BLOOM & GROW

MINI SESSIONS

2023 SEASON

VELOCITY
DANCE CENTER

BLOOM & GROW MINI SESSIONS

Our Bloom & Grow Mini Sessions are designed for dancers trying dance class for the first time, trying a new style class, or wanting to continue their lessons. These classes are perfect for dancers wanting a shorter commitment to dance.

Session #1 April 11 – May 2	Session #2 May 9 – May 23	Session #3 June 28 – July 20

SESSION #1 APRIL 11 – MAY 2

Class	Day	Time	Cost
PreSchool Leap N Learn	Tuesday	5:45 – 6:30 PM	$72
K/1 Leap N Learn	Tuesday	6:30 – 7:15 PM	$72

SESSION #2 MAY 9 – MAY 23

Class	Day	Time	Cost
PreSchool Leap N Learn	Tuesday	5:45 – 6:30 PM	$72
K/1 Leap N Learn	Tuesday	6:30 – 7:15 PM	$72

SESSION #3 JUNE 28 – JULY 20

Class	Day	Time	Cost
2nd/3rd Ballet	Wednesday	5:45 – 6:45 PM	$96
2nd/3rd Jazz/Hip Hop	Wednesday	6:45 – 7:45 PM	$96
4th – 6th Jazz/Hip Hop	Wednesday	5:45 – 6:45 PM	$96
4th – 6th Ballet	Wednesday	6:45 – 7:45 PM	$96
Dance With Me	Thursday	5:30 – 6:00 PM	$48
PreSchool Leap N Learn	Thursday	6:00 – 6:45 PM	$72
PreSchool Hippity Hop	Thursday	6:45 – 7:30 PM	$72
K/1 Jazz/Hippity Hop	Thursday	6:00 – 6:45 PM	$72
K/1 Leap N Learn	Thursday	6:45 – 7:30 PM	$72

WELCOME TO THE VELOCITY DANCE CENTER COMMUNITY!

We are excited to have you joining us! Our mission is to grow great kids through dance. There has never been a more important time to invest in arts education for your child. Our dance programs take the whole child into consideration and we are excited to have you as a part of our Velocity Dance Center Community this season. With a variety of classes and programming each student can find their own adventure with us. In addition to classes, we also offer a variety of family and community events throughout the year.

Velocity Dance Center is a licensed affiliate and the **Oklahoma Charter Member of More Than Just Great Dancing®**. This means we have a high standard of dance instruction and management practices. Miss Meghan is a MTJGD Certified Coach and coaches other studio owners across the US and Canada. MTJGD members are united under the belief that dance has the power to change lives.

More Than Just Great Dancing!™
Affiliated Dance Studios

Velocity Dance Center puts the physical and emotional well-being of the community at the forefront of everything we do. That is why Velocity Dance Center is a **Safer Studio™**. Velocity Dance Center has implemented a hierarchy of measures to ensure the safety of our dancers, instructors and community.

WE FOLLOW THE SAFER STUDIO™ More Than Just Great Dancing! GUIDELINES

Velocity Dance Center believes in growing great kids through dance. That is why it is important to us that our team is trained on how to keep kids happy, healthy, and safe through dance. This means our team has been background checked and CPR/First Aid certified. Our team is also trained in injury prevention, emergency preparedness, abuse awareness and prevention, dancer wellness and development, social media safety, nutrition and disordered eating, bullying, and conflict resolution through **Youth Protection Advocates in Dance®.**

YPAD Youth Protection Advocates in Dance®

WE BACKGROUND CHECK

We believe that dance should be fun, safe, and creative. That is why we are a licensed **Leap 'N Learn** studio. Developed by master teacher Beverly Spell and child psychologist Dr. Annie Spell, Leap 'N Learn is an early childhood dance program that teaches ballet to children. This program capitalizes on a child's naturally occurring cognitive and neural development and encourages pretend play in a positive, nurturing environment. Through Leap 'N Learn, your child will develop motor, cognitive, and social skills as well as love – or appreciation – for ballet.

leap N LEARN

We teach kids to Be More! That is why we offer more to our community! We want to keep dancers moving and grooving. That is why we are a Tech Enabled Studio™. What does that mean for you?

