

Dance Connection Studio Handbook

Welcome to The Dance Connection!

We're so excited to have you as part of our dance family. Whether you're just starting out or continuing your training, our studio is built to support every dancer's growth, confidence, and love for movement.

This handbook is designed to guide you through the season — outlining our programs, policies, expectations, and the many exciting opportunities ahead. Please take time to read through each section carefully. Keeping communication clear and consistent helps us make every dancer's experience a great one!

Thank you for choosing Dance Connection. We can't wait to dance with you!

Why Dance Education?

Dance is so much more than just movement. It's a powerful tool that supports a child's development physically, mentally, emotionally, and socially.

Physical Development

Dance is a fun, engaging way for children to build muscle strength, improve flexibility, and increase aerobic endurance. It enhances both **gross motor** and **fine motor skills**, helping dancers gain control over their growing bodies.

Cognitive Benefits

Dance supports cognitive development by improving memory, spatial awareness, and concentration. Through movement, children also enhance their musicality, develop problem-solving abilities, and explore self-expression and creativity.

Social & Emotional Growth

Dance classes foster confidence, communication skills, and independence. Students learn to work in teams, develop empathy for others, and navigate challenges with resilience — all while building friendships and having fun!

In short: your child isn't just learning dance — they're gaining **skills for life**.

Studio Philosophy

For over **37 years**, Dance Connection has been committed to **excellence in dance education**. Our goal is to provide each student with the highest quality training in a positive, inspiring, and inclusive environment.

We employ a team of **qualified, experienced instructors**, each specializing in different areas of dance. This allows us to offer a diverse and well-rounded program that supports every dancer's individual growth and creativity.

What We Believe:

- **Quality Training:** We provide professional instruction that meets the highest standards in technique, discipline, and artistry.
- **Opportunities to Grow:** Students may participate in **exam programs** and **competitions** to challenge themselves, set goals, and receive recognition for their hard work.
- **Teamwork & Dedication:** We believe excellence is best achieved through commitment and community. We encourage dancers to support one another, uplift their teammates, and approach every class with a positive attitude.
- **Passion for Dance:** We aim to inspire a lifelong love of dance in every student by fostering creativity, confidence, and self-expression.

Dance is more than movement — it's a journey. We're here to guide our students every step of the way.

Studio Information

Welcome to your home away from home! Below is our studio contact information:

Studio Address:

1622 96 St
North Battleford, SK S9A 0H6

Email:

 dance.connection@sasktel.net

Phone:

 306-481-6224

Social Media:

 Instagram: [@danceconnectionnb](https://www.instagram.com/danceconnectionnb)

 Facebook: Dance Connection

Please ensure you're following us on social media and have notifications enabled to stay updated on events, reminders, and announcements.

New Parent & Preschool Parent Information

What to Expect

Dance Connection is home to over **150 students of all ages**. During the weeknights, we often have multiple classes running at once — the studio is a **lively and busy** place!

To help things run smoothly:

- Know your child's **class time, teacher, and studio room** before arrival.
- Parents are welcome to **wait in our viewing areas**, but are not permitted inside classrooms during regular lessons (except for *Parent & Tot* classes).

Separation from parents helps children:

- Develop **independence** and **focus**.
- Enhance their **social skills** and **confidence**.
- Fully engage with their instructors and peers.

It's perfectly normal for some young dancers to take time adjusting. Some may cry or hesitate at first — this is a big step! Our caring staff will always do their best to comfort and gently encourage participation.

If your child is not quite ready, that's okay! We offer **refunds** and encourage families to try again when the time feels right.

Safety & Supervision

We kindly ask that:

- Parents arrive **on time** to **drop off and pick up** their child.
- Preschool-aged dancers are **not left unattended** before or after class.
- If you're running late, notify the teacher directly so we can ensure your child is supervised safely.

