

Samantha Dene's

Dance and Fitness

Online class guide at Samantha Dene's Dance and Fitness

Due to the current Covid-19 restrictions we are currently running all of our classes online in a condensed schedule.

Why join our classes over free Youtube/Facebook live/dancing on Tik Tok?

Our classes provide a feeling of community that is so necessary for our mental well-being.

Our online sessions provide more personal communication with conversations between one another and more individual correction and motivation just as in our physical classes.

Our teachers can witness how you are managing with the choreography as they teach and therefore differentiate and alter choreography throughout the session to cater to everyone's needs.

Our classes bring joy, allow our participants to stay in touch with friends and keep everyone's spirits up during a difficult time.

Our online classes keep up routine, a sense of being part of something fun and exciting and will make coming back to physical classes a lot less daunting.

Our feedback so far has been great and our students are still showing so much improvement in their dancing. Students are even using the Zoom camera to physically correct themselves and to watch their own dancing as if in a mirror-therefore being able to apply their corrections quicker.

Rather than have your children reach out to social media accounts to entertain themselves during our online dance classes we still encourage discipline, respect, and confidence which are valuable characteristics for any walk of life in the future.

Our online classes teach participants to adapt, to thrive even in uncertainty which is a valuable lesson for anybody and their future.

By taking part in our online classes you are supporting the future of our dance school so there are physical classes to return too, you are supporting a small business and you are also supporting a dream.

How to access our online sessions:

Book onto the class you or your child(ren) wish to participate in using the following link:

<https://samantha-denes-dance-and-fitness.class4kids.co.uk>

Your payment and class options:

1. Either pay for the remainder of the term in advance and therefore payment and booking is done and dusted until our next term starts.
2. **Pay as you go**-during this difficult time we are offering a pay as you go method. The payment for classes will need to be paid via bank transfer as and when classes are taken. We will mark off the payments week by week for you.
3. Sign up to our **recorded sessions** which can be accessed at any time that suits you (and as many times as you like)
4. Use our One drive account to access pre-recorded sessions for free. These will not be updated but the same video can be watched and used as many times as you like: <https://1drv.ms/u/s!AooI9GLmaiGwdwhrLusiZG1EWoo?e=JTDnA7>
5. Un-pause your monthly subscription which splits the payment costs and automatically leaves your bank account on the 1st of each month.

What to do once you have booked and reserved a space to our online Zoom classes

1. Download the "Zoom Cloud Meetings" app (Blue and white logo)
2. Click "Join meeting" at the time of your booked class
3. Enter the meeting ID and Password which is emailed to you on the day of class
That's it you're on!

You can click the "Video" button to either "Stop video" and not be seen or "Start video" so our teachers can see you.

Simply click the microphone to either mute or un-mute yourself.

Things you may want to consider:

1. Make enough room to dance; participants should only need around a metre square to be able to participate. Move furniture to the sides of the room if necessary.
2. Children focus better when others aren't in the room/moving through the room causing disruptions so chose a room which offers most privacy-even a child's bedroom is fine!
3. A laptop, computer or iPad works best due to a bigger screen than a phone. If you own a HDMI Cable this can connect your phone to your T.V so participants can see their teachers/each other better.
4. Uniform is not necessary but can help students get into the right frame of mind, help them feel prepared, keep a sense of routine and community and can help to instil discipline.
5. We are new to online sessions too so anything you think we can improve on please communicate!
6. Most importantly we could not continue without our customers so if there is anything we can do to help make this an easier process for you or if you need support at this time please contact us!

Finally:

At Samantha Dene's Dance we will continue to provide classes to improve the self-esteem and confidence in children and adults even if through a screen temporarily.

We will use this time to put things into place to make our physical classes even better than they were before!

We promise to keep our sense of community going with challenges, fun activities and dance based
actives weekly for ALL of our dancers.

We will only return to physical classes when government guidelines allow, when we have
procedures in place and when we feel it is safe to do so, you will be updated at the earliest
possible opportunity.

Until then we hope you will join us on our online journey and that you will continue to show your
support which is very very appreciated.

Kind regards

Samantha

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