

Little Stars Dance Academy
Inspire Dance Academy
Parent Handbook

Little Stars
Dance Academy



Inspire
DANCE ACADEMY OF SCHAUMBURG



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PARK DISTRICT

A word from the directors...

Welcome to the Little Stars and Inspire Dance Academies. The information contained in this handbook is intended to help you understand the standards of this program. We ask that you read and support these standards which will help ensure your child's success.

Little Stars and Inspire Dance Academies Philosophy

We believe in a philosophy of individual expression and personal excellence. To maintain this philosophy dancers must develop physically by learning dance skills, improving physical conditioning, developing good health habits, and avoiding injuries. Psychologically, dancers must learn how to control their emotions and promote feelings of self-worth. Socially, dancers must learn how to cooperate in class by learning appropriate standards of behavior. As the dancer develops physically, psychologically, and socially each becomes an individual capable of "expression and excellence".

The studio provides skill-building techniques through the various dance forms offered. Equal attention is given to providing a pleasant atmosphere essential to learning. Good poise and self-confidence is gained while experiencing the joy of movement that carries through to all parts of the dancer's life. Our goal is to provide every student with a solid dance foundation, while leaving room for individual creativity and FUN!

We hope you will enjoy our program!

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Dance Program Guidelines

- Dancers need to arrive promptly to class and be prepared to dance.
- Proper dancewear and grooming is required.
- Courteous behavior is expected.
- Teachers reserve the right to dismiss any student who is disruptive.
- No gum or food is allowed in class. Water bottles are acceptable.
- Cell phones and other electronic devices need to be turned off during classes and out of sight.
- Parents/guardians of Little Star dancers should take them to the bathroom immediately before class and parents/guardians must remain in the building during class.
- Please be considerate of our other programs and do not let children run in hallways.

Dancer Placement

During the first weeks of class in the fall, the instructor will ensure that each dancer is in the proper level. During the latter half of the session, the instructor and supervisor will be evaluating each dancer. From these evaluations the instructor and supervisor recommend placement in the appropriate class level for the following Fall/Winter/Spring Session. These recommendations will be mailed to your home during the month of June. Dancers over the age of five will be advanced based primarily on their ability and will usually remain in the same level for two Fall/Winter/Spring Sessions.

Attendance

Attendance will be taken at each class. Regular class attendance is expected. Classes are not made-up due to student absence. Prolonged illness should be reported to the supervisor. Dancers missing more than three Winter/Spring Session classes (when classes resume in January) without contacting supervisor may be asked not to perform in the recital.

Class Promptness and Interruptions

For dancers enrolled in the Little Stars program (3-5-years old), please take your child to the bathroom before class. Inspire dancers arriving late to class must ask the instructor for permission to join the class. Late arrivals disrupt the class and do not allow the dancer to warm-up properly. If the dancer is going to arrive late weekly due to another commitment, the dancer or their parent must inform the instructor. Dancers should ideally arrive 10-15 minutes before the start of class. This time allows dancers to take care of any personal needs, begin their warm-up and be ready for the start of class.

Grooming

Dancers need to come to class neat and clean. Females should have their hair in a braid, bun or ponytail. Buns are expected for ballet dancers Beginning level I or higher. Males should have neatly styled hair. Dancers 10 and older should wear deodorant. The only jewelry allowed in class is small pierced earrings. At dress rehearsals and recital absolutely no jewelry or nail polish is allowed.

Dancewear

Dancers are expected to adhere to the dancewear requirements listed in this booklet and on the Schaumburg Park District website (www.parkfun.com/programs/cultural-arts/dance). Attire is part of the discipline of dance and assists the instructor in observing the dancer's form and technique.

Please label all dancewear and shoes with the dancer's name. We find many lost shoes with no names and have no way of finding their owners. A Dancer Lost and Found Box is located in dance office.

TUTU TODDLERS/ BUDDING BALLERINAS

Females: Pink or Black Leotard, Pink tights, Pink Skirt (optional) and Pink Ballet Shoes

Males: Black T-Shirt, Black Dance Pants or Shorts and Black Ballet Shoes

JAZZ N' JUNIORS

Females: Pink or Black Leotard, Pink OR Tan tights, Black Dance Shorts (optional) and Black Slip-on Jazz shoes

Males: Black T-Shirt, Black Dance Pants or Shorts and Black Jazz Shoes

TINY TAPPERS

Females: Pink or Black Leotard, Pink tights, Pink Skirt (optional) and Black Tap Shoes

Males: Black T-Shirt, Black Dance Pants or Shorts and Black Tap Shoes

HIP HOP TOT

Females: Pink or Black Leotard or Plain T-Shirt, Black Dance Pants or Shorts and Black Slip On Jazz shoes. No excessively baggy clothing

Males: Plain T-Shirt, Black Dance Pants or Shorts and Black Slip On Jazz shoes. No excessively baggy clothing

BEGINNING –ADVANCED BALLET/ POINTE TRANSITION-POINTE/BASIC BALLET TECH

Females: Pink or Black Leotard, Pink tights, Black Ballet Skirt (optional) and pink ballet slippers (pointe shoes with permission of instructor for Pointe).

