

GETTING READY FOR CLASS

PRESCHOOL/KINDERGARTEN PROGRAM (AGE 1-6 YRS)

Our early childhood classes invite young movers to explore their world through music, active play and storytelling. All classes will culminate in a fun, low pressure in-studio performance for friends and family.

Dance Together (1-3 years):

All children registered for Dance Together must be walking independently by the first class meeting. Siblings who are not yet walking are permitted to accompany participating adult and child to class provided they do not disrupt the class. Participating adults and children should come dressed comfortably and ready to move in bare feet. Costumes, jeans and dance slippers are not permitted in this class.

Storybook Theater & Dance The World (3-6 years):

Students should wear snug-fitting clothes that are easy to move in such as leggings and a t-shirt or tank top. Long skirts, jeans or other garments that limit movement are not recommended. Students will dance in bare feet. Costumes and most jewelry (rings on fingers and small earrings okay) are not permitted as they can damage our specialized dance flooring in the studio.

GREENBELT DANCE STUDIO / TECHNIQUE CLASSES (AGE 5-TEEN)

Our weekly technique classes for ages 5-Teen are designed for young and maturing movers who are ready for a more formal study of a variety of dance styles. All courses will culminate in a fun, low pressure in-studio performance for friends and family on the last day of class.

All classes at this level have a specific dress code. Please refer to the list below for the details regarding the uniform required for each class.

The following are NOT permitted in any dance studio classes: Long skirts, jeans or other garments that limit movement, costumes and most jewelry (rings on fingers and small earrings okay). Students wearing these items will be asked to remove them before participating in class, and, when necessary, students may be offered uniform pieces from our costume stock to wear and return.

Pre-Ballet/Jazz (5-7 years):

Girls- Black or pink leotard with pink tights with pink ballet slippers OR black leggings and bare feet

Boys- White or black t-shirt (snug fitting, no writing or images), black leggings or sweatpants and black ballet slippers or bare feet

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Pre-Tap/Hip Hop (5-7 years):

Girls and Boys -- Leggings or sweat pants with a snug-fitting plain shirt. Tap shoes are required for this class; black oxford or mary jane styles preferred. Clean sneakers are recommended for the hip hop portion.

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Ballet/Jazz Basics (6-9 years):

Girls- Black or pink leotard with pink tights with pink ballet slippers OR black leggings and bare feet

Boys- White or black t-shirt (snug fitting, no writing or images), black leggings or sweatpants and black ballet slippers or bare feet

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Ballet I, II, III, IV and V (7-Teen):

Girls- any style black leotard, pink tights and pink ballet slippers

Boys- black leggings, white or black snug fitting t-shirt (no writings or images) and black ballet slippers

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Tap I and Up (7-Teen):

Girls and Boys – Black leggings or sweat pants with a snug-fitting plain shirt. Tap shoes are required for this class; black oxford or mary jane styles preferred. No character heels please. If you do not have tap shoes on the first day of class, please wear clean sneakers.

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Hip Hop (8-Teen):

Girls and Boys – Comfortable athletic wear such as leggings or sweat pants with a plain shirt. Clean sneakers that are not worn outside. Long skirts, jeans or other garments that limit movement are not recommended.

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Contemporary Dance (8-Teen):

Girls and Boys – Comfortable athletic wear such as leggings or yoga pants that *cover the knees* with a snug fitting plain shirt; plan to dance bare foot

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

Musical Theater Jazz (8-Teen):

Girls and Boys – Comfortable athletic wear such as leggings or yoga pants with a snug fitting shirt.

Jazz slippers or dance sneakers preferred but not required.

Hair—Long hair must be secured off face and neck for class using hair elastics , secure clips and/or hair pins. No headbands, tiaras or other heavy decorative hair ornaments.

GREENBELT DANCE STUDIO / PERFORMANCE PROGRAM (AGES 5-TEEN)

For dancers who are ready to step into the spotlight, we offer a variety of performance programs for students ages 5-Teen. Dance Performance Club, offered in the fall, gives students a chance to perform in a full scale production. In the spring, our more experienced dancers have the opportunity to learn the craft of choreography and produce their own in-studio performance under the direction of Studio staff.

Performance Uniform:

The uniform will serve as the foundation for added costume pieces provided by the dance program.

Dancers should bring all dance shoes they currently own (ballet slippers, tap shoes, and/or jazz slippers).

Girls--Black leotard (tank or camisole preferred; no sleeves or attached skirts) and pink convertible tights

Boys--Black and/or white dance top (details will be provided after registration)and black leggings

TEEN/ADULT DANCE PROGRAM (AGE 15-ADULT)

Our open level teen / adult weekly dance classes are designed to be beginner friendly while also challenging for adults with previous dance experience. Each session begins with a review of the fundamentals and culminates in the development of choreography by the semester's end.

Beginning Ballet (15-Adult):

Please wear comfortable athletic clothes, but not too loose. Soft ballet shoes or bare feet; leotards and tights are not necessary. We recommend that hair be secured off face and neck.

Musical Theater Tap (15-Adult):

Please wear comfortable athletic clothes, but not too loose. Oxford style tap shoes are recommended. Hard soled shoes are permitted.

GREENBELT DANCE STUDIO RULES

We want all of our dancers to have a safe and rewarding experience in our program. To that end, we ask that all dance students and families abide by the following rules.

1. Students will be permitted in the classroom five to ten minutes before class. If you arrive earlier, you will need to wait in the hallway until the instructor opens the door.
2. Students age 8 and younger must be signed in and out by a parent, guardian, or parentally authorized individual every class. The person signing the student in must remain with the student until class has officially begun.
3. Students age 9 and older may sign themselves in and out, if parents have submitted a form authorizing them to do so. Please be advised that students signing themselves out of class will not be supervised by Recreation staff after they sign out of class.
4. Prior to each class starting, all students should
 - o go to the rest room immediately before class
 - o be wearing the proper attire for the class in which he/she is enrolled
 - o have their dance shoes on and laces tied, if applicable
 - o have their hair secured off the face and neck with

NOTE: This is a large public building. It is not appropriate to dress your child inside the classroom or in the hallway outside the studio. Please change in a restroom.
5. Parents of dance students are permitted to observe the first and last classes of the session. Without prior permission from the instruction, parents are not permitted to sit inside the classroom, take photos, or participate in the class. Each class culminates in an in-studio performance for friends and family on the last day of class.
6. If you are picking up a dance student, please arrive a few minutes before class ends; this helps us move one class out quickly as the next class arrives. Students who are picked up late disrupt the following class or cause an instructor to work extra time.
7. Please write your name or your child's name on everything! All items left in the studio will be held in the dance studio storage closet until the end of the session. At that point, items are moved to the Community Center's central lost and found which can be accessed with assistance from the welcome desk attendants in the main lobby.
8. In order to protect our specialized dance flooring, we do not permit jeans or other clothing with rivets, costumes, and most jewelry (rings and small earrings okay) to be worn by students.
9. No chewing gum, eating, or bringing any beverage besides water onto the dance studio floor.
10. Only bare feet, dance shoes or clean sneakers (not worn outside) are allowed on the dance floor.
11. Safety first! Instructors reserve the right to expel any student that repeatedly hits, pushes, grabs, bites or is rude to the teacher or other students. Students who are consistently and/or increasingly physically and verbally aggressive may not be permitted to remain in the class.