



welcome to



babyballet

where **everyone** loves to dance

hampton

2023



★ Thank you for your interest in our award winning babyballet® program. My name is Miss Alanna and I own and run Alanna's Theatre and Dance Studio, babyballet® Hampton and ChiChi Fit with Alanna. I am beyond excited to meet you and your little babyballet® star soon!

★ Miss Alanna teaches the majority of classes and we also have the wonderful Miss Lucy on Friday and Saturday! Miss Ruby is our Saturday junior assistant teacher.



Miss Alanna!



Miss Lucy!



Miss Ruby!

★ FYI, 'babyballet® star' is the name we call the beautiful babyballet® students and grown-ups refers to the parents/grandparents/carers etc.

We have added some additional classes to our schedule and will be utilising the studio space upstairs for these classes.

Studio 1 (downstairs) Studio 2 (upstairs).

If you are in studio 2 upstairs - there are 21 stairs to walk up! If you have a pram it will not be able to go up the stairs. If you don't need to bring a pram to class that would be ideal as we don't have a lot of pram parking space! There is a waiting room outside studio 2 also and a TV screen so you can watch the class (from movers onwards).



babyballet®
where little boys and girls safely love to dance



Some general questions you might have

Where are you located?

391 Hampton Street!

Where do I park?

You can park in the car parking in Willis Lane just next to Cabin or the car parking behind the Hampton Community Centre or Woolworths carpark. If you are super lucky you may find a park on Hampton Street out the front!

What does my babyballet® star wear?

Your babyballet® star can wear anything they like so long as they can move freely and comfortably. Some wear lovely ballet attire and some opt for a more casual approach! If they would like to wear dress ups they are more than welcome to (as long as they can move safely). Soft ballet shoes are preferable on the dance floor as socks can be too slippery. (If you need any, I have some for sale) For more info check out what to wear to class!

Do I need to stay with my babyballet® star?

You will need to stay with your babyballet® star in the Tots and Tinies class until they turn 3 and participation is definitely encouraged by the grown-up. Once they reach 3, it is advised that the grown-up leaves the child in the class so that the child starts to develop independent learning. This means you can watch the class from the waiting area (advised if this is first time in the class alone) go grab a coffee or duck into Woolies! We have your phone number so we can always give you a quick call, in case of an emergency. (PLEASE NOTE: Each child/situation can be different, so if you feel that your child may struggle without the grown-up in the room then please talk to me and we can work something out. The last thing we want is for one of our babyballet® stars (or their grown up) to feel uncomfortable).

Can my child eat during the babyballet® class?

Food is not permitted during any babyballet® class due to our health and safety rules. A lot of grown ups take their kids to get something special after their class at one of the local cafes! Children can bring a water bottle with them into the class if they get thirsty.

Can I bring more than one family member to the class?

As stated in the babyballet rules it is one grown up per child. We just don't have the space to have lots of extra bodies in the room. It limits what the children are able to do and we want the children to get the most from each and every babyballet session. If you have to bring a second grown up they are welcome to watch the class on the screen from the waiting area.



Can I take photos and videos of my babyballet® star during the class?

Yes, but if you could try to just focus on your child and try not to include other children as not all parents are consenting. If you do snap some photos and are ok with sharing, we would love you to tag us @babyballetthampton so we can share the love and joy of babyballet® with everyone 😊

Toilet trips

It is advised once your child is toilet trained that you try and take them to the toilet before class, particularly if you are stepping outside or going to grab a coffee.

Toilet trips can become quite disruptive - as soon as one child needs to go the whole class does and it is not possible to stop the class and take all of the children to the toilet.

What happens after the 3 x trial class period?

If you continue classes with us, you will need to proceed to full registration and payment for the remainder of the term is to be made in advance to secure your place in the class. You will need to create an account with Class Manager and login to the Parent Portal which can be done via our website: Parent Portal - Alanna's Theatre and Dance Studio (atads.com.au)

The total cost will be dependent on what point you enrol in the term, the length of the term and the cost of the particular class. All of this information is on the website under fees and terms and conditions.

What happens if we are sick and miss a class?

If you do miss a class you are more than welcome to do a make up class on another day. This will need to take place within the term that the missed class occurs and is dependant on the availability in the class. Some classes are at capacity so this will not always be possible but always feel free to reach out and ask!

Can we borrow the library books?

Yes, you sure can! I have a large selection of ballet and dance related library books that can be borrowed each week. It is a really lovely way to create a positive association with the babyballet® class. I just ask that you please take good care of them and if you could please give them a wipe over before returning them. I will supply some wipes in case you forget!

Do we (the grown-ups) have to do the class with the kids? Can't we just chat?

It really is recommended that you model the exercises in tots and tines as the children will follow you! Chatting can be really disruptive and the teachers often can't hear the music and have to raise their voices over loud chatter which is damaging for their voice and creates an extra loud environment. We love that you want to chat, but perhaps you can catch up for coffee before or after the class ;)



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babyballet® CLASS RULES

Our class rules are put in place to maximise your Child's enjoyment and development during every babyballet® class

Parent/Carer Supervision We ask that all Parents/Carers supervise their children always. No Child may be left unattended while participating in Tots and Tinies Classes. To avoid overcrowding and shyness in class, one adult guardian ONLY per child is allowed into the babyballet® classroom. Your babyballet® representative will be happy for you to invite two adults per child to the end of term certificate presentation.

Movers/Groovers/Tappers may be left under the supervision of the babyballet® teacher. Parents/Carers can remain in the waiting area at the front or close by if needed to be contacted and must supervise all toilet trips before class.