Our goal is always to provide a **safe, fun, and welcoming experience** for every dancer — especially our youngest stars! ✨



Parent Expectations

As a parent, your role is vital in supporting your dancer's success. We consider parents an essential part of our studio community, and we appreciate your commitment to helping us create a positive environment for all.



Staying Informed

With over 150 dancers in our programs, clear and consistent communication is essential.

To stay up to date, parents are **required** to:

- Join our **Dance Connection Band App group**.
→ Download the *Band App* for free via the Apple App Store or Google Play.
- Join your child's **Facebook Messenger group chats** with their teachers.
→ Teachers often share practice videos, announcements, and reminders here.



Before contacting a teacher directly, please always check:

- The **Band App** (for general updates and studio-wide info)
- Your class's **Messenger group chat** (for class-specific details)

Our teachers are dedicated and passionate, but they also manage busy schedules. When parents help themselves stay organized, it makes a big difference in keeping everything running smoothly.



Pro Tip: Sitting in the waiting area during class is a great opportunity to observe progress, connect with other parents, and stay in the loop. We also often post notes and updates on the bulletin board. While waiting to pick up your child, that would be a great opportunity to update yourself on everything happening at the studio.



Respect for Others

We expect all parents to:

- Treat other parents, students, and staff with **respect and kindness**.
- Speak supportively about others and model **positive behavior** for your children.
- Communicate **constructively** with teachers when needed.

If you have concerns:

- Send an email or request a **phone call or in-person meeting** with your child's teacher.
- Please avoid using **texting** or **social media messages** for serious matters — these are not ideal for resolving sensitive issues.

Negative comments or gossip can lead to unnecessary tension within the studio. Let's work together to maintain a **friendly and supportive community**.

Be Your Child's Biggest Supporter

Every dancer is on their **own journey**. Development varies from child to child, so we encourage you to focus on your dancer's **individual progress** rather than comparing them to others.

If your child is feeling discouraged or overwhelmed:

- Talk with them openly and supportively.
- Help them make a plan or set personal goals.
- Encourage **perseverance** and remind them that growth takes time.

Our teachers are here to support your child — but **we need your partnership** to help them thrive.

Student Expectations

Being part of The Dance Connection means more than showing up to class — it means being a respectful, responsible, and dedicated team member. Our expectations are here to help every student thrive in a safe and encouraging environment.

Attendance & Tardiness

- Students must arrive **on time** and be **fully prepared** for class.
 - Good attendance is essential for progress, consistency, and team success.
 - Chronic absences may result in **removal from routines or classes**, at the teacher's discretion.
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Be a Team Player

- Dance is a **team activity**. Every dancer contributes something special to their group.
 - Support your classmates, celebrate their successes, and be dependable.
 - Rehearsals and performances are just as important as classes — **commitment matters**.
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Respect for Peers & Parents

- Treat others kindly, both **in and outside** the studio.
 - Use respectful language in person, online, and in group chats.
 - Bullying, teasing, or exclusion of any kind will **not be tolerated**.
 - If something makes you feel uncomfortable or unsafe, **speak with a teacher or parent immediately**.
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Respect for Teachers

- Teachers are here to guide you, challenge you, and help you grow.
 - Show your appreciation by listening, participating, and being open to feedback.
 - Be polite, attentive, and cooperative during every class.
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Respect for Studio Property

We take pride in our clean and welcoming studio — and we expect our dancers to do the same.

Please follow these rules:

1. Place **outdoor shoes** on the shoe rack upon entry.
2. Store **bags, jackets, and outerwear** in the dressing room — not on benches or floors.
3. Wear **indoor runners only** for hip-hop; no outside shoes in studios.
4. Only **water** is allowed in class (no juice, pop, or other liquids).
5. **No cellphones** during class. Phones should be stored or handed to your teacher.
6. **Clean up after yourself** — dishes, garbage, and recycling included.
7. No running, yelling, or rough play in any part of the studio.
8. Treat furniture, props, and equipment with care and respect.

Failure to follow these expectations may result in disciplinary action.