- **Virtual Studios:** Dancers can participate in their classes in the studio or from the comfort of their own homes when they can't be in the studio. Each of our classrooms has the ability to run live virtual classes. Each room is set up with a large TV, camera, microphone, and sound board for a great class in the studio or virtually. Please contact the office at least 1 hour in advance so they can connect you to the virtual studio.
- **Live Streaming:** We believe in transparency and connection. That is why parents and family can view their dancer's classes though the **WatchMeGrow** app. WatchMeGrow's mission is to increase transparency and keep families connected, with the safest and highest quality streaming video camera system available. We love that their values align with ours!
- **Free Wifi:** We have adjusted our IT solutions to be able to accommodate our Virtual Studios and to keep parents connected with free WiFi access. To access our free Wifi, use password **Velocity5678**.

AFFILIATED STUDIO · CHARTER MEMBER · YPAD · WE BACKGROUND CHECK · SAFER STUDIO · TECH ENABLED STUDIO · leap N LEARN

- **Facebook Community:** We have a private Facebook community where parents can stay connected with other VDC families. Please connect to our avatar 'Velocity Dancer' and we will make sure you are a part of our community group.
- **Service by Text Message:** Love to text? We have you covered! We can do business over text, through email, over the phone, or face-to-face.

We have included everything you need to know in our studio info kit. We know starting something new can be stressful; that is why we are here to help! Don't hesitate to reach out to our team. We want you and your dancer to have a great experience at VDC. We look forward to serving you this season!

DRESS CODE

Having a dress code is part of traditional formal dance training. A dress code creates uniformity, helps dancers mentally prepare for class, and allows the teacher to give the students corrections.

Students are expected to **be in dress code for every class**. Hair and shoes are part of the dress code. Dancers are **not permitted to wear jewelry of any kind in dance class** (except for post earrings) for the safety of themselves, the dancers around them, and their teachers. Skirts, whether attached or unattached, are not allowed. Skirts can be a distracting toy for young dancers and hide the body alignment in older dancers.

View the full dress code

Dancers who are not in dress code will receive a reminder note to take home. Dancers are not in trouble if they receive a note! The reminder note is the easiest way for teachers to communicate with parents quickly and easily on dress code matters.

We understand that occasionally a dancer may be out of dress code due to unforeseen circumstances, and we encourage them to attend class anyway.

VDC sells tights and a small selection of affordable leotards. All dancewear and shoes can be purchased at one of the local dancewear stores or online:

Show Biz Dancewear Boutique
4427 NW 63rd Street
Oklahoma City, OK 73116
405-840-4406

Blendz Apparel
blendzapparel.com

Discount Dance
discountdance.com

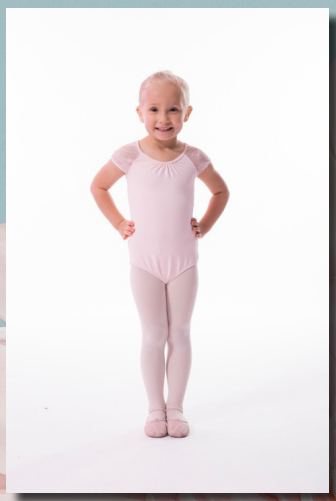
Dancewear Solutions
dancewearsolutions.com

Please see our website for a bun tutorial!

We put our ♥ into it.

DANCE WITH ME & DANCE N LEARN

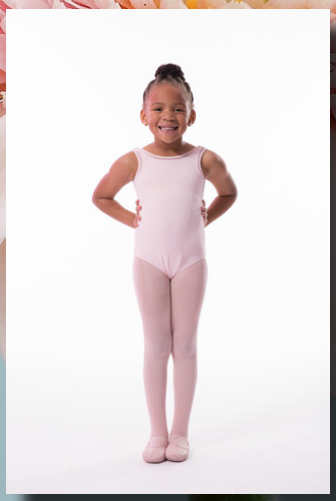
TIGHTS	**Full footed** pink or skin toned **tights** (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **light pink leotard** - **no skirt**
SHOES	Bloch Bunny Hop Ballet Shoes or Blendz skin toned leather ballet shoes
HAIR	Pulled off of face in a secured **bun** or full ponytail with hair elastics, bobby pins, and clips as needed



