our program in sequential order and many students will need to repeat a level for two years. There is so much material that we are teaching them it's nearly impossible for a child to retain all of it with one class a week. For example if your child is 3 and enrolled in Tiny Tutus, she will repeat this class or another Tiny's class at age 4.

Beginning this year you will have the option to meet with one of our Directors in the month of November and in April for a 1:1 ten minute in person meeting or 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.

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!