



Welcome to Dance Extreme's 25th Season

Dear Dance Extreme Families,

Welcome to our 25th season of dance!

To all our returning families, we're looking forward to seeing you back at the studio and to all our new dancers and their families, welcome to the Dance Extreme family! At Dance Extreme, we believe that dance is so much more than just dance and we are committed to helping grow and shape children as dancers and as individuals by fostering life skills they will have for the rest of their lives.

Since 1997, Dance Extreme has been trusted by families to educate and inspire children. In our studio, dancers learn about dedication, hard work, being a team player, time management, self-esteem, problem-solving, respect, confidence and so much more. As dancers grow, we help them develop the skills and traits they need to succeed in dance, at school and throughout their lives. We pride ourselves on being committed to inspiring our dancers and to providing exceptional dance and performing arts education.

What we do would not be possible without the trust and support from our Dance Extreme families. Because of you, we were voted among The London Free Press' 2021 Best of London for the last eight years in a row. We were also awarded the Consumer's Choice Award for Best Dance Studio in 2021 along with numerous other awards! Thank you for referring us to friends and family and please visit us at the office for details about our ongoing referral program.

Due to the pandemic, we know there is a lot of uncertainty about what will happen in the Fall with return-to-school and return-to-dance. We know parents have a lot of questions about health and safety protocols and we want to assure you, that our faculty and students are our number one priority. In partnership with nine other dance teachers across Ontario, Miss Rebecca has co-authored the health and safety protocols on reopening dance studios in Ontario. These protocols were submitted to the Ontario government and are now being used as guidelines for dance studios across Ontario. Miss Rebecca is also one of the founding members of Dance Safe Ontario. This means Dance Extreme is among the most informed studios in Ontario on the necessary protocols for re-opening and we have been working with our local health unit on our plan to re-open the studio.

We will continue to share details on the protocols as we receive further information from government officials and the health unit. Stay tuned for an informative video for dancers and families to watch prior to classes starting.

The first few weeks of classes are an exciting time for dancers, their grown-ups and our teachers. As a reminder, this is also an assessment period. While we do our best to place students in the most appropriate class, the teacher may recommend a change after having the opportunity to observe each dancer's skill and ability. We expect the first couple of weeks to be a little hectic, but rest assured once the dancers have settled into their classes, everything will run smoothly! If a change is recommended, please know we are committed to doing what is in the best interest of every dancer and we will do our best to accommodate both the dancer's and their grown-up's schedules. With six studios, all in one location, we offer a wide selection of classes seven days a week to ensure students can take the most ideal class for their age and ability.

Thank you to all our dancers, DX families and teachers for helping make Dance Extreme what it is today. We're looking forward to celebrating 25 years of Dance Extreme with all of you!

Miss Rebecca
Owner and Artistic Director

Miss Richelle
Assistant Artistic Director

Sharon Colvin
Office Manager

PS: Be sure to follow us on Facebook and Instagram, as we share lots of news, updates and in-studio happenings on social!

Facebook: <https://www.facebook.com/DanceExtremeInc/>



Instagram: <https://www.instagram.com/danceextremeinc/>

Important Dates		
First Week of Classes	<ul style="list-style-type: none"> September 18-23, 2021 	We can't wait to see you at the studio!
Picture Day (Dance Troupe)	<ul style="list-style-type: none"> June 4, 2022 	Exact times and further information will be emailed in April 2022.
Picture Day (Training Classes)	<ul style="list-style-type: none"> June 5, 2022 	Exact times and further information will be emailed in April 2022.
Recital Dress Rehearsals	<ul style="list-style-type: none"> June 8-9, 2022 	Exact times and further information will be emailed in April 2022.
Recital 2022	<ul style="list-style-type: none"> June 10-12, 2022 	Recital 2022 will be held at The Grand Theatre. Exact times and further information will be emailed in April 2022.
Dance Extreme will be Closed for the Following Holidays	<ul style="list-style-type: none"> Thanksgiving: Friday, October 8, 2021 – Monday, October 11, 2021 (classes resume Tuesday, October 12, 2021) Christmas: Sunday, December 19, 2021– Sunday, January 2, 2022 (classes resume Monday, January 3, 2022) Family Day: Monday, February 21, 2022 <i>Please note we are open Saturday this weekend</i> March Break: Tuesday, March 8-18, 2022 <i>Please note we will be open Monday, March 7th to make up for holiday closures</i> (classes resume Saturday, March 19, 2022) Easter: Friday, April 15, 2022 – Sunday, April 17, 2022 (classes resume Monday, April 18, 2022) Victoria Day Weekend: Friday, May 20, 2022 – Monday, May 23, 2022 (classes resume Tuesday, May 24, 2022) 	

