



Exhale

A School of Dance

**Exhale Dance Attire**  
2018-2019 Dance Season

**Exhale Gear:**

Apparel	Size	Price
Jacket	_____	Free
Name on Jacket sleeve	_____	\$5
Tank top	_____	Free
Dance Bag	One Size	\$10

Total Cost of Exhale Gear:

\_\_\_\_\_

**Dance Clothing:**

Type	Cost of item	Size	Total Cost
Leotard	\$20	_____	_____
Tights	\$10	_____	_____
Ballet Shoes	\$20	_____	_____
Jazz Shoes	\$25	_____	_____
Shorts	\$18	_____	_____
Unattached Ballet Skirt	\$22	_____	_____
Mary Jane Tap Shoes	\$25	_____	_____
Oxford Tap Shoes	\$30	_____	_____

Total Cost of Dance Clothing:

\_\_\_\_\_

Total Cost of Dance Attire:

\_\_\_\_\_

## REQUIRED DANCE ATTIRE

- I.     Preschool & Kindergarten
  - a.    Pink leotard with attached skirt
  - b.    Pink tights
  - c.    Pink ballet slippers
  - d.    Hair should be pulled off face. Bun, pig tails or braids are perfect
  - e.    Males: Plain fitted black or white t-shirt with black basketball shorts and black ballet slippers.
- II.    Primary
  - a.    Purple leotard
  - b.    Pink tights
  - c.    Pink ballet shoes
  - d.    Unattached ballet skirt
  - e.    Jazz shorts (Friday only)
  - f.    Jazz shoes (Friday only)
  - g.    Males: Plain fitted black or white t-shirt with black basketball shorts and black ballet slippers.  
(Black jazz shoes, if in the Friday class.)
- III.   Tap
  - a.    Females: beige Mary Jane style tap shoes
  - b.    Males: black oxford
  - c.    Any fitted dance clothes will be fine. However, their ankles need to be seen, therefore, baggy sweatpants are prohibited.
- IV.    Ballet II
  - a.    Black leotard
  - b.    Pink tights
  - c.    Pink ballet slippers
  - d.    Unattached skirt
  - e.    Males: Plain fitted black or white t-shirt with black basketball shorts and black ballet slippers.
- V.     Jazz II
  - a.    Black leotard
  - b.    Tan tights (dancers in the ballet class can wear their pink tights)
  - c.    Jazz shoes
  - d.    Males: Plain fitted black or white t-shirt with black basketball shorts and black jazz shoes.
- VI.    Hip-Hop
  - a.    Comfy, fitted workout clothes are best for hip-hop classes. Here are some recommendations:  
**Males:** basketball shorts, fitted t-shirt/tank top. (Please do not choose baggy sweatpants as they prohibit movements.)  
**Females:** fitted leggings (capri or full length), fitted shorts and a fitted t-shirt/tank top.  
**Footwear:** Comfortable sneakers that are NOT worn outside. Please do not wear your street shoes to class, as they will ruin our beautiful hardwood floors. This is extremely important during the winter months.  
**Hairstyles:** All dancers with long hair should have their hair pulled off their face.
- VII.   Adults (all styles)
  - a.    Comfy, fitted workout clothes are perfect for all adult programs. Here are some recommendations:  
**Males:** basketball shorts, fitted t-shirt/tank top. (Please do not choose baggy sweatpants as they prohibit movements.)  
**Females:** fitted leggings (capri or full length), fitted shorts and a fitted t-shirt/tank top.  
**Footwear:**  
Jazz: Tan boot style jazz shoe  
Ballet: A ballet shoe that works best for your foot.  
Hip-hop: Comfortable sneakers that are NOT worn outside. Please do not wear your street shoes to class, as they will ruin our beautiful hardwood floors. This is extremely important during the winter months.

## OUR HANDBOOK/POLICIES:

### ENTERING/EXITING THE STUDIO:

#### **Entering:**

Please enter the building in the back, where the ramp is on the right side of the building. (The right side, as if you were in the front of the building looking at it from the street.) When you walk in there is a waiting area when you walk in and a bathroom. Dancers should arrive a few minutes early to put on their dance shoes and prepare themselves for learning! Please do not peek into the current class that is taking place, as this can be extremely distracting to the dancers. Students will not be allowed to enter the dance space until their designated start time. **Dancers will bring all their belongings into the studio and will change back into their outerwear at the end of class.**

**\*Please make sure that all dancers use the restrooms before class begins.** We understand that younger dancers may need to use the restroom during class time. However, please encourage your growing dancer to 'use the potty' before dance starts. ☺ We want use the majority of our time learning, growing and dancing!!!

