



Welcome to the Dancing Through Life family! Along with life lasting friendships, here are eight benefits your child receives when enrolled in dance class. Why eight? Eight is a dancer's favorite number: 5-6-7-8-Dance!

**Dance promotes creativity.**

Participating in dance, promotes creativity and helps a child develop an appreciation for the arts. Dance is a form of self-expression. Children who explore the world of dance at an early age will find a constructive outlet for their creativity and a positive way to express themselves.

**Dance improves classroom performance.**

Discipline and focus are required in a dance class. These skills translate to academic performance. Furthermore, dance class reinforces educational basics, like counting, finding patterns, and differentiating left from right and fast from slow.

**Dancers have excellent self-esteem.**

A child who takes dance lessons gains a better understanding of their body and how it can move. Dance inspires the courage and confidence to dance on stage in front of an audience, which translates to public speaking and interview skills later in life. Performing with a group improves a child's self-esteem, by teaching children that they have a purpose and a responsibility to their group.

**Dancers are social.**

In dance class, children improve their communication and social skills through interacting with other dancers in their class. They learn to take turns, work with a partner or small group, and share. They also learn how to work together as a team for performances. Students learn how to cooperate and trust one another through dance partnering, choreography, and improvisation activities.

**Dancers are physically active.**

In today's technology-driven world, it is important for children to adopt a physically active lifestyle early on. Dance keeps kids physically active in a fun, brain boosting way, and they are device free for the length of the class. They improve their flexibility, range of motion, stamina, and strength through dance. The movements in dance improve balance and posture.

**Dancers are smart.**

Moving the body and performing proper dance technique isn't all physical. Memorizing sequences and coordinating the body to perform steps develops the brain. Cross body movements and performing movements on right and left stimulates both sides of the brain. Dancers develop their brains to be able to tell their body to move in any way, which means they can adapt to every style of dance, physical activity, and sport.

**Dancers are motivated hard workers.**

Dancing is a skill that requires intense focus, discipline and coordination. When dancers, achieve a step that they have practiced, they learn the value and importance of hard work and perseverance. Dance instills in children that they can do and accomplish anything with hard work and determination.

**Dance releases stress!**

The art of dancing tends to have a calming effect on children and also helps them release pent-up energy. When a person enters a dance class, the worries of the outside world fade away. They are free to enjoy moving to the music and take part in fun dance activities. Dancers leave class renewed and refreshed.

Included in this welcome packet are our current calendar of closings and special events, dress code, and frequently asked questions. Keep in mind, we want to preserve our beautiful planet for our young dancers, so we will send most of our communication through email. If you ever have any other questions, feel free to contact us, dancingthroughlifenj@gmail.com or (732)475-3210. You can text our phone number too!

We are so happy you're here and are looking forward to a great year! :)

Sincerely,

Miss. Brady, Miss. Michele, Miss. Daisha, Ms. Mercy and Ms. Twana



## **Dancing Through Life 2020/21 Calendar**

**First Day of Classes: Thursday, September 17, 2020**

**Closed for Halloween: October 31, 2020,  
(makeup class given to Saturday students)**

**Closed for Thanksgiving Break: November 25-28, 2020  
(makeup class given to Wed., Thurs., and Sat. students)**

**Holiday Parent Observation: December 7-12, 2020**

**Closed for Winter Break: December 14, 2020-January 3, 2021  
Happy Holidays!**

**Classes resume Monday, January 4, 2021**

**Spring Parent Observation: March 25-31, 2021**

**Closed for Spring Break April 1-7, 2021**

**Recital: May 2021, exact date will be sent out in January**

**Closed for Memorial Day Weekend: May 29-31, 2021  
(makeup class given to Sat. and Mon. students)**

**Last day of classes: June 12, 2021**



# Dress Code

## Toddler 1 Parent/Child

Comfortable clothing and bare feet for kids, socks or bare feet for adults

## Toddler 2 and Preschool 1:

Girls: Solid light pink leotard with attached skirt, ballet pink dance footed tights, pink ballet shoes, hair pulled back preferably in a bun

