



2022-2023 Welcome Packet

Welcome to Movement Dance & Fitness! Thank you for choosing us to guide your children in the wonders of dance and tumbling. Ballet, tap, and jazz and other forms of dance are excellent ways to develop or maintain alignment, mobility, coordination, flexibility, and creativity. We are proud to offer a variety of styles in our community. We want everyone to feel comfortable at the studio, so please take time to look over all of the following information as it should answer any questions that may come up. You should keep this packet in a safe place for future reference.

The first of each month you should login to your account and pay your tuition balance with a card and the option to set up auto pay! A monthly newsletter will be emailed, which will contain important dates and information. **One parent/caregiver** may wait in our lobby and watch dance class through our observation windows at any time. As a courtesy, please leave room or take turns for others to watch as well. Please do not bring food or drinks (exception of water) into the studio rooms. All students should bring their items into their studio room and place in the cubicles provided. Regular attendance for students is very important, especially before a performance. Please call or email in advance if your child is sick and is unable to attend. No student should attend if running a fever or having symptoms. Classes may be made up in a similar level. Please notify the front desk in advance at 641-691-4923 or movementdanceandfitness@gmail.com.

CLASSES BEGIN TUESDAY, SEPTEMBER 6.

Spring Recital Production 2022 and dress rehearsal is tentatively scheduled for May 11-13th, 2023 at Gallagher Bluedorn Performing Arts Center in Cedar Falls. Students will have costumes ordered for them to fit the theme of the show. These costumes run anywhere from \$55 - \$85 per class. You may make payments towards costumes when the season begins. *Please Note: there are no refunds or credit on tuition, dancewear or costumes! No exceptions - thank you for respecting our policy.* This performance is a wonderful way for the students to showcase what they have been working on in class all year long. Spring Recital Tickets will be approximately \$15 a person for reserved seating.

Please review our programming guide for tuition payment information, calendar for the year, and more!

Studio Rules, Guidelines and Policies

- 1.) **DRESS CODE:** A student must wear proper dance attire to class. Please review the dress code. Students will not be allowed to participate if they are not dressed appropriately. Please note: pink tights are required for ballet class & cover ups are not allowed in tumbling.
- 2.) Hair must be securely fastened back. BUNS are required for ballet class Levels 1-3 & hair may be down for hip hop class.
- 3.) Personal hygiene is very important for dance & tumbling classes.
- 4.) Please use the restroom before & after class. Do not go into the studio until your instructor has called for your class.
- 5.) Put your name on EVERYTHING. (shoes, poms, bags, etc.)
- 6.) No running or tapping in the waiting area.
- 7.) Please pick up after yourself in the lobby area. Only studio staff are allowed behind the front desk.
- 8.) Lost & Found is located in the lobby. Items not claimed at the end of each month will be donated to Trinkets & Togs.
- 9.) Keep hand off mirrors, music systems, and anything that isn't yours. Please do not touch or press face against observation windows.
- 10.) Complete respect for the staff and total politeness to other students is expected from EVERYONE.
- 11.) Please do not interrupt the instructor during class by having a conversation with others.
- 12.) Absolutely no food or drink in the studios. No hanging out in the studios, if there is not a class happening.
- 13.) Negative attitudes will not be tolerated. We will succeed by staying positive and having a cheerful atmosphere!
- 14.) **THANK YOU FOR YOUR LOYALTY, SUPPORT AND COOPERATION TO OUR POLICIES AT MOVEMENT!** We appreciate you being part of our tumbling and dance FAMILY!