



## **Intro to Dance**

**Our goal for Intro to Dance classes at On Pointe is to provide a fun introductory dance class to pre-school aged children in a positive and healthy environment**

### **Ballet:**

- Follow along instructional movement
- In a circle go over 1st and 2nd position.
- Stretch & Plie
- Élève, Releve Tendu
- Pique
- Passe Arabesque Chasse
- Technique in circle
- Technique across the floor

## **Helpful Hints for Parents**

1. Be on time. We know this may not happen all the time with little ones. The benefit of your child arriving on time is to diminish any nerves or attachment anxiety. Teachers will invite all kids to enter at the same time and be greeted together. The teacher will talk to each dancer, help them find their dance spot, and begin the first dance warm up which aids as an "ice breaker". Sometimes if a child comes in after this it can be harder for them to adjust and join a class already in session.
2. Have them wear tights or thin socks. This will help the changing of their shoes and minimize the struggle of sweaty feet!
3. Do not enter a class in session unless very necessary. We understand the need to want to enter the class and speak with our dancer to "check in" or correct behavior. Unfortunately, this does trigger other dancers as well as break the focus the teacher works hard for. All teachers are trained to bring out your dancer if needed to "take a break". We know that sometimes we just need a little break to reset, and with our little ones it's no different. In this event, the teacher will again get your dancer on break and invite them back in the class. If your dancer is unwilling to rejoin the class, the teacher will continue to invite them throughout the remainder of the class.
4. Always stay to the end of class. Our 2-3 year old dancers depend on structure and understand patterns. We highly suggest keeping the pattern of start and end time even if your dancer is having an "off" day. This way they will learn they always stay to the end. At the end of every class all dancers receive a sticker. This is every dancer's reward for completing the class.
5. It's OK! Here at On Pointe we understand every child is different and unique in their needs as growing dancers. Sometimes little ones have bad days and that's OK. It is not unusual or a failure if your dancer needs a break or has trouble in class sometimes. On Pointe teachers are very well prepared in helping along our youngest dancers.