

Inner Rhythms Dance Company

Classes and Times

Inner Rhythms Petites

Monday 4:00 - 5:30 Jazz and/or Tap
Tuesday 4:00 - 5:30 Ballet and/or Lyrical

Inner Rhythms Juniors

Monday 5:30 - 7:30 Jazz and/or Tap
Tuesday 5:30 - 7:30 Ballet and/or Lyrical

Inner Rhythms Seniors

Monday 7:30 - 9:30 Jazz and/or Tap
Tuesday 7:30 - 9:30 Ballet and/or Lyrical

Attendance and Tardiness

Attendance is a very important to the individual dancer and to the group as a whole. Each dancer is required and expected to attend his or her class every week with exceptions for illness or emergency. Please be sure to call the studio and leave a message indicating that you will not be attending class. Each dancer is allowed 2 unexcused absences per month. Excessive unexcused absences will not be tolerated and will result in a warning letter. After 3 warning letters, the dancer will be dismissal from the company.

Tardiness is another important issue, and will not be tolerated. Each dancer is required to be on time for class. It is important for both the choreographer and others, not to mention the health and safety of the tardy dancer. Students should be there well enough in advance to begin warming up. (Dance is an extremely physical activity - an unprepared and unstretched dancer can result in serious injury.)

Notice of schedule changes, cancellations, and extra rehearsals will be give well in advance. This should help eliminate any scheduling problem and any attendance or tardiness issues. (Extra rehearsals will be given before the January concert, each performance opportunity, and every competition.) These are mandatory rehearsals, so all members must attend.

Dress Code

Proper attire is required and will be strictly enforced. Please refer to the dress code below.

Tap/Jazz Rehearsal and Class

Girls: Any color leotard with any of the following: black, tan or pink tights, bikertards/unitards, bike shorts, or jazz pants. (T-shirts, sweatshirts, boxer shorts, etc. are not acceptable)

Boys: Any color t-shirt with any of the following: gym shorts or jazz pants. (No Jeans or jean shorts).

Shoes: (both girls and boys): Black tap jazz oxfords and black jazz shoes. No Jazz sneakers are allowed.

Ballet/Lyrical Rehearsal and Class

Girls: Any color leotard and pink tights only!!! Ballet skirts and dance shorts are acceptable, however, camisoles, tank tops, t-shirts, sweatshirts, boxer shorts, bike shorts, jazz pants, bikertards are not acceptable. Hair must be in a bun, completely off the face. Ponytails are not acceptable for ballet class.

Boys: White fitted t-shirt and black jazz pants.

Shoes: Girls- Pink ballet slippers, bare feet will be worn for lyrical

Boys:- Black ballet slippers

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