



Handbook

2018

*Tips and advice on how to give your dancer
the best possible experience in the studio and
on the stage.*

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Contact Details

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Website www.centrestagedance.net.au

Address Unit 3/3 Yarmouth Place Smeaton Grange

Office Hours

Monday – Friday 3:30pm – 7:30pm Saturday 8:30am – 12:30pm

Dance Styles

Jazz
Tap
Ballet
Hip Hop
Contemporary
Modern expressive
Gymnastics
Drama
Singing
Musical Theatre
Pilates



Dance Age Groups

Pre junior 2-4yrs
Junior 1 5-6yrs
Junior 2 7-8yrs
Intermediate 1 9-10yrs
Intermediate 2 11-12yrs
Pre senior 13-14yrs
Senior 15-18yrs
Open 18yrs and older

GYMNASTICS - Students will be assessed prior to being assigned to a class

Beginners 6yrs and older - Students at a beginner level

Intermediate - must be able to cartwheel

Advance - must be able do forward/back walk over

Dates To Remember

Term 1	• Monday 29 th January	> Term 1 commences	
	• Friday 30 th March	> Good Friday	NO CLASSES
	• Monday 2 nd April	> Easter Monday	
	• 9 th - 14 th April	> Preview week	Parents can watch last 5 mins
	• Saturday 14 th April	> Term 1 finishes	
Term 2	• Monday 1 st May	> Term 2 commences	
	• Monday 11 th June	> Queen's Birthday	NO CLASSES
	• Thursday 28 th June	> Mid Year Rehearsal	CAMDEN CIVIC CENTRE
	• Saturday 7 th July	> Term 2 finishes	
	• Sunday 8 th July	> Mid Year Concert	CAMDEN CIVIC CENTRE
Term 3	• Monday 23 rd July	> Term 3 commences	
	• 24 th - 29 th September	> Preview week	Parents can watch last 5 mins
	• Saturday 29 th September	> Term 3 finishes	
Term 4	• Monday 15 th October	> Term 4 commences	
	• 29 th October - 3 rd November	> Halloween dress up week	Students dress up in all their classes
	• Thursday 29 th November	> End of year rehearsal	CAMDEN CIVIC CENTRE
	• 24 th and 25 th November	> Photo Shoot	STUDIO
	• Sunday 2 nd December	> Christmas Disco	NARELLAN COMMUNITY HALL
	• Saturday 8 th December	> Term 4 finishes	
	• Sunday 9 th December	> End of year Concert	PENRITH PANTHERS

Concerts

You will be notified by newsletter or email of when tickets may be purchased. Students must attend the rehearsal in order to participate in the concert.

Absolutely no photography or videography is permitted at this time. DVD's of the performance will be on sale through the studio. All accounts must be up to date prior to performances.

Costumes

During Term 3 you will be required to pay a **non-refundable** deposit of \$30 per style for costumes. This needs to be paid by week 8 of Term 3 to commence costumes. Costumes range from approximately \$50-\$100. Once purchased payment is **non-refundable**.

Mid Year concert costumes. Most of the costumes for this concert will be organized by you, with some being hired (cost \$10-\$40).

Fees

- Fees are charged in order to maintain students placing in their classes.
- Missed classes - Payment is compulsory if the student misses their classes.
- Fees must be kept up to date so as not to incur a late fee of \$20 for overdue fees.
- Fees are to be paid with your child's first lesson for the week.
- Fees are to be paid to the receptionist **NOT** to the teacher; the fees must be recorded on the computer for confirmation.
- Fees can be paid weekly, monthly or by the term. Fees paid by the Term within the first 3 weeks of the term will receive a 10% discount.
- Fees can be paid by Eftpos, cash or Direct credit, if paying direct credit ensure the students name is listed on the transfer information.
- Prior to the end of term please check at reception to ensure all fees are up to date.
- A late fee of \$20 will be charged if fees are late unless previously arranged.
- All outstanding invoices (including fees) must be paid before any concert costumes are distributed.

CLASSES	FEES	DURATION
1 Class	\$11	40 minutes/week
2 Classes	\$20	1 hour 20 minutes/week
3 Classes	\$28	2 hours/week
4 Classes	\$35	2 hours 40 minutes/week
5 Classes	\$41	3 hours 20 minutes/week
6 Classes	\$46	4 hours/week
Unlimited	\$50	Unlimited
Pilates Ladies Classes	\$10 Casual Rate \$85 Pay up Front for 10 classes	40 minutes - I hour classes
Singing	\$30 Pay 5 weeks upfront	30 minutes/week
Missed class fees	These fees are charged in order to maintain students placing in their classes. This fee is compulsory if the student misses their classes.	
Competition fees	Competition classes incur a surcharge	
Private lessons	Each teacher different price - Pay 5 weeks upfront	

What Does My Teacher Expect From Me?

I hope you ask yourself this question! Teachers want to be able to do their job effectively, and they need your help in order to do it. How can a dance instructor help a student who is unable to learn? This manual will help you learn to prepare for class and act accordingly during class,



Why Is Etiquette So Important In Dance Class?

Dance is centered around the age-old traditions, and we keep those traditions alive in dance classes today. Many of those traditions have become part of the culture of dance. Disrespecting dance cultures shows the teacher you are not interested in learning, and it creates negativity in the studio.

Etiquette also prepares you for the professional world of dance; dance professionals expect a certain kind of behaviour in class, competitions and auditions. If you do not behave appropriately, you will be asked to sit out of class.