Boys: White fitted tee shirt, black cotton athletic pants, black ballet shoes

## Preschool 2:

Girls: Solid light pink leotard with attached skirt, ballet pink dance footed tights, pink ballet shoes, tan mary jane tap shoes, hair pulled back preferably in a bun

Boys: White fitted tee shirt, black cotton athletic pants, black ballet shoes, black tap shoes, black socks

## Elementary K, Elementary 1, Elementary 2, and Ballet:

Girls: Solid black leotard with attached skirt, ballet pink dance footed tights, pink ballet shoes, hair pulled back preferably in a bun

Boys: White or black fitted tee shirt, black cotton athletic pants, black ballet shoes

## Jazz and Contemporary

Girls: Solid black leotard, black shorts or black leggings, tan dance footed tights (if also taking ballet, pink is fine), tan jazz shoes, hair pulled back in a ponytail

Boys: White or black fitted tee shirt, black cotton athletic pants, black socks, black jazz shoes

## Hip Hop and Musical Theater

Black athletic clothing, tan jazz shoes (girls), black jazz shoes (boys), hair pulled back in a ponytail  
\*Hip Hop dancers may wear clean, ONLY WORN INDOORS sneakers for class

## Adults

Fitted athletic clothing or dancewear, ballet shoes or bare feet for ballet, black tap shoes for tap

**\*PLEASE NOTE: ALL DANCE SHOES SHOULD BE WORN INDOORS ONLY. WEARING DANCE SHOES OUTDOORS TO WALK IN TO THE BUILDING FROM THE PARKING LOT CAN DAMAGE OUR DANCE FLOOR. THANK YOU:)\***

Visit our online store:

<https://www.discountdance.com/search/teacherid:125422?tp=125422&teacherSearch=125422>

Teacher Code:TP125425

**Want to save on shipping? Attire and shoes can be purchased at class time!**

## Why do we have a dress code?

Wearing special dance attire to class is part of the structure and discipline of taking a dance class. It sets the dance class apart from other activities, in a child's mind. It reminds them to be attentive and gives them self confidence and the feeling that they are part of a team. (Only dancers get to wear this special outfit :) In addition, a clean, uniformed appearance encourages respect for the studio, the teacher and the art of dance.



## **Frequently Asked Questions and Policies**

### **What if I register and then decide to quit?**

Monthly tuition is not refundable. One and two payment plan tuition is refundable for classes occurring after student has dropped the class. To drop a class, we must be notified. Simply not showing up to class without notifying the studio is not dropping the class. Tuition holds a spot for a student in a class. We need to be notified that we no longer should hold a spot for your dancer in the class.

### **What if I need to miss a class?**

Call us, text us, email us...let us know that you are not coming and we will put a makeup credit in your account. This makeup credit can be used for any other age appropriate class, as long as you are enrolled at the studio. For example, if you miss a class (as long as you let us know) when you are two years old, you can even make it up at eighteen years old. No refunds will be given for absences, you will be credited with a makeup.

### **How do we know if class is canceled due to inclement weather?**

We follow Long Branch Public Schools for our closings. If they are closed for a snow day, Dancing Through Life is closed. If they have a delayed opening, morning classes are canceled. If they close early, afternoon classes are canceled. We will also send an email and post on social media about the closing. We will schedule snow day make up classes in the spring.

### **How do I pay?**

We accept checks made out to Dancing Through Life LLC, cash, or credit card. You can pay at the studio or through your online account at <https://dancestudio-pro.com/online/dancingthroughlifenj>.

### **Why do I pay the same monthly tuition when some months are shorter than others?**

Tuition is calculated by weeks of dance class and then split up into nine monthly payments. We account for all of our holiday breaks in calculating the full year tuition, then divide by nine.

### **When is the recital?**

The recital will be in May 2021 at Long Branch Middle School. Costume fees are \$60.00 for each dancer in each class, \$30 is due December 1, 2020. The rest is due by February 1, 2021.



