

WELCOME PACKAGE 2023/2024

10 YEARS **JOS** TEAM
J O H N S E S T U D I O

10 YEARS UNDER THE
DIRECTION OF
**JANIE
CHAROCOPOS**



J'DANSE STUDIO
2105 MIDLAND AVE, TORONTO
#JOSSTRONG

MEET THE DIRECTOR

My name is Janie Charocopos (Owner and Director) and I'm here to give you all the information you need to integrate into our fun-filled little family. I welcome you all to J'Danse Studio.

Our Mission

At J'Danse Studio we want to give every child an outstanding experience, every time they walk through our doors. Our aim is to help each student foster a deep passion and love for dance by creating a safe and supportive space where they can explore the art of self-expression through movement.

While enjoyment is the name of the game, hard-work and discipline is an important prerequisite.

Studio Space

At J'Danse Studio, our modern studios are designed for maximum impact. Full-length mirrors. Sprung floors. ballet barres in every studio equipped with tumbling mats. We want to give every student the tools they need to succeed. All spaces are equipped with hand sanitizer stations + cleaning before/after classes.

Other Resources

Choosing a studio is a big deal and we know you may have a couple of niggling questions about class times, fees, uniforms and more. Our Information Guide is designed to give you all the details you need to answer those little questions. If you have any further questions please don't hesitate to email us at jdansestudio@gmail.com.

Mrs Janie has a keen eye for detail and is a sought out choreographer. Our routines often win the top competition awards.

Thank you for joining our JDS Family! We're excited to see you soon!

Love,

Mrs Janie C



MEET THE TEAM



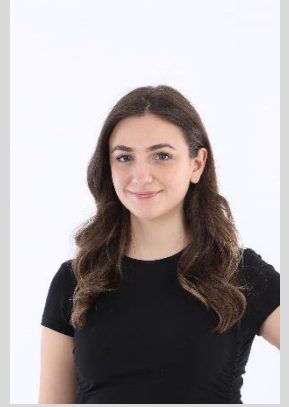
Mr. George



Miss Sarah



Miss Katherine



Miss Zoe



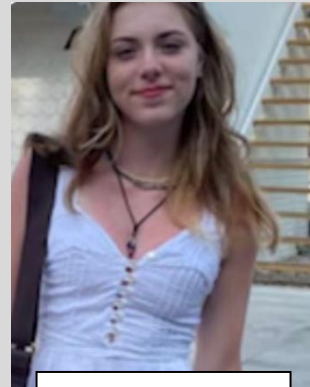
Miss Kristina



Miss Meagan



Miss Diana



Miss Olivia



Miss Anastasia



Miss Hayley



Miss Anna

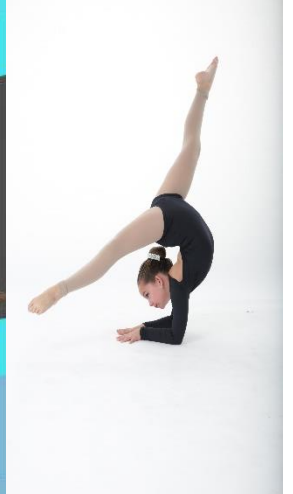


Miss Isabella



ASSOCIATED DANCE ARTS FOR PROFESSIONAL TEACHERS

VALUE BASED LEARNING



THIS SEASONS SOCIAL MEDIA HASHTAGS ARE:

#JDSSTRONG * #JDSIS13 * #JDSROX



DANCE SAFE ONTARIO



J'Danse Studio is a proud member of "Dance Safe Ontario".

We will be adhering to all of the guidelines and regulations set forth by the Government of Canada, the Government of Ontario and City of Toronto.

Your health & safety is our number one priority and we are committed to providing you with the safest environment possible.

We can't wait to dance with you!

