DANCE101

Where great dancers get their start!

HANDBOOK

ABOUT | GUIDELINES | POLICIES | EVENTS

A message from our owner...

Welcome to Dance 101! We are so excited to have you join us this season. At Dance 101 we believe EVERYBODY can dance!

Dance 101 takes great pride in offering quality dance classes at affordable prices to Tempe, Mesa, Chandler and surrounding communities. Our highly trained instructors are dedicated to fostering the love of dance in children and adults. We teach the elements of dance layered over classical technique.

Dance 101 welcomes a diverse population of students and maintains a safe and enriched learning environment for all.

Dance 101...Where great dancers get their start!

Love,
Ms Emily &
the Dance 101 Staff

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OUR PROGRAM

To help ensure every student has the opportunity to build skills, gain confidence, and feel successful in class, students must meet the minimum age requirement for their class by the first week of the season. Our age guidelines are carefully established to create the best learning environment for all dancers and to support their long-term success.

Explore

EARLY CHILDHOOD CLASSES

Explore movement, music and fun in a creative learning environment. Students will be taught the fundamental elements of dance and classroom etiquette through exercises and a variety of movement based games.

Grow

KIDS / YOUTH CLASSES

Students will grow their dance technique in this level by utilizing stretches, rhythmic activities, barre work, center choreography and locomotor movements. The elements of dance will be woven throughout every lesson plan to enhance each dance discipline. Students will get to be active, build self-esteem, increase flexibility, sharpen the mind and most importantly; embrace their individuality.

Refine

TEEN CLASSES

In these classes students will refine their technical skills and perfect their performance quality. Dancers will gain strength, flexibility, musicality and artistry through stretching, barre work, center exercises, rhythmic activities and across the floor movement. Students will be taught to understand the mind/body connection of dance by focusing on the combination of strength and grace as well as athleticism and creativity.

Attain

ADULT CLASSES

Adults can attain new dance skills or work on achieving old skills after a hiatus from dance. Students will gain strength, flexibility, musicality and artistry through a variety of exercises. Dance is a low impact exercise that benefits both the mind and body.

EARLY CHILDHOOD CLASSES

FUTURE STARS *Ages 1-3*	*Grown-up & Me Creative Movement*
SHOOTING STARS *Ages 2-4*	*Creative Movement & Fundamentals*

KIDS / YOUTH CLASSES

BRIGHT STARS *Ages 3-5*	*Ballet/Tap*
STAR BURST *Ages 4-6*	*Ballet/Tap, Acro/Hip-Hop*
ROCK STARS *Ages 5-7*	*Ballet/Tap, Acro/Hip-Hop*
SUPER STARS *Ages 6-8*	*Ballet/Tap/Jazz, Hip-Hop, Acro*
NOVA *Ages 7-9*	*Ballet/Tap/Jazz, Hip-Hop, Acro*
SUPER NOVA *Ages 8-10*	*Ballet/Tap/Jazz, Hip-Hop, Acro*
COMETS *Ages 9-11*	*Ballet/Tap/Jazz, Hip-Hop, Acro*
COSMOS *Ages 10-12*	*Ballet/Contemporary, Tap/Jazz, Hip-Hop, Acro*
GALAXIES *Ages 11-13*	*Ballet/Contemporary, Tap/Jazz, Hip-Hop, Acro*

TEEN CLASSES

101 CLASSES *Ages 14+* *Beginners / Intermediate*	*Ballet, Pointe, Contemporary, Tap, Jazz, Hip-Hop, Acro*
201 CLASSES *Ages 15+* *Intermediate / Advanced*	*Ballet, Pointe, Contemporary, Tap, Jazz, Hip-Hop, Acro*

ADULT CLASSES

LEVEL 1 *Beginners / All Levels*	*Ballet, Contemporary, Tap, Jazz, Hip-Hop*
LEVEL 2 *Intermediate / Advanced*	*Ballet, Contemporary, Tap, Jazz, Hip-Hop*
LEVEL 3 *Intermediate / Advanced*	*Ballet, Contemporary, Tap, Jazz, Hip-Hop*

WHAT MAKES DANCE 101 UNIQUE?

YOU WILL GET QUALITY INSTRUCTION AT A COMPETITIVE PRICE!

At DANCE 101 we offer excellent dance education while keeping the costs within your family budget. By offering a competitive price we hope that you will be able to continue dancing for a long time!

YOU CAN START DANCING AT DANCE 101 WHEN YOU LEARN HOW TO WALK!

Starting dance at an early age develops physical, mental and emotional skills while encouraging lifelong learners. We offer a fun and enriched environment where even the youngest dancer can become physically and emotionally invested in movement!

WE TEACH KNOWLEDGE, CREATIVITY AND SELF-EXPRESSION!

Dance is not just about the steps and choreography. By teaching students dance elements alongside technique we offer the tools and confidence to not only duplicate movement, but to express themselves through dance.