PRESCHOOL CLASSES

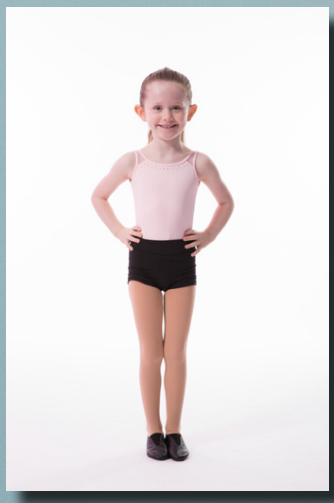
BALLET

TIGHTS	**Full footed** pink or skin toned **tights** (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **light pink leotard** - **no skirt**
SHOES	Optional – Bloch Bunny Hop Ballet Shoes or Blendz skin toned leather ballet shoes
HAIR	Pulled off of face in a secured **bun** or full ponytail with hair elastics, bobby pins, and clips as needed



HIPPITY HOP

TIGHTS	Full footed pink or skin toned tights (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **light pink leotard** with **black dance shorts** or leggings
SHOES	Optional – Black Bloch 401 Jazz Shoes
HAIR	Pulled off of face in a secured bun or **full ponytail** with hair elastics, bobby pins, and clips as needed



BLOCH 401 JAZZ SHOES

BLOCH BUNNY HOP BALLET SHOES

KINDERGARTEN, 1ST, 2ND & 3RD GRADE CLASSES

BALLET

TIGHTS	Convertible or footed **pink or skin toned tights** (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **lavender leotard** - **no skirt**
SHOES	Optional – Bloch Dance Soft Ballet Shoes or Blendz skin toned leather ballet shoes
HAIR	In a **bun** with hair elastics, bobby pins, and clips as needed

JAZZ / HIP HOP

TIGHTS	Optional - full footed skin toned tights (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **lavender leotard** or dance top with **black leggings** or shorts
SHOES	Optional – Tan Bloch 401 Jazz Shoes or Blendz Skin toned jazz shoes
HAIR	Pulled off of face in a secured bun or **full ponytail** with hair elastics, bobby pins, and clips as needed

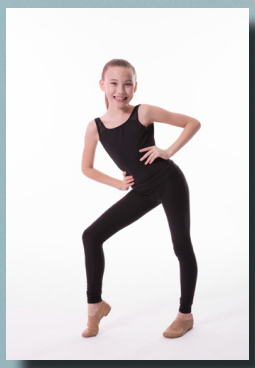
4TH, 5TH & 6TH GRADE / TEEN

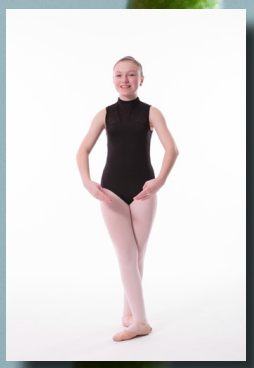
BALLET

TIGHTS	Convertible or footed **pink or skin toned tights** (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **black leotard** - **no skirt**
SHOES	Optional – Pink Leather Bloch Prolite II Hybrid Split Sole Ballet shoes or Blendz skin toned leather ballet shoes
HAIR	In a **bun** with hair elastics, bobby pins, and clips as needed

JAZZ / HIP HOP

TIGHTS	Optional - full footed skin toned tights (tights must be worn over feet in shoes) - **no panties under tights**
ATTIRE	Solid **black leotard** or dance top or fitted VDC T-shirt with **black leggings**
SHOES	Optional – Tan Bloch 401 Jazz Shoes or Blendz Skin toned jazz shoes
HAIR	Pulled off of face in a secured bun or **full ponytail** with hair elastics, bobby pins, and clips as needed





BLACK AND WHITE TENNIS SHOES

BLOCH 401 JAZZ SHOES

TAN MERRY JANE TAP SHOES

BLOCH 205 BALLET SHOES

BOYS CLASSES

HIPPITY HOP OR JAZZ	• Black or white **t-shirt with black jazz pants**, black basketball shorts or black sweatpants • Black Bloch 401 **Jazz Shoes**
BALLET	• Black or white **t-shirt with black jazz pants** or black basketball shorts • Black Leather **Ballet Shoes**
TAP	• Black or white t-shirt with black jazz pants or black basketball shorts • Black Capezio CG17 Fluid Tap Shoes
HIP HOP	• Black or white t-shirt with black basketball shorts or black pants • Black and white Nike tennis shoes

