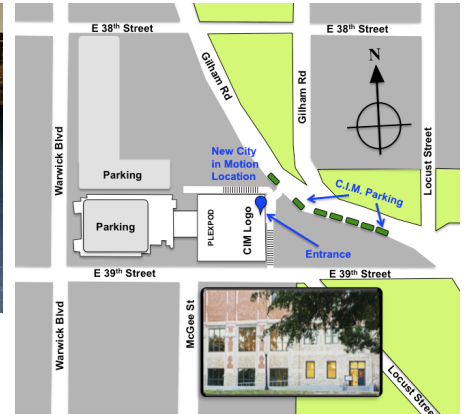


WELCOME New and Returning students... What to expect :)

PARKING

Welcome to Plexpod Westport Commons! We use a separate entrance from the main Plexpod just for City in Motion on the east side of the building. Parking is available on Gillham Rd. closest to our entrance in between 38th St. and 39th St. A parking map is also on the website. The entrance door remains locked for our safety and a desk monitor will buzz you in after they see you in the window of the waiting room. This visual confirmation helps keep our building, students and staff safe from intruders.



FRONT DESK

Parents or students will **check in** with the desk monitor for every class in the waiting room to the left of the entrance. This is where we take attendance, take payments and give any information you might need! These monitors are volunteers and are there to help you. Parents can wait in the upstairs waiting room or downstairs closer to the studios. If you are interested in volunteering for class trade please email info@cityinmotion.org. Water fountains are available on the entrance level, but we do suggest students bring water bottles so class can continue without interruption of a trip upstairs. Please have students use the

restroom before class!

We are a pretty laid back place with a very comfortable atmosphere. We think dance is fun and doesn't require much be that way. We can't wait for our instructors to do their magic in the studio and make everyone a dancer! Thank you for dancing with us at city in Motion School of Dance where dance is for everyBODY. - Your Director, Tracie Jensen



WHAT TO WEAR

For most classes of all ages you can wear what you want! We suggest wearing clothing you can easily move in, supportive and comfortable. For technique classes like ballet, modern, and jazz, we suggest tight fitting clothes like leotards and tights, leggings and tanks so instructors can see the body for alignment purposes. For every class at CIM we would like the hair pulled away from the face and secured. There are changing rooms and showers available on the entrance level.

WHAT ABOUT SHOES

- Ballet: ballet shoes, or socks
- Modern & Creative Movement: bare feet, optional socks
- Tap: low heel tap shoes, hard soled dress
- Hip Hop: clean tennis shoes
- Jazz classes: jazz shoes, ballet or socks
- Ballroom: comfortable clean shoes, no sharp heels

* For ages 3-5, ballet shoes are optional. At this age if they wear shoes for an entire hour it would be a miracle :) it is always good to have a pair of socks in their dance bag!



CAN WE WATCH?

In order for teachers to best instruct their students with their full attention, we ask parents to wait in the waiting room or outside of classrooms during class. For youth classes the last week of the session is parent watch week. On the last class parents are allowed to come in and watch the class, video, clap, cheer and be amazed at their child's progress. If you are an adult student and your child has come to class with you they can watch at your discretion :)

BAD WEATHER

School closings are announced as early as we can. We do try to have the school open if possible. Our Facebook page gets updated first and then the website. Please like and follow us on facebook to keep in touch with all our news!

