

FREQUENTLY ASKED QUESTIONS

WHY SHOULD I ENROLL MY CHILD IN DANCE CLASSES? Studies show that dance connects creative movement with cognitive, social, psychological, and academic benefits positively impacting child development. Dance allows children to improve through practice, which develops self-discipline, leading to demonstrable improvements and boosting self-esteem.

Although occasional anxieties are normal, many kids today are feeling anxious and are still learning to cope with complex feelings. Their brains are not fully developed. Physical movement such as dance has been scientifically proven to relieve anxiety and improves psychosocial well-being.

Learning to cope with big feelings like disappointment, frustration, grief, or even positive feelings like excitement and joy, can sometimes lead to acting out in ways that are unproductive. Dance helps kids to redirect feelings into physical and/or artistic self-expression.

The wild-child behavior associated with toddlers and preschoolers is how they test and set boundaries and express their feelings. Participation in guided physical activities with other children, like dance and creative movement, helps improve behavior in preschoolers, helping them understand how to behave in a group and relate to others.

Cognitive development requires thinking, learning and exploring to gain new knowledge and skills and improve problem solving abilities and understanding the world around. Dance requires psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration in support of cognitive development in children.

"WHY SHOULD I PAY FOR DANCE CLASSES?" WHY I DON'T PAY FOR DANCE ANYMORE!

The other night someone asked me "Why do you pay so much money for your girls to dance?" Well, I have a confession to make, I don't pay for dance. Personally, I couldn't care less about dance. I grew up in a family of 4 boys and no girls. The "Nutcracker" was something you did on a dare off the high dive at the pool or something you unpleasantly surprised your brother with. Up until the day I met my wife if I were asked to go to Swan Lake I would have asked if we were water skiing or fishing.

So, if I am not paying for dance what am I paying for?

I pay for those moments when my daughters become so tired, they want to quit but don't. I pay for those days when my daughters come home from school and are "too tired" to go dance but go anyway. I pay for my daughters to learn to be graceful. I pay for my daughters to learn to take care of their body. I pay for my daughters to learn to work with others and to be good teammates. I pay for my daughters to learn to deal with disappointment, when they don't get that part they hoped for, but still have to work hard at the part that they received. I pay for my daughters to learn to make and accomplish goals. I pay for my daughters to learn that it takes hours and hours and hours and hours of hard work and practice to create something beautiful, and that success does not happen over-night. I pay for the opportunity my daughters have and will have to make lifelong friendships. I pay so that my daughters can be on stage instead of in front of a screen...

I could go on but to be short, **I don't pay for dance, I pay for the opportunities that dance provides my daughters to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far, I think it is a great investment! I just think it is important to realize what we are really paying for.** Shad Martin, Especially for Athletes

WHAT CLASSES ARE OPEN FOR KIDS OR ADULTS ? Go to <https://www.enavantwy.com/test-2> our website. All open classes are listed and grouped by style or type. Ages for each class are listed after the time.

HOW OLD MUST STUDENTS BE? DO YOU TAKE BEGINNERS OR BOYS? WHAT SKILL LEVELS ARE AVAILABLE? Students may begin dancing at age 3 if they are ready. Sign them up for a free trial class to help determine if they are ready. Everyone is welcome regardless of gender identity or skill level. Our very well dance trained and educated teachers are excellent at teaching beginners and working with more advanced level students as well as making moderate accommodation for various challenges.

WHAT DO CLASSES COST – WHAT ABOUT DISCOUNTS – WHERE CAN I FIND TUITION AND FEES? There is an annual one-time per student registration fee of \$40 and a monthly tuition amount per class. Tuition payments are a 10-month commitment and must continue to be paid through June even if a student does not perform. Price depends on class type and length. **There is a 10% discount per student for each additional class after the 1st.** There is no family discount. Monthly tuition per class is listed at the end of each class in the list provided in the classes list on the En Avant web page . <https://www.enavantwy.com/test-2> Additionally, for each student who chooses to perform in the annual benefit there is an annual performance fee of \$15 and costume fee for each costume. Costume prices depend on the type of class and are listed in the handbooks found on the website under parent/student info and performance tabs.