***BOYS AGES 8 AND UP ARE RECOMMENDED TO WEAR A DANCE BELT IN ALL CLASSES**

BLACK AND WHITE NIKE TENNIS SHOES

BLOCH 401 JAZZ SHOES

CAPEZIO CG17 OXFORD TAP SHOES

BLOCH LEATHER BALLET SHOES

BEFORE YOUR FIRST CLASS

Make sure the **paperwork** sent to you from SignNow is complete.

Purchase the correct **dancewear** for your class.

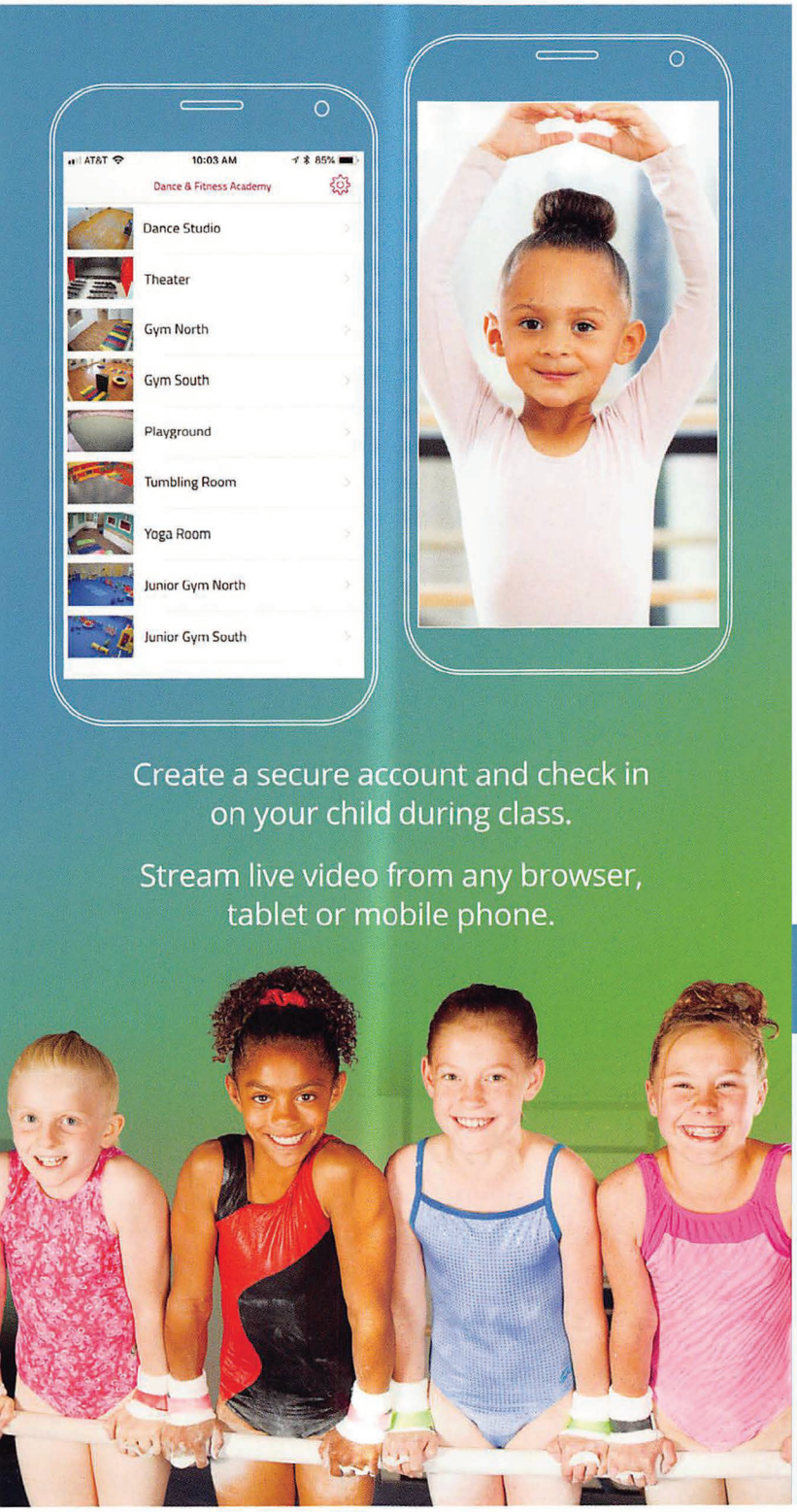
Label all shoes, bags, water bottles, and jackets with your dancer's name.