What To Wear To Class			
<p>At Dance Extreme, we are fully committed to supporting and encouraging our diverse community of dancers to be their most authentic selves. The below table lists required dance wear, tights and shoes based on what is traditionally worn by feminine-presenting persons (she/her), and what is traditionally worn by masculine-presenting persons (he/him). We recognize and honour each individual dancer's right to choose whichever garments they feel most comfortable in.</p>			
Class	Dance Wear	Tights	Shoes
Creative Movement (2.5-3.5 years)	<ul style="list-style-type: none"> She/Her - Pink short sleeved leotard He/Him - Plain white t-shirt and black athletic shorts 	<ul style="list-style-type: none"> She/Her - Pink ballet tights He/Him - Black socks 	<ul style="list-style-type: none"> She/Her - Pink leather ballet shoes He/Him - Black leather ballet shoes

Movers & Shakers and Tumblers (4-5 years)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel stirrup tights • He/Him - None required 	<ul style="list-style-type: none"> • Bare feet only
Pre-Dance Combo Classes (5-6 years) (Ballet, Jazz and Tap)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel footed tights • He/Him - Black ankle socks 	<ul style="list-style-type: none"> • She/Her - Caramel Tap Shoes and Pink Ballet Shoes • He/Him - Black Tap Shoes and Black Ballet Shoes
Pre-Dance Classes (5-6 years) (Ballet, Jazz, Tap, Acro and Hip-Hop individual classes)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel stirrup tights for all classes • He/Him – White ankle socks except bare feet for Acro 	<ul style="list-style-type: none"> • Pre-Ballet – She/Her -pink ballet shoes • Pre-Ballet – He/Him - black ballet shoes • Pre-Jazz and Pre-Hip Hop – She/Her - caramel jazz shoes • Pre-Jazz and Pre-Hip Hop – He/Him – black jazz shoes • Pre-Tap – She/Her - caramel tap shoes • Pre-Tap – He/Him – black tap shoes • Pre-Acro - none required. Bare feet only
Pre-Primary Ballet (Ages 6-7)	<ul style="list-style-type: none"> • She/Her - Pink short sleeved leotard • He/Him - Plain white t-shirt and black athletic shorts 	<ul style="list-style-type: none"> • She/Her - Pink tights • He/Him - Black ankle socks 	<ul style="list-style-type: none"> • She/Her - Pink leather ballet shoes • He/Him - Black leather ballet shoes
Cecchetti Ballet (Primary Ballet and All Graded Ballet classes Ages 7-up & Recreational Ballet Ages 9-up)	<ul style="list-style-type: none"> • She/Her - Black tank-style leotard • He/Him - Plain white t-shirt, black fitted shorts for those under 8 years and ballet tights and dance belt ages 9 and over 	<ul style="list-style-type: none"> • She/Her - Pink tights • He/Him - Black socks 	<ul style="list-style-type: none"> • She/Her - Pink ballet shoes (leather or canvas) • He/Him - Black ballet shoes (leather or canvas)
Notes Regarding Pointe Classes: <ul style="list-style-type: none"> • Students must be approved by ballet teacher prior to registration • Pointe shoes MUST be approved by teacher prior to sewing on ribbons 			
Jazz (Ages 6-up)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel footed tights for junior • She/Her - Black tights for intermediate & teen • He/Him – Black ankle socks for all ages 	<ul style="list-style-type: none"> • She/Her - Caramel shoes for junior • She/Her - Black shoes for intermediate & teen. • He/Him - Black jazz shoes for all ages

