



# **ATOMIC** **DANCE**

## **STUDIO HANDBOOK**



“When Holly started at Atomic Dance back in September she didn't know anyone & was reluctant to go as none of her friends were there. Now 3 of her besties have joined her & she absolutely loves it...

”

## ABOUT ATOMIC DANCE:

We are a dance studio offering a variety of dance classes alternative to traditional dance styles. Our aim is to create a dance community that is inclusive to all, regardless of age or ability. Established in early 2018, we have a strong focus on kindness and fun. With our amazing IDTA and Acrobatic Arts qualified teachers, our students develop not only as dancers, but as individuals.



# Core Values

## 1) Kindness and Positivity

Encouraging students to make kind choices and be conscious of the effect of their actions on others. Modeling and instilling a positive attitude in our students.

## 2) Self Guided Learning

We strive to follow your child and encourage them to be the master of their own success.

## 3) A Nurturing Environment

Strong dedication to creating a nurturing environment full of encouragement, gentle correction and a nurturing of creativity.

## 4) Determination

Ensuring students are dedicated in their own development, and determined to work hard and progress with self improvement and self reflection.

## 5) Confidence in Creativity

When children are young, they have bundles of creativity and a confidence to suggest ideas and try something new. We believe this is a special gift that needs to be supported and nurtured. In class we incorporate challenges to inspire students to create, improvise and choreograph. We help students follow their ideas and develop a confidence in their creative capabilities.

We want students to complete our programmes with a kinder heart, a positive attitude and the determination and confidence to succeed in whatever they choose next.



“

*Both my daughters love their class.  
Full of energy and fun and Ellie talks  
and responds to them in such a  
gentle and caring manner. They  
can't wait to come each week!*

”

## 1. KINDNESS AND POSITIVITY

We teach students to be kind and respectful to all others on their dance journey. Kind dancers create kind children and we aim to help them consider the impact of their actions. Something as simple as welcoming new students with a smile can make a child's day and we are proud that we can trust our students to make these choices for themselves alongside modelling this behaviour for them.

We want to teach our students that kindness is important, contagious, meaningful and that no act of kindness, however small, is ever wasted! We encourage a positive attitude in our students. Say 'I can' and you will. Being positive and believing you can do it will get you to your goals no matter what!

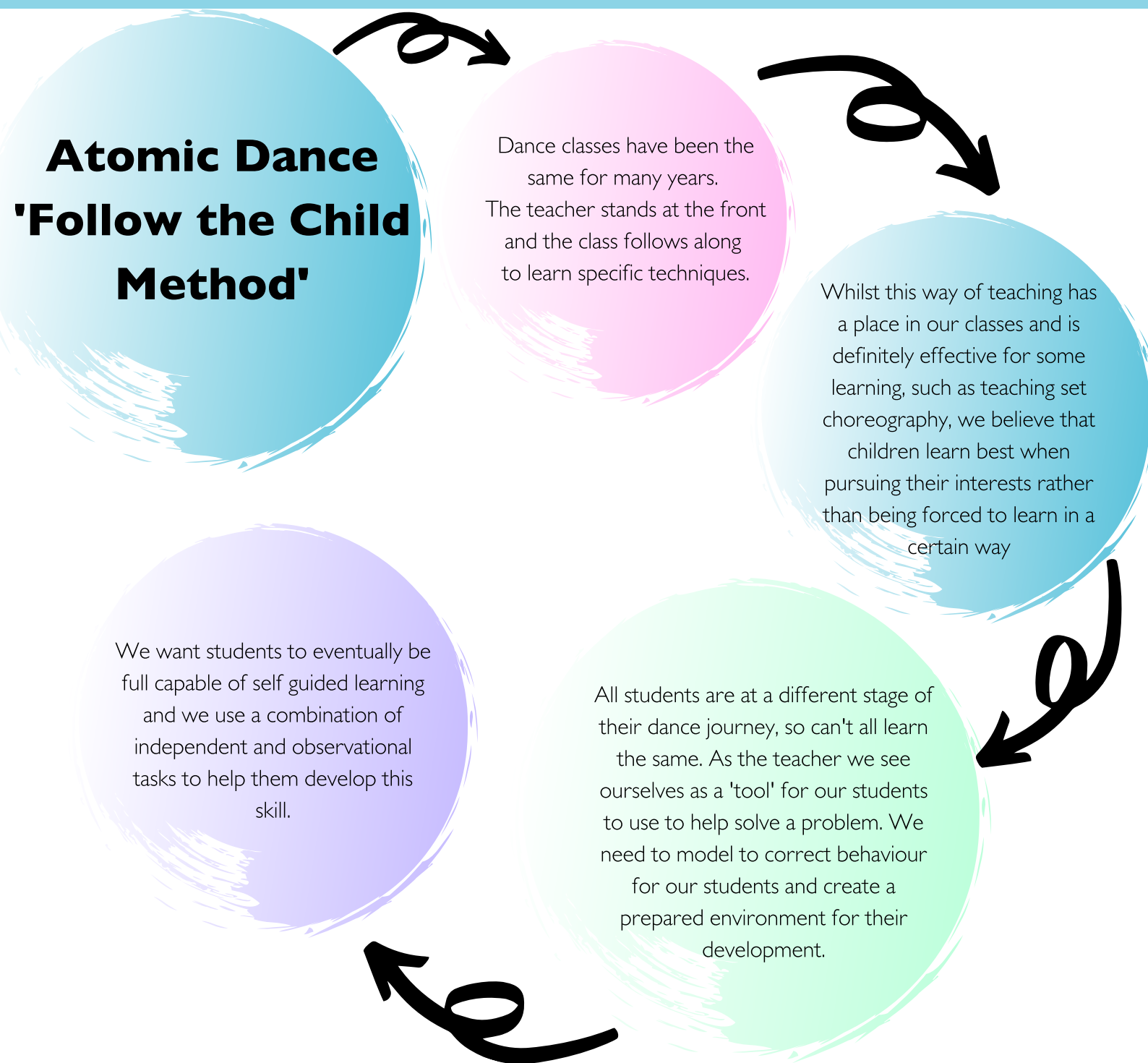
We incorporate these values into our lesson plans and behaviors so that not only are we teaching great technique, but helping to raise a more compassionate, optimistic generation.