Team Building Activities

At Dance Connection, we believe in creating a studio culture that's fun, social, and full of spirit!

Throughout the year, we host:

- **Spirit Days** (e.g., Pyjama Day, Costume Class at Halloween)
- **Movie Nights** (often held during dance camp or the holiday season)
- **“Show & Share” Sessions** — where dancers perform for other classes
- **Community Events** like the **Territorial Days Parade**

We're always looking to try new ideas that help dancers connect, support one another, and build lasting friendships. 🧡



All updates about team-building activities and events will be posted on the **Band App** — so keep an eye out!



Giveaways & Prizes

At The Dance Connection, we love to **celebrate hard work, growth, and positivity!** Throughout the dance season, we offer fun opportunities for dancers to earn special rewards.

How Students Can Win:

- Demonstrating a **strong work ethic**
- Showing **consistent improvement**
- Maintaining **excellent attendance**
- Uplifting teammates and contributing to a positive studio environment

Teachers may nominate dancers for **prize baskets** filled with treats, merchandise, and studio swag. We also host fun **social media giveaways** — so be sure to follow us and stay connected!



Sometimes, we surprise students with **small treats or celebrations** after a tough class or during holidays, just to show how proud we are of their effort.



Class Placement

We aim to place every student in the **most suitable class for their level**, ensuring they are both challenged and confident in their training.



Assessment Process

- **New students with no experience** are placed by age and ability.
- Older beginners may be placed in a class with younger students if appropriate for their skill level.
- **Experienced dancers** will be assessed by our instructors to determine their correct placement.
- Student progress is evaluated **continuously throughout the year** and reassessed at the end of the season.

Please note: class levels are **not permanent** — as students grow and develop, their placement may change to better support their progress.

Respecting Instructor Decisions

All placements are made based on:

- Skill development
- Class performance
- Readiness for more advanced technique
- Group dynamics and performance ability

We welcome conversations with families who have questions about placement decisions, but we kindly ask that all parents and students **respect the expertise and judgment** of our teaching staff.

Our goal is always to provide each dancer with the best possible learning environment.

Dress Codes

Dress codes aren't just about appearance — they're a key part of a dancer's discipline and training. When dancers are dressed appropriately, they're better prepared to move safely, focus more effectively, and take pride in their learning.

We call it “**dressing for success**” — when you look the part, you feel the part, and you perform your best!

Ballet

Female Students

- Bodysuit and tights (required)
- Pink full-sole leather or canvas ballet shoes
- Hair must be in a classical bun
- Optional: tutu skirts (Preschool), chiffon/wrap skirts (Primary and above)

Male Students

- White fitted T-shirt and black shorts
 - Black or white full-sole leather ballet shoes
 - Neat hair, away from the face
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Jazz & Lyrical

- Bodysuits, tights, leggings, sports bras, or fitted tank tops
- No baggy or oversized clothing
- Hair must be tied back (bun, ponytail, or braids)

Footwear:

- Non-competitive: beige jazz shoes (females), black jazz shoes (males)
 - Competitive: jazz shoes or turners (check with teacher for details)
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Contemporary

- Fitted dancewear: tights, bodysuits, leggings, tank tops, or tees
 - Hair tied back securely
 - Footwear: bare feet, socks, or turners
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Tap

- Dancewear as above (no baggy clothing)
- Hair tied back
- Proper Tap shoes

Tap Shoes by Level:

- Tiny Tots – Grade 1: beige Mary Jane style tap shoes
- Grade 2: beige high-heeled tap shoes
- Grade 3 – Advanced: black lace-up tap shoes

Hip-Hop

- Sweatpants, leggings, shorts, fitted tops or tanks
- Layers like bodysuits and tights can be worn underneath
- Hair may be looser (e.g., high ponytails, braided pigtails)

Footwear:

- Clean indoor **non-marking runners only**
- No socks, jazz shoes, or bare feet

Acro

- Bodysuit, shorts, leggings, or fitted top (no baggy clothing)
- Tights are not recommended (slippery for tricks)
- Bare feet only
- Hair should be secured low (e.g., low ponytail, braids) to avoid discomfort during rolls/headstands

Pre-School & Recreational Program

Our **Pre-School & Recreational Program** is designed to introduce students to dance in a **fun, creative, and engaging way**.

