



DANCE WITH ME

WHAT YOU SHOULD EXPECT FROM YOUR CHILD'S DANCE CLASS:

- Dancers will attend class with 1 parent, grandparent, or guardian. You can alternate the adult in the room but only one adult per dancer.
- Dancers who are new to group activities may cry, be upset, or cling to the adult. This is normal for this age.
- Many dancers learn by watching, just because your dancers is not participating in the movement doesn't mean they are not learning through watching. You may notice your child may go home and duplicate the movements from class at home.
- Please take your dancer to the potty before class. The class is only 30 minutes long. Once one dancer has to go potty, the rest do too and are distracted for the remainder of the class.
- Dancers will be introduced to the "Dancers Manners"
 - Eyes on the teacher
 - Be a first time listener
 - Wiggly fingers on your hips
 - Wait your turn
- Young students love consistency and predictability in class, it helps them to free up brain space so they can focus on the current activity. Consistency also helps relieve anxiety since they know what to expect. We will use the same class structure throughout the year and will modify, add, or change activities as the students develop through the year.
- Students will engage in pretend play and games during class. Pretend play for young children is like a dress rehearsal for real life.
- Students at this age develop very quickly and at different rates. Abilities will vary within a class.
- Students will get a stamp at the end of class for participation. Dancers will get a sticker in the teacher's book for good behavior and listening in class.

WHAT SKILLS YOUR CHILD WILL LEARN IN DANCE N LEARN:

- Body Isolations (head, shoulders, torso, arms, and legs)
- Pointed and flexed feet
- Rocking (transferring weight from one foot to the other)
- Plié (to bend the knees)
- Tendu (stretched)
- Relevé
- Saute'
- Marching
- Gallops
- 2 footed jumps
- Routine and etiquette
- Taking turns
- Pretend play
- Patterns (high and low)
- Pathways (curvey, straight, zig zag)
- Directions (forward, backward, sideways)
- Movement type (fast, slow, sharp, smooth)
- Action words (wiggle, shake, spin, turn, melt, sway, push, pull, bounce, glide)