IS THERE A REFUND POLICY – AT EN AVANT DANCE THERE ARE NO REFUNDS.

WHEN DO CLASSES START AND END- ARE THERE WEEKEND CLASSES? Classes begin in September on the 2nd Monday after Labor Day and end in early June before the spring performance. Go to the website . <https://www.enavantwy.com/test-2> Beginning and end times are listed for each class. Class length may be longer for more advanced classes. Some years it is necessary to add weekend classes, other years it is not.

WHAT SHOULD MY CHILD WEAR FOR A TRIAL CLASS? Dancers may wear any loose-fitting clothing that is comfortable. For a trial class students may wear socks or bare feet or shoes that have not been worn outside. We ask that dance shoes not be worn outside to protect the other dancers and

the floors. For information about what to wear, go to the website <https://www.enavantwy.com/dress-code> . Specific requirements for each class are provided.

CAN A PARENT/GUARDIAN WATCH A CLASS OR TRIAL CLASS? There are 2 cameras in each dance space and a large screen available for viewing from our main office. We have a closed classroom policy because many students are uncomfortable being watched by strangers. We have 2 observation weeks each year so that parents and guardians may observe their students' progress.

SHOULD MY CHILD TAKE MORE THAN 1 CLASS? IS THERE A LIMIT TO THE NUMBER OF CLASSES MY CHILD CAN TAKE? We recommend taking at least two classes per week and preferably three if time and schedules allow for it to ensure minimum activity levels recommended by experts. . We require enrollment in Pointe and Contemporary to include at least 2 other classes per week. En Avant Dance offers a 10% discount for each additional class taken. Experts recommend that children and adolescents ages 6 to 17 get at least 60 minutes of physical activity every day, including a mix of aerobic, muscle-strengthening, and bone-strengthening activities, all of which come with dance. Dancing provides both aerobic and anaerobic fitness. Running only targets aerobic. Resistance training targets anaerobic. Both types are important, and our bodies need a combination for maximum health

Dancing engages the full body and mind with both aerobic and anaerobic movement. Dancing improves heart and lung health, balance, and coordination and strengthens muscles. Dancing helps reduce stress and depression, improve mood, and increase self-esteem. It can also help develop social skills and make new friends.

Finally, when dancing, kids are engaged in actual real life experience. There is nothing virtual or artificial going on and they are not watching a screen which likely takes up far too much of their time on a weekly basis.

DO YOU SELL DANCE CLOTHING? The Dancer's Bag located within our main office is Cheyenne's premier dance store with everything you need for all your dance classes. Stop by Monday through Thursday from 3:30 to 6 to check-out the offerings or get assistance with shoe fittings. You may order branded t-shirts, sweatshirts, water bottles and other items through our online [storehttps://enavantwy.itemorder.com/shop/home/](https://enavantwy.itemorder.com/shop/home/)

WHAT IF YOU DON'T HAVE THE SHOE SIZE I NEED? We try to keep popular sizes on hand but do order shoe sizes as needed. There may be a wait of a few weeks.

WHAT IS EXPECTED OF MY CHILD? IS THERE A CODE OF CONDUCT?
CODE OF CONDUCT

En Avant Dance provides an environment that is supportive, encouraging and conducive to learning. To insure all our students, have an enriching and enjoyable experience students are expected to be respectful of teachers, classmates and themselves. Students are encouraged to immediately speak to a teacher if they are having an issue with another student or their course work. Students are expected to be on time, dress properly and have a good attitude. If problems arise, the student may be asked to sit down or leave the class. For their own safety, students arriving 15 minutes late for class may be asked to watch instead of participating. If a teacher experiences repeated dress code and/or conduct violations, parents will be notified and appropriate actions will be taken.

