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## LOS ALTOS DANCE ACADEMY

### **GENERAL INFO**

#### **7.2021**

#### **POLICIES**

CLASSES ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS. IF CLASSES ARE FULL WE ARE HAPPY TO WAIT LIST YOU OR RECOMMEND AN ALTERNATIVE.

*TUITION PAYMENTS* -- TUITION IS DUE THE 5TH OF EACH MONTH AND DOES NOT DEVIATE REGARDLESS OF HOLIDAY CLOSURE.

FEES ARE NOT ADJUSTED FOR SEASONAL ACTIVITIES, SPORTS, PLAYS, VACATIONS, BIRTHDAY PARTIES, ETC.

ANNUAL TUITION HAS BEEN DIVIDED INTO 10 MONTHLY PAYMENTS FOR YOUR CONVENIENCE. TUITION RECEIVED AFTER THE 5TH = \$15 LATE FEE.

RETURNED CHECKS ARE SUBJECT TO A \$25 FEE + BANK SERVICE CHARGES.

*WITHDRAWAL FROM STUDIO* -- REQUIRES A MANDATORY ONE MONTH NOTICE IN WRITING AS WELL AS TUITION PAYMENT FOR THAT FINAL MONTH.

*TRIAL LESSONS* MAY BE TAKEN @ \$20.00 PER CLASS PAYABLE AT THE TIME OF THE LESSON, DEPENDING ON SPACE AVAILABLE IN CLASS.

*MAKE-UP LESSONS* -- WE OFFER NO FORMAL MAKE-UP SYSTEM SHOULD A STUDENT MISS CLASS.

NO DEDUCTIONS OR CREDITS ARE GIVEN UNLESS A TEACHER IS ABSENT AND A SUBSTITUTE IS UNAVAILABLE.

*TARDINESS* -- STUDENTS ARRIVING LATE ARE NOT TO BARGE IN TO A CLASS, BUT MUST ENTER QUIETLY, BETWEEN EXERCISES, WITH PROPER SHOES/DANCE ATTIRE ALREADY ON. WE ASK AS A COURTESY AND TO PRACTICE GOOD MANNERS THAT STUDENTS ALSO "APOLOGIZE" FOR BEING LATE, AND THEN QUICKLY JOIN THEIR CLASSMATES.

*CLASS OBSERVATION* -- WE WANT TO PROVIDE OUR STUDENTS WITH THE BEST DANCE EDUCATION POSSIBLE, AND THEREFORE WE REQUIRE THEIR UNDIVIDED ATTENTION; WE ALLOW OBSERVATION OF CLASSES FROM THE OTHER SIDE OF OUR ONE-WAY MIRROR IF A CLASS IS NOT TAKING PLACE IN OUR SMALLER STUDIO SPACE. OBSERVERS ARE ASKED TO KEEP TALKING/NOISE TO A MINIMUM SO AS NOT TO BE HEARD WITHIN THE STUDIO.

*PROSPECTIVE STUDENTS* ARE ALWAYS WELCOME AND CHILDREN ARE ENCOURAGED TO "JOIN IN" (TRIAL LESSON) IN ORDER TO TRULY GET A FEEL FOR OUR CLASSES.



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*VIDEO AND/OR PHOTOGRAPHY* -- SPECIAL ARRANGEMENTS MUST BE MADE IN ADVANCE.

*PARENTS OF TINY DANCERS* -- IF YOUR CHILD NEEDS SOME 'EXTRA SUPPORT AND ENCOURAGEMENT' YOU (1 PERSON) ARE PERMITTED TO STAY, HOWEVER WE ASK THAT YOU REMAIN AS QUIET AS POSSIBLE AND LEAVE INSTRUCTION TO THE TEACHER. WE ALSO RECOMMEND YOU EXIT THE CLASSROOM ASAP SO YOU DO NOT BECOME A CRUTCH FOR YOUR CHILD. INDEPENDENCE IS A FUNDAMENTAL LIFE SKILL AND SHOULD BE ENCOURAGED.

*WHEN PICKING UP STUDENTS* -- PLEASE BE PROMPT! WE CANNOT PROVIDE BABYSITTING SERVICES AND LITTLE ONES BECOME QUITE CONCERNED WHEN LEFT TOO LONG, DESPITE OUR ASSURANCE THAT THEIR PARENT WILL BE HERE SOON.

