

Samantha Dene's



Dance and Fitness

MEMBER HANDBOOK

Welcome to Samantha Dene's Dance and Fitness!

Firstly, we are incredibly excited to welcome you to Samantha Dene's Dance and Fitness. Thank you for booking a trial!

We have put together the following information to make everything as simple and straightforward as possible for our new families. We hope the information below, along with our website, answers any questions you may have before attending.

If you still need anything, please don't hesitate to contact us:

Email: samanthadenes@outlook.com

Phone: 07598 430454

We can't wait to welcome you and your little one into our growing dance family!

About Us

Samantha Dene's Dance and Fitness is an organisation run by Miss Samantha Dene Boden. Samantha manages the school and teaches alongside her wonderful team of experienced, self-employed instructors.

Our Mission

Our mission is to build confidence in children (and adults at our adult venues) using supportive, growth-mindset techniques that can benefit them for life, not just in their classes.

We aim to deliver professional, exciting and inclusive dance and performance classes that nurture confidence, technique and creativity in a friendly, non-competitive environment.

We believe every child should have the opportunity to enjoy dance, movement and performing arts in an environment where they feel safe, supported, valued and included.

Our Staff

Meet our friendly and experienced teaching team here:

www.samanthadenesdanceandfitness.com/about-us/

Additional Needs Dance and Movement Class

We are delighted to offer an Additional Needs Dance and Movement class as part of our timetable.

This class has been created to provide a welcoming, supportive and inclusive environment for children who may benefit from a more flexible approach to dance and movement.

Classes are designed to focus on:

- * Building confidence and self-esteem
- * Enjoying movement and music
- * Developing coordination and physical skills
- * Encouraging creativity and self-expression
- * Supporting social interaction and communication
- * Providing opportunities to participate at each child's own pace
- * Celebrating individual progress rather than comparison or competition

We understand that every child is different and that children may have different communication, sensory, physical or learning needs.

Our teachers will work with children and families to make reasonable adjustments wherever possible, helping each child to feel comfortable and able to participate.

What can families expect?

The class will be relaxed, encouraging and adaptable. Activities may include dance, creative movement, music, games, stretching and simple choreography.

Children are not expected to perform everything perfectly or participate in every activity. We encourage children to join in in a way that feels comfortable for them, while gradually building confidence and independence.

If your child has specific needs, triggers, communication preferences or strategies that help them to settle and participate, please let us know before their first session. This allows our teacher to prepare and support them as effectively as possible.

Parents/carers should speak to us before the first session if there is anything important we need to know about supporting their child.

Please note that our Additional Needs class is a dance and movement class rather than a specialist therapeutic or medical service.

Bookings

If your child is attending a trial, you will receive an email afterwards with a link to book the remainder of the half term. Simply follow the link to secure their space.

Once registered, your child's place will automatically be reserved each half term.

Near the end of every half term, you will receive a confirmation email with your invoice link.

Payment secures your child's space and must be made before sessions begin.

Payments can be made:

- * Directly through Class4Kids, or
- * By selecting "See more payment options" for bank transfer details.

Bank transfers avoid Stripe fees but do need to be marked manually, so it can take a little longer for you to receive a receipt.

Subscription Option

A monthly subscription is available. The annual cost is split into 12 equal monthly payments, taken automatically on the 1st of each month. This includes holiday periods.

If you'd like to switch to this method, please let us know.

Late Fees

Late invoice payments will incur a £5.00 late fee.

What to Wear to the First Session

Children may attend their trial wearing comfortable clothing such as leggings and a T-shirt.

For our Additional Needs class, children should wear comfortable clothing that allows them to move freely and that they feel comfortable wearing.

Footwear

Street Dance: trainers that fit securely

Tap: secure shoes-trainers are fine for the trial but tap shoes are required afterwards

Ballet: barefoot or gripped socks permitted for trials; ballet shoes required afterwards

After the trial, dance shoes and uniform should be ordered from our online shop:

www.samanthadenesdanceandfitness.com/onlineshop/

Dance shoes are required for safety and uniforms are preferred to help children feel “class ready”.

What to Bring

Please keep belongings to a minimum.

