

# Take Five Dance Academy

## HOW TO PREPARE FOR YOUR FIRST DANCE CLASS

The first day of dance is exciting! To help it go smoothly, here are a few quick tips:

- **Pack ahead:** Make sure your dancer has their dancewear, shoes, and a water bottle ready the night before.
- **Arrive early:** Arriving 10–15 minutes early allows time to meet the teacher, use the restroom, and settle nerves.
- **Stay positive:** Children pick up on adult energy – your excitement and encouragement will set the tone!
- **Trust the process:** It may take a few classes for your dancer to feel completely comfortable – that's normal.

You're starting a beautiful journey. We're thrilled to be part of it!

