



A PARENTS GUIDE

In Starting Dance Class on the Right Foot

At MCDA, our goal is to be sure every student is excited about dance class, from the start. This guide will help you and your dancer know what to expect and make sure that your dancer feels prepared and confident.

- Please arrive 5-10 minutes early so that your dancer has time to prepare for class and use the restroom. Going to the restroom prior to class is very important as it minimizes disruptions and anxiety.
- Magic Movers & Go-Go Groovers wear both tap shoes and ballet shoes. Please make sure that your dancer's name is on their shoes. Each student should have a bag (with their name on it) to help keep all belongings together. Teachers and student assistants will help change shoes in the dance room. Hip-Hop/Flip-Flop will need black dance sneakers and bare feet.
- It is very common to have a few tears the first week or two of classes. Try do not to worry. Going into the dance room without mom or dad is can be a bit scary at first. Dancers will get more and more comfortable and confident as they grow and learn.
- Ask your children what they learned in class. What steps did you do in ballet today? Did you play a game or use fun pops or toys in class today? Let your dancers perform or show off their moves, even if they are making it up. Our young dancers learn so much in class. We offer a wide variety of dance steps and games to inspire their busy bodies and minds.
- Relax and trust our amazing teachers and staff. Each teacher spends a lot of time training, preparing class material, and creating exciting lesson plans for each class. Keeping dancers engaged and having fun is our top priority. Please email us if you have questions or need help.

Thank you for entrusting your child's dance education with us, and welcome to the MCDA family!

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