Equipment Supervision In some of our Classes, including Tinies Classes, Movers, Groovers and Tappers Classes, babyballet may provide you (as the parent/carer) with babyballet equipment for use within the Classes. This equipment is provided to you for use with your child for the sole purpose of development and stimulation. babyballet® equipment are not toys and are not for independent use without the supervision by a Parent/Carer in applicable classes. You must supervise your child with all babyballet® equipment at all times during Classes. We ask that you are observant with children eating or chewing babyballet equipment as this can be dangerous for your child.

Class Levels The suitable ages for the babyballet® syllabus and levels have been determined by babyballet® Limited at babyballet® Head Office. Your babyballet® representative must abide by the ages specified by Head Office to ensure the safe and effective teaching of each child. Your Child will be put in the most suitable class for their age and/or ability by the babyballet® representative. Parents/Carers do not have the right to move children in to different classes without the prior consent of the babyballet® representative. Please note that your teacher wants each and every child to progress at a suitable pace and their decision on which class to allocate your Child to must be respected and adhered to.

Disabilities and Special Educational Needs On booking and throughout your Child's participation in the Classes, please give full and up to date details of any disabilities or special educational needs that you think we need to know about and any reasonable adjustments that would make Classes better for your Child. It is the Parent/Carer's responsibility to notify the babyballet® representative of such disabilities or special educational needs to ensure safe and effective teaching methods and standards are maintained.

Siblings We are happy for siblings to be present in the class as a spectator. If a sibling becomes actively involved in the class, it will be necessary for you to pay the babyballet® representative for their involvement at the usual class price from time to time. If the class size is already at capacity, your child would not be able to join in. Your babyballet® representative will look for a suitable alternative Class or add your Child to the waiting list.

Talking During Class The children learn and concentrate much more when the classroom is quiet so please refrain from chatting during the class times. Adults and accompanying children will be asked to leave the room if their chatting is distracting the class.

Disruptive and Inappropriate Behaviour Children and adults in attendance at babyballet® classes are asked to be civil and courteous to other members at all times. Should a child or adult become abusive, violent or disruptive, it is at the discretion of the babyballet® representative to ask that person to leave the room, and if necessary, to vacate the premises. You are asked to consider the development and enjoyment of others. If your Child is uncontrollably upset or disruptive, please consider taking your child out of the room until they have calmed down.

Potty Training/Toilet Visits For health and safety reasons, potty training is not allowed in a babyballet® classroom. If your Child is potty trained, please take them to the toilet prior to the commencement of any class so there will be as little disruption during class times and other children.

Physical Contact Parents/Carers should be aware that due to the nature of babyballet® classes it is necessary for the teacher to have physical contact with the children from time to time. If you would prefer a teacher not to have any physical contact with your Child please notify your babyballet® representative in writing prior to your first class.

Food and Drink During Class No food or drinks must be taken into a babyballet® classroom. If a child does require food or a drink during the class times, please take the child outside of the classroom.

Specific Exercises All the exercises used in babyballet® classes have been carefully designed to ensure safety and high standards of teaching and development. The term "naughty toes" is not suggesting any inappropriate behaviour of a child or his/her toes, it is simply a use of imagery which helps a child to relate to the exercise being performed.



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TOP TIPS FOR PARENTS AND CARERS

Welcome to 'babyballet®', the fun and exciting dance programme for toddlers and young children. We hope that with our continuous efforts and commitment, we will make this a worthwhile and enjoyable experience for your babyballet® star. 'babyballet®' is all about getting babies fit and active from an early age and teaching that exercise can have many benefits as well as being mega fun! We have compiled the following list of helpful hints and suggestions to make the class run smoothly and efficiently, ensuring the maximum benefit for both you and your babyballet® star.

- 1) Don't expect too much too soon from your babyballet® star!** The first few classes may seem daunting and it isn't unusual for the babyballet® star to hide behind their parent or carer. They will eventually get used to the structure of the class and their confidence will grow over the weeks to come. Once they have settled in, they will start joining in and taking part more readily. Don't force or pressure your babyballet® star to join in, gently encourage him or her to take part.
- 2) If you join in....your babyballet® star will join in!** Feel free to join in yourself at any time. We encourage parent and carer participation so that your babyballet® star feels comfortable. This will give your babyballet® star more confidence and he/she will begin to copy you as well as us. Don't be embarrassed to join in as your babyballet® star will enjoy watching you and thus will begin to interact more readily.
- 3) Take the class home!** Encourage your babyballet® star to practice at home. In fact, parents have told us on many occasions that the babyballet® stars amaze them by repeating things at home that we have done in class, especially the ones who don't readily participate.
- 4) Please refrain from chatting during the class.** The babyballet® stars do get easily distracted and we can get much more out of them if the room is quiet. We love you to join in the songs, dances and actions, and to encourage your babyballet® star, but it can be very difficult to get the most out of the class if parents/carers sit and natter to each other.

If you do have any queries regarding the 'babyballet®' programme or any aspect of your babyballet® class, please contact Miss Alanna. Every babyballet® star is important to us so please ask, no matter how small you feel your query may be.



May we take this opportunity to thank you and your babyballet® star for supporting the class and for helping to make it an enjoyable and rewarding experience.

Do you know that we
offer babyballet® parties?



We can do any theme party that you can think of!
Some of our favourites are Frozen, Rainbows, ★
Unicorns and Mermaids! For more info on Parties
email alanna@atads.com.au



If you have any questions, please feel free to ask!

No question is too small!

We really look forward to welcoming you and your little one to our babyballet® family.

Miss Alanna, Twinkle and Teddy x x

www.atads.com.au

alanna@atads.com.au

