



Bayside Dance 2024 Handbook ADULTS

A Guide for Students

Updated January 2024

FROM THE DIRECTOR

Welcome to Bayside Dance! I'm so glad you've decided to join our dance community.

This handbook will serve as your guide to Bayside Dance, not only in terms of practical things like dates, what to wear and procedures, but will also explain why we do what we do. (Hint: it's because we love dance!)

We hope to inspire a passion for the art of dance in each and every student that steps through our doors, whether you dance once a week or every day.

I can't wait to share another amazing year of dance with you all.

Kaitlin Hague
Director, Bayside Dance

OUR VISION

To be the leading source of dance education in Brisbane's Bayside area.

OUR MISSION

To help preschoolers, kids, teens and adults find self-expression and enjoyment through dance classes every week. Our combination of a nurturing environment, strong technical training and creativity sees our students grow not just in the dance studio but as human beings.

OUR VALUES

Positivity — Dance is not without hard work, but each and every dance class is underpinned by a philosophy of encouragement and enjoyment. The best results come when we can enjoy what we do.

Community — Our classes are friendly and welcoming. We support one another in our successes and (sometimes literally) catch each other when we fall.

Respect and Safety — We show respect to our dancers, parents, staff and property. The use of safe dance practice is imperative in our classrooms and built into our curriculum.

Service — We value each and every customer and pride ourselves on our ability to communicate with and serve our customers.

Quality — We value high quality. Our teaching staff, costumes and uniforms, performances and experiences are of a high calibre.

OUR STAFF

Our teachers LOVE teaching dance and we expect a lot from them. They are lifelong learners who continue to educate themselves through certification programs, teacher-training schools, conferences, and other learning opportunities. Many of our teachers have wide-ranging professional performance experience to share with our students, and while we know not every dancer who steps through our doors wants to or will become a professional dancer, we believe each and every student deserves our care and attention.

Director: Kaitlin Hague

Assistant Director: Kate Sterren

Teaching team: Maddison Baker, Holly Dimoska, Heather Gerrard, Abby Hartmann, Isabella Maric, Maggie McLaughlin, Lauren McNamara, Madeleine Smallhorne, Rebecca Swain, Aimee Ternus, Desney Toia, Lily Wearne

Admin team: Jaime Walker, Lauren McNamara, Charlotte Foxall-Webb

CONTACT INFORMATION

0402 927 688

hello@baysidedance.com.au

www.baysidedance.com.au

ADDRESS 2/264 Tingal Rd Wynnum 4178

WEBSITE www.baysidedance.com.au

FACEBOOK PAGE www.facebook.com/bayside.dance.qld

INSTAGRAM PAGE www.instagram.com/bayside.dance.qld

CLOSED FACEBOOK GROUP FOR PARENTS AND STUDENTS
(or search Bayside Dance Parents and Students)

<https://www.facebook.com/groups/1619491614964936/>

CLOSED FACEBOOK GROUP FOR ADULT STUDENTS

<https://www.facebook.com/groups/1260089890745632/>

2024 TERM DATES

TERM 1: Mon 29 Jan — Thur 28 Mar

TERM 2: Mon 15 Apr — Sat 22 Jun

TERM 3: Mon 8 Jul — Sat 14 Sep

TERM 4: Mon 30 Sep — Sat 7 Dec

Bayside Dance does not hold regular classes on public holidays or school holidays.

DANCE FOR ADULTS

Adult dance classes at Bayside Dance are all about YOU enjoying yourself through dance. Whether your goal is to get fit or more flexible, to return to dance after some time out, or to try something brand new, we are thrilled to welcome you into our adult dance family.

We have three levels of class. Beginner classes are generally designed for people who are new to dance. Experienced classes are designed for people who have a few years of dance experience. Open classes are open to all levels of experience and may vary in difficulty depending on who attends class that day.

Bayside Dance is a place where you can dance as much or as little as you like. Whether you dance an hour a week or more, we absolutely value your participation in dance with us. With this in mind, we ask that you come to us with any concerns. There has yet to be an issue we can't solve with a phone call and good communication!

HANDY HINTS

These handy hints will help you to make the most out of class:

- Be organised — Arrive at class on time with the right shoes and dressed appropriately.
- Be polite — To teachers, students and any guests in the studio.
- Be respectful — Your teacher is here to help you become the best that you can be.
- Be focused — Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door.
- Be a good listener — Listen to each correction given, whether it's directed at you or another dancer. Receiving a correction shows you how much a teacher cares about your progress as a dancer.
- Dance full-out, stretch a little further, become more aware of your technique, and make the most of every class.

POLICIES AND PROCEDURES

Contacting us

If you have any questions we encourage you to contact the office at hello@baysidedance.com.au or 0402 927 688.