Sign up for a **WatchMeGrow** account so you can view your child's dance class. The Responsible Party must be the one to sign up for WatchMeGrow. The Responsible Party can add 3 sub users under their account so family members can share in the experience.

1. Download the WatchMeGrow app
2. Find our center with phone # 405-721-8807
3. Sign up for an account before your trial class
4. Our staff will approve you
5. Enjoy watching your dancer in class

We offer streaming video

so you can stay more connected.



Create a secure account and check in on your child during class.

Stream live video from any browser, tablet or mobile phone.

"I use it all the time! It's great to see how your child is doing and what the class is up to.

Melinda, Parent, Apopka, FL

"This app is so amazing. It's super crystal clear.

Hilda, Parent, Bothell, WA

"This is the best thing ever created. I absolutely love it!

Serenity, Parent, Irving, TX

Available on the App Store

ANDROID APP ON Google play

SIGNING UP IS EASY:

1. Visit watchmegrow.com/signup to set up a secure WatchMeGrow account.
2. We authorize your account.
3. WatchMeGrow notifies you via email when your account is active.

Enjoy watching your child!

Provided by our streaming video partner

WatchMeGrow
Anywhere.

Use Velocity Dance Center's Phone Number; to find the correct studio

405-721-8807

BEFORE YOU ARRIVE TO CLASS

- Get ready for dance and use the restroom at home. If you need to change at the studio, that is no problem. Leave 10 - 15 minutes to allow for time to get ready.
- Check your dance bag and make sure your shoes are ready for class!
- Bring only a small bag and a water bottle with a lid.
- Plan to leave the house with plenty of time to arrive on time. Being on time helps the dancers have a great time because they will feel ready and at ease and will not miss share time with their teacher.
- Remember, some children have a hard time transitioning from one activity to the next. That's normal! They will have a great time once they get into class!

WHEN YOU ARRIVE TO VDC

- Come into the lobby so we can greet you! The lobby door is the furthest door on the right. If your dancer has class in the Teal or Purple studio they will always enter through the lobby doors. The Pink and Navy studio have external doors. They can find their classroom door and line up outside or the teacher can pick them up from the lobby.
- Use the restroom if needed. This helps your dancer to not miss exciting parts of class.
- We recommend dancers leave their devices at home. If your dancer has a cell phone they will need to power down cell phones or put them on airplane mode. Dancers should also leave smart watches at home. Dancers who wear a smart watch to class must put it on airplane mode. If a dancer is distracted by their watch, they will be asked to remove for class. Parents who need to reach their dancer during class time should contact the front desk.
- Put your dance shoes on before you enter class.
- At your class time the teacher will invite the dancers in.
- Say a quick goodbye at the door and tell your dancer to have a great class. Our classrooms are for dancers only. Parents are invited to enjoy watching the class through WatchMeGrow, not in the classroom.
- Some young dancers will have some separation anxiety or will feel nervous trying something new. Some will even cry. That is ok! We don't mind. You can check out our separation anxiety info sheet below to help manage the transitions.
- Dancers will hang up bags, coats, and outside shoes on the racks provided in the classroom.
- Dancers join the teacher in share time to get started!

DURING CLASS

- Each class is designed with the dancers' needs and development at each age.
- All dancers begin their classes in **share time** (3 - 5 minutes). During share time dancers will connect with the teacher and other students in the classroom by sharing about the question of the day. This space is also where we will review the dancer's manners and classroom reminders. This time is an important part of social emotional learning and builds trust between the dancers and the teachers.
- Dancers will move to a **warm up** in the **center** of the room. This format and length varies depending on the age and length of class (5 - 20 minutes). During this time dancers focus on warming up the muscles, warming up the brain, stretching, stretching, balance, control, and more.
- In most classes dancers will continue in the **center** space with technique fundamentals (5 - 30 minutes). This could include ballet barre, refining or learning new technical steps, working on drills, or other activities that help to grow their knowledge.

