



WELCOME

To Central Jersey Dance and Gymnastics

Visit our website www.cjdance-gym.com and Facebook page www.facebook.com/cjdancegym

Dear Students and their Families,

Welcome to Central Jersey Dance & Gymnastics Center! We hope everyone is enjoying class!

We would like to take a moment to go over class procedures and some general info that you might find handy.

- ✓ Thank you to our parents for your cooperation in remaining in the waiting room during class. Parents -please do not come on the gym floor during classes for safety and insurance reasons. Your child will have better focus and will listen to their teacher more if you are not in the room. Teachers will come out with the children at end of class. You may speak with them at that time.
- ✓ We appreciate your help with keeping things nice by not eating in the gym and dance rooms, and throwing out your trash.
- ✓ We have antibacterial hand sanitizer at the desk and at the entrance to the gym and we ask that all students use it before and after class.
- ✓ If your child misses class due to illness, you may make up your missed class at your earliest convenience and most classes are available every day. Schedule is posted on our website.
- ✓ Please give your email to front desk if you haven't already done so. Thank You!
- ✓ Please do not park in the bay areas of Suite A, C and D. They are used by the business tenants for delivery. There is parking in both lots, and you may park on the street as well.
- ✓ Lincoln Blvd. Extension is a residential neighborhood that was formerly a dead-end. Please drive with caution for the safety of the local children. Thank you for helping us be good neighbors!
- ✓ Attire: No gum or jewelry. Girls- hair in a ponytail or bun. Please use cubbies on gym wall for your shoes and coats. Gym: Girls: Leotard, shorts, sweatpants /exercise pants. Boys: Tee shirt, shorts /athletic or sweat pants. Warm-ups and socks are ok.
Dance: Leotard, tights, hair in bun or ponytail, proper shoes. See other side for "Getting Your Dance Shoes" info. Available store coupons will be on our Facebook page at www.facebook.com/cjdancegym
- ✓ If you would like to add or switch class, you may do so at the front desk. You may also try any class at no charge. We invite you to come in to try-Adult Cardio Jazz Dance - Tuesday 7:45-8:45 \$50 for 10 classes .
- ✓ Your first and last month's tuition (September 2011 & June 2012) are due now. Thereafter, tuition is due **the first class** of each month (even if you are absent). Please make-up at your earliest convenience. Our current calendar is posted on our website www.cjdance-gym.com.
- ✓ Office Hours: 4:00- 7:00 pm Mon.-Fri. and 10:00-12: 30 pm Saturdays. Please use TUITION BOX if there is no one at the desk. We accept credit cards and automatic monthly debit. Please call during business hours if you have billing questions, thank you!
- ✓ Newsletters will be posted quarterly and will include important dates, upcoming events and notices. Newsletters will be posted in the office and on our website www.cjdance-gym.com. Updated schedules will be on our website as of October 1st.
- ✓

We are continually trying to offer the best training to our students & a positive communication with their parents Please visit our website to find the resumes of our staff, our history in the area and our unique teaching philosophy. . If there is a problem, please bring it to your child's teacher's attention & we will discuss the situation with you. Thank you for joining us at Central Jersey Dance and Gymnastics and here's to another great year!



Getting Your Dance Shoes

There are many different types and brands of shoes available in stores, in catalogues and on line. Here are a few guidelines:
Kinderdance Students:

We prefer a black leotard, pink tights and pink ballet shoes. We suggest pink Capezio or Bloch split sole ballet shoes, with a fairly snug fit. Tap shoes are allowed but not required. If you don't get tap shoes, any hard soled shoe that makes a sound when tapped on wood is ok.

Ballet 1-4 Students

Black leotard, pink tights, pink split sole ballet shoes, snug fit. We suggest Capezio or Bloch.

Tap 1 & 2 Students

Black flat tap shoes with taps attached. We suggest Capezio beginner tap shoes.

Tap 3 & 4 Students

We prefer Capezio or Bloch tap oxfords

Jazz students:

Leotard and dance shorts, pants or tights. Dance shirts are ok as well. There are so many different kinds of jazz shoes in different price ranges. We suggest Capezio Foot Undeeze. If you prefer your child wear a full shoe, a black split sole canvas or leather type jazz shoe is suggested

Hip Hop students:

Leotard and dance shorts, pants or tights. Dance shirts are ok . **Sneakers are required.** Any brand.

Where to purchase:

L & M Dancewear Shop – Judson and Rt 28 Middlesex, NJ 08846 732 868-0232

The Dancer's Shop- 215 West Main Street Somerville, New Jersey 08876 908.526.3170

Gi Gi's Dance & Activewear 375 JACQUES AVE RAHWAY, NJ 07065-2903 Phone: 732-340-9301

Dance Distributors 1-800-33-DANCE (2623) www.DanceDistributors.com

Just For Kix 1-800-762-3347 www.justforkix.com

Available store coupons will be on our facebook page at www.Facebook.com/cidancegym