You can also contact us via our private Facebook group. This group is great to ask general questions, and if you see a question that you know the answer to, feel free to respond. If your concern is a private one however, it is best to email it through. Negativity and bullying are not tolerated in the private group (just like they are not tolerated in the classroom).

Our public Facebook page is primarily designed for sharing our studio with the wider public, so while we encourage you to post positive experiences and photos to our page and "share" the love, questions are best to be emailed or addressed in the private group.

Changing your details

Please let us know if you move house, change emails or phone numbers.

Parking

Bayside Dance shares a carpark with our neighbour, North Sails. During morning classes, please use only the designated car parks for Bayside Dance, and utilise street parking should these be full.

After 4.30pm and on weekends, you are welcome to park in the North Sails bays should they be free.

Do not park in front of either of the roller doors, and please supervise any behavior in the carpark. It is not a playground.

There is ample street parking available on Tingal Rd. and surrounding streets, however please ensure you obey parking signs and do not park across residents' or businesses' driveways. We want our neighbours to keep liking us!

Newsletters

Newsletters and important updates are emailed MONTHLY. If there is something you would like to include, such as a major performing-arts related achievement we would love to hear about it! Oh, and don't forget to READ the newsletter, especially before you contact us with questions. You may find all your questions answered.

Class Cancellations/ Teacher Substitutions

It is highly unlikely that classes would be cancelled, however sometimes events beyond our control may require the cancellation of a class (i.e. extreme weather event, sudden teacher illness/accident). In the case of a cancellation, you'll be notified via text message and email, and cancelled classes are credited to the following term's account.

Just like you, our teachers sometimes get sick or may need to take time off work. Where the teacher knows in advance that they will be away they may choose to inform students in class that they will have another teacher the following week. Where a teacher is sick or a last-minute substitution has to take place, it's possible you may not receive notification prior to arriving at class. We only employ teachers of the highest standard, so if your teacher is not your regular teacher you can be confident you will still have an enjoyable and educational experience. We do not issue a refund where a substitute teacher has taken class.

Medical Information and First Aid

Bayside Dance captures medical information as part of our enrolment process. If you suffer from one of the following conditions, we ask that you discuss treatment plans and medication with our reception team or your teacher as an additional precaution:

- Severe allergies (especially anaphylaxis)
- Diabetes, asthma or epilepsy
- Any other condition where you might need to take medication in class
- Any other special needs

If you are undergoing physiotherapy or other treatment, please ensure that our staff are informed so that we don't further aggravate anything and can offer modified exercises if required. All information about our students is confidential.

Nut-aware zone

To ensure the safety of our Bayside Dancers with nut allergies, our waiting room/reception area is NUT AWARE. Please ensure that snacks you bring to the studio don't contain nuts. If you or your dancer has eaten nut products before class, please wash your hands before or when you arrive. As always, the safety of our students comes first.

Illness

If you are experiencing contagious symptoms (e.g., runny nose, coughing, fever, diarrhoea or vomiting), please stay home from class and recover. Once you are not contagious, you can return to class.

Covid-19 and related symptoms

If you are experiencing Covid-19 symptoms (fever, sore throat, runny nose, cough, trouble breathing, vomiting, diarrhoea) you SHOULD NOT attend the studio until you have returned a negative test result. If a member of your family has had a Covid-19 test, all family members of your household should not attend the studio until a negative test result has been received. Bayside Dance operates under an industry approved Covid-safe plan, however this can change at any time. All parents, students and staff members are expected to follow any current directions from Queensland Health in relation to social distancing and mask wearing.

Arrival and Departure

Arriving on time for class will ensure you're able to make the most of dance lessons. Dancers should wait in the waiting room until the previous class exits the studio, or until called by the teacher (unless otherwise requested by the teacher).

Students are encouraged to arrive up to 15 minutes before class starts to warm up (your teacher will discuss this with you if you are new to dance).

Lost and Found

Please mark all dancewear, shoes, and personal items with your name. We are not responsible for any items that you bring to class. We have a lost property bucket in the waiting room where any lost property will be placed. The bucket will be emptied at the end of each term.

Lockers

We have lockers available for hire, ideally for students who attend class 3 days a week or more. The hire cost is \$45 for the year. Please contact us if you would like to hire a locker for the year.

Our classroom environment

Bayside Dance encourages a relaxed classroom environment where students feel comfortable and there is mutual respect between dancer and teacher. We expect dancers to be polite and that our teachers' instructions will be followed.

We know it can be tough to get a babysitter, so if your child does need to accompany you to class, please bring a quiet activity they can do.

If you need to speak to the teacher, ensure it is before the class commences or after the class concludes, and be respectful that we often have classes back to back and may be focusing on welcoming the next lot of students into the classroom. Sometimes it is best to send an email rather than take up time from another class.

