

A FROST DANCE

E X P E R I E N C E

a personalized dance experience in an exciting and encouraging environment

At A Frost Dance Experience, we offer a personalized dance experience in an exciting and encouraging environment. Our studio offers a variety of recreational and competitive dance styles for every age and skill level, there is a place for each and every student that walks through our doors. We are proud to offer small class sizes which allows for more one-on-one training and mentoring. Our focus is on building character as well as skills in order to help each individual dancer achieve their highest potential. Your child will build confidence and lasting friendships in a family friendly environment. All music, content and costumes are age appropriate, and our experienced teachers bring exciting ideas to challenge and motivate students.

COVID PROTOCOLS: Everyone aged 12 and older must show proof of vaccination to enter the studio. Anyone entering the building must be masked at all times, including dancers who are participating in class. Due to capacity restrictions, dancers aged 6 and older should be escorted to the front door but enter the studio alone. Dancers 6 and under may have a guardian accompany them into the studio. Class sizes are limited in accordance with Ontario's guidelines. Note that these policies may change at any time. For more Covid protocols, please see the end of this newsletter.

Term 2 **January 24th to May 28th, 2022**. Lessons will focus on building and maintaining skills and technique and learning choreography for the recital at the end of May, 2022. Costumes are purchased early February, the cost \$75 + HST and must be paid upon registration.

In the event of a shut down by the government all classes will remain at the same times and will be shifted to Zoom. No refunds will be made for the remainder of the term.

Term 2 starts on Monday January 24th, 2022

Online Registration

For ease of access and to respect social distancing, our registration can easily be completed online. Follow this link <https://dancestudio-pro.com/online/afrostdance> to sign up for your Parent Portal. If you are a new family or are unable to locate your name, please sign up as a new family. Your online account allows you to see only classes for your child's age group. Once the class selection is complete and both waivers have been accepted, we will email you information regarding payment options for the first term.

Ballet - ages 3 +

Based on Royal Academy of Dance syllabus. Ballet is the basis of all dance forms. Benefits include the development of good posture and self-discipline while learning technique and musicality.

Jazz - ages, 5 +

Jazz is a fun, energetic style of dance. It focuses on proper technique, flexibility, strength and rhythm.

Tap - ages 5 +

An energetic, aerobic dance style where students learn rhythm, style and technique. If your children want to be loud, this is the class for them!

Hip Hop – ages 5 +

High energy aerobic class done to today's popular music. Class consists of a warm up, stretching and toning, traveling combination and choreography. All music is age appropriate.

Jazz/Hip Hop Combo

A mix of Jazz and Hip Hop styles combined to give your child a feel for both styles. It will be a high energy class with a warm up, jazz and hip hop technique and choreography. All music is age appropriate.

Musical Theatre - ages 10 +

This jazz based class is a mix of lip syncing, dancing and acting. If you like to sing and dance around the living room while watching your movies, this is the class for you. It's recommended that you also take a jazz technique class if you'd like to do competitive musical theatre.

Lyrical/Contemporary - ages 8 +

A combination of technical training with contemporary modern movement, as well as using ballet and jazz technique to teach dancers to communicate emotion through lyrics.

Acro - ages 6 + *Please contact us for Level information*

Acro is a discipline specializing in strength and flexibility, with attention to focus and control over your entire body. Students will learn gymnastics foundations along with jazz technique in this class.

Pricing – Classes per Term

Ballet 3-4, Pointe Class \$150 + HST

Recreational Class \$225 + HST

Costume fee is per Class \$75 + HST

Discounts are per family: 2 classes 10% | 3-4 classes 15% | 5-6 classes 20% | 7+ classes 25%.

We will send you an invoice once you have completed the online registration process.

Payments

There is a non-refundable \$30/family/year, registration fee. This fee is due upon payment of your fees.

Payments can be paid electronically. Cheque, credit card or pre-authorized payment are available. Forms will be available on the website to download and send in or drop off at the studio. **Choice of payment option must be made at registration.** If you require assistance with the cost of tuition, application may be made to Canadian Tire Jumpstart Charities.

Dancer's Dress Code

Because we are asking parents to stay outside of the building as much as possible, if a student's dress code needs to be modified, please let us know. If a student needs to wear leggings instead of tights, over their bodysuit, it is acceptable.