VISIT OUR WEBSITE TO DOWNLOAD OUR COVID-19 POLICIES

<https://www.jdansestudio.com/covid-19.html>



MANDATORY: 2023-2024 Dress Code:

It is mandatory that all students come to class dressed in the proper dance attire as outlined otherwise they may be asked to sit out. **Hair must be pulled back in a bun and off the face (bobby pins necessary to ensure the bun doesn't fall out – hair net optional).** Dance attire should be clean, nails groomed, and fragrances limited

PLEASE ENSURE THAT DANCE SHOES ARE SIZED TO FIT, NOT WORN OUT or TOO LARGE

CLASS	REQUIRED CLOTHING	REQUIRED SHOES
Creative Dance	<p><u>Black bodysuit</u> short sleeve Capezio Classic Cotton #CC400C or long sleeve Capezio #CC450c</p> <p><u>Tights</u> -Mondor Convertible Foot Ultra Soft # 319 or 314 in Light Tan</p> <p>Boys: White tshirt/Black pants or shorts *no shorts/skirts allowed*</p>	<p>Capezio Daisy #205c – Ballet Pink</p> <p>Boys: Capezio Daisy #205c – Black</p> <p>(bows must be tucked in)</p>
<p>Mini Classes (Ballet,Jazz,Acro,Tap, Musical Theatre)</p> <p>&</p> <p>All Classes: Levels 1-4 & Adv/Elite &</p>	<p><u>Black bodysuit</u> short sleeve Capezio Classic Cotton #CC400C or Mondor #40096 or Capezio long sleeve #CC450C</p> <p><u>Tights</u> -Mondor Convertible Foot Ultra Soft # 319 or 314 in Light Tan</p> <p>Or</p> <p><u>Senior Dances Only:</u> - black JDS tank top/JDS crop top -Black leggings or shorts (plain, no writing or print) -Black bodysuit of your choice + style</p> <p><u>Tights</u> -Mondor Convertible Foot Ultra Soft # 319 or 314 in Light Tan</p>	<p>Ballet: Canvas Split Sole Slippers Capezio Hanami #2037 in light pink OR So Danca Bliss #SD16</p> <p>Jazz/Musical Theatre in BLACK Capezio Jazz Shoes # EJ2 or Bloch Jazz Shoes #S0497 or #S0499</p> <p>Acro/Tumbling: Capezio foot Undeez in nude #H07c(kids) #H07, barefoot under size 11</p> <p>Tap: Capezio Mary Jane Tap Shoe Black#3800c (kids) #3800</p> <p>Lyrical: Hanami Stretch Canvas Pirouette Turning Shoes #H064W in Nude</p> <p>Pointe: Must be fitted – Recommend NBC SHOE ROOM or DANCEWEAR CENTRE</p>
Stretch n Strength(SNS) & Hip Hop	Comfortable clothing/ workout wear	<p>SNS: clean indoor running shoes(no outdoor shoes allowed)</p> <p>Hip Hop: Pop Tart Grid Sneakers Black #PA20109 or Black #PA15100</p>
COMPETITIVE	Class wear as above	Class shoes above, comp shoes tba

There will be no lost and found at this time

VISIT: <https://www.jdansestudio.com/dress-code.html>
Return Policy <https://www.dancewearcentre.com/pages/returns-policy>



2105 Midland Ave, Unit 2, Lower Level
Toronto, ON M1P 3E3
416 830 5601
jdansestudio@gmail.com
www.jdansestudio.com

J'Danse Studio is proud to be partnered with DANCEWEAR CENTRE, the official supplier for all our dance wear, shoes and accessories.

This partnership allows dancers to purchase the perfect required uniform simply visiting the online store:

<https://www.jdansestudio.com/dress-code.html>

- **Order of \$100 receive free shipping and free same day/next day courier service**

Several advantages to make your life easier

- Shopping for dancewear in September only is over. You can order all year long.
 - No minimum purchase required.
 - Affordable prices and great quality products
- Easily find the right uniform for your kid's class or for yourself. Each Collection is clearly labelled, so you know exactly where to look.

<https://www.jdansestudio.com/dress-code.html>

Please contact us if you have any questions regarding our online dance store call

dancewear centre

TORONTO FLAGSHIP STORE LOCATION
1150 SHEPPARD AVENUE WEST, UNIT 11
TORONTO, ONTARIO M3K 2B5

416-630-2292

WHAT TO HAVE IN YOUR BAG



Dance Shoes



Non glass water bottle



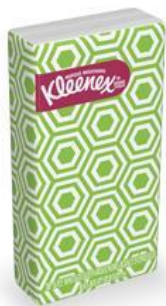
Optional:

1 face mask

1 back up face mask



Small hand sanitizer bottle



Small Kleenex pack

The studio does not provide free water bottles for dancers.