Tap (Ages 6-up)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts. 	<ul style="list-style-type: none"> • She/Her - Caramel footed tights for junior • She/Her – Black tights for intermediate & teen • He/Him - Black ankle socks for all ages 	<ul style="list-style-type: none"> • She/Her - Caramel shoes for junior • She/Her - Black shoes for intermediate & teen • He/Him - Black jazz shoes for all ages
Acro (Ages 6-up)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel stirrup tights for all ages • He/Him - None 	<ul style="list-style-type: none"> • All – Bare feet only
Musical Theatre (Ages 6-up)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel tights for junior • She/Her - Black tights for intermediate & teen • He/Him - Black knee socks 	<ul style="list-style-type: none"> • She/Her - Caramel shoes for juniors • She/Her - Black shoes for intermediate & teen • He/Him - Black jazz shoes
Hip Hop (Ages 6-up)	<ul style="list-style-type: none"> • Comfortable sweats or dancewear of any colour • No jeans or any clothing/ jewelry that may be hazardous while dancing 	<ul style="list-style-type: none"> • None required for class • NOTE: She/Her will require tights for recital 	<ul style="list-style-type: none"> • She/Her - Caramel jazz shoes for junior • She/Her - Black dance sneakers or black jazz shoes for intermediate & teen • He/Him – Black dance sneakers or black jazz shoes for all ages • All - NO running shoes or street shoes allowed
Contemporary (Ages 9-up)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel stirrup tights for recital • He/Him - none 	<ul style="list-style-type: none"> • All – No shoes required. Bare feet only
Lyrical (Ages 9-up)	<ul style="list-style-type: none"> • Comfortable dance wear of any colour • No sweats or baggy t-shirts 	<ul style="list-style-type: none"> • She/Her - Caramel stirrup tights for recital • He/Him - none 	<ul style="list-style-type: none"> • All - Foot thongs, foot paws or foot undez
Fitness Classes (Ages 7-up)	<ul style="list-style-type: none"> • Comfortable sweats or dancewear of any colour • No jeans or any clothing/ jewelry that may be hazardous while dancing 		<ul style="list-style-type: none"> • All – Indoor running shoes that have not been worn outside

Important Information



Hair: Hair must be tied back securely for all dance classes. Please use a proper hair elastic. For ballet, female students must have their hair secured in a ballet bun. A bun tutorial can be found on our website.

Belongings: Dance Extreme Inc. is not responsible for lost or stolen articles. Please put your name on all articles especially on the inside of dance shoes. Please leave jewelry and valuables at home. If you need to bring them to the studio, please leave them in the office during class. Lockers will not be available until further notice.

Missed Classes: We understand everyone misses classes for one reason or another, but it is important to attend your regularly scheduled class either in studio or via Zoom (details on Zoom classes below). There are no make up classes.

Graded Ballet & Pointe: Students in Grade 3 ballet or higher must be taking a minimum of two ballet classes per week.

Students who would like to take Pointe must be enrolled in a minimum of two ballet classes per week and receive permission from our Ballet Director.

Tuition Information: The annual tuition fee is divided into 10 equal payments – one for each month your child comes to classes (September-June).

Class Cancellation: Dance Extreme Inc. reserves the right to combine or change classes in the event of low attendance. Parents will be notified of all changes. A minimum of six dancers is required to run a class. Dance Extreme Inc. reserves the right to cancel classes due to inclement weather or other emergencies. No make up classes will be issued. In the event a teacher is absent, all efforts will be made to find a replacement.

Dropping A Class: Although you enroll for a full season, we do allow students to drop classes (but this is not encouraged!). If you inform us by the 15th of the month you have no further obligations. If you inform us after the 15th of the month, you are responsible for the next month's payment. **There are no refunds after December 15, 2021.** Please remember that a cancellation form must be completed and handed into the office – not your child's instructor. See below for more information on our Refund Policy.

