

Important Information For New Pupils

What to wear for class...

Please make sure you stick to the uniform for your classes as detailed below. It is part of your training to come correctly dressed to your classes with neat hair and clean hands and face.

We will check everyone as they come into class and if you are not correctly dressed or have untidy hair you will be told to put this right before starting your class.

No jewellery to be worn. Watches may be worn but not for Acrobatic or Ballet lessons.

All Tap Classes and all Musical Theatre Classes

Plain black leotard

Black lycra trousers (not too long – we need to see your feet!)

Black Tap shoes with laces and heel taps (Oxford Tap shoes for Inters/Seniors/Grads)

Black Jazz shoes for Musical Theatre

Boys – Black lycra trousers and close fitting black T-shirt

Hair to be worn in a ponytail or bun

Please note: For musical theatre classes all pupils require a file and pen/pencil to take notes.

All Ballet Classes

Plain black leotard

White ballet tights

White ballet shoes with ribbons

All Graduate and Senior girls must also have pink ballet tights and Pointe shoes in good repair

Boys – Black unitard, black socks and black ballet shoes.

Hair to be worn in a neat bun at all times – pupils will not allowed to take part in the class without their hair in a proper bun (secured with grips and a bun net).

All Modern & Acrobatic Classes

Plain black leotard

Black lycra leggings

All Intermediates to have black jazz shoes, character shoes and black split-sole trainers

Seniors & Graduates to have black jazz shoes, black split-sole trainers and tan/black New-Yorkers

Bare feet for Acrobatics (if you have any foot problems please use one shoe on the appropriate foot!)

Boys – Black lycra trousers and black dance T-shirt

Hair to be worn in a ponytail, bun or French plait - very long hair should be tied well out of the way in a bun, for your own safety for Acro classes.

Adult Dance Fitness Classes

All adults to wear comfortable clothes which they can move in i.e. leggings and T-shirt or jogging bottoms etc.

Please note: for your own safety and the safety of others please remove hoop earrings and heavy necklaces. Please tie hair back from your face and do not chew gum during the lesson/session.

Warming-Up, cooling-down, eating and drinking...

It is very important that you all warm up before coming into any Tap, Ballet or Modern class. If you do not warm up correctly you can damage your body and cause injury. All Juniors, Intermediates, Seniors and Graduates will be taught how to warm up and should do so before each lesson.

Equally important is to stretch out after your lesson – this can help reduce muscle soreness and 'stiffness'. Please try to spend 5-10 minutes after your lesson stretching out all muscles.

Please do not eat a heavy meal immediately prior to a lesson as this can lead to indigestion, nausea and stomach pains.

Do not eat sweets or 'tuck' before class for the same reasons and on no account enter the dance studio with sweets or chewing gum in your mouth.

Please remember to bring a drink with you – water is the best liquid to take when exercising. Water and fruit juices are available to buy at our tuck shop. If you need a drink for class please buy this before entering the studio to start your class.

Attendance and Time Keeping

We expect all pupils to attend classes on a regular basis and on time. Any pupil whose record of attendance or time keeping is poor may be moved to a lower class. If you have a genuine reason for absence/lateness please inform us by:

- Phoning the studio if you are attending but will be late.
- Phoning the studio if you are ill.
- Informing us prior to any holidays.
- Informing us a full term in advance if you are intending dropping one of your lessons.
- Writing to us a full term in advance if you will not be returning to dancing.

If you miss three consecutive classes without letting us know, we will presume that you are not returning and your place will be given to somebody else.

Please note that if you are more than 10 minutes late for class you will not be allowed to join in with that class.

Arriving, Parking and Waiting at Studio 10

Arriving at Studio 10

When you enter the building you will see the reception desk. If you have any queries you may ask our friendly receptionist! If you have no questions or queries please move through this area and into the waiting room.

Please make sure you are wearing the correct outfit when you arrive at the studio and change into your dance shoes as soon as you arrive so you can start your classes quickly and without delay. No parents are allowed into the dance studio - we ask all parents to drop off their children and then leave, as most work better and gain more independence if parents are not watching.

Bring all of your bags and clothes into the dance studio with you (bring as little extra gear as possible) so that when you leave after your class you can do so without delay.

Dropping Off

If you are dropping off your child please do so quickly and then drive to the very top of the street and turn left. Then take your next main left and this will bring you out on to the main Spennymoor to Middlestone Moor road. Doing this will, hopefully, stop a bottle-neck of traffic outside the studio.

Parking/Waiting

If you are parking and waiting please do so directly in front of the studio or in one of the local pub car parks (less than one minutes walk to the studio).

Please do not park in front of the terraced houses on the same side of the road as the studio. As our studio is in a residential street can I please ask everyone to park/drop off/wait with consideration for the residents of the street.

As far as possible please try to car-share with other people from your class. This can also save you petrol money, time and can help the environment!

Additional Information

- We have a notice board in class. This is our week to week contact with you - please read the notice board as you come into dancing in case any of the notices affect you or your classes. Other information is often placed here such as theatre trips, extra classes etc.
- Please inform us on your registration day of any illness, past or present that may affect your ability to take part in the class ie. asthma, dizziness/fainting, epilepsy, heart trouble etc. Also if you have any joint or muscular problems or if you are suffering from any sports related injuries.
- Because parents are not allowed to sit in on classes we have open evenings twice a year when parents are invited in to watch their child's class. If you wish to enquire about your child's progress between these times please speak to the receptionist who will arrange for you to speak to the appropriate teacher.