



ADULT

DANCE CLASSES

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-  Central Coast & Hunter Region
-  [yourfirstdanceco](https://www.facebook.com/yourfirstdanceco)
-  [yourfirstdanceco](https://www.instagram.com/yourfirstdanceco)
-  [yourfirstdanceco](https://www.youtube.com/yourfirstdanceco)



ABOUT

**Dancing is great
for the soul.
Dancing not only
improves your
physical health
but your emotional
health too.**

At Your First Dance Co. (YFDC), we understand that the joy of dance extends beyond children and professionals.

Our adult classes cater to those who, for various reasons, have a newfound or rediscovered passion for dance. Unlike generic dance-inspired cardio routines, our adults-only classes at YFDC offer genuine dance experiences.

Engage in styles like Twerk, Burlesque, Hip Hop, and Jazz while getting a workout. Regardless of age or skill level, these classes are tailored for every adult.

Additionally, YFDC arranges extra outings, providing a chance for attendees to explore new activities and build lasting friendships.



“
Dance is
the hidden
language of
the soul of the
body
”

CLASSES



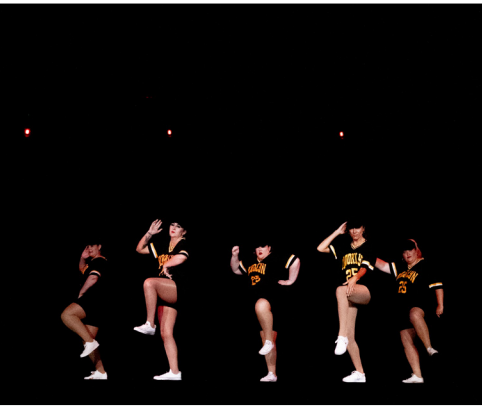
TWERK IT have some cheeky fun

This class is a must! Incorporating Booty popping, Booty Shaking, Twerk and the latest mix in simple to challenging choreography, you will be sure to burn calories after this hour! You will be sure to burn at least 500 Calories. We love legwork in this class! Booty building too. It's the best all rounder workout!! Beginners to Advanced we can cater for ANY level!



BURLESQUE BELLA'S sensual and exhilarating

If you want to increase your heart rate, learn to tease and do a variety of dance combinations, this is the class for you! Its "Sexy Fitness" bring your Heels too (optional) and even dress up, teachers choice! Or whatever you want to do to make you feel the part!



HIP HOP show us your attitude

This class will break down a series of easy to follow freestyle moves designed to get your heart rate pumping. A fantastic cardio workout, to a killer soundtrack, guaranteed to improve your coordination and confidence.



TAP DANCE let's make some noise

Percussive footwork that incorporates rhythmic patterns on the floor, to suit beginner to advanced levels. We also teach the Glenn Wood Syllabus. This gives confidence building combinations and progressive work that we can instruct casually.

CLASSES



JAZZ you're in the spotlight

A high energy class where you will have lots of fun. Come and learn techniques such as how to kick, turn and jump, plus work on your fitness while finding your own groove.



CONTEMPORARY/LYRICAL make art with your body

A fluid style of dance incorporating ballet and self-expression. Building on leg work, and natural flowing movement, this class encourages not only strong technique, but also personal interpretation.



PRIVATE LESSONS

These are offered as a one on one lesson or a custom group lesson with your friends. To gain confidence or for personal improvement, for competition or exam work (Glenn wood Tap Syllabus for example), or pick your style you want to work on. The option is yours. Half-hour, 45 minutes or 1-hour lessons can be chosen according to personal preference.



ADVANCED PERFORMANCE

Our adult performance class is designed for more advanced dancers. With a view to our end of year performance, this class meets once a month on a Friday and will build on your existing skills and confidence.

There is also an opportunity to perform and do competitions (subject to availability).

WHAT TO WEAR

All YFDC students are required to wear a minimum of one item of uniform. In addition to your uniform piece, please wear comfortable dance attire to suit the style including tights, shorts, activewear, singlets, leotards, crossovers, booty shorts, etc. Any colour is acceptable and appropriate. Basically, anything you would wear to the gym will be fine. Dance merchandise is also available and is encouraged.

In regards to footwear, we recommend the following footwear:

- Twerk It - sneakers, knee pads (booty shorts optional)
- Burlesque Bellas - heels (any style or height)
- Hip Hop - sneakers
- Tap Dance - black tap shoes (sleiks recommended)
- Jazz - black jazz shoes or boots
- Contemporary - barefoot or foot undies
- Musical Theatre - jazz shoes

On occasion, teachers will set up a themed class, where you get to dress up. These are optional and you will be notified in class and via social media.

CONCERTS

Your First Dance Co holds two yearly concerts: a mid-year concert, and an end-of-year concert. This concert is optional.



