Studio Guide

Our Studio Guide is designed to help students arrive prepared, feel comfortable in the space, and enjoy a safe and positive class experience. Movement Matters is located within the Berkeley Cultural Centre, where hallways, stairways, restrooms and other communal areas are shared with other occupants and visitors. Families are asked to be considerate of our neighbours and follow the arrival, collection and supervision procedures outlined in this guide. Please review the following information with your dancer before their first class.

1. Getting Ready for Class

- Dance shoes and sneakers used for class must be clean and reserved for **indoor use only.**
- Hair should be secured away from the face.
- For safety, jewellery and accessories should not be worn during class, apart from small stud earrings.
- Students should maintain appropriate personal hygiene.
- Students are encouraged to clearly label dance shoes, water bottles, clothing and other personal belongings.
- Dancers should wear appropriate clothing over their dancewear when arriving at or leaving the studio and should not arrive or leave wearing only a leotard.

Class-Specific Dancewear

Appropriate attire allows instructors to safely observe alignment, posture and movement. Movement Matters reserves the right to ask a student to modify clothing, footwear or accessories where necessary for safety.

- **Movement Foundation** – Leotard/ballet dress, pink ballet shoes. Tights optional. *(Please no costumes or dress-up attire).*
- **Combo: Ballet/Jazz –** Leotard, pink ballet shoes or black jazz shoes. Dance shorts/leggings or ballet dress optional, tights optional.
- **Combo: Modern/Hip Hop -** Leotard with dance shorts/leggings, black/white sneakers
- **Ballet**: Leotard, pink tights, pink ballet shoes
- **Jazz**: Leotard with dance shorts/leggings, black jazz shoes.
- **Modern/Contemporary**: Leotard, dance shorts/leggings, barefoot.
- **Hip-Hop**: Activewear or Leotard with dance shorts/leggings, black/white sneakers. *(Clothing may be relaxed fitting, but excessively baggy or oversized clothing should be avoided)*
- **Boys for All Classes**: Fitted T-shirt and dance shorts/leggings, black dance shoes.

2. Arrival & Collection

- Students and parents/guardians should enter and leave the studio area quietly.
- Students should arrive no more than 10 minutes before their scheduled class.

- Parents/guardians of students ages **3-6** must bring their child directly to the Movement Matters studio and remain with them until they are invited inside by an instructor. Students should not be dropped off elsewhere within the building or surrounding complex. Students ages **3–6** will remain inside the Movement Matters studio area until their parent/guardian or authorized adult arrives at the studio entrance to collect them.
- Students ages **7 and over** may be permitted to arrive and/or leave independently where prior authorization has been provided by their parent/guardian during registration.
- Students should be collected promptly at the end of their scheduled class.
- Students who arrive after the class warm-up has begun may be asked to observe rather than participate where the instructor determines that joining the class would present a safety concern.

3. Restroom Use

- Communal restrooms are located one floor above the Movement Matters studio.
- Parents/guardians of students ages **3–6** are encouraged to ensure their child uses the restroom before class. If a restroom visit is needed during class, the student will be accompanied to and from the restroom by a designated responsible person.
- Students ages **7 and over** who need to use the restroom during class must first receive permission from their instructor. Students should go directly to the restroom and return promptly to the studio.

4. In & Around the Studio

- Students should remain within the designated Movement Matters studio areas unless given permission to leave by an instructor.
- Food, chewing gum or other items that could damage or soil the dance space are not permitted. Water is permitted.
- Personal belongings should be kept neatly in the designated area during class. Valuable or unnecessary items should be left at home.
- Movement Matters and its instructors are not responsible for personal property that is lost, stolen or damaged while attending classes or activities. Personal belongings are brought to the studio at the student's own risk.
- Students are expected to treat instructors, fellow students, others within the building, and all studio and communal spaces with care and respect.
- Parents/guardians and visitors should not enter or interrupt an active class unless invited by the instructor or in the event of an emergency.

Thank you for helping us create a safe, welcoming and respectful environment where **every dancer matters.**

Movement Matters
Every dancer matters.