A Dancer's Dress Code has been established for the safety and comfort of your child as well as the other students taking class. ***It is important that students are dressed neatly and appropriately so they are able to concentrate on improving their dancing skills and not worry about what they are wearing.***

We ask that all students come to each class in the appropriate clothing set out by the Dancer Dress Code. Hair is also a part of our dress code. Long hair should be in a ponytail, bun or braid; short hair should be pinned back. Parents should double check that their children have what is required each class and assist their dancers in preparing for class to ensure that they are dressed accordingly.

Clothing Requirements:

- **Ballet Ages 3+:** Bodysuit, tights, ballet skirt or black shorts and leather ballet slippers (no canvas). Hair should be worn in a bun. *No baggy t-shirts, leggings or ripped tights.*
- **Contemporary:** Bodysuit, flesh tone tights, black shorts, foot undeez or dance paws. *Please no leggings (we can't see your muscles working in leggings).* Competitive students competing in the lyrical or contemporary category should have dance paws. *No baggy t-shirts, leggings or ripped tights.* Hair should be pulled up into a pony tail or bun.
- **Jazz:** Bodysuit or long fitted tank, flesh tone tights, fitted shorts or capris, black jazz shoes (pull on are preferred for competitive students). *No baggy t-shirts, leggings or ripped tights (we can't see your muscles working in leggings).* Hair should be pulled up into a pony tail or bun, no long braids as they can be dangerous when turning.
- **Jazz/Hip Hop:** Bodysuit, flesh tone tights, fitted shorts or capris, black jazz shoes. Hair should be pulled into a ponytail or bun.
- **Hip Hop:** T-shirt or tank with sweatpants, capris or leggings. For regular classes you can wear any all black or mostly black running shoes. Street wear, i.e.) jeans or shorts, are unacceptable. **Hair is not allowed to be left down, it must be pulled off the face.**
- **Tap:** Bodysuit or long fitted tank top, flesh tone tights, fitted shorts or capris, black oxford tap shoes, lace up or pull on. **No split sole shoes**, only full soles. Hair should be pulled up into a ponytail. *No full length leggings or ripped tights (we can't see your muscles working in leggings).*
- **Musical Theatre:** Bodysuit or long fitted tank top, fitted shorts or capris, flesh tone tights, black jazz shoes. Hair should be pulled up into a ponytail or bun.
- **Acro:** Bodysuit (or gym suit), fitted shorts and **tan capris tights**. Hair must be in a braid, ponytail or pig tails.
- **Boys:** Black slippers or slip-on shoes, black pants and white t-shirt for Jazz, Tap, Ballet, Musical Theatre, Contemporary. For Hip Hop, black shoes, t-shirt and sweatpants or shorts

For all of your dance needs please visit:

The Dancer's Closet located at 653 Parkhill Road West

There is a place for everyone at A Frost Dance Experience, whether you have plenty of dance experience, or are just starting out.

Covid Protocols

Masks are mandatory for dancers 6+ in the studio hallways, washroom, lobby and while dancing.

Dancers will be socially distanced throughout recreational classes. We are adhering to all Public Health Protocols. Your dancer and our dance families' health and safety are our number one priority.

The studio will be open 5 minutes before the first class of the day. Dancers will only be allowed into the studio when their class starts. We have staggered class times so that no classes are entering or exiting at the same time.

- All students aged 12+ must be vaccinated to participate in studio classes. Zoom is available for dancers that are not vaccinated
- No siblings will be able to enter the studio. Only parents/guardians of dancers 6 and under are able to come into the studio
- Only one parent/guardian is allowed and must follow all Covid protocols
- Parents of dancers age 6 and up are asked to wait outside the building
- Check In/Attendance will be done through our Parent Portal. All parents or students must check in before they arrive at the studio. There is a mandatory Covid screening that must be done before anyone enters the studio. All dancers that are missing class should be marked absent so our teachers know the child will be missing class
- Dancers must come dressed for class. **The changerooms are not open.**
- Our studios are marked out for dancers to dance 6 feet apart during recreational classes. Class sizes are limited to the numbers we can have safely in our studios