*SAFETY* -- PLEASE LET US KNOW AHEAD OF TIME IF SOMEONE WE HAVEN'T MET WILL BE PICKING UP YOUR CHILD, IF THEY ARE IN A CARPOOL, OR IF THERE IS SOMEONE YOUR CHILD SHOULD NOT GO WITH. OUR POLICY IS FOR ALL STUDENTS TO REMAIN INSIDE THE STUDIO UNTIL THEY ARE COLLECTED AND THIS INFORMATION IS VERY IMPORTANT TO US.

### **RULES TO DANCE BY:**

- 1. NO GUM, FOOD, OR BEVERAGES OF ANY KIND ARE ALLOWED IN THE STUDIO WITH THE EXCEPTION OF WATER BOTTLES. WATER BREAKS ARE BY TEACHER'S PERMISSION ONLY.**
- 2. STUDENTS ARRIVING LATE ARE NOT TO BARGE IN TO A CLASS, BUT MUST ENTER QUIETLY, WITH PROPER SHOES/DANCE ATTIRE ALREADY ON. WE ASK AS A COURTESY AND TO PRACTICE GOOD MANNERS THAT STUDENTS ALSO APOLOGIZE FOR BEING LATE AND THEN QUICKLY JOIN THEIR CLASSMATES. STUDENTS ARRIVING 15 MINUTES LATE OR MORE WILL NOT BE ALLOWED TO PARTICIPATE IN CLASS, HOWEVER THEY MAY SIT AND OBSERVE THE CLASS.**
- 3. STUDENTS MUST ALWAYS ADDRESS TEACHERS AS MRS./MISS OR MR. I.E. MISS MEGAN ... AND WE ENCOURAGE THEM TO SAY THANK YOU AT THE END OF CLASS.**
- 4. STUDENTS ARE EXPECTED TO BEHAVE RESPECTFULLY AT ALL TIMES TOWARDS THEIR TEACHERS AND FELLOW CLASSMATES. DISRUPTIVE AND/OR RUDE BEHAVIOR WILL NOT BE TOLERATED.**
- 5. STUDENTS ARE EXPECTED TO REMAIN STANDING THROUGHOUT CLASS UNLESS OTHERWISE INSTRUCTED.**
- 6. STUDENTS MUST ADHERE TO THE INDIVIDUAL CLASS DRESS CODES AS OUTLINED IN THE 'WHAT TO WEAR' SECTION. PARENTS, PLEASE HELP YOUR CHILDREN FOLLOW THE GUIDELINES.**
- 7. TEENAGERS -- REMEMBER TO PRACTICE GOOD HYGIENE. MATURING BODIES REQUIRE MORE ATTENTION TO CLEANLINESS, ODOR, ETC. PLEASE USE DEODORANT AND CARRY A SMALL SWEAT TOWEL IN YOUR BAG. A CHANGE OF LEOTARD IS ALSO REFRESHING WHEN ATTENDING MULTIPLE CLASSES.**
- 8. EXCESSIVE JEWELRY IS NOT ALLOWED AS IT CREATES MANNERISMS AND BAD HABITS.**
- 9. PARENTS -- PLEASE REMIND LITTLE ONES TO USE THE BATHROOM BEFORE CLASS BEGINS. NO DIRTY DIAPERS ARE TO BE LEFT AT THE STUDIO; PLEASE TAKE THEM HOME WITH YOU.**
- 10. STUDIO EQUIPMENT SHOULD ONLY BE USED AS DESIGNATED.**
- 11. PLEASE HELP KEEP THE WAITING ROOM AND BATHROOM CLEAN. SHOULD YOU NOTICE ANY PROBLEMS, PLEASE NOTIFY A STAFF MEMBER IMMEDIATELY.**



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**WE PRIDE OURSELVES ON HAVING AN EXTREMELY HAPPY AND WELL-RUN STUDIO; WE APPRECIATE YOUR SUPPORT IN HELPING US TO INSTILL GOOD MANNERS AND PROPER ETIQUETTE, THAT WILL CARRY OVER INTO ALL FACETS OF OUR STUDENTS' LIVES.**

### **WHAT TO WEAR**

STREET CLOTHES ARE NOT PERMITTED.

WHEN WE DRESS LIKE A DANCER, WE FEEL LIKE A DANCER; GOOD GROOMING IS IMPORTANT FOR OUR SELF-IMAGE/CONFIDENCE, DISCIPLINE, AND PROGRESS.

