

# ZG DC ZERO GRAVITY DANCE COMPANY

## DANCE STUDIO GUIDE



**Welcome to Zero Gravity Dance Company**, where we offer a variety of dance programs tailored to individuals of all ages and skill levels. Our mission is to create a nurturing and inclusive environment where dancers can unleash their creativity and reach their full potential. Whether you dance for enjoyment, skill development, or competition, our experienced instructors are dedicated to helping you succeed.

We invite you to join us at ZGDC and experience the exhilaration of dance within a welcoming and encouraging community.



Hello!, My name is **Shauntell Schwartz, Owner and Director of Zero Gravity Dance Company**. I am excited to bring over two decades of experience in the recreational and competitive dance industry to the vibrant community of Goderich. I am dedicated to helping dancers achieve their goals and reach their full potential.

ZGDC has been a proud member of the Goderich community since 2017. Our dance studio offers a wide range of programs, including recreational, pre-competitive, and competitive options, all within a supportive and nurturing environment. Our mission is to provide dancers with the tools they need to build confidence, strength, and achieve their personal best.

I am thrilled to be a part of this dynamic and inspiring dance community, and I look forward to working with each and every dancer to help them shine on and off the dance floor. Let's dance our way to success together!

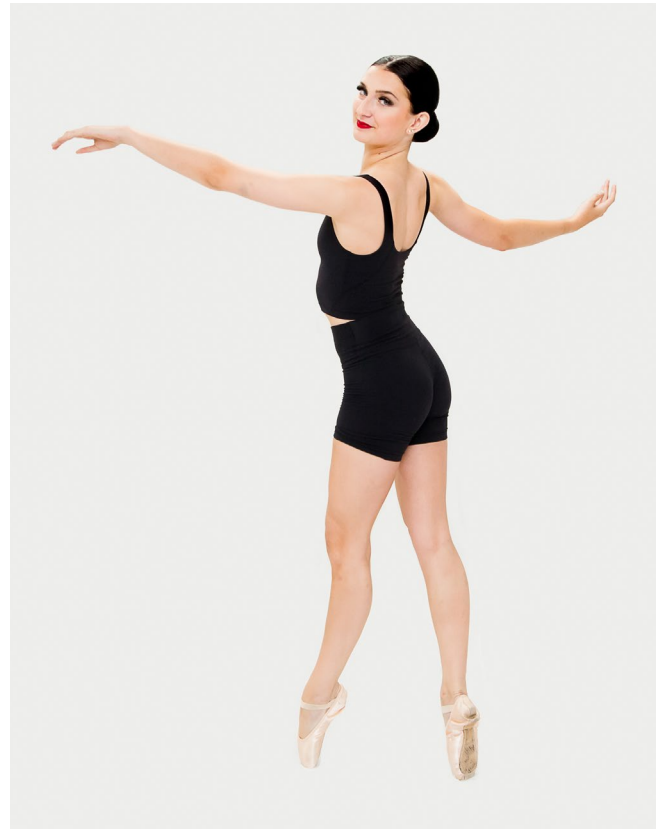
# Dress Code



## ATTIRE/FOOTWEAR

Black bodysuit with tan tights or black sports bra and black high waisted leggings/shorts.

ZGDC has a studio boutique that stocks bodysuits, tights etc...



## HAIR

Hair should be pulled away from face and secured.

## JEWELRY

Please remove all loose jewelry before coming to class.

# Studio Policies

## ZGDC DROPOFF/PICKUP PROTOCOL

All parents are to remain with their children until their teacher comes to take them to class. Once they are headed to their studio room, parents are allowed to leave. We will have a sitting area for parents who would prefer to stay in the building.

Please have your child use the washroom before class begins to keep potty break disruptions during class to a minimum. The washrooms are just inside the entrance to the building.

We ask that dancers are dropped off 5 mins prior to their first class, and are picked up within 5 mins upon completion of their class. This is a very important element to ensure a smooth transition between classes, and we kindly ask you to stay compliant with this policy.

### Parking and Drop Off

Parking is in the large lot on the south side of the building.

Please be mindful of others while in the lobby area as there are other businesses that use the hallways. Place any garbage in the correctly marked container.

All outdoor shoes must be removed and placed on the boot trays outside each studio room. No outdoor footwear is allowed on the studio room flooring.

## LOBBY

ZGDC's studio lobby/hallway is used by multiple businesses. Please be aware of this, and do not leave your child unattended for their safety and the safety of others. Be respectful of the space.

## LIABILITY FORM

Dancers **MUST HAVE A SIGNED LIABILITY FORM**. If no liability form is handed in, dancers will NOT be able to take any classes. Each dancer will be required to hand in ONE form that will cover all of their classes taken at ZGDC. The form is included in your dance package, or you can follow this link: <https://forms.gle/U6ieRSVjYqBL5wVE6>

## ILLNESS

If any dancer shows signs of illness in any form they will be sent out of class and will remain in the lobby (supervised) to be picked up. Please do not send your dancer if they are sick in any way to the studio. The same measures will be applied for all staff members. We ask that if any dancer / teacher has to cough or sneeze, that they kindly do so into their arm, to prevent the spread of any germs.

If you need to contact the office, please email us **infozgdancecompany@gmail.com**. We will respond as fast as possible. We offer in-person meetings when needed, please email to find out the hours/availability.

# Studio Classes



## ACRO

A dance form that combines acrobatics and gymnastics with dance. Dancers will explore acrobatic movements and how to confidently execute those movements. Acro encourages coordination, spatial awareness, and fine & gross motor skills. Students will increase their strength and flexibility while learning a variety of tumbling and gymnastics skills.

