



# Free 2 Be Me Dance Program Guidelines & Agreement

## Welcome to Free 2 Be Me Dance!

Our mission is to bring the joy of dance to individuals with Down syndrome.

In this 10<sup>th</sup> year of our program we remain committed to creating a safe, fun and nurturing environment for your child, by enriching their lives with challenging movement, rhythmical music, deep friendships, and a sense of personal accomplishment.

To help us accomplish our goals, *consistency is the key*. Making sure your child attends every class, unless they are sick, is very important to their success and to the success of the class as a whole. **Please plan to arrive 15 minutes prior to the start of class.** This is the time that each dancer will be assigned their special friend, put on their dance shoes, and have their shoes taped with red and blue tape if needed.

One parent or guardian for each dancer must be present throughout the class. If behavioral problems arise, you will need to be there to support the teacher and volunteers. Also, in case of an emergency, you need to be there. Exceptions can be made on a case-by-case basis.

If the following applies to your dancer, please have a conversation with them about behaviors that we wish to discourage in the dance studios:

- Running around and disrupting class
- Kicking, pushing, hitting or biting the teacher or other dancers
- Burping or other disruptive noises (must use quiet voices)
- Not listening to Miss Colleen or other teachers/volunteers
- Hanging on ballet bars
- Touching mirrors

We really do our very best to keep all of the dancers in the room, entertained and enthusiastic. However, it sometimes becomes necessary to remove the child and ask for your help. This is always done in a gentle and non-shaming way in consideration of you and your child. As soon as they are ready, we welcome them right back to class in most instances.



If you would like to view your dancer in class, then please ask the instructor ahead of time. We can only allow a couple of parents in the studio at one time. We are very happy to have you watch your dancer in action so long as your presence is not a distraction for them.

Lastly, the studio does not allow food or drinks other than water, so please take care of your dancers needs before or after class times. If you could be prepared to help your dancer change into their hip-hop footwear at the appropriate time this will help ensure a smooth transition.

I would like to thank you in advance for your consideration in all of these matters. Let the dancing begin!!

I agree to these terms and conditions.

**Parent or Guardian Signature:**

**Date:**

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