Termination of Enrolment

In certain circumstances, it may be necessary for the director to terminate a student's enrolment. Every effort will be made to correct a problematic situation before terminating enrolment. Reasons for termination of enrolment include the following:

- Consistently disruptive or dangerous behavior by students
- Bullying or abuse of other students or staff (including on social media)
- Consistent failure to pay fees
- Stealing or vandalism (which could result in instant termination and follow up with police if necessary)

Student Use of Social Media

Use of social media is commonplace. This policy is intended to provide Bayside Dance students with guidelines to eliminate any confusion concerning its use at Bayside Dance.

- You are always welcome to share photos and videos celebrating friendships or what you have learnt at Bayside Dance. If posting to Facebook or Instagram, you can also tag us (@bayside.dance.qld)
- Do not post videos or photos of staff or other students without their express permission. Never post anything that would compromise the self-esteem of a student. If you do post videos of class content, never post choreography in its entirety as Bayside Dance owns the copyright to all choreography taught at the school.
- You DO NOT have permission to reveal any information that compromises Bayside Dance. By that we mean you are forbidden to share personal information about the director, other students or their families, or anything that is proprietary and/or confidential to them or Bayside Dance.
- Students should neither claim nor imply that they are speaking on behalf of Bayside Dance.
- Respect the law, including those laws governing defamation, discrimination, harassment, and copyright and fair use.
- Students should never post negative comments about other schools or teachers.
- Ensure that your social networking conduct is consistent with all of the policies contained in this handbook.

General Policies

- Only water is allowed in the studios. No food, drinks, or chewing gum.
- No mobile phones or computers may be used during class time. (This means no emailing, internet/social media use, or text messaging.) Teachers may allow you to video an exercise for home practice, but permission must be sought from the teacher first.
- Students should direct all communication via the reception team. Communication with teachers via personal phone, email or social media is not allowed unless authorised by the director.
- Never speak negatively about teachers, students, or parents from other schools.
- All students must show respect for their teachers at all times. Inappropriate behaviour could result in dismissal from the school.

UNIFORMS AND CLASS WEAR

Bayside Dance encourages neat presentation and appropriate dancewear for safety reasons. Comfortable gym gear/activewear is appropriate for all adult classes. Hair should be pulled back neatly off the face. We stock Bayside Dance bags and other attire at the studio.

Dancers are encouraged to adhere to the following guidelines:

- Watches and jewelry like necklaces and bracelets should not be worn to class as they can cause distraction and injury. Dancers may be asked to remove these items.
- Dance shoes should be put on in reception/just outside the classroom and taken off before leaving the venue to keep shoes in tiptop condition. Never wear your dance shoes outside on grass or concrete, and especially not when it rains as this ruins the leather!
- Skirts, dresses and denim should never be worn to class as dancers will experience a diminished range of movement.
- Jazz and tap shoes should be black. We recommend wearing socks or stockings with your dance shoes to keep them from getting smelly.
- While you may wear socks or bare feet for the first few weeks of class, we do expect all dancers to obtain the correct shoes for their dance genre for safety and technique.

Where to buy dance shoes

We have MDM ballet and jazz shoes in stock at the studio, and can order tap shoes from our supplier.

TUITION AND EXPENSE POLICY

Class length	Fees
Adult casual dance class	\$24/class
Pay for the term	\$194/10 week term
Adult 10 class pass	\$219

Discounts

Enrol for the term to receive multiple class discounts (great if you also have kids who dance!) Discounts apply for multiple classes within families.

Two classes/family = 5% discount

Three classes/family = 10% discount

Four or more classes/family = 15% discount

Additional Fees

Tuition does not include dancewear, shoes, costumes, recital tickets, private lessons, holiday workshops, exams or special events.

ADDITIONAL INFORMATION AND ACTIVITIES

Private Lessons

Private lessons can be arranged should you feel you would like some additional one-on-one attention. This can be extremely helpful if you are struggling with a particular step, finding issues with flexibility or control, or simply want to consolidate your learning. Please contact us via email to arrange a lesson.

Dance for kids, teens and preschoolers

We offer a range of age-appropriate classes across a variety of styles for preschoolers, kids and teens. Busy family schedules are accommodated with classes available on weekdays as well as Saturdays. If there's a young dancer in your life, let them know about Bayside Dance.

A FINAL NOTE

Welcome to 2024 at Bayside Dance! We look forward to an exciting, rewarding year of dance!

CONTACT INFORMATION

0402 927 688
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ADDRESS 2/264 Tingal Rd Wynnum 4178

WEBSITE www.baysidedance.com.au

FACEBOOK PAGE www.facebook.com/bayside.dance.qld

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