EVERYONE CAN DANCE HERE!

At DANCE 101 we are committed to offering classes in which any individual can learn to dance. Dancing is a combination of self-expression and athleticism; improving coordination, flexibility, strength and endurance. It promotes psychological health and fosters social interaction, while also teaching us to solve problems and cooperate with others. The benefits of dance are the same for EVERYBODY!

YOU WILL GET TO KNOW YOUR CLASSMATES!

Students will gain camaraderie from sharing a small group educational experience. Students learn not only from their teachers, but from observing their peers as well. Dance 101 instructors are committed to creating a safe social environment in which everyone can learn to dance.

OUR DANCERS' HEALTH IS OF GREAT IMPORTANCE!

At DANCE 101, we take a kinesiological (the study of mechanics and anatomy in relation to movement) approach to technique. From our sprung floor to alignment corrections, everything is in the best interest of your dancer's health. We believe a healthy body is a moving body!

OUR INSTRUCTORS ARE FUN INDIVIDUALS WHO ALSO HAPPEN TO BE HIGHLY-QUALIFIED!

DANCE 101 hires individuals who have the love and passion for teaching dance and also the credentials to back it. Our instructors have collegiate experience or degrees in dance as well as certifications from reputable dance organizations. Instructors have access to continued education with some of the nation's top professionals. This provides our students with up-to-date technique and access to the latest dance trends.

WE TEACH LESSON PLANS!

Based on years of experience DANCE 101 knows that a prepared class is a successful class. Our teachers spend hours creating age appropriate syllabi and lesson plans formulated to build upon material week after week. This ensures your student will gain the knowledge and skills they need to be successful.

DANCE 101 DRESS CODE

To feel like a dancer, you must look like a dancer. When instructors are able to properly see alignment, they can prevent injuries and incorrect habits. A dancer should be able to move freely without restriction in clothing that does not have to be re-adjusted during the course of his/her class. For the safety of your student please adhere to the dress code policies.

We highly recommend buying your dance shoes from local dancewear stores. There are dance shoes sold at Big Box Retailers (i.e. Target, Walmart, Amazon) which are not good quality. These shoes can hinder your dancer's experience and bother their feet. Dancewear stores can assist with finding a proper fit. Local dancewear stores offer discounts to our students and multiple sales throughout the season.

RECOMMENDED LOCAL DANCEWEAR STORES:

Dee's Dancewear - *Dobson and Elliot*

Barry's Dancewear - *Scottsdale Rd. and Oak*

ALL STUDENTS

Hair pulled back and secured

Dance bag to keep items together

All items labeled with student's name

Water bottle

NOT ALLOWED

No dance shoes worn outside

No jeans or jean shorts

No jewelry

No bare midriffs

ACRO

Leotard or unitard *(no skirts)*

Form fitted shorts or pants

Bare feet *(no footed tights)*

HIP-HOP

Pants or shorts *(no skirts)*

Shirts that provide coverage

Flat bottomed sneaker
(worn only in dance class)

Socks

EARLY DANCE

Form fitted clothing

Leotard or dance dress

Dance skirt

Tights

Bare feet or ballet shoes

BALLET/TAP/JAZZ

Leotard or dance dress

Dance skirt or dance shorts

Tights with feet *(can be convertible)*

Form fitted clothing

Ballet Shoes

Jazz Shoes

Tap Shoes *(oxford style tap shoe for ages 6 and older)*

CONTEMPORARY

Leotard

Form fitted shorts/pants/shirt

Convertible tights

Half sole dance shoes

POINTE

Leotard

Dance skirt

Form fitted shorts/pants

Convertible tights

Pointe shoes
(fitting by appointment only)

ADULTS

Form fitted clothing

Correct shoe for the style

BOYS

Form fitted clothing

Correct shoe for the style

STUDIO GUIDELINES AND EXPECTATIONS

At Dance 101 we want to make sure that everyone is provided with a safe and enriched learning environment and experience. Please go over these guidelines and expectations with anyone who will be visiting our studio to ensure that everyone has a great experience at Dance 101!

STUDENT EXPECTATIONS

- Have fun!
- Be respectful of other people, places and things.
- Arrive to class on time.
- Use the restroom before class.
- Be prepared with the proper dance shoes for every class.
- Keep all belongings with you and pick up after yourself.
- Behave in a safe and cautious manner.
- Keep hands to yourself.
- Use walking or dancing feet only.
- You must stay inside the studio until picked by a parent.
- Bullying (whether verbal or physical) will not be tolerated.

STUDIO EXPECTATIONS

- Only water in the studio, please no other food, drink or gum.
- Only wear dance shoes, bare feet or socks within the studio.
- Use equipment properly (i.e. ballet barres, mirrors and props).
- Be respectful of other people, places and things.
- Only registered students are allowed in the studio during instruction.