## 2. SELF GUIDED LEARNING

We approach classes with our 'Follow the Child Method' to encourage students to take control of their own progress. We don't want our teachers to be seen as intimidating authority figures that hold all the power, but instead as guides there to help students make their own choices for their dance development. As teachers, we create a prepared environment with lesson plans designed to teach the fundamentals of dance technique, alongside giving students the opportunities to work independently, take control over their learning and be the masters of their own success!

# Follow The Child Method



For instance, a whole class is practicing their pirouettes; Student A can do 5 pirouettes but student B is learning to do 1. They can't learn the same! We would encourage each student to find a space in the room to practice individually, starting at one turn with the correct technique and working their way up. We would be there to observe and guide, perhaps asking questions to help students self reflect or giving individual feedback. Another instance would be letting every child choose a skill to practice on their own or in a partner for 5 minutes.

## 4. A NURTURING ENVIRONMENT

We strongly believe that children learn best when they feel safe and secure. Our teaching style is dedicated to nurturing our students confidence and creativity using gentle correction and encouragement. We want to help our students develop a secure attachment in our classes, so they feel comfortable coming in and giving things a try. No student will ever have to do something they don't want to do . By forcing children to take part in something that is uncomfortable for them, we stop them from seeing our studio as a safe space and it becomes scary. We do encourage students to face their fears! But ensure they know that it is 100% ok if they aren't ready for that, and we will be here for when they are.



“

*Ellie is an amazing teacher and gives lots of care, patience and encouragement. My Daughter loves going to Atomic Dance.*

”

## 4. DETERMINATION

Just because we are gentle in our teaching practice, does not mean we don't work our students hard! Classes are fast moving and intense. We teach good work etiquette, self discipline and guided self practice, such as student led warm ups. We want our students to be determined to reach their fullest potential and work as hard as they can when they are in class to achieve their goals.. This is something that they will carry into all walks of life; If they are determined to succeed they can do anything!

## 5. CONFIDENCE IN CREATIVITY

Over my years of teaching, I have noticed how creative children are! They are always thinking of fantastic ideas and are not afraid to give things a try. I have also noticed how this seems to disappear as they get older. The fear of failing seems to prevent them from letting their creativity flow! At Atomic Dance we want to help students develop confidence in their ideas and not be afraid to try them regardless of the fear of failure. Classes have activities focused on confidence in creativity - such as improvisation sessions, choreography creation or sharing ideas as a group.



