

Dance Program Student Handbook

DRESS CODE

For ALL Dance classes:

- Long hair must be pulled back away from the dancer's face and out of the eyes.
- No scents please. The Stadium is a scent-free facility.
- No jewellery for children. For teens and adults jewellery should not be restrictive or distracting.
- Participants should not chew gum during class.
- Bring a sweater to class as the room can feel chilly prior to the warm up being completed.

Introduction to Dance (all levels):

- Girls: pink ballet tights, pink or black leotards, pink *gymnastics slippers
- Boys: Plain black sweatpants, yoga pants or shorts, plain white T-shirt, black *gymnastics slippers

* We ask that you purchase canvas "gymnastics slippers" as opposed to leather ballet shoes as the gymnastics slippers already have the elastic attached, have no upper encasement ties to worry about and offer a little more room for growth than the leather ones

Ballet

- pink or black tights, ballet leotard and canvas ballet slippers

Jazz/contemporary Dance

- Spandex leggings or shorts and fitted top (layers for warm up permitted)
- Jazz shoes or 'foot undies' (Contemporary dancers can be barefoot)

Hip Hop (all levels)

- Appropriate dance or work-out wear (no jeans or skirts)
- Jazz sneakers or clean work-out sneakers

All items can be bought at the Maritime Dance Studio. Dance shoes can be bought at 'the rite fit' shoe store.

STADIUM POLICIES

Viewing of classes

Parents are asked to remain outside the studio during class time space is limited and we also want to make it easier for the children to focus on the instructor. You are welcome to use the lobby waiting area outside the dance studio with a window to view the class. On occasion, instructors may invite parents into the class to view a performance or have an open house class (typically at end of term, if offered).

Photography

For Privacy and safety reasons, taking photos or videos at any time is not permitted. There will be opportunities to take photos at the end of term recital or the end of term "open house" (sometimes offered in place of a recital). If you wish to take photos of your child in the studio setting, please speak to the instructor and arrange this once the class is finished and other students are not present. **This is at the discretion of the instructor.**

We understand our dancers may be in their first structured program and they may need support and guidance to adjust to the class and group setting. Our instructors will do their best to include all dancers in the class and adjust their teaching style as needed. It may at times be requested that parents assist in this if their child's behaviour is having a negative impact on the class. Every child is different and any information you can provide to the instructors on any difficulties your child may be experiencing is welcomed.

Storm Policy

Please consult the Stadium Fitness & Activities Guide for full details on our policies regarding **registration, refunds, course withdrawals** and personal property. Please also note that by registering yourself and/or your child for any of our dance courses, you are agreeing to abide by the rules and regulations of The Stadium.

In rare cases, The Sackville Sports Stadium will close due to inclement weather. If the weather is bad, please call The Stadium at 869-4141 to see if we are still open. You can also check the website at www.thestadium.com or monitor our news feed on our Facebook page for updates. In some cases The Stadium may be open but the instructor will need to cancel because road conditions in other parts of the Halifax Regional Municipality are impassable, even though Sackville may be fine. In this case the staff will attempt to call participants. We cannot guarantee that this can be done in time, however, so please consider calling ahead if there are reports of bad weather in the region.

Dance Recital

We typically hold a student recital at the end of each term. It is usually scheduled for a Saturday afternoon after the regular programming has finished for the term (please note that make up classes may occur after the recital). The dance recital date is subject to change.

Performance in the recital is not mandatory, but is *very strongly* recommended for all ages as it is a very important tool in developing one's skills as a dancer and as a well-rounded person in general. Since the recital is not mandatory, and we realise your schedule may not allow you or your child to participate every term, *we have NOT included the price of recital tickets in the price of the dance course.*

We will make every effort to hold the recitals for as little expense as possible. Costumes will be minimal as will decorations and lighting. We consider the recital an opportunity to show what the students have learned, and not a cause for focus on expensive stage productions. There are some costs involved and we will be charging a small ticket price. We hope that each child registered will have at least one family member or friend in attendance. Due to space limitations, there will be a limit of tickets per student (typically 2-4). Tickets limits will be in place until closer to the recital date to allow all students a fair chance to purchase tickets. Any additional tickets remaining will be released by the Stadium, on a first come first serve basis, closer to the recital date

Our Instructor Team

Heather Toner

Heather began to study dance at age 13 right here at the Sackville Sports Stadium. She has since gone on to study and compete in many dance styles including jazz, tap, lyrical, hip hop and ballet. She has competed and won numerous medals at competitions such as Danceabition, Millennium and BATD Festival. Heather has been teaching dance for 7 years at studios around HRM and is excited to have her dance career bring her full circle back to the Stadium where it began. Some highlights throughout her years of dancing include workshops with SYTYCD choreographer Mia Michaels, performing with the SMU dance team and being a member of the Halifax Rainmen dance team, the Weather Girls. She has recently completed her BEd in Elementary Education from MSVU. She looks forward to seeing the growth in her dancers and the Stadium dance program.

Emily Stewart

Emily Stewart has been a dancer for 11 years, and an instructor since starting her own dance programs in her hometown of Sackville, New Brunswick 5 years ago. Since then, she has also been the dance instructor for the Joggins Dance Troupe, who have one numerous gold medals at dance competitions. Emily has also been the choreographer for musical productions such as Anything Goes!, The Snow Queen, and Broadway Review. She also has her Zumba instructor's license and is working towards a blended degree in physiotherapy and massage therapy. Emily loves to see students achieve their full potential and takes pride in running a welcoming, effective and fun class

Julia Bedell

Julia has been dancing at the stadium since 2009, participating in contemporary, lyrical, and hip hop. She has also taken other recreational classes in styles ranging from ballet to hip hop, before making her start with a competitive team. Most recent competitions include: Limelight Dance Competition (Halifax), Champions Dance Competition (Halifax) and Thunderstruck Dance Competition (Moncton). Julia has been working with the junior dance classes for 3 years, and looks forward to continue sharing her love for dance with the young dancers.

Olivia Murphy

Olivia began dancing at age 11 at the Sackville Sports Stadium and since then has starting competing and won medals from competitions such as Limelight Dance Productions, Champions Dance and Thunderstruck. She starting being an instructors assistant at the Sports Stadium at age 12 and became an instructor at age 14. Olivia studies in dance styles such as hip hop, lyrical, contemporary, ballet, acro, jazz and tap

Interested in teaching dance at The Sackville Sports Stadium? Are you a dance student who would like to be an instructor some day?

We are always willing to consider new programs from qualified instructors. The Stadium's dance instructors are willing to mentor serious dance students who would like to learn more about teaching. *Please call Sally Martin for further information at 869-4141 ext 336 or e-mail to martinsal@halifax.ca*

