

DANCE WELCOME POLICIES 2023-2024

Classes start September 18th, 2023.

Registration online only.

Annual Spring Recital: May 15-19, 2024

General Safety Guidelines & Procedures:

- 1. TCFA is adhering to all current, updated, local and state-issued, CDC, and DOH health and safety guidance, and expects all of our families and students to understand and do the same. Guidance is subject to change, per the Tompkins County Health Department.
- 2. All dance teachers have been vaccinated, and will receive a daily temperature check.
- 3. Please, do not bring students to TCFA if in the past 24 hours he/she has had any symptoms of illness, including cough, fever, sneezing, shortness of breath, fatigue, headache, nausea, etc.
- 4. TCFA's foyer and balcony will be used as the student waiting/personal belonging area.
- 5. Enter and Exit will happen through the front doors of TCFA. Subject to change.
- Outside street shoes will not be allowed on the TCFA dance floor.
- 7. All classes will be limited to 12 students, maximum.
- 8. The use of hand sanitizer and/or handwashing upon both entering and exiting class will be encouraged.
- 9. Students should bring their own water. The water fountain will be available, but only to be used to fill water bottles or disposable cups.
- 10. Students will be asked to have their temperatures checked upon entering TCFA.
- 11. Ventilation has been increased by adding fans and opening windows.
- 12. If a student is suspected of having covid-19 symptoms during class and needs to be isolated, we will keep that student in place, move all other students to another safe location in the building, and immediately call all parents to pick-up their child.

Program Notes:

1. Absences may be made up by attending another comparable class by permission. Please contact Ms. Sam for recommendations.

- Closings and Cancellations: TCFA will notify via the Remind application (see Remind info. below) and email if classes have been canceled due to weather or emergency. See the list further below of scheduled "No Class Days." Any changes to the schedule will be updated ASAP.
- 3. Closed Classroom Policy: Visitors and parents are not allowed to watch class unless special circumstance is permitted by Ms. Sam. This is so your child can focus on self-work and progress and minimizes the number of people in TCFA at any given time. <u>Exception</u>: Creative Movement and Kinderdance parents/guardians must stay for the entirety of class, either nearby or in the building, to help with bathroom needs, etc.
- 4. Family Participation Week: Family members are welcome to watch and/or participate in a fun family dance class! (See more info. below)
- 5. Bring A Friend to Dance Week: Any registered dancer may ask <u>one</u> friend to attend their registered dance class, free of charge, for a fun class day! If the "Friend" decides to register for class, both dance students will receive a dance prize at the Award Ceremony 2024! (See more info. below)

<u>Important Dates To Remember:</u>

Fundraiser "Boogie Bowl" @ Atlas Bowl: Tuesdays, ongoing! Say you're "with TCFA"

-TCFA Capital Campaign

"Bring-A-Friend" Week: October 2-6
Fundraiser @ TCFA's Holiday Handmade Market: December 2

-Competition Teams only

Fundraiser Holiday Dance Concert: December 9

-TCFA Capital Campaign

Fundraiser "Dining For Dollars" @ Little Venice: December 9

-All TCFA dance students' recital costume fees

"Family Participation" Week: December 11-15

Recital Decision & Costume Fees Due: December 20, \$75 per registered class, TBA

Photoshoot: TBA

Recital Dress Rehearsals: May 15-16 (more info. TBA)
Recitals & Awards: May 18-19 (more info. TBA)

 No Class Days:
 Feb: 19-23

 Oct: 9, 13, 31
 Mar:

 Nov: 3, 20-24
 Apr: 1-5

Dec: 21-31 May: 15-16 (dress rehearsals) - End of season.

Jan: 1-2, 15 Recital May 18-19, 2024.

Classroom Rules:

- 1. Please be on time, ready for class, promptly at scheduled start time.
- 2. No street shoes in the dance studio, to maintain cleanliness.
- 3. Dress codes and hair expectations are put in place to ensure quality dance education and your safety, please follow (see specifics below). Please be ready when class starts.
- 4. Water is allowed in the auditorium, but food and other drinks are not. Please, no food or eating in the building, unless permission is given due to health needs, etc.
- 5. No touching the dance mirrors, to maintain cleanliness.
- 6. No chewing gum in class.
- 7. No jewelry is allowed to be worn during class, unless permission is granted.
- 8. No swinging, hanging, or climbing on the barres or stage.
- 9. No running in tap shoes.
- 10. Students should wait inside the Conservatory building at the end of class for parent/guardian pick-up, for safety precautions.
- 11. If a student is injured, they may come to class to sit and watch class, to continue visual learning.
- 12. Restrooms: Students are encouraged to use the facilities before class.
- 13. IMPORTANT! Disruptive, violent, or otherwise disrespectful or unsafe behavior will not be tolerated. First instance: a verbal warning. Second instance: Instructors may ask the student to sit out until the mentioned behavior has passed, or for the remainder of class. Third instance: Parents will be immediately contacted.

