



Guide for Students

Stay safe and get the most out of your *Step into Dance* class!

What to wear

- Comfortable clothes you can *move in*, and that allow your dance teacher to see that you are moving safely. For example: tracksuit trousers, t-shirt, footless leggings, leotard or sports kit.
- Trainers or bare feet depending on the style of dance – your dance teacher will advise you.
- A warm top / jumper for warm up and cool down.

What *not* to wear

- Jewelry
- Socks
- Belts or anything that may catch on yourself or another dancer
- Trousers that are too long

Registration

- You must register for your class on time each week.
- Arrive changed and ready to dance.
- You will be expected to go to dance class each week, so that your skills can develop and you can feel part of your Step into Dance team / company. If you cannot attend, please let your school teacher know.
- If you miss more than 3 classes, your place may be given to someone else.

Warm Up and Cool Down

- Your dance teacher will lead you through warm up and cool down exercises each week to make sure you don't get injured.
- You **MUST** make sure you are on time for the warm up, or you will not be able to take part in the class.

Looking after *your* body

- Make sure you drink plenty of water before and after your dance class.
- Make sure you have eaten lunch and if you have an afternoon break, try and eat a healthy snack (e.g. banana, cereal bar) so that you have enough energy for class.
- Always let your dance teachers know if you have an injury or don't feel well.
- If you are in pain during a dance class, stop dancing and let your teacher know.
- Let your dance teacher know if a movement is too hard for you – they will help you adapt it!