## FOR YOU: HONESTY

**We will always be honest with you as a parent. If your child is having issues in class, we will tell you, if your child is doing great, we will tell you, if there is something we need to discuss that you may not want to hear, we will tell you! You are trusting us with the care of your children and we take that very seriously, you will always be informed. and up to date with what is going on at Atomic Dance.**



# Atomic Dance Monthly Membership

## Little Stars Starter

30 minute class per week

**£14.50**

## Little Stars Basic

1 hour of classes per week

**£21**

## Little Stars Premium

Unlimited Little Stars classes per week

**£30**

## Starter

Up to 60 minutes of classes per week

**£21.50**

## Basic

Up to 90 minutes of classes per week

**£26.50**

## Progression

Up to 120 minutes class per week

**£35.50**

## Ultra

Up to 3 hours of classes per week

**£45.50**

## Elite

Up to 4 hours of classes per week

**£56**

## Premium

Up to 8 hours of classes

**£80**

Payments are made monthly, calculated on how many hours your family does a week. (All siblings are included in the same plan). You can cancel anytime, just let us know before the 20th of the month and we can stop your subscription.



The only class not included in the monthly plan is  
Little Stars Mini Mix.

This can be paid for weekly:

1 child £5

2 children £8

3 children £10



# Classes Guide

Here is a breakdown of all of our evening school classes so you can find the perfect fit...

## **JUNIOR COMBO**

A combination of Ballet, Jazz/Street dance and Acro Gym for our Junior dancers.

1 hour class

Age guide 5-7

Your child will learn foundational dance and gymnastics movements, as well as improving strength and flexibility.

**Uniform - Skirted Leotard and ballet shoes or Atomic Dance T-shirt, bottoms and Ballet Shoes**

## **JUNIOR LYRICAL**



A combination of ballet and contemporary techniques.

Age Guide: 7-16

You child will learn how to dance with grace and emotion. This class is perfect for students who love to dance freely and improvise.

**Uniform:**

**Leotard, footless tights and skirt or Atomic Dance Tshirt and leggings.**



# Classes Guide

Here is a breakdown of all of our evening school classes so you can find the perfect fit...

## SENIOR STREET FUSION

A combination of Street and contemporary techniques.

Age Guide: 7-16

Learn fun tricks and upbeat routines with the option to take IDTA exams or take the class for fun!

Uniform: Atomic Dance Top, Black Leotard, black bottoms and trainers



# Classes Guide

Here is a breakdown of all of our evening school classes so you can find the perfect fit...

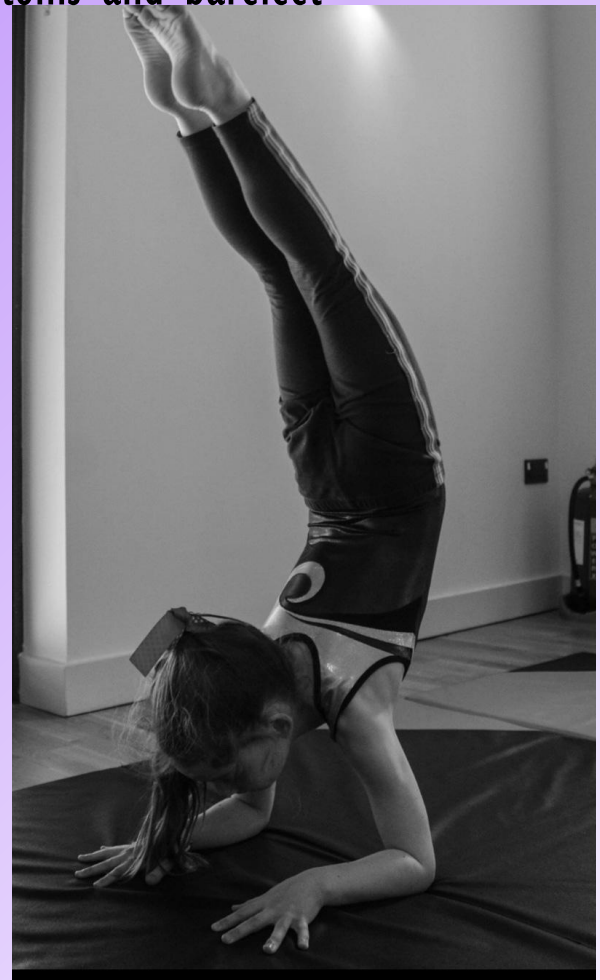
## ACROBATIC ARTS

A combination of Street and contemporary techniques.