### **HAIR**

A BUN IS REQUIRED FOR BALLET CLASSES, AGE 6+. A BUN IS RECOMMENDED FOR ALL OTHER CLASSES AS WELL, BUT A NEAT, TIGHT PONYTAIL IS PERMITTED.

### **CLOTHING**

- *BALLET/POINTE* - STUDENTS, AGE 6+, ARE REQUIRED TO WEAR A BLACK LEOTARD, PINK TIGHTS, AND PINK, LEATHER BALLET SHOES WITH ELASTICS. LIGHTWEIGHT WARM-UPS ARE ALLOWED AT THE BEGINNING OF CLASS BUT MUST BE REMOVED FOLLOWING PLIÉS. SHORTS/SKIRTS ARE NOT ALLOWED PAST PLIÉS.
- *JAZZ/LYRICAL/ACRO* -- STUDENTS ARE REQUIRED TO WEAR A LEOTARD OF ANY COLOR AND TAN/PINK, STIRRUP OR CONVERTIBLE/TRANSITION TIGHTS. SHORTS (FORM-FITTING) ARE PERMITTED AT TEACHER'S DISCRETION.
- *TAP* -- LEOTARDS, FORM-FITTING SHORTS, ETC. LEGGINGS ARE PERMITTED AS LONG AS THEY ARE FORM-FITTING AND DO NOT COVER THE SHOE.
- *AGE 5 & UNDER* -- ANYTHING GOES! PART OF THE FUN OF DANCE IS DRESSING UP, SO WE ENCOURAGE TUTUS, LEOTARDS, SKIRTS, AND ALL OF THOSE FABULOUS OUTFITS AVAILABLE... HOWEVER, PINK TIGHTS OR WHITE ANKLE SOCKS (NEVER BOTH). PINK BALLET SHOES WITH ELASTIC FOR GIRLS / BLACK BALLET SHOES WITH ELASTIC FOR BOYS. BLACK PATENT TAP SHOES FOR THESE YOUNG DANCERS.

### **SHOES**

MUST BE PROPERLY FITTED FOR CORRECT FOOT CONTROL AND DEVELOPMENT; IT IS SUGGESTED YOU GO TO AN ACCREDITED DANCE SUPPLY STORE FOR SPECIALIZED SERVICE TO START. PLEASE PUT YOUR NAME/INITIALS INSIDE ALL SHOES.



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IMPORTANT - DURING SHOW YEARS AND/OR FOR SPECIAL PERFORMANCES, STUDENTS MAY BE REQUIRED TO BUY AN ADDITIONAL TYPE/COLOR SHOE THAT IS APPROPRIATE TO THEIR DANCE AND/OR COSTUME. STUDENTS UNWILLING TO ADHERE TO COSTUME REQUIREMENTS WILL NOT BE ALLOWED TO PARTICIPATE.

- *BALLET* -- SHOES MUST BE PINK LEATHER, AND WE RECOMMEND A SPLIT-SOLE, ELASTIC ONLY. WE ARE HAPPY TO SHOW YOU THE CORRECT WAY TO SEW ON THE ELASTIC.
- *TAP* -- TINY TAP: BLACK PATENT, JUNIOR & ADULT: BLACK LEATHER, FULL SOLE PREFERRED.
- *JAZZ* -- TAN OR BLACK, SPLIT-SOLE SLIP-ONS
- *LYRICAL* -- DANCE PAWS, PIROUETTES, BARE FOOT
- *ACRO* -- SHOES NOT REQUIRED

