

north coast dance

Spring 2012

Dear Parents and Students,

North Coast Dance is ready for the spring 2012 session! Whether you are a new or returning student, we would like to share a few guidelines with you to make this session successful, easy and fun:

GENERAL NOTES:

- Tuition is requested at the time of class sign-up or at the first class. Please see Kris Beck to set up payments, or if you need help with tuition fees.
- In an effort to conserve resources, please bring a refillable water bottle to class.
- Photos and/or video are not allowed during class. If you would like to take either, please find a time before or after class to do so as not all families wish to have images taken of their children.
- NCD asks that all students and parents show teachers respect during class - instructors will return the courtesy.
- Parent observations of classes are allowed only during the last week of each month.
- The Staff of NCD are always open to comments, concerns and input!

BEFORE class:

- Please follow our school dress & hair code. Girls should wear pink tights and pink ballet shoes with the appropriate class color leotard & follow the skirt guidelines (see below for guidelines). Boy's attire is black tights and slippers.
- Please have hair pulled back and out of the face. Bangs should be pinned back and hair secured in a bun.
- Students are requested to arrive 5-10 minutes before class to allow for changing, using the restroom and stretching.
- Munchkin Movement and Kinder Dance parents, please be sure that your dancer has gone to the restroom before class begins. Frequent bathroom visits steal valuable class time.

DURING class:

- Ballet warm-ups may be worn to class. Warm-ups should be fitted to allow the instructor to see the alignment of the dancer. Also, please note that students will be asked to take warm-ups off after the first few combinations in class.
- Jewelry (except small/post earrings) should not be worn in class. Necklaces, bracelets, long earrings, etc. should be removed before class begins.
- Please have your leotard adjusted correctly so that you do not need to adjust during class. This may mean tightening or sewing straps (especially on camisole leos) to fit properly.

Thank you for joining us. We are so happy to have you as a part of our dance school!

Sincerely,
North Coast Dance Teachers and Staff

Class	Leotard Color
Munchkin Movement	Pink
Kinder Dance	Pink
Ballet Introduction	White
Ballet 1	Light Blue
Ballet 2	Royal Blue
Ballet 3	Burgundy
Ballet 4	Black
Intro to Ballet	Black
Apprentice / Pointe	Black
Boy's / Men's Attire	White T-shirts, with the black tights and black slippers

Ballet slippers that are sold at stores like Target are not appropriate for class. We highly recommend that you visit Threadbare Dancewear on the Plaza in Arcata. The prices are comparable and the quality is much better. Also, the staff can assist you in finding the correct leotard color or shoe size.

CHILDREN

GIRLS: Class color leotard, pink tights, pink slippers, skirts* permitted, hair in a bun.

*Skirts for children by level:

Munchkin – Ballet 1: any skirt is permitted.

Ballet 2 – Apprentice: any skirt or fitted ballet shorts may be worn, at the dancer's discretion, one week of each month. Otherwise, transparent or sheer skirts may be worn only at each teacher's discretion.

BOYS: Black or white slippers, black tights, black or white tank or leotard.

ADULTS

WOMEN: Any color leotard, pink/white tights, pink slippers, skirts permitted, hair in a bun.

MEN: Black or white slippers, black tights, black or white tank or leotard.