Males: Black T-Shirt, Black Dance Pants or Shorts and Black Ballet Shoes

BEGINNING-ADVANCED JAZZ/TEEN JAZZ

Females: Pink or Black Leotard, Pink OR Tan tights, Black Dance Pants or Shorts and TAN Slip-on Jazz shoes (Black sports bra may be worn for Int-Adv Jazz – Cover up must be worn outside of dance studios) *no visible undergarments please

Males: Black T-Shirt, Black Dance Pants or Shorts and Black Jazz Shoes

BEGINNING-ADVANCED TAP/TEEN TAP

Females: Pink or Black Leotard, Pink OR Tan tights, Black Dance Pants or Shorts and Black Tap shoes; Beg III & higher: Black Jazz Tap shoes. (Black sports bra may be worn for Int-Adv Tap– Cover up must be worn outside of dance studios) *no visible undergarments please

Males: Black T-Shirt, Black Dance Pants or Shorts and Black Tap Shoes

BEGINNING-ADVANCED HIP HOP/TEEN HIP HOP

Females and Males: No excessively baggy or inappropriate clothing with Black Jazz or Hip Hop Shoes (Black sports bra may be worn for females in Int-Adv Hip Hop – Cover up must be worn outside of dance studios) *no visible undergarments please

LYRICAL/MODERN

Females: Pink or Black Leotard, Pink OR Tan convertible tights, Black Dance Pants or Shorts and Tan Turners (Black sports bra may be worn– Cover up must be worn outside of dance studios) *no visible undergarments please

Males: Black T-Shirt, Black Dance Pants or Shorts and Tan Turners

ACRO TOTS/ACRO

Acro leotard or snug fitting T-shirt and shorts. No baggy clothing. No Tights. No shoes or socks

Communications

Notes sent home often do not reach the parent. Please ask your dancer if they received a note in class. Calendars will be sent home the first week of classes. All information regarding the dance program will be available on line at [www.parkfun.com>programs>cultural arts>dance](http://www.parkfun.com>programs>cultural_arts>dance).

Cancellation of Classes

Classes may be canceled due to teacher illness or conflict. We will make every effort to contact you by phone. Classes canceled due to instructor illness, conflicts or weather will be re-scheduled as soon as possible. You will be contacted by phone or email with make-up time and date. Please make sure we have updated contact information in our system.

Cell Phones

Dancers are to keep cell phones and other electronic devices turned off during their classes and out of sight, which will minimize the disruption they can cause but make them available in an emergency. Phones or other devices may be confiscated by the instructor if they are being used during class except for an emergency. Confiscated items will be returned at the end of class. Please be aware that the District is not responsible for lost or stolen property.

Recital/Costumes

Our fall program concludes with an optional spring dance recital. In October, every dancer will be measured in class for a costume. You do not have to participate in the recital. However, if you plan to order a costume, payment must be paid in full before the order is placed during the fall session. You will receive complete information regarding the recitals in October.

Student Injury

It is the responsibility of the parent/guardian and dancer to inform the instructor, before class, if a dancer has an injury that will preclude the dancer from any part of class. A doctor's note may be required upon returning to class. If a dancer receives a mild injury during class they will be offered an ice pack or Band-Aid as needed. For a severe injury the parent will be immediately notified and 911 will be contacted as needed. Accident reports will be filed with the Schaumburg Park District.

Visiting Days

Parents, friends and relatives are invited to Visiting Days. These days are listed on the calendar enclosed and available online at www.parkfun.com. Cameras may be brought to Visiting Day. No class observation will be allowed except on these dates because visitors distract the dancers and hinder their ability to learn.

Younger dancers may cling to their parents, some will sit in the corner and others will entertain the crowd on Visiting Days. All of these behaviors are normal and are expected. Instructors will not force any student to dance. Please do not get upset with your child if they do not dance. It is important that they have a positive feeling about class. You might mention that you really enjoyed learning what they have been doing in class and tell them you would really like to see them dance next time.

Teen dancers may try to keep their parents away from Visiting Days. We feel that dance is a performance art, having visitors is a very important part of the class. So parents don't listen to the students - please come to Visiting Days.

Volunteers

Volunteers are a very important part of this program at recital time. If you are interested in helping, please fill out a volunteer form. They should be available at the registration counters at the CRC and MRC facilities. You must submit a form and have it approved before volunteering. Thanks!

Discipline Policy

Discipline is essential to learning. Occasionally we may have a disciplinary problem with a dancer. Almost always a word or two from the instructors has taken care of the inappropriate behavior. When verbal reprimands have not stopped the misbehavior, the following disciplinary actions are in place to provide the framework for the instructors to deal with this inappropriate behavior.

The disciplinary actions will involve:

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| First Offense | Verbal warning from the dance instructors. |
| Second Offense | Notification in writing of behavior will be sent to parent.
Parent signature will be required for dancer to return to class. |
| Third Offense | One-week suspension from class.
Parent and dancer signature will be required for dancer to return to class. |
| Subsequent Offense | Possible suspension from program. |

Happy Dancing!