## **Preguntas Frecuentes en Español**

### **¿Qué sucede si me registro y luego decido dejar de parar?**

La matrícula mensual no es reembolsable. La matrícula de uno y dos planes de pago es reembolsable para las clases que se realizan después de que el estudiante haya abandonado la clase. Para abandonar una clase, debemos ser notificados. Simplemente no aparecer en clase sin notificar al estudio no es abandonar la clase. La matrícula tiene un lugar para un estudiante en una clase. Necesitamos que nos notifiquen que ya no deberíamos tener un lugar para su bailarín en la clase.

### **¿Qué pasa si necesito estar ausente para una clase?**

Llámenos, envíenos un mensaje de texto, envíenos un correo electrónico ... háganos saber que no va a venir y le daremos un crédito adicional.

en tu cuenta. Este crédito de reposición puede usarse para cualquier otra clase apropiada para la edad, siempre y cuando como estás inscrito en el estudio. Por ejemplo, si pierde una clase (siempre y cuando nos lo haga saber) cuando tienes dos años, incluso puedes recuperarlo a los dieciocho años. No se otorgarán reembolsos por ausencias, se le acreditará la clase de reemplazo.

### **¿Cómo sabemos si la clase se cancela debido al mal tiempo?**

Seguimos a las Escuelas Públicas de Long Branch para nuestros cierres. Si están cerrados por un día de nieve, Dancing Through Life está cerrado. Si tienen una apertura retrasada, las clases de la mañana se cancelan. Si cierran temprano, las clases de la tarde se cancelan. También enviaremos un correo electrónico y publicaremos en redes sociales sobre el cierre. Si es necesario, reprogramaremos las clases canceladas para la primavera.

### **¿Cómo pago?**

Aceptamos cheques a nombre de Dancing Through Life LLC, efectivo o tarjeta de crédito. Puede pagar en el estudio o mediante su cuenta en línea en <https://dancestudio-pro.com/online/dancingthroughlifenj>.

### **¿Por qué pago la misma matrícula mensual cuando algunos meses son más cortos que otros?**

La matrícula se calcula por semanas de clase de baile y luego se divide en nueve pagos mensuales. Contamos todos nuestros descansos de vacaciones para calcular la matrícula de todo el año, luego dividimos entre nueve.

### **¿Cuándo es el recital?**

El recital será en mayo de 2021 en la escuela secundaria Long Branch. Las tarifas de vestuario son de \$ 60.00 por cada bailarín en cada clase, \$ 30 vence el 1 de diciembre de 2020. El resto se vence el 1 de febrero de 2021.



## **Perguntas Frequentes em Português**

### **E se eu me registrar e decidir parar?**

A mensalidade mensal não é reembolsável. Uma e duas mensalidades do plano de pagamento são reembolsáveis para as aulas que ocorrerem depois que o aluno abandonar a aula. Para abandonar uma turma, precisamos ser notificados. Simplesmente não aparecer na aula sem notificar o estúdio não está descartando a aula. A taxa de matrícula é uma vaga para um aluno de uma turma. Precisamos ser notificados de que não devemos mais ter um lugar para o seu dançarino na classe.

### **E se eu precisar estar ausente para uma aula?**

Ligue para nós, mande uma mensagem de texto, envie um e-mail ... deixe-nos saber que você não está vindo e nós colocaremos um crédito de maquiagem

Na sua conta. Esse crédito de maquiagem pode ser usado para qualquer outra classe apropriada para a idade, desde que como você está matriculado no estúdio. Por exemplo, se você faltar a uma aula (desde que você nos informe) quando você tem dois anos, você pode até fazer dezoito anos. Nenhum reembolso será concedido por ausências, você será creditado com a classe de substituição.

### **Como sabemos se a aula é cancelada devido ao mau tempo?**

Seguimos as Escolas Públicas de Long Branch para nossos fechamentos. Se eles estiverem fechados para um dia de neve, Dancing Through Life está fechado. Se a abertura for atrasada, as aulas da manhã serão canceladas. Se eles fecharem cedo, as aulas da tarde serão canceladas. Também enviaremos um e-mail e postaremos mídias sociais sobre o fechamento. Se necessário, reagendaremos as aulas canceladas para a primavera.