HOW CAN I GET A PRINTED COPY OF THE PARENT/STUDENT AND PERFORMANCE HANDBOOKS? You may pay for and order a printed two-sided copy of the parent student handbook for \$25. A printed copy of the program must be ordered by May 30 for \$20 – send an email to dance@enavantwy.com or go to the office to pay for and order your copy. We print off site so it will take a few days before we have it available for you to pick up your printed copies in the office.

WHAT HAPPENS IF THE SCHOOLS CLOSE FOR WEATHER? En Avant Dance reserves the right to substitute or change teachers or schedules, if necessary, at any time throughout the year. As much warning as possible will be provided regarding cancellations or schedule changes.

- In the event of public-school closures, En Avant Dance staff will monitor weather situations and provide updated information via email for morning classes and phone message and on Facebook by 1pm in the afternoon for afternoon classes.
- Please do not come to class or send your student if you feel conditions make it necessary to miss.
 - Students may attend another class as make-up for a class missed due to a holiday, snow day or illness. Email dance@enavantwy.com if your student will attend a make-up at a similar level so that the teachers can be notified of students attending make-up classes.

IS PERFORMANCE REQUIRED? HOW MUCH ARE COSTUMES? Performance is not required. In addition to costume costs there is a performance fee, and tickets must be purchased from the Cheyenne Civic Center.

Costume prices for 2025 performance - Pre-dance, Tot-Hop, Tot-Cheer, Tumbling, Ballet 1 & 2, Tap 1 & 2 and Jazz 1 costume price is \$70 for each costume. All other costumes are \$90. A costume must be purchased for each class in which a student performs.

WHY DO I HAVE TO BUY TICKETS FOR THE ANNUAL PERFORMANCE? Charging for tickets is a standard industry practice to help cover the costs of holding an annual performance and increase revenues. Unlike most studios En Avant does not use performance as a revenue source. Instead in our commitment to functioning as a cultural resource En Avant partners with the Cheyenne Civic

Center to allow students and their families to share the accomplishments of their students with the entire community in a benefit for a selected local non-profit each year.

HOW DO I GET PERFORMANCE TICKETS? Each year En Avant arranges for students and their parents to purchase discounted tickets in advance of the box office opening ticket sales to the public. In late November parents will be provided a code to use when ordering their discounted tickets. If you need the code after it has been sent you may contact the office and leave a message so that someone can call you back. 307-634-9945

WHICH PERFORMANCE IS MY CHILD IN? En Avants spring performances are divided by age groups with the youngest dancers and a few beginning classes with somewhat older students performing at 2pm in a Saturday afternoon performance lasting approximately an hour and a half. Older and more experienced students perform at the 6pm performance on the same Saturday evening. Some students taking multiple classes may be required to perform in both the afternoon and evening performances. All classes perform only once. A list of which classes are performing in the afternoon and evening performances will be posted on the En Avant website <https://www.enavantwy.com/performances> as soon as we have the program lists for each performance.

WHAT COLOR TIGHTS ARE REQUIRED FOR MY STUDENT FOR PERFORMANCE? A list of tight colors for each class will be made available on the performance page on our website as soon as we have determined what is needed for each class. <https://www.enavantwy.com/performances> You will be able to purchase required tight colors at the Dancer's Bag.

CAN A STUDENT/SELF-SWITCH A CLASS? Yes, students may switch classes but must talk to Miss Tenacity before doing it to make sure all financial, database and other issues are addressed.

WHAT HAPPENS IF I WANT TO DROP A CLASS? Monthly tuition installments remain the same even if the student has opted out of spring performance. June installment payments must be paid regardless of whether students are performing or not. Parents/students must contact En Avant in writing at least one month in advance to discuss issues that may prevent a student from remaining in class. Dropping out without completing tuition payments could result in having remaining tuition due turned over for collection.

