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Recreational Dance
Introduction Letter

Dear Twisters Families,

Students will experience the fun and excitement of dance in a creative learning environment that will encourage individuals to develop their own style whilst practicing a variety of techniques.

The dance courses have been carefully crafted, under the guidance of expert dance teachers, to ensure the process relays the most valuable learning outcomes within each discipline. Furthermore, the teachings are designed in well thought out progressions that means participants need no knowledge of the arts or dance in order to enjoy each lesson and amass its wisdom.

Our experienced and passionate teachers, and their teaching styles, have been carefully vetted to ensure their values are in harmony with the community-minded ethos of Twisters. A commitment to inspiring intellectual curiosity with an emphasis on athletic expression is the cornerstone of the dance department. This translates as the promotion of creativity and instilling a desire to find out more about art and movement.

Taking in the bigger picture, our young people will be afforded a broader understanding of dance, its place in the arts and in the world at large. We aim to gradually illuminate our young artists to see all the possibilities. Together we can provide an opportunity for our children to see a world that is not merely for them to exist in. A world that is malleable, that they are encouraged to influence and change. In dance, original ideas have great value and this is a quality that should not be limited to the arts. Our teachings aims to convey these messages, to nurture creative impulses and to introduce the concise tools and language that will enhance the way we share ideas and discuss the world around us.

Dance classes currently being offered:

- Hip Hop
- Breakdancing
- Ballet
- Jazz
- Contemporary

There will be two annual recitals scheduled in December and June. Dancers will be encouraged to participate in this showcase, although it is optional. Extra rehearsals and purchase of costumes will most likely be required. Information regarding these recitals will be sent home with the dancer as it approaches.

Best,
Rachel Silveria
Dance Manager





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Recreational Dance
Dance Policies

GENERAL

- Gum, food or drink excluding water is not allowed in the dance room during class.
- All dancers are required to own a dance bag where they can store their shoes, personal belongings and handouts. These are to be placed in the cubbies outside the room once the dancer arrives for class.
- No sitting during a class unless instructed to by a coach.
- Dancers must ask permission to leave the dance room for water or bathroom breaks so the coach knows where one is at all times.
- Family members are not allowed to sit in on a normal class but will be invited to quarterly sharing's throughout the year.
- Coaches will be using active touch regularly in order to make corrections during instruction. We will also encourage collaboration which will involve contact with other dance students at times. These skills provide many benefits to dancers technically and in life. If dancers are uncomfortable being touched the coach should be informed before the start of class.

ATTIRE

- Uniform and dance shoes specific to each class is required according to the requirements of the class and coach:
 - Hip Hop / Breakdancing: Students may wear any comfortable pants or shorts (no jeans); shirts or tank tops; and sneakers (no flip flops, sandals, or open-toed shoes).
 - Jazz: Students must wear form-fitting dance pants or shorts; a leotard or form-fitting shirts or tank tops; and jazz shoes (optional).
 - Ballet: Students must wear a leotard; tights; and ballet shoes. *See Ballet Attire handout for specific requirements.*
 - Contemporary: Students must be barefoot and wear comfortable clothing.
- Dancers are required to have a coverup to go over their uniform. This may consist of a sweater like top and sweats. These can be any color or design of their choosing. It is to be worn when outside the dance room and may also be worn during warm up.
- Hair is to be up and out of the face. Ballet students must have their hair secured in a bun.
- No jewelry.

SAFE DANCE PRACTICE

- All dance students with the guidance of their coaches will learn the fundamentals of proper warm up and cool down and be expected to apply this routinely to their practice.
- All dance students with the guidance of their coaches will be expected to know how to properly treat a dance related injury in the event of an accident.
- All dance students are required to wear the proper dance shoes or be barefoot during a class. If a coach allows, socks may be worn during warm up and cool down.
- If a dancer has a current or ongoing injury the coach must be informed before the start of a class.