## BALLET

Ballet technique classes are the foundation for training and focus on developing a solid ballet foundation with emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body (epaulement), and use of arms (port de bras).

## JAZZ

Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body to accent the musical rhythms. Jazz dance can take on many different characteristics and styles including street jazz, percussive, Broadway, contemporary, and lyrical with an emphasis on energy, rhythmical accuracy, and style.

## AERIAL

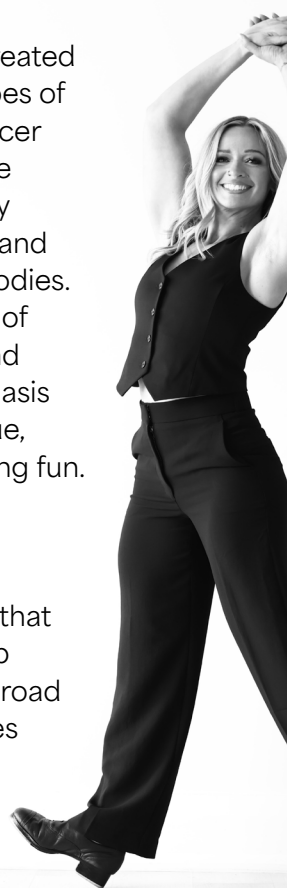
Aerial dance seamlessly blends athleticism and creative expression, offering a comprehensive full-body workout. Through the use of low-hanging trapeze, aerial silks, and aerial slings, participants are able to immerse themselves in the grace and beauty of this captivating art form. Not only does aerial dance provide a unique and enjoyable experience, but it also helps individuals develop strength and endurance.

## TAP

The rhythm and movement of tap, created by the metal taps on the heels and toes of a dancer's shoes, transforms the dancer into a percussive musician. Tap dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their bodies. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds and having fun.

## HIP HOP

A high-energy dance form using the latest music mixed with movements that are influenced by some of today's top video choreographers. Hip hop is a broad collection of urban street dance styles including breaking, popping, locking, turning, jerkin, krumping, and often incorporates elements of freestyle.



## AND MORE!

# Studio Etiquette



Leave your street shoes outside the studio on the provided mats.



Be on time for class and in proper attire.



Use the restroom before class starts.



Respect the dance space. Clean up after class and keep the studio tidy.



Be kind and respectful to everyone.

# DANCE COMPETITION REMINDERS & CHECKLIST

**ZG** ZERO  
GRAVITY  
**DC** DANCE  
COMPANY

## COMPETITION ARRIVAL TIME

We ask all Competitive dancers to arrive at 1 hour before their routine time with stage ready hair & make-up done (details below). We recommend dancers pack snacks and a water bottle to keep hydrated.

## COSTUMES

Bring all costumes and accessories with you (in a garment bag if possible). Costumes can be hung up in the changeroom for your dancer. Once their dances are over, please take your costumes with you.

## HAIR

### For all routines requiring a bun:

Centre part with a low bun (no bunmakers)

Please make sure you have a hairnet in your hair colour to wrap around your bun to keep it neat. Use gel or hairspray to tame any fly-aways.

### For all routines requiring a ponytail:

Centre part, low ponytail, straighten hair.

## MAKEUP

Use your Stage Makeup palette and apply full stage makeup. For application tips, please login into the portal at Stage makeup, and scroll to the bottom. All video tutorials are linked there.

## LASHES

The Competitive dancers wear Ardelle brand: DEMI 101 lashes. These lashes are available in the office or if purchased elsewhere please look for Demi 101 on the pkg.

## EARRINGS

Make sure you have the competitive earrings, as all dancers must wear the same pair. Available in the office.

## STUDIO JACKET

The studio jacket must be worn over your costume before your performance, and on stage for the awards session.

## OTHER ITEMS

- Please remove any nail polish (nails and toes)
- Please make sure your child wears tan/beige underwear in a bikini cut
- Bring all shoes for each routine with your costume

## MAKE-UP

- ☐ Moisturizer
- ☐ Makeup Remover /Wipes
- ☐ Foundation/Setting powder
- ☐ STAGE Palette (purchased in advance)
- ☐ Bronzer
- ☐ Blush/Highlight
- ☐ Eye Shadows
- ☐ Red Lipliner
- ☐ Lipstick – Red Matte
- ☐ Black Liquid Eye Liner
- ☐ Makeup Brushes
- ☐ False Lashes
- ☐ Eye Lash Glue
- ☐ Sharpener

## HAIR

- ☐ Brush & Comb
- ☐ Hair Spray
- ☐ Water Spray Bottle
- ☐ Hair Gel
- ☐ Bobby Pins
- ☐ Hair Net (extra)
- ☐ Hair Elastics (clear and Regular)
- ☐ Hair Straightener

## COSTUMES

- ☐ All costumes
- ☐ Accessories - hands, head
- ☐ Tights (extra pair)
- ☐ Dance Shoes
- ☐ Seamless Undergarments
- ☐ Garment Bag & Hanger
- ☐ Jewelry

## OTHER

- ☐ Team Jacket
- ☐ Water Bottle
- ☐ Snacks
- ☐ Pen/Highlighter
- ☐ Cash for programs (varies from \$5-15)
- ☐ Deodorant
- ☐ Women sanitary products
- ☐ Mirror
- ☐ Kleenex
- ☐ Advil

**Thank you for  
choosing **Zero  
Gravity** as your  
dance family!**

Contact us:  
[infozgdancecompany@gmail.com](mailto:infozgdancecompany@gmail.com)

(519) 282-9432

199 Anglesea St.  
Goderich, ON  
N7A 0A1