Age Guide: 7+ (Classes are ability based)

Following the Acrobatic Arts syllabus, students can enjoy learning skills such as cartwheels, handstands and walkovers, alongside improving strength and flexibility. With clear progressions throughout, we ensure that we are training safe, strong Acro dancers.

**Uniform: Atomic Dance Top, class Leotard, black bottoms and barefeet**





# LITTLE STARS CLASSES

A specially designed curriculum for our littlest dancers! Watch your little one fall in love with dance! All Little Stars classes transition smoothly onto our other programmes...



## LITTLE STARS BALLET

Students will learn the foundations of ballet technique in a fun and relaxed environment.

30 minute class

Age guide 2-5

**Uniform - Skirted Leotard and ballet shoes or Little Stars T shirt, leggings and Ballet Shoes**

## LITTLE STARS ACRO DANCE

Students will learn the foundations of Acro technique with the aid of props and games!

Learn to skip, hop, gallop, roll and much more...

30 minute class

Age guide 3-5

**Uniform - Leotard and leggings or Little Stars T shirt and leggings**



## LITTLE STARS ACRO DANCE

**Little Stars**  
Dance Programme

Explore the art of singing, dancing and acting and watch your child develop imagination, confidence and creativity.

30 minute class

Age guide 3-5

**Uniform - Leotard and leggings or Little Stars T shirt and leggings**

# LITTLE STARS CLASSES



## LITTLE STARS MINI MIX

The perfect class for your little ones trying on their first ever dancing shoes!

A combination of dance and acro-gymnastics, to help improve your child's coordination and movement skills. This is a free moving class, students can join in with what they choose and explore the world of dance at their own pace. We know that as parents your lives are hectic, this is why our Mini Mix classes are pay as you go!

60 minute class

Age guide 18 months - 4

Uniform - Little Stars T Shirts



# PROGRESSION

## HOW OUR PROGRAMS WORK TOGETHER

Our Dance programmes are specifically designed to follow on from each other. This means that if you start with us from the very beginning, your child will have a smooth, effortless transition into each next stage of their dance journey, taking the confusion out of moving to a harder class. Our class styles compliment each other, giving students every opportunity to become a well rounded dancer.

Our relaxed teaching approach also supports students that join classes at a older age; we meet students where they are to develop their confidence through dance.



Little Stars  
Dance Programme



# PROGRESSION

**Combine 2 or more classes from the same level for the best balance!**

Here is an example of how our classes progress...

**1 Mini Mix**  
*From 18mths  
let your child explore  
dance and develop  
confidence*

**2 Acro Dance**  
*From age 3  
Students can progress  
to a more structured  
acro dance class*

**2 Ballet**  
*From age 3  
Students can progress  
to a more structured  
class*

**2 Musical Theatre**  
*From age 3  
Students can progress  
to a more structured  
class*

**3 Combo**  
*From age 5, students  
can join a combination  
class of ballet, dance  
fusion and Acrobatics*

**3 Primary Ballet**  
*Move up a Ballet  
Grade and then keep  
progressing*

**3 Musical Theatre**  
*From age 5, students  
can join junior Musical  
Theatre*

**4 Acrobatic Arts**  
*From age 6, students  
can join our Acro  
classes and progress  
through the levels*

**4 Grd 1 Ballet**  
*Move up a grade and  
then keep progressing!*

**4 Lyrical**  
*From age 7, students  
can join our lyrical  
classes and explore  
their creativity*

**4 Acrobatic Arts**  
*From age 7, students  
can join our street  
fusion classes and take  
optional exams*



# VENUES

We believe that where you dance is just as important as the class! A safe, beautiful dance space promotes creativity and hard work. Take a look at our amazing venues below!



## ST CHADS

**St Chad's Centre,  
Church Hill CV33 9RJ  
Bishops Tachbrook**

- On street parking
- Baby Changing
- Kitchen
- Waiting Area for parents

## LONG COMPTON

**Long Compton Village  
Hall, Main Street, Long  
Compton, Warwickshire,  
CV36 5JJ**

- On site parking
- Kitchen
- Waiting Area for parents



# CHERINGTON/STOURTON

## **The Hall - Cherington, Stourton and Sutton-under- Brailes, Pinfold Lane, CV36 5HG**

- On site parking
- Kitchen
- Spacious Waiting Area for parents



# CLASS UNIFORM

Book your trial class or enrol via our website!



# ATOMIC DANCE

★  
**Little Stars**  
**Dance Programme**

Or contact

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