- In most classes dancers will move to **across the floor progressions** (10 - 30 minutes). Progressions across the floor could be focused on one movement or technical skill, they could combine a pattern of skills strung together, different movement patterns, spatial awareness and partner work, obstacle course style moving stations. In most cases, dancers go across the floor in groups of 2 - 4 dancers to keep the class moving and fun.
- In some classes we will move back to the **center space** to finish out the class (5 - 15 minutes). These activities can involve structured creative movement exercises, combo dances, improv, or cool down stretching.
- We finish the class by moving back into the sharetime space for stickers for following the dancers manners. Dancers with another class will move over to change their shoes and return to the share time circle - dancers do not come out in between classes unless they are changing classrooms. Exiting dancers will line up at the door and receive a stamp for participating in class and will be **dismissed** out the classroom door. Parents with dancers in Navy and Pink will want to greet their existing dancers at the exterior door. Dancers in Purple and Teal will be dismissed into the lobby.

AFTER CLASS

- Gather your street shoes, jacket, dance bags, and water bottles.
- Parents should greet their dancers at their classroom door.
- Dancers can not cross the street or meet parents in other places. Parents should plan to pick up at VDC.
- If you have questions about the class please reach out to the office so they can connect you with your child's teacher. Teacher's are not always available to chat between classes but are always happy to follow up with you during their scheduled office hours.

SUCCESS IN CLASS

If you have questions about how your dancer is progressing, the class curriculum, or class format please reach out to our office. We know that sometimes parents have questions about our classes since WatchMeGrow does not stream sound due to COPPA requirements. We are always happy to answer your questions! We want all our dancers to have success and joy in class.

Does your dancer have a physical, developmental, emotional, neurodivergent or mental health need that needs classroom considerations? No problem! Make sure to let us know so that we can be aware of how we can better serve and support your child in the classroom and at the studio. Great communication from the parents about how we can better support their child is the key to everyone's success and happiness.

SAFER STUDIO GUIDELINES FOR DANCERS AND FAMILIES

DANCER WELLNESS

- Dancers should remain home if they have a fever, cough, shortness of breath, sore throat, loss of taste or smell, or have tested positive for COVID-19 in the past 5 days.
- Dancers should remain home if they are ill or feeling under the weather.
- Dancers can not return to class until they are fever, vomit or diarrhea free for 24 hours, been on medicine for strep and other contagious illness for at least 24 hours or cleared by the doctor to return to class. Dancers can not return to class for 10 days after testing positive for COVID.
- Dancers who have an injury must be cleared by a doctor to return to class.

RESTROOM USE

- Please have your dancer use the restroom before class.
- We have increased our bathroom environmental services throughout the evening.

CAN FAMILY AND FRIENDS ENTER INTO THE STUDIO?

- The lobby is open at a limited capacity for customer service.
- All of our classes can be watched on live stream through the “WatchMeGrow” app. It is important to us that you get to see your child “Dance and Grow With Us!”
- Need assistance? No Problem! Our team is here to help you! You can reach us by phone or text and we can serve you curbside.

SEPARATION ANXIETY

HELPING YOUR CHILD THROUGH SEPARATION ANXIETY

It is normal for children to show distress, anger, and sadness when separated from their primary caregiver within the early childhood years (0 - 5 years). In fact, the emergence of separation anxiety often starts around a child’s first birthday. Although this is a normal difficulty that many children experience, it is nonetheless unsettling for all parties involved - the child, the parent, and other caregivers / adults. In fact, many parents experience extremely difficult emotions similar to their child’s distress when separating. However, it is important to manage this distress effectively to allow your child to make gains in the areas of independence and trust.

Tips to try to help your child deal with separation anxiety at dance class:

Talk with the teacher and develop a plan that will increase your confidence and ease your child’s difficulty with saying goodbye. Reward your child for brave and independent behavior.

