

Impulse Dance Academy's New Dancer Packet



Welcome!

Here at IDA, we value giving students of **all** levels and abilities the opportunity to dance. Our teachers are dedicated to giving every student quality instruction that will help them improve individually and as a team. 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! Below, 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 check out our youtube page for more instructional videos!

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

Kerri Sullivan
Owner/Director

Dress Code

Nugget and Mini Nugget Classes

(Age 15 months- 7 years old)

Girls

- Leotard of any color
- Tights of any color
- Hair pulled back
- Pink ballet shoes
- Black tap shoes

Boys

- Any color t-shirt
- Any color shorts
- Black ballet shoes

All Ballet Classes

(Age 7 years old+)

Girls

- Black leotard
- Pink tights
- Hair in a ballet bun
- Pink ballet shoes

Boys

- Black or white t-shirt
- Black shorts

Jazz Classes

(Age 7 years old+)

Girls

- Any color leotard
- Pink or Tan tights
- Booty shorts or leggings (optional)
- Black or Tan jazz shoes
- Hair pulled back

Boys

- Any color t-shirt
- Any color shorts
- Black or Tan jazz shoes

Tap Classes

(Ages 7 and up)

Girls

- Any color leotard
- Pink or Tan tights
- Booty shorts or leggings (optional)
- Black tap shoes
- Hair pulled back

Boys

- Any color t-shirt
- Any color shorts
- Black tap shoes

Hip Hop Classes

(Ages 5 and up)

Girls

- T-shirt
- Shorts or leggings
- Tennis shoes (only worn for dancing)

Boys

- T-shirt
- Shorts or sweatpants
- Tennis shoes (only worn for dancing)

Tumbling Classes

(Ages 5 and up)

Girls

- Leotard
- Footless tights (optional)
- Booty shorts or leggings (optional)
- Bare feet
- Hair pulled back

Boys

- T-shirt
- Shorts
- Bare feet

What to Expect

Excitement and Nerves

Starting something new is always exciting, but sometimes it can lead your child to feel 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. At Impulse, 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!

1. 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. (We do offer bottled water at the studio for \$1)

2. 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!

3. Bathrooms

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!

4. 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!

Why is dancing good for you?

1. Athleticism

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

2. 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 :)

3. 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.

4. 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.

5. 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?

1. 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.

2. 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!

3. Small Class Size

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!

4. Annual Holiday Show

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 IMPULSE FOR YOUR NEXT BIRTHDAY PARTY!

Impulse Dance Academy would love to host your child's next Birthday Party! We reserve Saturdays and Sundays anytime after 11am for Birthday bookings. Select your package and 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.

Package 1

- \$150 (members) / \$175 (non members)
- 10 guests including Birthday Child
- 1 hour 15 minutes
- 45 minutes of dress up and dance time with an IDA instructor
- 30 minutes of cake and opening presents
- Includes goodie bags and party invitations
- Parents are responsible for cake and refreshments

Package 2

- \$250 (members) / \$275 (non members)
- 15 guests including Birthday child
- 1 hour 15 minutes
- 45 minutes of dress up and dance time with an IDA instructor
- 30 minutes of cake and opening presents
- Includes goodie bags, party invitations, cake and refreshments

Themes

Frozen
Royalty
Jungle/Animal
Beach
Pajama
Ballerina/Ballerino

Add Ons

Pizza (8 pieces)	\$10
Per additional guest	\$10
Special Rhinestone Tiara	\$20
Special Princess Set (Tiara, wand, glove and necklace)	\$20
Birthday Sash	\$15
Additional Time	\$20/15 min
Themed Craft	\$10/guest

[BOOK NOW](#)