What's Offered

We provide:

- **Weekly classes** (September–May)
- **Short sessional classes** (up to 10 weeks long)

These classes are open to **all ages and abilities**, and focus on skill-building, creativity, and personal expression.

✓ Expectations & Commitments

- Regular class attendance is expected
- Students enrolled in full-year programs (September–May) are **required to participate in:**
 - **Year-End Recital**
 - **Recital Dress Rehearsal**
 - **Recital Photo Day**
 - **All Competitions required for your group**

We strive to make this program enjoyable and inspiring while maintaining clear expectations for

Participation Requirements

To join the Competition Program, students must:

- Be recommended by a teacher or apply through an audition
- Demonstrate:
 - Excellent **attendance**
 - Strong **work ethic**
 - Positive **attitude**
 - Respect for peers and teachers

Participation is a **commitment**. If a student is not meeting expectations, they may be removed from a competition routine at the teacher's discretion.

Expectations

- **Attendance is critical.** Missing classes or rehearsals — even with notice — may result in removal from the group.
 - **Competition fees** must be paid on time to ensure registration.
 - **Costumes, travel, and entry fees** are the responsibility of the dancer/family.
 - Dancers must represent the studio with **professionalism** at all times — in class, online, and at events.
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Competition Events

Dance Connection typically participates in **2–3 competitions** each year, between **March and May**.

Each event may involve **travel, overnight stays**, and a **multi-day schedule**.

You will receive detailed info about:

- Dates
- Locations
- Fees
- Packing lists and expectations

We work hard to make these trips **organized, fun, and memorable** for dancers and families alike!



Exam Program Information

Dance exams are an **optional opportunity** for students to gain **structured, professional feedback** and recognition for their progress in specific dance styles.

At Dance Connection, we offer exams in:

- **Tap**
 - **Ballet**
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About Dance Exams

- Exams follow a **syllabus** (set curriculum) with **required steps, skills**, and **technical standards**.
 - Dancers are evaluated by a **certified examiner** from an external organization.
 - Teachers will assess students and recommend those who are **ready and prepared** to enter the exam process.
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Benefits of Taking Exams

- Develops strong technique and discipline
- Provides individual feedback from industry professionals
- Encourages goal-setting and confidence
- Offers formal **certification** in each level achieved



Exam Timing

- **Ballet exams** are typically held in **November**
- **Tap exams** are typically held in **late January or early February**, depending on examiner availability



Things to Note

- Not all students in exam classes will be selected to take the exam each year.
- Selection is based on:
 - ✓ Technique
 - ✓ Attendance
 - ✓ Maturity
 - ✓ Coachability
- Students may be invited to repeat a level or take an exam the following year if more development is needed.

Participating in exams is a **privilege**, not a guarantee. It's part of our commitment to keeping standards high while supporting every dancer's growth at their own pace.



Solos, Duets & Trios

Solos, duets, and trios offer dancers a **more personalized competitive experience** with individualized coaching and choreography. These routines are available **by teacher recommendation** and are considered a privilege.



Who Can Participate?

To be considered for a solo, duet, or trio, a student must:

- Be enrolled in the **Competition Program**
 - Demonstrate a high level of **technical ability, discipline, and commitment**
 - Maintain **excellent attendance** and a **positive, coachable attitude**
-

✓ Selection

Selection for solos, duets, and trios is based on:

- **Readiness**
- **Work ethic**
- The **professional judgment** of our teaching staff

While dancers are welcome to express interest in a solo or group routine, **requests do not guarantee placement**. Final decisions are made through **faculty discussion and agreement**, with the dancer's best interests and overall team balance in mind.

