

**Welcome to Mrs. Mahoney's DANCE, DANCE, DANCE**  
**class!** January 2024- 4<sup>th</sup> hour

I am so excited to share my love of dance with you. In this class, we will build dance knowledge and skills in technique, improvisation, and a little bit of choreography. We will be learning a wide range of different styles of dance. We will also be learning how to keep our mind and bodies healthy through warm up, conditioning, stretching, meditation and yoga.

Dress Code:

Dress in appropriate dance/workout attire. No strapless or spaghetti strap tops Please. Wear dance pants, leggings, or joggers. Hair must be secured away from the face. For safety of our students no jewelry should be worn during class unless religious or medical. If you have jazz shoes or ballet slippers, please bring them to every dance class with you. These are helpful but not required. Socks and a good pair of sneaker/tennis shoes will also be helpful for this class. You will have 5 minutes at the beginning of class to change.

We have read and understand that each student will be engaging in a range of movement activities including, but not limited to jumping, stretching, leaping, turning and lifting. We are aware of the potential for injury when dancers are engaging in fitness and dance related activities that includes, but are not limited to sprains, strains, tears and broken bones.

If you have any questions, please contact [kmahoney@apamail.org](mailto:kmahoney@apamail.org)

I \_\_\_\_\_, the parent of \_\_\_\_\_  
have read and understood the above for the 2024 Winterim Dance, Dance, Dance class.

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_