

GO! Dance and Gymnastics Studio



www.EnnisDanceAndGymnastics.com



Dear Mommy/Daddy and Me Dance Parents,

You are about to start a journey with your child that will bring you together to celebrate fitness, music and a love of dance. The art of dance will create a foundation and will help them through out life giving them discipline, poise, grace, ability to express emotion, confidence in front of a crowd and will develop their imagination to think outside the box. Our goal is to provide you with an avenue that you can use to become closer to your child by having such QUALITY time. This class can give you 30 minutes of uninterrupted time to spend just with your special little one. Our philosophy here at GO! Dance and Gymnastics Studio is to teach dance, gymnastics and cheer, keep your child safe, have fun and raise their self-esteem. Below are some policies that will help make this experience as comfortable for both you and your child as possible.

Parent and Tot Policies:

1. Every adult and child who goes into the studio must be registered in the system as a guardian or contact and sign the adult participation waiver.
2. Every adult who attends class should wear socks and comfortable clothing. There are hooks in the front entryway to hang bags and store belongings. If a parent forgets to bring their socks they will be asked to purchase a pair from our front desk.
3. No street shoes can be worn on the studio floor or brought into the room because it is a tripping hazard.
4. All cell phones must be on vibrate and no calls during our class time.
5. No other adults or children are allowed in the studio during class, they cause additional distractions, which can lead to safety concerns.

What to Expect From Your Child and Your Role in the Class:

1. Don't compare your child to others. Each child physically and mentally matures differently. The age of the student in the class is important to remember, because even a few months older at this age can make a big difference in behavior.
2. During class if your child doesn't cooperate and wanders off, don't yell at them. Encourage them to come back to the group. Our Parent and Tot class is a unique situation where YOU get to be out on the floor with your child. Think about it. You don't get to join them on the soccer field, the basketball court, or in kindergarten. You do at GO! Dance & Gymnastics, make the most of it. Lots of hugs should be the mainstay in class.
3. There are many benefits to coming to a class like this for both you and your child. This is a place where many friendships are created. But, we strongly encourage you to talk to other parents before and after class. It's hard for other parents and children to hear the instructor if you are talking during class.
4. Your child needs your approval. Don't over correct your child, but try to encourage activity and movement. Praise them as often as you can. Success breeds success.
5. Remember, this is not Gymboree or other playgroups. This is a dance class and we encourage structure and learning of skills. If you need help with your child or giving them correct suggestions, ask your instructor. We are here to coach both you and your child through a fun, instructional class.

Our Program and Reading Readiness:

Did you know that our program is a stepping-stone for your child's reading development? This information should explain to you how we incorporate the basic categories of reading readiness into our physical fitness program for your preschooler.

In the book, "How to Teach Your Baby to Read", Glenn Doman states that a child below the age of five absorbs tremendous amount of information at a remarkable rate. He continues to say

that the young child has a tremendous amount of energy combined with a monumental desire to learn. Furthermore, a child under the age of five can and wants to learn to read.

According to Frost and Kissinger in, “The Young Child and the Educative Process” and Spache in, “the Teaching of Reading”, some of the basic categories of reading readiness are listed below.

The components of reading readiness are quite similar to the components of motor skill development. Our dance program was created to promote the development of reading readiness, and gross and fine motor skills. Below are some examples of how we incorporate these ideas.

1. Visual differentiation – seeing and feeling the different size of props and when and where to go on stage
2. Laterality – moving sideways down the floor
3. Directionality – understanding stage left and stage right when learning staging
4. Hand-Eye Coordination – Swinging and catching our beanine babies
5. Distance, size, shape in space – how far to gallop, and still be on stage
6. Small muscle coordination – pointing and flexing toes or finger play
7. Large Motor coordination – learning plies and jumps
8. Word & Letter discrimination – we label certain items in the studio and use props
9. Sensory discrimination – feeling soft and smooth props
10. Auditory Factors – Listening to the instructor
11. Awareness, perception and memory – listen and understanding the teacher
12. Expressive language – learning to express emotions while dancing and explaining to family members after class what they did
13. Attention spans – ability to stay with parent and work on one skill
14. Imitation – watching the instructor or other children do the skills and repeating it.

Good luck to you and your little one and thank you for choosing GO! Dance and Gymnastics Studios. If you ever have any questions or comments, please talk to the instructor or call me. We are here to make sure your child has a great experience!

Stephanie Reese
Director