#### **Exiting:**

Dancers will exit the studio using the front door on the right side of the building. (The right side, as if you were in the front of the building looking at it from the street.) Teachers will get our younger dancers dressed and ready to go. Please exit promptly, as there are classes taking place back-to-back. We take pride in making sure our classes begin and end on time.

### DRESS CODE:

Please make sure to adhere to our dress code, which can be found on our website. All required clothing can be purchased at the studio. (There are no refunds for dance clothing, only exchanges.) Thank you for assisting us in creating disciplined, well-educated dancers!

**\*Make sure to label your child's dance clothes.** This makes it easy to find their class attire if it gets misplaced.

### CLASS ESSENTIALS:

1. **HAIR SUPPLIES:** Our female dancers need to purchase elastics, hairpins and hairnets. Majority of our classes require a bun. Except for hip-hop, which requires a ponytail. (Exhale will always have hair elastics at the studio for emergencies. ☺)
2. **WATER BOTTLE:** Students should bring a **LABELED** bottle filled with water to class. As a convenience, Exhale will be selling cold bottles of water for \$1.

### STUDIO ETIQUETTE:

Students (their families), faculty and staff that have decided to join Exhale's dance family love and know our classroom rules. There is one word that sums up our studio etiquette: **RESPECT.**

1. Respect your space
2. Respect yourself ☺
3. Respect your friends
4. Respect your teachers
5. Respect the staff
6. Respect your art form
7. RESPECT YOUR DANCE FAMILY!

### PAYMENT/REFUND POLICIES:

Payments are due in full on the first day of a session/season. (When signing up online payments are due upon registration.) Refunds are only available when the studio is notified IN WRITING (by letter or email) of withdrawal 2 weeks prior to the start date. Exhale will keep the registration fee to cover administration costs. Families may also have tuition credited for a future class. **We encourage students to finish out the season.** Often times they learn to overcome any obstacle they may have been facing!

**\*When signing up for a payment plan, families are agreeing to pay their tuition over a period of time.** If a student decides to drop a class, families are still liable to finish these payments. We hope that families can understand our need to create this policy, as we run classes based on enrollment.

### INCLEMENT WEATHER CANCELLATIONS:

Exhale always puts our families' safety first, so we may decide to close due to inclement weather. An email will be sent out to each family when we have inclement weather cancellations. There will also be a message on the studio answering machine: 508.541.1490, our FB page, and our blog. (Make life easier and get updates faster by following our blog or signing up for text message alerts!) **Make-ups for cancellations will only occur if we must cancel more than two classes a session.** As a reminder, Exhale is not always closed when the public schools are closed. If the roads are cleared by the afternoon we will hold classes. However, if the Norfolk Public School system decides to cancel their afterschool programs, Exhale will also cancel their afternoon classes.

**Thank you for deciding to join Exhale's dance family. We appreciate each family and the role they play in keeping our dance studio safe and JOYOUS!**

**Release for Participation:**

I, \_\_\_\_\_ understand that the activities conducted at Exhale can have inherent risks. I hereby agree that neither Exhale, nor its owners, agents, employees, officers, or directors shall be liable for any injuries, damages or loss sustained by my child/ren \_\_\_\_\_, which are in any way related to my child's participation in dance. I hereby testify as to my child/ren's sound health of mind and body and Exhale to seek medical treatment at the nearest medical facility in the event of an emergency. I have also read and understand Exhale's policies.

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(Parent/Guardian Signature)

(Date)

**Photo Release:**

May we use your child/ren's photo in our promotional items. Y / N If **yes**, please sign below.

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(Parent/Guardian Signature)

(Date)

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(Date)

**Photo Release:**

May we use your child's photo in our promotional items. Y / N If **yes**, please sign below.

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(Parent/Guardian Signature)

(Date)

## OUR SHOWS:

**\*PERFORMING IS NOT MANDATORY.** Although Exhale takes pride in their shows, it certainly is not our main focus. Our mission is to create technical, strong dancers that find great joy in moving and learning.