Refund Policy: Registration fees are non-refundable.

Cancellation, at any time and for all programs, must be directed to our office and a cancellation form must be completed (please download from the website).

Prior to December 15, 2021, a refund request form received **prior** to the 15th of the month will have all months to follow cancelled minus the \$25 cancellation fee per class.

Prior to December 15, 2021, a refund request form received **after** the 15th of the month will be responsible for the following month payment, all months to follow cancelled minus the \$25 cancellation fee per class.

There will be no refunds for recreational/technique classes after December 15, 2021.

Recreational and competitive costume deposits are non-refundable after October 30, 2021. Costumes deposits must be paid at the time of registration.



Dance Passes are non-refundable and non-transferable after September 20, 2021. Please come see us in the office for more information.

There will be no refunds for dance troupe choreography after choreography has been started. If you paid for the year in one complete payment, and receive our early payment discount, all of the above policies apply in regard to withdrawal dates. In all cases, your refund will be based on the full class fees.

If you discontinue or switch classes at any time or any reason, a completed refund request form or request to transfer form is required to notify Dance Extreme and a \$25 cancellation fee will be charged per class.

We regret that if for any reason monies are outstanding to Dance Extreme, your dancer will not be permitted to participate in the year-end show or permitted to enroll at Dance Extreme in the future.

**What You Can Expect
This Season Due to
COVID-19:**

Please note: The information listed below is based on current government regulations and are subject to change as more details on requirements and guidelines are released.

Everyone entering and exiting Dance Extreme will be required to use hand sanitizer (it will be provided).

We have staggered start and end times to reduce the number of students entering and exiting the building at one time.

We have created social/physical distance boxes in each of our studios, using colourful tape to help guide students and to practice our rights and lefts.

All students will come dressed, ready for class. Students will require a dance bag for their dance shoes, water bottle and to put their outside clothing in. This bag will remain with students as the change rooms are currently closed.

Creative Movement, Movers and Shakers, Tumblers and Pre-Acro students require a parent or caregiver in class with them. This is to assist younger children with social/physical distancing and for grown-ups to assist children with Acro skills.

Only one parent/caregiver will be permitted into the studio for children in Creative Movement, Movers and Shakers, Tumblers and all Pre-Dance Classes (NEW *Pre-Dance Combo Class, Pre-Ballet, Pre-Jazz, Pre-Tap, Pre-Acro and Pre-Hip Hop). No other parents, caregivers or family members (including siblings) will be allowed into the studio.

Parents/caregivers must complete an online health waiver for their child every day their child comes into the studio. Parents and caregivers must also complete the online health waiver for themselves when accompanying their children to Creative Movement, Movers and Shakers, Tumblers, Pre-Acro and Pre-Dance classes.

Any parent/caregiver coming into Dance Extreme must wear a mask. If you are participating in a class, you may lower your mask once you are in your space in the studio with your dancer.



If a child or anyone in the household is unwell, the child is not permitted to attend class. In this instance, children will be encouraged to participate in class via Zoom at home.

All dance classes will be broadcast via Zoom. A private Zoom link will be provided for parents to view their child's class from outside the studio.

Class sizes are limited depending on the size of the room. To ensure access to dance classes for dancers who are unable to regularly attend in-studio classes, a selection of classes will be offered via Zoom at a 20% discount (these classes will not participate in our end-of-the-year recital).

If Dance Extreme is required to suspend in-studio classes due to an Emergency Declaration or other required closure(s), all dance classes will continue via Zoom. Clients will continue to pay for classes and will receive a 20% discount on their fees.

We will implement any other safety protocols required by the government and/or the health unit.