Hair Expectations:

Please, for all dance classes, keep the hair out of the eyes and off the face and neck—even short hair, please pin back off the eyes and contain in a tie as much as possible. A ballet bun is required for ballet dancers. Please do not wear hair accessories that can easily break.

Ballet Bun Instruction: You will need bobby pins, a hair elastic, a hair net (if necessary due to "fly-aways") and hairspray. Brush or comb hair, pull up to a tight ponytail with the elastic and tighten. Twist ponytail into a rope, and wind around the elastic. Secure with bobby pins, hair spray, and a hair net. See further instruction visit: http://www.wikihow.com/Make-a-Ballet-Bun.

Dress Codes & purchasing dancewear:

BALLET: Traditional ballet attire: pink ballet slippers (black for boys); Girls: leotard,

tights; Boys: t-shirt, boys tights

JAZZ: leotard or soft dance/athletic clothes (close-fitting), tan jazz shoes

TAP: soft dance/athletic clothes (close-fitting), black tap shoes

ACRO: soft dance clothes (close-fitting), bare feet or tan foot undies or acro socks

ATTENTION: Please consider purchasing a personal acro mat. Mat will need to be brought to class and taken home from class every week, and cleaned.

Measurement requirements: min. 6' x 2' x 1.5", max. 4' x 10' x 3"

Amazon Smile donates a portion of the proceeds to TCFA.

- 1. <a href="https://smile.amazon.com/dp/B013AK0218/ref=sspa_dk_detail_0?psc=1&pd_rd_i=B013AK0218&pd_rd_w=1EEJN&pf_rd_p=887084a2-5c34-4113-a4f8-b7947847c308&pd_rd_w=jTNkq&pf_rd_r=1W9CX5QG8BQYF9E8V01E&pd_rd_r=2fdb54b4-56fc-4931-9483-64b68c513964&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzT1o3NzhTTDRRSERWJmVuY3J5cHRIZEIkPUEwMjM5MjQzMU5ZVERYUzZXUkJJViZlbmNyeXB0ZWRBZEIkPUEwMDcxMjc4MTc2QVJNS1BGRkEwWCZ3aWRnZXROYW1IPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRvdWU=
- 2. https://smile.amazon.com/We-Sell-Mats-Folding-Exercise/dp/B00ZAIW3MK/ref=s r 1 16?dchild=1&kevwords=acro+mat&qid=1599682501&sr=8-16

HIP HOP: soft athletic clothes, sneakers (clean, not street shoes, any colors)
CONTEMPORARY: soft dance clothes (close-fitting), tan foot undies or turners or acro
socks or bare feet

MUSICAL THEATRE: soft athletic clothes, tan jazz shoes or character shoes; black jazz shoes for boys

IRISH: ADULTS: Participants wear flexible sole hard jig shoes. Women may wear poodle socks. JUNIORS: Participants wear t-shirts, shorts and light shoes (Irish ghillies/pumps), or black ballet slippers. "Poodle" socks are recommended to keep calves and ankles warm. Girls with very slender lower legs may want to use special Irish sock glue, available online, to keep socks from slipping down. Boys may wear Irish reel shoes.

POINTE: Pointe shoes, pink ballet slippers, leotard, tights

Nimbly Online Dancewear:

Recommended examples:

TCFA has set up an account with Revolution Dancewear and has made discounted products available through their website, called Nimbly. A small percentage of the proceeds help support the dance department at TCFA. Please note, it is not a requirement to purchase your dancewear through Nimbly. Visit www.shopnimbly.com/tcfa.

NOTE: Nimbly shoe sizes run small by 1-2 sizes, please see size chart

Discount Dance Online Dancewear:

All things dancewear, all name brands at the lowest price. Visit www.discountdance.com. For 12% discount, at checkout use TEACHER CODE: TP116081

NOTE: All dance shoe sizes run small, please see individual size charts

Text/Push Notifications:

The "Remind" application for smartphones and computers, a free communication platform, will be used throughout the year to notify you of important dates, warn you of closings, etc. in addition to regular email notifications.

Remind Instructions: There are several ways to sign up for push notifications...

- -Text 81010 with Class Code (listed below).
- -Go to remind.com to create an account & enter Class Code.
- -Go to the listed link.

Class Codes are listed below, by class day:

- Monday TCFA Dance Classes: <u>@TCFAMon</u>
 - o Or, go to: rmd.at/tcfamon
- Tuesday TCFA Dance Classes: @TCFATues
 - Or, go to: rmd.at/tcfatues
- Wednesday TCFA Dance Classes: <u>@TCFAWed</u>
 - Or, go to: rmd.at/tcfawed
- Thursday TCFA Dance Classes: <u>@TCFAThurs</u>
 - Or, go to: rmd.at/tcfathurs
- Friday TCFA Dance Classes: <u>@TCFAFri</u>
 - o Or, go to: rmd.at/tcfafri