Exhale produces two shows throughout the year.

1. **HOLIDAY SHOW:** Our 2018 Holiday show is entitled *Holiday Hope* and will be held on December 1st at 3pm. It will be located at the Freeman Kennedy School's cafeteria. Performers will be asked to arrive at 2pm. Dress rehearsal will take place during your child's class time the week of the show. All proceeds from this year's holiday show will benefit Gabby Strong. Check our website for more details
2. **SPRING CONCERT:** Our 2019 Spring Concert is entitled *Believe* and will be held on May 11th at 3pm. It will be located at King Philip Middle School. Students will be asked to arrive at 2pm on the day of the show. Dress rehearsal/picture day will be held on May 10<sup>th</sup> at King Philip Middle School. Each class will be given an allotted time slot to arrive for their dress rehearsal and picture day. We ask that a guardian accompanies their child/ren if they are in preschool-primary, or if you feel they may need help with costume changes.

Dancers on our performance team may also decide to participate in community events. Exhale will perform at the Haunted Train Ride (October 20th), Norfolk Community Day (Usually 1st Saturday in June) and at the Farmers' Market (usually 2nd Saturday in June) this season! (We ask students performing in these special performance opportunities to try their best to attend all classes leading up to the performances and any extra rehearsals that may be needed.)

### **Attendance Policy:**

Here at Exhale we understand that students may need to miss classes due to illness or family/school events. (We do not want to spread germs, and our students' well-being is extremely important to us.) We simply ask that dancers only miss classes for these important reasons.

We ask that all dancers who are performing try their best not to exceed 3 absences before each of our shows. The holiday show preparation begins September 10th and finish on December 1st. The spring concert preparation begins on January 5th and finish on May 11th. We ask that parents try their best to give us advance notice of any prescheduled absences. For example, a school or family event. It is also mandatory that dancers attend dress rehearsals or picture days for the shows they are participating in. We created this policy to ensure that dance remains a stress-free activity for everyone involved. Dancers who miss more than 3 classes may begin to feel overwhelmed as the big show approaches. A student's attendance and participation in class will play a key factor in their dance education and performance experience.

### **Costume Fees:**

**Holiday Show Costume Rental Fee:** \$30 per costume (Due Sept 15th along with permission slip)

\*This to rent one costume/headpiece and each student will be given one pair of tights.

**Recital Costume Fee:** \$75, 2nd costume is \$65, 3rd costume is \$60 (Due November 1st along with permission slip)

\*Dancers will receive costume, headpiece and TWO pairs of performance tights.

**Community Events:** Each event will be priced differently. Parents may be asked, with advanced notice, to purchase items. All information about the event will be given out and then each family can decide if they want to participate.

**Thank you for deciding to join Exhale's dance family. We appreciate and understand that each family is looking for a different type of dance education. Please read all the information above before deciding to perform in our shows. Exhale understands that this is an important decision to make for your family, your dancer and the students in our program!**



**\*Due September 17th**

I, \_\_\_\_\_, agree to have my child/ren \_\_\_\_\_ perform with Exhale at the **Haunted Train Ride** on October 20<sup>th</sup>, 2018 at 5pm. I understand that my child/ren must adhere to the performer's attendance policy, which can be found on Exhale's website. I am aware that a (nonrefundable) costume rental fee of \$30 is due when passing in this permission slip. I also understand that my child must participate in a dress rehearsal from 11:30am-12:30pm on October 20<sup>th</sup>, 2018 at the dance studio.

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Parent's Signature

Date

\*Please make sure to read all the emails that you receive from Exhale in the upcoming months. Please check that emails from Exhale are not accidentally marked as junk mail. Email and newsletter communications are the best way for us to keep parents up-to-date on ticket sales and show details.



**\*Due September 17th**

I, \_\_\_\_\_, agree to have my child/ren \_\_\_\_\_ perform in Exhale's winter concert, *Holiday Hope*, on December 1<sup>st</sup> at 3pm. I understand that my child/ren must adhere to the performer's attendance policy, which can be found on Exhale's website. I am aware that a (nonrefundable) costume rental fee of \$30 per costume is due when passing in this permission slip. I also understand that my child must arrive at 2pm to prepare for the show.

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Parent's Signature

Date

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