

Shimmy To Be Fit

Helping you reach your fitness goals, one hip drop at a time

Class/Studio Policies

E-Mail Address:

Each student or family must provide a valid working e-mail that can be accessed on a regular basis. Communication to and from the instructor is conducted via e-mail **only**. Important information is sent out regularly. If you need to contact the instructor for any reason please send an e-mail to shimmytobefit@dentedworld.com as we do not conduct business via facebook.

Class Attire:

Be Comfy! No jeans, mini skirts, or street clothes; also no baggy T-shirts, or long skirts. Exercise/Yoga/Dance unitards, or leggings with a Tee, Tank or sports bra/top that can show lower back position, bare feet, socks or dance shoes. NO STREET SHOES. Also, a scarf or shawl to tie low around your hips is very useful for you to see hip movements in the mirror. (A limited number of scarves will be made available to borrow.)

Class length:

Each class is 1 hour in length and includes a warm up and cool down portion.

Please arrive to class at least 5-10 minutes prior to the start of your class time. This gives you time to have your belt on and shoes off at the start of class. If you will be more than 5 minutes late do not come to class. It is disruptive to the students who come to class on time

Class Schedule:

Classes are offered either monthly or in a series. The monthly fee for ongoing (non series) classes remain the same whether the month is long (5 weeks) or short (2 weeks). Series are sometimes offered on a specific topic for a flat rate for the entire series.

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Session Length:

Throughout the year we have different "sessions" of classes. The session breakdown is as follows.

- January through May
- June (week long dance camp, workshops and private lessons - separate registration to available events in June is required, event information will be sent out in April of each year)
- August through December

Please note the studio is closed and no fee's are assessed in July

Lookie "Loo's":

In order to give each student the best possible instruction with no distractions, parents/friends are not allowed to stay in class with the student. This ensures your student gets the instructor's full attention.

Water:

Please bring water with you to class. Bottles will be available for purchase for \$1.00 each. Please have exact change.

Make up classes:

If you cannot attend your regularly scheduled class please inform the instructor at least 48 hours in advance. We realize this may not always be possible and will take each instance on a case by case basis. Makeup classes will be available to those who request it and arrangements are made in advance.

Classes cancelled at the last minute will not be available to be made up.

Performances:

Each student will have the opportunity throughout the year to perform at various events in the DFW area. Each student is responsible for the cost of their costuming for performances independent of tuition. In most cases the costumes will be costume made to fit each student. Although performances are not mandatory they are highly encouraged.