TERMS, CONDITIONS & AGREEMENT

- Term payment is required to lock in your spot (YFDC terms align with school terms).
- Enrolment fee is \$50. This covers insurance/liability, administration; this will be an annual fee to hold your position in the class.
- If you have signed up for a term block and miss a lesson you will still be required to pay, unless you have a severe illness. A doctor's certificate must be sighted.
- An itemised invoice can be provided if required.
- Private lessons can be invoiced, to be paid by term or by a block of lessons.
- Please give at least 24 hours notice for private lesson cancellations or rescheduling, otherwise, you will be charged the FULL lesson cost.
- Please advise your dance instructor if your child has an injury before commencing a lesson.

Respect

Students are shown the respect owed to them and are expected to show this to their teachers in turn. This is an adult class, and everyone is expected to act in accordance with mature adulthood.

Attendance

Attendance is important as this helps to ensure that classes will go ahead and not have to be cancelled. Please try to show up for classes you have stated you will attend.

Media Release

Just like any business, our success depends on our ability to promote ourselves. We will not use dancer's names with any photographs unless we ask you first. Unless otherwise stated on the registration form, YFDC will take the signing of your form as consent.

Medical Release

By attending adult classes I give permission for YFDC, its owners, members, contractors, all employees, and agents of these parties to act according to their best judgement in providing or arranging for emergency care in any emergency circumstance requiring medical attention.

In order to keep our staff and students safe we practice Social Distancing. Help stop the spread of Coronavirus by keeping your distance. Remember don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practice good hand hygiene, especially after being in public places.

Injuries

Injuries must be dealt with efficiently and effectively to ensure no long-term damage to the student. If an incident occurs in class an incident report will be filled out and filed for future reference. If a teacher is concerned about a continuing complaint of a student the parent will be notified and the advice of a health professional may need to be sought.

If an injury is being dealt with by a health professional please ask them to write what the teacher is required to do with the student in class i.e. modify exercises, ice an injury between classes, massage, avoid certain movements, and advise of a recovery plan. This way consistent treatment can occur.

Anti-Bullying

Your First Dance Co will not tolerate bullying in any form; physical, emotional, social or otherwise. If an incident of bullying occurs, the result will be dismissal and possible legal action.

Fees

All Fees are emailed to you by Week 2 of each Term to your registered email address in our Dancebiz Accounting System. Our preferred method of payment is via the Invoice Link or by bank transfer with the invoice number in the reference field. We do accept Cash and Any cash payments should be made in an envelope accompanied by the tear off slip at the bottom of your invoice.

Private Lessons

All weekly private lessons will be invoiced on term basis – e.g. 10 lessons for a 10 weeks term or paid as you go via cash. If a student cancels a lesson for any reason within 24 Hours, no refund or makeup lesson will be offered. If a teacher cancels a lesson, either refund or makeup lesson (where available) will be offered.

All One Off Private Lessons can be invoiced, using the above payment options but must be paid before class commencement.

Q & A

For any concerns that arise, no matter how small they seem, we want to know. Communication is the key to a good relationship as nothing can be improved or resolved if the studio is not notified. Please email lessons@yourfirstdanceco.co.au and matters will be referred to respective contacts accordingly. If you wish to discuss directly with the director, please contact Anne Marie, 0438 401 872.

Receiving Correspondance

You should receive regular correspondence from YFDC. If you are not receiving these please let us know and we will test the contact details we have on our DanceBiz System. It could possibly be in your Junk Mail.

Discounts & Incentives

- Earn Free Dance Classes: Bring a Friend & when they sign up they receive a \$50.00 discount towards fees, and you receive a \$50.00 credit towards fees too!

- YFDC Recommendations on Social Media: Member Social Media Discount Policy:
- We value our members at YFDC and appreciate your support. To express our gratitude, we offer a 10% discount on your current invoice or a credit toward the next term's fees when you actively engage with us on social media.
 - Here's how it works:
 1. Share content from the YFDC business page on your social media platform (From Both our Facebook & Instagram)
 2. Tag YFDC in your shared post.
 3. Repeat this process once a week for five consecutive weeks.

Upon completing these steps, you'll qualify for the discount or credit.

Refund Policy

FREE TRIAL FIRST LESSON

Here at YFDC, we are delighted to offer all new students a free trial class, applicable to the first class only. This is designed to ensure all of our students enjoy the YFDC way!

PAYMENT TERMS

All fees are payable at the time of enrolment or in line with our invoice terms. Our fees are per term, regardless of the number of weeks in each term. Payments can be made online or by direct deposit. If any issues arise, please organise a payment date.

NOTICE OF CANCELLATION

Withdrawal from participation is possible at any time. Notice of withdrawal should be sent in writing to lessons@yourfirstdanceco.com.au.

REFUNDS

YFDC offers a free trial so you can be sure our classes are right for you. As such, YFDC has a no refund or credit policy (including change of mind, sickness/injury, social reasons or mid term starts). Family holidays/vacations will be considered on a case by case basis so please submit your request in writing.

COVID Policy

In the instance of a lockdown or forced closure due to COVID, where possible, classes will be delivered online.

Refunds will not be issued for classes cancelled, relocated or adjusted as a result of COVID.

Where a student misses a class due to isolation, no refund is available, however where possible, the student will be offered a make up class from our regularly scheduled classes.