Children may bring:

- * A water bottle
- * A small nut-free snack if attending multiple sessions
- * Any agreed comfort or sensory item that helps them to settle, if required

Please let the teacher know if your child needs to bring anything specific for their individual needs.

Drop-Off and Pick-Up

Parents are not permitted to stay and watch classes, except for Little Ballet Stars ages 2–4 or in exceptional circumstances approved by the teacher.

For our Additional Needs class, we understand that some children may require a different approach to settling in. Parents/carers should discuss this with the teacher before the first session so that we can agree the best approach for the individual child.

From experience, we know many children settle best without grown-ups present, but we appreciate that this is not the same for every child.

Please bring your child directly to the teacher at drop-off and collect them from the door at pick-up.

Never send children across the car park alone.

Please drive slowly in the car park-safety is our top priority.

If a child is allowed to walk home alone, written permission must be given to Miss Sam via email at samanthadenes@outlook.com.

Please check the venue notes on Class4Kids for exact entry and exit instructions.

Safeguarding and Door Security

Doors are unlocked for the first 5 minutes of class, then locked for the remainder of the session.

Fire exits always remain accessible.

If the door is locked on arrival, please follow the venue instructions, which may include knocking on the fire exit, calling 07598 430454, or catching our attention through the windows.

Only authorised adults may collect children. Please let us know about any changes in advance.

Supervision of Children

Any child not currently in class remains the responsibility of their parent/guardian.

We cannot accept liability for children in public areas before or after their sessions.

Show of Work Weeks

At the end of each full term, grown-ups are invited to watch our Show of Work!

Minis: full 30 minutes

Ages 7+: invited in for the end of the session

For our Additional Needs class, participation in the Show of Work will always be optional and approached in a way that is appropriate for each child.

Times and further information will be emailed closer to performance week.

Trials and Class Options

To view our full timetable and book trials-including Drama and Musical Theatre (4+ years)-visit:

samantha-denes-dance-and-fitness.class4kids.co.uk

We love welcoming students to try different dance, drama and acrobatics styles!

We offer:

* Little Ballet Stars (2–4yrs parent and toddler)

- * Ballet
 - * Street Dance
 - * Acrobatics
 - * Tap
 - * Strength & Stretch
 - * Drama & Musical Theatre
 - * Additional Needs Dance & Movement
 - * Children's Dance Parties
 - * Private 1-1 Coaching
 - * Adult Shake Dance Fitness
 - * Adult Hen Party Dance Classes
-

Social Media

Stay up to date by following us:

Facebook: samanthadenesdance

Instagram: samanthadenesdancefitness

Twitter: samanthadenes

Additional Notes

Please arrive no earlier than 5 minutes before class.

Only one grown-up may attend Little Ballet Stars.

Lost property will be brought to the next session.

Speaking to Teachers

Please speak to teachers before or after sessions—not while they are teaching.

As we have very little time between classes, messages are preferred via:

Email: samanthadenes@outlook.com

WhatsApp / Facebook / Instagram

Messages received after 2:30pm on weekdays or over weekends will be answered the next working day.

Policies

All policies and terms can be found here:

www.samanthadenesdanceandfitness.com/policies/

Adult Classes

For adult fitness options, visit our dedicated website:

www.shakedancefitness.com

Parent Facebook Group

For reminders, second-hand uniform and updates:

www.facebook.com/groups/665251044229527/

Admin Changes

Please update your Class4Kids account if your:

- * Contact details
- * Home address
- * Medical information
- * Emergency contact details change.

Please also let us know if there are any changes to your child's needs that may affect their participation in classes.

Spread the Word!

Sharing our pages, recommending us, or leaving a review helps us reach even more aspiring dancers and performers.

Thank you for supporting our growing dance family!

Cancellations

If your child decides to stop attending, please let us know as soon as possible so we can offer the place to someone on our waiting list.

For monthly subscription users, 4 weeks' notice is required before the 1st of the following month.

Thank You!

Thank you for taking the time to read through this information.

We are so excited to welcome you and your little one into our dance family!

Warmest wishes,
Samantha
Samantha Dene's Dance and Fitness
www.samanthadenesdanceandfitness.com
07598 430454

Facebook: www.facebook.com/samanthadenesdance
Instagram: www.instagram.com/samanthadenesdanceandfitness
Twitter: www.twitter.com/samanthadenes

