

Thank you

for entrusting your child to Just For Kix
for their *first dance classes*.

At Just For Kix we cherish these young dancers and hope to inspire a love for dance in them that will last a lifetime. We hope that through their classes with us you will see growth in the areas of communication/ expression, cooperation, self-control & self-esteem. Your child's first dance classes can be exciting and a bit nerve-wracking for both parents and children. This handout will help to ensure that we all start off on the same page and that this is a positive experience for everyone involved.



Embrace your child's personality. Some will like to stand back and observe before engaging in the class while others will jump right in. Both are normal and acceptable. This is a new and overwhelming experience. Give your child time to get comfortable.

If your dancer does not warm up to the environment, it might be best to take a break and try back later in the season or during the following season. This is not an indication of dance ability, a failure on their part, or a predictor of their future in dance. Some of our most talented dancers started out unsure or unwilling. Do not push or make coming to dance a negative experience and you will find they will come around on their own time.

Every dancer
is different.

Our #1 goal
is fun!

In order to do this we all need to be ready to learn. Some dancers will come in and be ready to listen and learn while this is a tougher transition for others. All kids have a tough day now and then. Do not let it phase you and just RELAX. Your frustration, stress, etc is contagious to them.

As we all know, three-five year olds can be distracted very easily. For this reason, and to ensure the dancers get the most out of a class, we have a No Distraction Policy. We ask that parents, siblings, etc. wait outside the classroom during class time, which allows the instructor and class the best learning environment for the short amount of time we have with the students each week.

► Tips to set your preschooler up for success:

- If your preschooler still takes naps, try to be sure they get one in before class.
- Arrive early to allow some transition time.
- Remind them, in advance, that they get to go with the teacher to class and mom or dad will be right outside the room waiting. This way they can surprise mom or dad with what they learned at the end of class.
- Make sure you take your dancer to the restroom right before class.
- Practice. At home, practice is not necessary at this age. But if your dancer wants to dance at home during the week, put on some music and just let them go!
- Read the TuTu Tots book - I am Going to Dance Class

► Performing

For many young dancers performing is a big step! Our Teeny/Tiny Kix performances are always the hit of the show, as you never know what will happen. Some preschool age dancers love to perform, for others it is a source of anxiety and then need to warm up to the concept of performing. Even if they go out and just stand there, be proud! Don't push your dancer. It is OK if they opt to "sit this one out". They will do it when they are ready!

► Our Curriculum & Goals

You will notice in our classes we have developed "Activities" that we will use throughout our season to introduce and reinforce dance concepts. We often call these activities, games, but they are cleverly designed to teach specific skills.

► Here are just a few examples:

- RIGHT and LEFT — Introducing Me, Bean Bag Shake
- Teamwork — 'Chasse' my Dance Friends
- Directional changes and following directions — Move the Circle Round and Round
- Creativity — Jump Around the Room
- Hearing rhythmic patterns — Clap, Clap, Clap

► Dancing

Dancers learn choreography that they will use for performances. Dancers will typically learn one routine per special (or short-term) session, or 2-4 routines during the course of a full season.

Every expert was once a beginner