WHEN IS THE RECITAL? En Avant Dance holds **spring benefit performances** on a Saturday in mid-June. There is an afternoon performance for younger students and an evening performance for older and more advanced students. (<https://www.enavantwy.com/performances>)

A dance recital is a basic, streamlined, stripped down presentation that allows each dance class one after the other to perform on stage. Lights remain the same for every dance number and often

lights are not even dimmed between dances. Recitals often feel run together leaving no time for reflection or processing between dances. Although dancers wear costumes and make-up, recitals can feel flat and lacking the magic, illusion and delight provided by carefully produced dance performances.

En Avants annual spring benefit performance is more than a recital. Spring performances feature an Emcee, and every class has its own specially designed unique lighting that includes dramatic cross lighting and coordinated colors with top and gobo lighting on a scrim. Special and sound effects are also added as appropriate. En Avant students have the enriching experience of being part of a dance performance that benefits a different community group each year and is open to the public, sharing the achievements of our students with the entire community rather than just friends and family.

DO YOU RENT SPACE, HOW MUCH DOES IT COST, WHAT ARE THE RULES? EN Avant Dance rents space at an hourly rate outside of the hours the studio is in use for classes. Go to our website <https://www.enavantwy.com/rentals-and-private-lessons> for rental rates and instructions on how to rent a studio space.

WHY DOES MY HAIR HAVE TO BE IN A BUN OR TIED BACK FOR DANCE?

Ballet requires hair in a bun because

- Helps to center balance.
- Constantly brushing hair away is a distraction and can become muscle memory incorporating the 'brush away' at hair as part of every learned combination.
- Ponytails can interfere with turns because hair whipping you in the face. Wincing and eye closing during spotting can be a safety hazard.
- Some of what is being learned is how to follow rules and respect them.

WHY DO I HAVE TO WEAR A LEOTARD AND TIGHTS FOR BALLET?

Ballet dancers wear leotard and tights because

- The Anterior Superior Iliac Spine (or ASIS) are the two bony knobs on the front of your hips AND the Posterior Superior Iliac Spine (PSIS) are the two knobs behind above your glutes (right inside the dimples). The teacher needs to see these bones on a dancer to see if their student has proper hip alignment.
- If these bones are not lined up, there is a high chance the student will end up over-tucking, forcing rotation, and hurting themselves.
- Teachers can't see the bones if the student is wearing shorts, a skirt, or a long shirt covering them.
- If a student is wearing leg warmers or sweatpants, the teacher cannot see if the rectus femoris is activated properly (active without gripping).

- Seeing the knee over the toes, and if the knee is straight or bent are important to avoid blown kneecaps and dancers out or in a compression boot for a year.
- Ankles and feet are the foundation of the rest of the body. If the ankles are pronated, supinated, domed, or if the toes are gripping the floor and the teacher can't see it, the dancer is at risk.

WHY IS EN AVANT DANCE A NON-COMPETITION STUDIO? AT EN AVANT DANCE WE believe a dancers first dance experiences should allow dancers to explore their passion and build a foundation in technique and skill as a joyous artistic expression of self, not just an athletic feat focused on winning competitive prizes and awards. We want to give everyone their best chance to experience the joy of dance. Because the stress and anxieties of competition can, for some, lead to low self-esteem, bullying, rivalries, favoritism, financial stress and more we choose not to expose our students to the subjective, confusing and constantly shifting scoring of competitive dance.

En Avant training procedures focus on inclusive, safe dance spaces, proper warm-ups, positive teaching tips and corrections to help dancers correct their posture and alignment as necessary with respect for each dancers body and ability. We don't encourage pursuit of extreme flexibility or "over splitting", (pushing the legs past a 180-degree split) which often are in high demand for competition. Forcing flexibility and overstretching can be dangerous and lead to long term joint problems and lasting pain. Sustainable practices avoid premature injury and emphasize mental health awareness as keys to an enriching, positive dance experience. Students at En Avant Dance receive careful instruction with attention to their mental, emotional, as well as physical needs.

WHEN DO SUMMER CLASSES BEGIN? Registration for summer classes begins in March. Classes begin in June. Dates will be posted when the summer schedule is made available at the En Avant Dance website in March.