### **Como eu pago?**

Aceitamos cheques para a Dancing Through Life LLC, dinheiro ou cartão de crédito. Você pode pagar no estúdio ou através da sua conta on-line em <https://dancestudio-pro.com/online/dancingthroughlifenj>.

### **Por que pago a mesma mensalidade quando alguns meses são mais curtos que outros?**

As aulas são calculadas por semanas de aula de dança e depois divididas em nove pagamentos mensais. Contamos com todas as nossas pausas para férias no cálculo da taxa do ano inteiro e depois dividimos por nove.

### **Quando é o considerando?**

O recital será em maio de 2021 na Long Branch Middle School. As taxas de figurino são de US \$ 60,00 para cada dançarino de cada classe, e US \$ 30 com vencimento em 1º de dezembro de 2020. O restante é devido em 1º de fevereiro de 2021.



### Tuition Payment Policies

1. To register for a class/classes, \$30 registration fee and tuition for the first month of dance and June must be paid. The \$30 registration fee will be waived for all 2020-21 classes prior to 5/3/20.
2. Tuition can be paid in full (10% off), in two payments (upon registration and 2/1/21, 5% off), or monthly.
3. June tuition is not refundable.
4. Monthly tuition is not refundable and is due the first of each month. A \$15 late fee will apply after the 5th of the month.
5. To drop a class, the studio must be notified by phone call, email, or written letter prior to the class drop date.
6. Tuition paid in full and two payments can be refunded for students who drop a class and only for classes that have not occurred yet.
7. Six-week minimester tuition does not have a registration fee and is not refundable.
8. Only students registered for the entire school year, not six week minimesters or drop-ins are eligible to perform in the recital.
9. Recital costume fees are not refundable. Students who drop the class after costumes have been ordered will still receive their costumes.

### Políticas de pagamento de mensalidades

1. Para se inscrever em uma aula / aulas, deve ser paga uma taxa de inscrição de \$ 30 e as mensalidades do primeiro mês de dança e junho. A taxa de inscrição de US \$ 30 será dispensada para todas as matrículas da classe 2020-21 antes de 03/05/20.
2. A mensalidade pode ser paga integralmente (10% de desconto), em dois pagamentos (mediante inscrição e 1/2/21, 5% de desconto) ou mensalmente.
3. A mensalidade de junho não é reembolsável.
4. A mensalidade mensal não é reembolsável e tem vencimento no primeiro de cada mês. Uma taxa de atraso de US \$ 15 será aplicada após o dia 5 do mês.
5. Para interromper uma aula, o estúdio deve ser notificado por telefone, email ou carta escrita antes da data de término da aula.
6. A mensalidade paga integralmente e dois pagamentos podem ser reembolsados para os alunos que abandonam uma turma e apenas para turmas que ainda não ocorreram.
7. O curso de seis semanas no mínimo não tem taxa de inscrição e não é reembolsável.
8. Somente os alunos registrados para o ano letivo inteiro, e não os minimesters de seis semanas ou as inscrições, são elegíveis para atuar no recital.
9. As taxas de traje de considerando não são reembolsáveis. Os alunos que abandonarem a classe após a encomenda das roupas ainda receberão suas roupas.

### Políticas de pago de matrícula

1. Para inscribirse en una clase / clases, se debe pagar una tarifa de registro de \$ 30 y la matrícula para el primer mes de baile y junio. La tarifa de inscripción de \$ 30 no se aplicará a todas las inscripciones de la clase 2020-21 antes del 03/05/20.
2. La matrícula se puede pagar en su totalidad (10% de descuento), en dos pagos (al registrarse y 2/1/21, 5% de descuento), o mensualmente.
3. La matrícula de junio no es reembolsable.
4. La matrícula mensual no es reembolsable y vence el primero de cada mes. Se aplicará un cargo por retraso de \$ 15 después del 5 del mes.
5. Para abandonar una clase, el estudio debe ser notificado por llamada telefónica, correo electrónico o carta escrita antes de la fecha de finalización de la clase.
6. La matrícula se paga en su totalidad y se pueden reembolsar dos pagos para los estudiantes que abandonan una clase y solo para las clases que aún no han ocurrido.
7. La matrícula del semestre de seis semanas no tiene una tarifa de registro y no es reembolsable.
8. Solo los estudiantes inscritos durante todo el año escolar, no los ministros de seis semanas o las personas que ingresan son elegibles para presentarse en el recital.
9. Los honorarios de vestuario no son reembolsables. Los estudiantes que abandonen la clase después de que se hayan ordenado los disfraces seguirán recibiendo sus disfraces.



