

# Sunshine Dance and Fitness

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Welcome to Sunshine Dance and Fitness! We are glad you have chosen to join us for our very first season.

Our philosophy is to provide a positive environment where every student can reach his or her full potential with self confidence and body fitness. We look forward to providing the best instruction for you and/or your child.

*Classes begin on September 7, 2010, and end on June 10, 2011. Summer classes will follow immediately.*

## Fitness Policies

- \***BE ON TIME.** Please make every effort to be on time. Warm-ups are essential to proper training.
- \*All classes must retain a minimum of 3 students or the class will be moved to another time.
- \***NO CELL PHONES.** Please make sure your cell phone is turned off unless needed for emergencies.
- \***MISSED CLASSES** may be made up at any other regularly scheduled time during the year.
- \***Snacks, soda and water** are available at the front desk, but no snacking on class time.
- \***Only water** will be allowed in the classrooms. Please leave other food or drinks in the hallway.
  - \*Absolutely NO food or drinks in the dressing rooms!
- \* **No Gum chewing.** For your safety, please do not chew gum during class.
- \*Parents, family members, and friends are welcome to remain in the hallway during class times, But, please do not interrupt class with food, drinks, or loud hallway chatter.

## Holidays and Closings

When **Branson Public Schools** are closed due to inclement weather, the Studio will be closed.

Sonshine will also be closed on the following days unless arrangements have been made with your teacher:

<b>Thanksgiving: Monday, Nov. 22 – Sun, Nov. 28, 2010</b>	<b>Winter Vacation: Mon, Dec. 20, – Sun, Jan. 2, 2011</b>
<b>Martin Luther King Day: Monday, January 17, 2011</b>	<b>Presidents' Day: Monday, February 21, 2011</b>
<b>Spring Break: Monday, Mar. 14 – Sun, Mar. 20, 2011</b>	<b>Memorial Day: Monday, May 30, 2011</b>

## Fitness Dress Requirements

- \*\***Appropriate workout apparel must be worn in all classes. Your teacher MAY request specific items\*\***
- All work out clothes should be comfortable and non-restrictive. (Such as: t-shirts, shorts, sweat clothes or leotards)
- No dangling jewelry, street clothes, or street shoes should be worn in class.
- For your safety, hair should be worn off the face and neck.
- You may bring a towel and water to class.

**AEROBICS:** Appropriate work out clothes and tennis shoes.

**YOGA:** Appropriate work out clothes and your own personal yoga mat.

**NIA:** Appropriate work out clothes and bare feet, socks, or tennis shoes.

**PILATES:** Appropriate work out clothes and bare feet or socks.

**YOGALATES:** Appropriate work out clothes and your own personal yoga mat.

**TAE AEROBICS:** Appropriate work out clothes and bare feet or tennis shoes.

**TAE KWON DO:** A standard uniform, as specified by your teacher and bare feet.

