

## ***Pop-Up Dance Class Guidelines***

Welcome to South Walton Dance Company! We're excited to have you join us for our pop-up dance classes. To ensure a safe and enjoyable experience for everyone, please adhere to the following guidelines:

- 1. Attire:** Wear appropriate dance attire that allows for freedom of movement. For our hip-hop-inspired pop-up classes, close-toed shoes are recommended to ensure safety and optimal performance. Depending on the class type, please wear jazz shoes for Jazz, ballet shoes for Ballet, half soles for Contemporary and Lyrical, and appropriate footwear for other styles.
- 2. Arrival Time:** Arrive at least 10 minutes before the scheduled class time to check-in and prepare for the session. You may use this time to change, use the restroom, tie your shoes, fill your water bottle and any other preparations needed before your class begins.
- 3. Hydration:** Bring a water bottle to stay hydrated throughout the class. While we provide fresh, clean water through our Primo Water Jug System, we ask that you bring a reusable bottle to help save the planet and avoid plastic. Consider donating towards our water supply to support our commitment to sustainability.
- 4. Respectful Behavior:** Show respect to the instructor, fellow dancers, and studio space. Listen attentively to instructions and refrain from disruptive behavior.
- 5. Personal Belongings:** Keep personal belongings secure during the class. Avoid leaving valuables unattended and use designated areas for storage. Please ask an Instructor for assistance in finding the appropriate storage area.
- 6. Health and Safety:** Inform the instructor of any injuries or medical conditions that may affect your participation. Listen to your body and modify movements as needed to prevent injury.
- 7. Follow Instructions:** Follow the instructor's directions for warm-up, technique, and cool-down exercises. Pay attention to proper form and technique to maximize the benefits of the class and minimize the risk of injury.
- 8. Cleanliness:** Clean up any personal items and dispose of trash properly after the class. Leave the studio space tidy for the next group of participants.
- 9. Contact Information:** If you have any questions or need assistance, don't hesitate to reach out to the studio staff or instructor for support. [studioa@sowaldance.com](mailto:studioa@sowaldance.com)

Thank you for your cooperation, and we hope you enjoy your pop-up dance class experience with us!