## What to Expect on the First Day of Dance Class for Young Dancers

### Parent/Child Class

1. **Your child learns by watching and observing.** During the first few classes, your child may not be ready to try everything. This is normal. They are taking it all in and learning to be comfortable in dance class. If you feel your child is not doing anything in class, I recommend that you try for four weeks and give them time to open up.
2. **You are your child's greatest influence of how to behave in class.** As long as you are in the room, your child will take their cues from you, the parent, not the teacher. It's normal for children to leave activities and go explore other areas of the room. This is the first class they have ever taken, and they don't know how classes work yet. Because parents are in the room, it is important that parents demonstrate how to listen and follow the teacher.
3. **Your child may not pick up movements and skills as well as other children in the class.** Children develop at different rates until age seven. If your child is having trouble doing something that another child their age can do easily, it is perfectly normal. There is probably something that your child can do easily that the other child cannot.

### How to have a successful first class:

1. **Stay positive!** It's normal for children under three to not listen or follow directions. They don't know what any of that means yet. Whatever happens, enjoy the quality time with your little one and give it at least four weeks. The more comfortable your child is with the structure of the class, the more they will participate each week.
2. **Participate in class!** If your child runs away from you to another part of the room and you are left galloping and flapping your arms like a butterfly all by yourself, it's normal to feel ridiculous. However, if you continue to follow the teacher, your child will learn to follow the teacher too.
3. **Arrive on time or 5 minutes early.** When a child comes in late and misses part of the structure of class and the initial greeting from the teacher, it can make them feel uncomfortable in class. If a child arrives too early for class and has to sit still in the lobby, they may be very cranky when class time comes.

### Independent Class

1. **Your child may not want to leave you.** It's normal for children to cry and cling to their parents on the first day of any new class. Your child doesn't know what to expect and becomes concerned. Once your child has experienced an entire class, they know that when class ends they go back to their parent (and get a stamp) and that class is fun!
2. **Your child may not be a "good listener" on the first day.** The dance studio is a new environment for a young child. It is normal for them to be easily distracted and want to look around and take it all in.
3. **Your child may not want to dance.** Some tiny dancers want to watch the class and the dancing first before trying. They need time to "warm up." Many children that sit and watch for the first day come in for the second or third class excited to dance.

### How to have a successful first class:

1. **Keep the experience positive.** If your child is crying and upset, punishing your child is only going to make things worse. The root to most of the tears is that the child is doing something new and they are not sure what that is. The teacher is used to dancers with first day jitters and has many fun ways to make them feel comfortable and happy.
2. **Do not go in the studio.** When parents enter the studio, even if it's just to walk their child in, the studio can become a very busy loud place. Tiny dancers can become stressed and overstimulated when this happens and it's difficult for the teacher to get everyone's attention and start class. It's best to walk your child to the door and tell them that only dancers are allowed to go in the dance studio.
3. **If you're child will not go in the studio without you, sit on the side.** Sometimes a dancer simply will not go in the studio without mom or dad. This is normal and the teacher is used to it. If this is the case, we recommend that the dancer quietly sit on the side with their parent. We tell the child that when they are ready to dance, they can ask their parent to wait outside. That way the child feels in control of the situation.

**Remember that dance class is a fun positive experience. If the first class (or first month or even year) does not go as smoothly as you would like, it's totally normal. Stay positive and don't stress it! Your child is amazing and they will bloom when they are ready!**