

Good dance habits begin in the classroom; they will ensure a safe, effective, and productive dance class. Here are guidelines that you can review with your child.

Don't:

- Talk during class.
- Chew gum in class.
- Wear a t-shirt in any class.
- Wear bulky clothes or sweat pants in ballet class.
- Wear skirts at the barre in ballet class.
- Wear dangle earrings, necklaces, bracelets, or watches in class. Post earrings are acceptable.
- Run, horseplay, or do gymnastics in the waiting room.

Do:

- Wear proper level, color-coded leotard for ballet class.
- Have hair secured at all times. A bun is preferred. Pony tails are only allowed for hip-hop
- Have hair done properly before entering class. If hair is not properly done, the instructors may ask students to sit out of class.
- Talk quietly in the waiting area.

And parents:

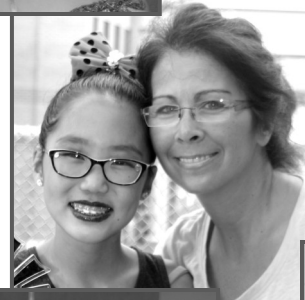
- Please call the studio and leave a message if your child will not be attending class.
- All questions and discussions with instructors must be handled at the studio. Please respect the privacy of the instructors; do not call them at home.

Please help us to keep our studio safe and professional.

Trichia Bertino, Owner & Artistic Director, La Danse Workshop, LLC



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## La Danse Workshop, LLC

### Parent Guide

Hilton Location  
109 Lake Avenue  
Hilton, NY 14468  
585.392.5988



Spencerport Location  
67 Lyell Avenue  
Spencerport, NY 14559  
585.352.9540

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## Welcome to La Danse Workshop

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Dance education is a scholastic art; it's a part of a child's education. Dance class offers fun and self-fulfillment, and teaches a child:

- Confidence
- Poise and grace
- Body awareness
- Self-discipline
- Endurance
- Team building
- Time management
- Appreciation for all the arts

You have made the right decision to enroll your child in dance class. Starting dance class is exciting for children and parents. Dance will be a positive and rewarding experience for you and your child.

### Key to our success

As teachers and parents, we have a great impact on our dancers. We encourage parents to understand and support our philosophical approach and direction that dance training plays in our young dancers' lives.

Our classes emphasize technical development and fun. Our goal is to teach students 'how to dance', not 'a dance'. Dancers learn musicality and how to dance from the heart. We approach each dance as a story. From start to finish, the dancer should keep the audience interested.

We emphasize discipline and dedication. Students work as a team in each class. Therefore, full class attendance is very important. We ask that parents help guide the student to understand the importance of class attendance and participation.

After third-year tots, students enter 'level' classes. Class levels start at Level I and move to Level VI. There is a syllabus for each level. Students move through the levels when they are able to successfully complete the syllabus. Typically, students need two years to complete a level. Moving to the next level is based on the students abilities. Students do not necessarily move with their class, so they may not stay at the same level as their friends. Moving to the next level is at the discretion of the instructor and the director.

Our teaching philosophies are always in the best interest of our students.

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## Age groups

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### Ages 3 - 5

For the first and second year of dance, our goal is to offer students the beginning principles of learning. Counting, rhythm, listening to the music, coordination, and cooperation with their classmates, teachers, and demonstrators. Repetition is necessary. Progress may be slow, but be patient. They must walk before they run. In this age group, the students' heads are proportionately larger than their arms and legs, and their bones are not solidly formed. They have little ability to associate, except on a level of good, bad, fun, and boring. Their concentration span is approximately 5 - 20 minutes, so 'fun' time is a must. The students respond well to positive reinforcement. Noise is necessary, and what appears to only be play is actually involving principles, which is a better method than strictness.

### Ages 6 - 9

Students now have coordination and must work towards learning rhythm. Learning how to listen to the music is more important than learning more steps. The students now start to perfect the steps that they have already learned and apply them to the music.

### Ages 10 & up

Now we start to see improvement in all aspects of dance. Correct timing is essential, and we now require more speed when necessary. Control through movement needs to be more fluid. Dedication is very important at this age. As students become older, along comes more responsibilities. For all age groups, each stage is important in the growth of the dancer. A firm foundation and excellent technique are key to a well-trained dancer.

### What to expect from our staff

La Danse Workshop offers a professional staff. The director provides instructors with a year syllabus in the various types of dance. The syllabus includes the expectations of what is taught at each class level. Instructor and demonstrator meetings are held on a regular basis to ensure that technique and classes are being taught properly. Our instructors are required to provide an enjoyable atmosphere, discipline, and technique that is needed at each level.

The director does not expect instructors to monitor outside social behavior, including in the waiting area between classes. Your child's health and well-being are our main concern.