WAITING AREA GUIDELINES

- Please refrain from waving or communicating with your child through the windows during class.
- Keep voices low and pleasant.
- Walking feet only.
- Please utilize the chairs in the lobby for sitting and keep the floor free for families to move safely around the space.
- Keep the hallway clear for safety exits.
- Keep all belongings with you and pick up after yourself.
- Please use the restroom to change diapers.
- Be respectful of other people, places and things.

PARENT GUIDELINES

- Bring students to class on time and pick them up promptly.
- Supervise children in the waiting area at all times.
- Make sure your child has used the restroom before class.
- Check your email and studio website regularly for all notices and important studio information.
- Be respectful of other people, places and things.

STUDIO POLICIES

TUITION POLICY

- Tuition is non-refundable, no exceptions.
- Tuition will be charged to your debit or credit card on the 26th of every month (July-April). Tuition payments begin July 26th for August tuition. Summer session tuition will be due May 26th.
- Payments must be made by pre-authorized automatic monthly payment plan.
- If payment is not received by the 5th of the month a late fee of $15 will be assessed.
- If any payment is rejected due to insufficient funds there will be a $25 NSF charge that will automatically be charged to the account on file.
- For your convenience, tuition for a full season (40 classes) is divided into 10 equal monthly tuition payments, payable monthly from July-April.
- If you are starting mid-season your tuition will be prorated.
- If a student decides to withdraw from a class a 30-day prior written notice must be provided on a "Withdrawal Form" available online. If 30-day prior written notice is not provided, the account will continue to be due and payable. Tuition will be adjusted for the next month's payment. No refund will be given for withdrawn classes.
- In the event of a withdrawal prior to the completion of the season, tuition will be recalculated based upon the number of classes scheduled from the time of enrollment to the time of withdrawal and additional tuition may be then due and payable to the Studio.
- We reserve the right to cancel a class at any time. In the event that a class is canceled either a lesson will be rescheduled or a credit will be applied to your account at the discretion of Dance 101.
- Sibling discounts, multiple class discounts and referral rates are offered.

ATTENDANCE POLICY

- Students are expected to attend their registered class regularly and in the appropriate dress.
- Tuition is non-refundable and will not be prorated due to missed classes. No exceptions.
- Please check the schedule for studio breaks and closures.
- Class sizes must always meet a minimum of 6 registered students in order for it to be held.
- Schedules are subject to change.

INSTRUCTOR FEEDBACK AND CORRECTIONS

The instruction of dance may require physical manipulation of a student by the instructor. This physical manipulation will occur only when assisting the student in the proper alignment and execution of steps or poses.

PERSONAL PROPERTY

Dance 101 is not responsible for lost, stolen, or damaged items. Personal items left behind are placed in the lost and found bin. The bin will be emptied intermittently.

EVENTS

Dance 101 offers a variety of different events and performing opportunities throughout the season. Events are updated on a yearly basis. Below are some examples of our most popular events.

DANCE CAMPS

Dance 101 offers multiple camps for our students to enjoy dance and crafts in celebration of the season.

BRING A GROWN-UP AND SNEAK PEEK

Throughout the season, we offer special times when each student may invite one grown-up into the studio to participate in class or watch what they have been learning.

ANNUAL RECITAL

Performing is one of the best parts about being a dancer. Join us for the annual recital to showcase your moves.

FOR MORE INFORMATION ABOUT UPCOMING EVENTS
PLEASE VISIT OUR WEBSITE AT: MYDANCE101.COM/EVENTS

ANNUAL RECITAL

Why do we do an annual Recital? First and foremost Dance is a performing art. A high percentage of students who are interested in dance do so for the reward of performing what they have learned throughout the season for an appreciative audience. At Dance 101, our students work hard learning technique and skills from August through December. In January we put those skills together to create a piece of choreography. Recitals let us showcase everything that our students have learned throughout the entire season of dance.

HERE ARE SOME REASONS WHY YOU OR YOUR CHILD SHOULD PARTICIPATE.

- *The Recital is a fun experience that creates lifetime memories.*
- *The Recital allows dancers to fully experience the performing art of Dance and the unique feeling of being on stage.*
- *Preparing for a Recital is a way for dancers to work on memorization skills, rhythm, technique, teamwork, and much more...and they LOVE having something to be proud of.*
- *It gives dancers the opportunity to perform in front of an audience that will boost self-confidence in everything they do.*
- *Family and friends get to see what their dancers have learned in dance class.*
- *And let's be honest the costumes are pretty cool too!*

FOR MORE INFORMATION AS WELL AS A COST BREAKDOWN PLEASE VISIT: MYDANCE101.COM/ANNUAL-RECITAL

FOR CLASS REGISTRATION GO TO:
MYDANCE101.COM/CLASSES/SCHEDULE

ACCESS THE CUSTOMER LOGIN AT:
MYDANCE101.COM *(LINK AT TOP OF PAGE)*

FOLLOW US

FOR STUDIO HIGHLIGHTS
AND WEEKLY EVENTS

DANCE101FANS
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