Be aware of the timing of goodbyes. Children are more likely to display unsettling reactions such as tantrums, yelling, crying, and screaming when they are tired, hungry, or restless. Schedule your dance class around their regular meal, snack, and nap times.

When saying goodbye to your little one, remember to be calm and consistent. Remember if you show distress, he or she will likely increase in their discomfort. One way to improve your consistency is to create a goodbye ritual, consisting of a pleasant yet firm goodbye. Let them know where you will be while they are in class and where you will be when they are done with class. Once you say goodbye it is time to leave. If you linger or come back to check, you will create more distress on your child as they will be more uncertain about your separation.

A. Parents who have a child with separation anxiety should wait in their car nearby.

B. Children will stay in class for five minutes. If they are still upset, they will be brought back out to the parents after five minutes. After five minutes, the teacher will come back out to check if the dancer is ready to join the class.

C. Parents whose child is struggling with separation anxiety should remain near the studio during class and be ready for pick up when the class is dismissed.

When it comes time to say goodbye, connect with the teacher or assistant. It may be best for the teacher or assistant to make physical contact, such as holding your child in their arms or holding hands with your child. Reassure your child that the teacher will take good care of them while you are gone.

Be sure to return when you say you are going to return and do not be late.

Work with your child’s teacher on a Bravery Home note for positive reward of brave behavior.

CLASS DESCRIPTIONS

DANCE WITH ME — TODDLERS
Ages 18 months — 3 years
Dance with Me is the perfect class for toddlers who love to move with their favorite grown up! Your child will develop fine and gross motor skills in a fun environment. This class includes music, dance, fingerplay, and fun props. Dance With Me classes are designed for toddlers and grown ups to dance along together.

DANCE N LEARN — TODDLERS
Ages 2.5 — 3.5
Dance N Learn is for 2.5 - 3.5 year olds who are ready to explore dance class on their own. Dance N Learn helps toddlers discover how to navigate a group class, follow simple instructions and interact with other kids their age. This class develops fine and gross motor skills through fingerplay, rhythm games, creative movement, and introductory ballet steps. Dancers will love the fun props and monthly them

LEAP N LEARN — PRESCHOOL - 3RD GRADE
Ages 3 — 9
Leap 'N Learn is an effective, safe, progressive, and developmentally appropriate dance program for creative movement to beginning ballet. Designed by master teacher Beverly Spell and expert child psychologist Dr. Annie Spell, the curriculum combines the healthiest practices for teaching children ballet technique, while simultaneously encouraging pretend play amongst the youngest students to maintain a positive and nurturing environment. Through an appreciation and utilization of natural development, students in a Leap 'N Learn program will acquire motor, cognitive, and social skills beneficial for life.

BALLET — 4TH - 12TH GRADE
Ages 9 — 18
Ballet is a classical style of dance. Dancers will work through barre, center work, and floor progressions to build their ballet foundation and expand their interest, skills, and technique.

JAZZ — KINDERGARTEN - 12TH GRADE
Ages 5 — 18
Jazz dance combines techniques of classical ballet and modern dance with current forms of popular dance and music. Our jazz classes are fun and entergetic! Classes include warm up, isolations, stretches, and across the floor progressions. Classes include several styles of jazz including traditions, broadway, and jazz funk with age appropriate popular music.

TAP — KINDERGARTEN - 12TH GRADE
Ages 5 — 18
Tap is a percussive form of dance that focuses on rhythms and patterns. Classes focus on patterns, rhythms, syncapation, clarity of sounds, and work on gaining speed and style. Tap classes help the dancer develop their coordination and sense of rhythm.

HIP HOP — PRESCHOOL - 12TH GRADE
Ages 3 — 18
Hip hop dance combines current sounds and movements in pop, rap, and R&B music. Hip Hop classes teach movements inspired by influencers in the hip hop community. Students will learn freestyle, locking, popping, and breaking movements. Young dancers classes will focus on isolations, learning different types of movements and patterns, and large motor skills. PreSchool- 1st grade classes are inspired by hip hop but created for young dancers bodies and minds

CHEER AND TUMBLE — KINDERGARTEN - 3RD GRADE
Ages 5 - 9
Dancers learn and perfect arm movements, cheers, chants, backbends, cartwheels, and basic tumbling full of excitement and energy.