Studio Rules

1. Students must have the proper dance attire required for each class. Hair must be tied back and no jewelry is permitted, including watches. No outdoors shoes will be allowed on the dance room floors or past the front tiled lobby area.
2. At the discretion of the teacher, a student may be asked to leave the class. In this instance, the student will be taken to the office and the parents/caregivers will be contacted.
3. No one is to leave the classroom without permission.
4. A 15-minute grace will be allowed for latecomers. However, due to safety (ex: lack of warm up) and class disturbance, students may not join a class in progress after this time.
5. Please do not disturb a class in progress. If there is an urgent matter, please ask the office to relay a message.
6. Due to COVID-19, dancers will keep their belongings with them in the classroom at all times and will not use the change rooms. Dancers will not change outfits between classes. Dancers are not permitted to use the restrooms to change.
7. Due to COVID-19, dancers are only permitted to bring a water bottle, dance shoes and clothing in a bag into the studio. Dancers with more than one class in the same day are permitted to bring snacks. Dancers are discouraged from bringing phones and personal electronic devices to the studio. If, however, these items are required by dancers, they are asked to keep them off while in the building to help avoid touching of personal devices unnecessarily.
8. Water in a sealable container is the only beverage allowed in the classroom.
9. This is a peanut free environment. Please help us ensure the safety of all our students. Do not bring any peanut products to the studio.
10. Due to COVID-19, only parents or caregivers over the age of 16 years old of Creative Movement, Movers and Shakers, Tumblers, Pre-Acro and Pre-Dance children will be allowed in the building. One parent or caregiver per child, no siblings allowed.
11. If your child has a break between classes, parents are responsible for the care of their child. If your child is spoken to regarding their behaviour on breaks numerous times, due to COVID-19, you will be required to pick-up your child during breaks as only parents or caregivers over the age of 16 years old of Creative Movement, Movers and Shakers, Tumblers, Pre-Acro and Pre-Dance children will be allowed in the building.
12. All dance classes will be broadcast via Zoom. A private Zoom link will be provided for parents and caregivers to view their child's class from outside the studio.
13. Please make sure your children clean up after themselves all around the studio.
14. No gum is permitted.



Annual Year-End Performance

The annual year-end recital is an exciting event where each student is given the opportunity to perform on stage at the Grand Theatre. This dance performance allows parents, relatives and friends the opportunity to cheer on their dancer and see all forms and all levels of dance taught at Dance Extreme. Students are not required to participate in recital. If you prefer your child not participate in our annual recital, please indicate this on your registration form.

If you plan to participate in the year-end performance, please consider the following:

- One number will be performed in the show for every class your child is enrolled. Every number will wear a costume requiring a \$60 deposit at the time of registration. Students enrolled in two graded or recreational ballet classes will only require one costume. The balance is paid when the costume is received (March-June).
- All Creative Movement, Movers & Shakers, Tumblers and Pre-Dance costumes are a maximum of \$85.
- All Junior costumes are a maximum of \$90.
- All Intermediate costumes are a maximum of \$95.
- All Teen costumes are a maximum of \$100.
- For our year end performance, tights are the responsibility of the student and you may be required to purchase tights in a specific colour/style. We expect most classes to use the shoes required for class to accompany their costume.
- We do not take costume deposits for Adult classes. For those adults who chose to participate in the recital, they must organize their own costumes.
- Costume deposits must be paid at the time of registration.
- Costume deposits are non-refundable after October 30, 2021.
- He/Him: You may be required to provide pants and/or shirt for your recital costume. This will be confirmed in the Spring at which time it will be determined if there is a credit owed to you.
- All classes perform in 1 of the 4 performances.
- For dancers with multiple classes and for families with multiple dancers we try our very best to put their numbers in one performance for you. Unfortunately, we cannot guarantee this.
- Tickets for the year-end performance are purchased through online ticket company. Student tickets are \$23+HST and adult tickets are \$25+HST. If your child is only dancing in one half of the show and you would like them to watch half the show from the audience, they will require a ticket.

Thank You!

From all of us, thank you for choosing Dance Extreme. We look forward to welcoming you and to celebrating 25 amazing years together. If you have any questions or concerns at all, please come and speak with us at the office. We're always happy to hear from our Dance Extreme families and dancers.