### **CLASS DESCRIPTIONS**

- *ACRO* -- AN EXTREMELY POPULAR CLASS FOR DANCERS OF ALL AGES, OUR ACRO CLASSES COMBINE DANCE + GYMNASTICS. STUDENTS ENHANCE THEIR STRENGTH, BALANCE, FLEXIBILITY, AND TUMBLING SKILLS WHILE MAINTAINING THEIR PROPER DANCE TECHNIQUE. NOTE: STUDENTS ARE TAUGHT METHODS FROM ACROBATIC ARTS.
- *BALLET* – AS DANCE EDUCATORS WE UNDERSTAND THE IMPORTANCE OF BALLET AND SEE FIRST-HAND THE LIFE-LONG BENEFITS THAT STUDENTS GAIN THROUGH THEIR EXPOSURE TO THIS BEAUTIFUL ART FORM. FROM THE WAY A PERSON ENTERS A ROOM, TO ALL FACETS OF SPORTS IN GENERAL, BALLET BRINGS THE MIND AND BODY IN TUNE WITH ONE ANOTHER AND HELPS TO BUILD A STRONG, COORDINATED, GRACEFUL AND AGILE INSTRUMENT.
- *CONTEMPORARY* – A GENRE OF DANCE THAT EMPLOYS METHODS FOUND IN MODERN, POST-MODERN, AND CLASSICAL BALLET. IT ALSO DRAWS ON NEWER PHILOSOPHIES OF FREEFORM MOVEMENT INCLUDING GESTURES, FLOOR WORK, AND TURN IN OF THE LEGS. CONTEMPORARY IS INCORPORATED INTO OUR LYRICAL CLASSES WHEN DANCERS ARE READY.
- *CONDITIONING/STRETCHING/TECHNIQUE*-- DESIGNED TO HELP INCREASE FLEXIBILITY, LENGTHEN MUSCLES, AND STRENGTHEN YOUR CORE & MORE, WE INCORPORATE THIS INTO OUR ACRO, JAZZ, AND LYRICAL CLASSES.
- *Tiny/Young BALLET & TAP* – DEVELOPED BY JEAN SAN JUAN, OUR EXTREMELY POPULAR YOUNG DANCER PROGRAM FOR AGES 3-6 HAS 3 GENERATIONS OF SUCCESS TO ITS NAME AND IS GUARANTEED TO SET YOUR LITTLE DANCER OFF ON THE RIGHT FOOT! FUNDAMENTAL DANCE SKILLS ARE TAUGHT THROUGH A CREATIVE AND FUN-FILLED PROGRAM THAT ENCOURAGES, DELIGHTS, AND CHALLENGES BOTH MIND AND BODY.
- *JAZZ* – WITH ITS ROOTS IN THE AFRICAN-AMERICAN STYLE OF MOVEMENT AND MUSIC, JAZZ DANCING HAS CONSISTENTLY EVOLVED TO BLEND SHARP LINES, LEAPS, TURNS, AND CLASSICAL TECHNIQUE WITH CURRENT MUSICAL TRENDS CULMINATING IN TODAY'S POP MUSIC.
- *LYRICAL* – A COMBINATION OF BALLET TECHNIQUE WITH A MODERN JAZZ FLAIR THAT INCLUDES TRICKS AND FLOOR WORK, STUDENTS PERFORM TO CONTEMPORARY MUSIC INCORPORATING THE LYRICS AND EXPRESSIVE STYLE OF THE SONG.



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- *MOMMY & ME – FOR 2-3 YEAR OLDS AND MOMMY/DADDY/GRANDMA/NANNY! CHILDREN ARE INTRODUCED TO THE JOY OF DANCE THROUGH FUN ACTIVITIES THAT INCORPORATE SCARVES, TAMBOURINES, WANDS, STUFFED ANIMALS, AND MORE. THEY LEARN SPATIAL AWARENESS, BASIC COORDINATION, BALANCE, AND OTHER IMPORTANT SKILLS THAT HAVE LIFE-LONG BENEFITS. MOMS... SHARE THE DELIGHTS OF DANCE AND ENJOY A UNIQUE BONDING EXPERIENCE THAT CAN BE A GREAT WORKOUT, TOO!*
- *POINTE – CLASSICAL BALLET 'ON POINTE.' FOR THE SERIOUS BALLET STUDENT, POINTE IS ONLY ALLOWED AT THE TEACHER'S DISCRETION BASED UPON THE INDIVIDUAL DANCER'S ANATOMY AND PHYSICAL PREPAREDNESS. WHILE BEAUTIFUL TO LOOK AT, POINTE IS EXTREMELY DIFFICULT AND MUCH HARM CAN RESULT WHEN A CHILD IS ALLOWED TO GO ON POINTE PREMATURELY.*
- *TAP – ONE OF THE MOST POPULAR AMERICAN DANCE FORMS, TAP APPEALS TO PEOPLE OF ALL AGES AND IS A WONDERFUL WAY TO CHALLENGE THE MIND AND BODY WITH INTRICATE RHYTHMS AND CONTAGIOUS SOUNDS. WE OFFER CLASSES FOR ALL LEVELS AND INVITE YOU TO JOIN IN THE FUN!*