Our goal is to ensure each dancer is set up for success and given opportunities that align with their **training level, potential, and maturity**.

🕒 Rehearsals & Responsibilities

- Students must attend **weekly private rehearsals** outside of group classes
- Missed rehearsals may not be rescheduled, and excessive absences can result in **removal from the routine**
- Dancers and families are responsible for:
 - **Practicing independently**
 - **Learning choreography thoroughly**
 - Managing **additional costs** (choreography, coaching, music editing, costume, entry fees, travel)

These routines are intended for dancers who show **initiative, accountability, and dedication** — both inside and outside the studio.

🌟 Outside Training & Choreography

At Dance Connection, we are strong advocates for continued growth and exploration beyond the walls of our studio. We *encourage* our dancers to attend dance conventions, intensives, camps, and workshops to gain exposure to different styles, teaching methods, and inspiring choreographers. These experiences are incredibly valuable and allow dancers to expand their versatility, confidence, and artistic voice.

We believe that learning from a variety of professionals only enhances what our dancers bring back to their training and performances here at the studio.

That said, when it comes to choreography for performances and competitions, we take great pride in the work created by our own faculty. Our teachers are deeply committed to the progress and development of each dancer — they've invested in your dancer's training and understand their strengths, goals, and potential.

While hiring a well-known outside choreographer may seem appealing, our philosophy is to reserve those decisions for moments when they align with a dancer's specific journey. Unless it has been suggested or discussed in advance by our staff, all choreography will be created in-house by our passionate and experienced team.

We ask that families trust our teachers to make these choices thoughtfully and collaboratively. Dancers are always welcome to gain outside inspiration and technique — but when it comes to routines, we encourage everyone to support and celebrate the incredible talent and dedication already within our studio.



Picture Day

Picture Day is your dancer's chance to get **professional photos** in full costume — a great way to mark the progress and memories of the season!

What to Expect

- A **date will be provided** once we have a photographer confirmed
- Dancers will have **individual** and **group photos** taken for each routine they are in
- The full schedule and call times will be shared in advance via the **Band App**

Things to Remember

- Arrive **on time**, in full costume and correct hairstyle
- Bring all required costumes, tights, and shoes
- Keep costumes and accessories clearly labeled and organized
- Be respectful of the studio space and photographers

These photos are a cherished keepsake — and the day is a fun, exciting lead-up to the big show!



Important Dates & Communication

We know families are busy — that's why we work hard to keep our communication **clear, timely, and accessible** throughout the season.

Staying in the Loop

The **Band App** is our main communication tool. You'll find:

- Class updates
- Rehearsal and performance schedules
- Studio announcements
- Music files or practice videos
- Event reminders

We also send **email reminders** for major dates and deadlines. Be sure your email address is up to date with our front desk.

Where to Find Key Info

- **Monthly studio updates** (posted to Band)
- **Important dates sheet** (sent out at the start of the season)
- **Competition schedules** (emailed and posted once received from organizers)
- **Recital details** (released mid-season)

If you ever feel unsure — just ask! We're here to help keep things running smoothly for dancers and families alike.

Studio Closure Dates

Dance Connection follows most **school holiday closures**, with a few studio-specific dates added.

A full list of closures is provided at the beginning of each season and posted to the **Band App**. Please note:

- If a class is cancelled due to weather, teacher illness, or unforeseen conflict, we'll notify you ASAP and reschedule if possible.
- Make-up classes may be offered for certain missed dates at the studio's discretion.

We appreciate your flexibility and understanding as we navigate a busy season full of events, performances, and community involvement.



THANK YOU!

We are proud of every dancer who walks through our doors and grateful for the trust our families place in us.

As we grow together this season — in skill, in confidence, and in community — we look forward to all the memories, milestones, and moments of joy that dance brings.

Let's have a fantastic year!

The Dance Connection Team