Before Class

- Arrive 10-15 minutes early, and begin warming up your body as you need.
- Be dressed out and ready for class, and adhere to the dress code
- Please do not do your hair in the studio; have your hair ready before class, and make sure it is well secured.
- Use the bathroom and hydrate yourself before class.
- Remove street shoes before entering the studios, and do not wear your dance shoes outside.
- Please mute or turn off your mobile phones and keep them safely zipped in your dance bag outside the studio. Do not check your phone in class unless specifically approved by your teacher for special emergency situations.
- Make sure your dance bag and clothing are ready the day before.

Studio Uniform

- Leotard - \$35 child \$40 adult
- Singlet top \$35 child \$40 adult
- Skirt - \$35 child \$40 adult
- Tutu - \$45 (pre junior classes only)
- Shorts - \$35 child \$40 adult
- 3/4 pants - \$45 child \$50 adult
- Crop top \$30
- Track pants - \$55
- Jacket - \$55
- Hoodie - \$50
- Ballet shoes \$40
- Jazz shoes \$50
- Mary Jane Tan Tap shoes \$60
- Black lace up tap shoes \$85
- Foot Undeez \$20
- Pirouette \$35

Dress Code

- Hair secured off the face and neck, in pony or bun for ballet
- Appropriate and approved dance shoes with strings and laces tucked in

Ballet

- Studio leotard
- Clean ballet shoes
- Ballet stockings
- No skirt or shorts

Jazz

- Any item of studio uniform
- Tan stockings
- Black jazz shoes

Tap

- Any item of studio uniform
- Tan stockings
- Tan Mary Jane tap shoes (Pre Junior-junior 2)
- Black lace up tap shoes (Int 1 and above)

Modern/Contemporary

- Any item of studio uniform
- Tan convertible stockings
- Ballet shoes (Pre Junior - junior 2)
- Foot undeez (Int 1 and above)

If You Are Late

- If possible, call the studio to let your teacher know you will be late
- Knock before opening the studio door
- Take whatever spot is available, rather than going to your usual/favourite spot
- After class, apologize for being late and make sure you are on time next time!



In-Class Behaviour

- Marking the routines is not allowed- always dance full-out unless specifically told to mark by your teacher
- If you are told to mark always do your arms full-out!
- Don't talk during class.
- Ask a question by raising your hand.
- Don't yawn or look at the class; this tells the teacher you don't want to be in class, or you aren't interested in their lesson. Stay attentive and aware and "tune in."
- Don't lean on the barres, cross your arms, sit, lay on the floor, or stare out of space while your teacher is explaining or demonstrating; this tells the teacher you don't care about what they are saying.
- Don't stop dancing in the middle of a routine for any reason, unless the teacher stops the music and tells you to stop.
- Don't roll your eyes or tell your teacher "this other teacher does it this way" or say "I know that" after receiving a correction. This is called "talking back and it is very rude - Remember versatile dancers are strong dancers!

Applause

When is it appropriate to clap in class?

When a teacher asks a student to demonstrate a step or combination in class

When a teacher recognizes or congratulates a student on an achievement or breakthrough

At the end of class, to thank your teacher and classmates

Water

Did you know scientists have discovered that it is better for your body to take large gulps of water at various intervals, rather than taking small sips throughout the workout? Instead of taking a sip after every combo, try drinking water before class, between Warmup and centre and after class. You will stay more hydrated

- Don't practice choreography or dance steps from a different class.
- Don't ask the teacher "can we do this step or combination?" - trust the teacher will give you what they think you need.
- Don't talk to your class mates while a teacher is working with another student - pay attention to what is being said, even if you don't think it applies to you.
- Don't dance faster than the teacher - the teacher is working slowly for a reason.
- Never talk bad about your classmate's hair, body, technique, musicality, etc. Always respect your fellow classmate's.

Sick Or Hurt

- If possible, attend class. You will be able to sit down and observe the class
- If you are injured, let your teacher know immediately and take advice on what to do or not do
- If you are too sick to attend, please contact the studio.

Thank-You's

- Always thank a teacher after receiving every correction or compliment
- Always thank your teacher, coach front desk employee after class.

After Class

- Never leave the class without thanking your teacher - Always curtsy, thank them, or show appreciation in whatever way they have requested
- Always leave the studio clean and organized, as you found it.
- Always put rubbish, barres and extra equipment (stretch bands, matts, poms) where they belong.
- Wait patiently if you need to speak to the teacher after class, call or email asking for a convenient time for them to talk.



Groups And Levels

We want the best learning experience for your dancer. We place dancers in the level we believe they will learn the most. If a dancer feels that they are not getting the most out of their experience, we will work with them on ways to increase their learning within that same class.

Nutrition

Dance is often more strenuous than sports or other performing arts. For your dancer's health and injury prevention, please note the following suggestions:

No sugar, pre-packed, or processed foods (fast foods) before or after class No food in the studio unless specific permission is given

No softdrink or sweet drinks before class. Pack a water-bottle for your dancer, and make sure they have had water before class

Dancers should eat a healthy meal 1 hour before class begins (to avoid stomach cramps)

After class, dancers should eat a small meal high in protein to accelerate muscle regrowth

Etiquette

Your dancer will follow your example; if you trust the dance instructor's judgement and show them respect, your dancer will do the same. This creates the best and most positive learning environment for everyone.

Observation

When invited into the studio to observe your dancer in person, please remove street shoes, and stay along the outside of the room.

Always ask the teacher before taking photos or recording an observation, and especially regarding posting the footage online.

Performance

Do not under any circumstances use flash photography. This can distract a dancer's spot, and can lead to serious injury

Do not photograph or record unless you have permission of the instructor and the theater. Do not yell names, cheering, or standing ovations are always appropriate.