

# WELCOME TO THE IMPULSE DANCE FAMILY



# WELCOME



*Hi There!*

**I'M KERRI, AND I AM THE OWNER AND DIRECTOR HERE AT IMPULSE DANCE ACADEMY!**

Here at IDA, we value giving students of all levels and abilities the opportunity to dance. Our instructors are dedicated to giving every student quality instruction that will help them improve individually and as a team. Impulse offers smaller class sizes so that everyone gets the attention they need to improve. Our values include friendship, teamwork, empathy, inclusivity, fun and a good work ethic! We are proud of our strict NO BULLYING policy and the kindness that our dancers show one another.

This New Dancer Packet has all of the information you need so your child can come to class prepared and ready for fun and learning! You will read about dress code, what to expect, why dancing is so important and what makes Impulse a unique studio. If you have any further questions, please feel free to call, email, or talk to a front desk admin for more information.

We are so excited for you to join our Impulse Family!

*Let's do this!*

**KERRI SULLIVAN**

# WHAT TO EXPECT

## NERVES AND EXCITEMENT

Starting something new is always exciting, but sometimes it can lead your child to nervous and shy. It's important to keep in mind that this is completely normal and our teachers are prepared to make them feel welcome and at ease in class! Be patient and know that our trained teachers will let you know if your child is ready or not. We recommend attending class at least 8 consecutive weeks before deciding whether your dancer is ready or not.

We've put together a short list of tips to help your dancer get the most out of class



### FOOD AND WATER

We do a lot of physical activity and burn a lot of energy in class! It is so important your dancer eats beforehand and brings along a water bottle to stay hydrated.



### ARRIVE EARLY

We ask you to please arrive to class 10-15 minutes early, especially on your first day! This allows us to introduce you to our teachers and your child's new classmates. On regular days it allows our dancers to put their shoes on, go to the bathroom and start stretching before class begins!



### BATHROOM BEFORE CLASS

Please take your little ones to the bathroom at the studio before class! Don't ask them, just take them. This helps prevent the "potty train". Once one goes, they all have to go!



### LEAVE IT TO THE INSTRUCTORS

Once your child has entered the classroom, please do not come into class unless asked to by an instructor. Many parents open the door to correct their child's behavior, but it only leads to distracting the other students. If your child is having difficulty separating from you, we do allow dancers under the age of 5 to bring along a stuffed animal to dance with them in class. It's important to talk to your little ones about what to expect! That mommy or daddy won't be able to come with them, but that they will have so much fun and need to be on their best behavior!





# DRESS CODE



## NUGGETS AND MINI NUGGETS ( AGES 2-7 )

### Girls

- Leotard of any color
- Tights of any color
- Hair pulled back
- Pink ballet shoes
- Black tap shoes (nugget combo only)

### Boys

- Any color tshirt
- Any color shorts
- Black ballet shoes
- Black tap shoes (nugget combo only)

## BALLET CLASSES ( AGES 7+ )

### Girls

- Black leotard
- Pink Tights
- Hair in ballet bun
- Pink Ballet Shoes
- Optional - ballet skirt

### Boys

- Black or white tshirt
- Black Shorts
- Black ballet shoes



## TAP CLASSES ( AGES 7+ )

### Girls

- Any color leotard
- Pink or tan tights
- Black tap shoes
- Hair pulled back
- Optional - Booty shorts or leggings

### Boys

- Any color tshirt
- Any color shorts
- Black tap shoes



# DRESS CODE

## JAZZ CLASSES ( AGES 7+ )

### Girls

- Any color leotard
- Pink or tan tights
- Black or tan jazz shoes
- Hair pulled back
- Optional - Booty shorts or leggings

### Boys

- Any color tshirt
- Any color shorts
- Black or tan jazz shoes



## HIP HOP CLASSES

### Girls

- T-shirt
- Shorts or Leggings
- Tennis shoes (only worn for dancing - no street shoes)

### Boys

- T-shirt
- Shorts or sweatpants
- Tennis shoes (only worn for dancing - no street shoes)

## TUMBLING CLASSES

### Girls

- Leotard of any color
- Optional - Footless tights
- Optional - booty shorts or leggings
- Bare feet
- Hair pulled back

### Boys

- Any color tshirt
- Any color shorts
- Bare feet



# WHAT MAKES DANCE A HEALTHY, POSITIVE SPORT?

## **ATHLETICISM**

Dancing improves your child's strength, flexibility, endurance, movement, coordination, balance, spatial awareness, and heart and lung health!

## **EMOTIONAL OUTLET**

Many people underestimate dance as a purely physical activity, but there is so much more. Dance allows people to express their emotions through healthy activities and is proven to reduce stress. Not to mention, they gain a huge emotional support system with their classmates and instructors. We are a family here :)

## **COGNITIVE LEARNING**

Children learn the most by experience. Dance has been proven to help your cognitive abilities including problem-solving, sequential learning, memory, and processing new information.

## **TEAMWORK**

Teamwork is something our IDA family really values. Not only does dance offer the opportunity to make lifelong friends, but it also helps children learn how to work with many different people with different personalities and different backgrounds. We teach our students to support each other so that every dancer feels encouraged to be the best they can be in and out of the studio.

## **WELL ROUNDED**

There are so many more reasons why dancing is good for you, but to name a few more...our dancers learn responsibility, discipline, confidence, grit, passion, perseverance, poise and creativity.

# WHAT MAKES IMPULSE UNIQUE?

01

## FLOORS

Your dancers health is our number one priority at Impulse. All of our studio rooms have what is called a “floating floor” that rests on a system of high-density foam. Our special floors help absorb the shock of jumping, prevent injuries and allow our students to dance longer.

02

## VIEWING WINDOWS

Each of our rooms have a large viewing window connecting the dance studio to the lobby area. This allows parents to make sure their dancers are working hard, improving and having a positive experience

03

## SMALL CLASS SIZES

One of our biggest values at Impulse is that every student of every level and ability receives quality instruction from our teachers. It's important to us that all of our students are improving. Having small class sizes is a way that we make sure no dancer is overlooked!

04

## TWO PERFORMANCES

Every winter we have a small Holiday recital with treats, crafts and a visit from Santa! This helps get all the jitters out so by the time our Summer Annual Recital rolls around, your child will be ready to perform on the big stage!





# Book your next Birthday Party

Impulse Dance Academy would love to host your child's next Birthday Party! Book a hassle free party without the mess. IDA provides all set up and clean up so you can enjoy your child's birthday stress free! We reserve Saturdays and Sundays anytime after 11am for bookings. Select a party theme from our options below and choose from our special add ons to give your child the perfect party! Fill out the form below to check our availability or email [info@impulsedanceacademy.org](mailto:info@impulsedanceacademy.org)

## INCLUDES

- 15 guests including the Birthday child
- 1 hour 15 minutes
- 45 minutes of games and dance time with an IDA instructor
- 30 minutes of cake and opening presents
- Includes cake and refreshments
- IDA provides set up and clean up before and after your party

## THEMES

Frozen · Encanto · Glow Party · Ballerina · Swiftie

## PRICING

IDA Member: \$250 | Non Member: \$275

## ADD ONS

- Pizza (8 pieces) - \$20 (cheese, pepperoni, or sausage)
  - \$10 per additional guest
  - Special Rhinestone Birthday Tiara - \$20
  - Special Princess Set - \$20 (complete with tiara, wand, gloves and necklace)
  - Birthday Sash - \$15
  - Additional time - \$20/15 min (up to 2 hours total)
  - Themed Craft \$10/guest
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