The studio is equipped with multiple hand sanitizer stations throughout the building, upon entering, at front entrance and exit, near washrooms and in each studio.



HOUSE KEEPING RULES

J'Danse Studio is committed to providing excellent dance education in a clean, friendly and family oriented environment. These policies are to ensure that all dancers receive the education they deserve.

Studio:

- 1) NO outdoor shoes are allowed for anyone entering JDS. The including in the reception area, parent lobby, hallway, change rooms and studio space are an outdoor shoe free area. Outside debris can damage the floors and become a safety hazard. Please leave shoes on the shoe racks and feel free to wear the slippers provided in the studio space and return them upon leaving.
- 2) **Change rooms at this time are only to be used to change clothing attire. All shoe changes & articles of clothing are to be left in the studios.**
- 3) No food, drinks or chewing gum are permitted in the dance studio area (except for plastic/sports water bottles – no glass bottles).
- 4) Valuables should not be brought to the studio. We are not responsible for any lost or stolen items. There is no lost & found permitted at JDS.
- 5) The viewing cameras are accessible by logging into the Jackrabbit parent portal and will only be accessible for your specific classes.
- 6) ONLY Students and Instructors are allowed in the studio (except for Creative Dance Classes).
- 7) Children who are not dancing may not be left unsupervised at the studio. The staff's attention is on the dancers and cannot be monitoring waiting students.

Attendance and Admin:

- 9) In the event of an absence, as a courtesy, parents are required to notify the studio or inform the teacher. **Correspondence should be sent via email or the online portal.** You can call or make an appointment to discuss the matter in person if it is urgent.
- 10) During extreme weather conditions, classes may be cancelled and a cancellation message will be emailed to everyone. The message will also be announced on the portal, website,

Facebook and Instagram. If you do not have access to internet or email, please advise us so that we can ensure a call is placed.

11) If your child has an injury or a special need, it is vital that you notify the teacher so that we can monitor the child during class.

12) Any concerns should be addressed directly with Janie or George. Staff are unable to accommodate lengthy conversations during/between a class. Janie or George will be happy to give you our undivided attention at a scheduled date/time.

13) Please update the portal with any changes in contact information. Please ensure the emergency contact section is completed in your portal in case it is required and kept updated.

14) Please keep yourself up to date and familiar with the studio calendar/closures/important dates

Etiquette & Conduct:

14) PLEASE DO NOT SPEED in the parking lot. There are kids crossing at all times. Safety is a priority. Please park in designated parking spots only. Please do not block entrance/thruways.

15) Please be considerate with respect to limiting scents in the studio

16) Belongings should be kept in small dance bags. Please double check your bag to ensure you have all your belongings before you leave and you don't have someone else's belongings. **We don't send emails for lost items.**

17) Please ensure that you are wearing the proper dance attire, including hair in a bun and proper shoes/foot wear for every class. Our dress code has been made available online and on the studio bulletin board. Dancers not wearing the proper dance attire will be asked to sit out of class after October 1 if proper attire is not demonstrated.

18) Students are expected to observe good personal hygiene habits. Ensure dance attire is clean, nails are neatly groomed and that deodorant is used if required.

19) All students should keep their bodies healthy! Proper rest, drink lots water and eat healthy foods for good health and injury prevention.

20) Students are not to leave the studio and enter the reception area during class time unless dismissed by the instructor. Instructors need to know where their students are at all times.

21) Please do not place your feet/shoes/boots up on the chairs to help in minimize wear and tear.

22) Here at J'Danse Studio, we promote that all dancers/parents/guardians treat each other with respect, support and encouragement.

Our parents lobby is open as well as the benches at the bottom of the stairs in the common lobby, for those parents accompanying children in mini classes 5 years and under. Those wishing to stay will be provided with security key codes that will be given out at the start of the season. Viewing cameras will only be on between September and December.

Thank you for you co-operation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Creative Dance 2-3yrs w/parent 9:00am-9:30am	Creative Dance 2-3yrs w/ parent 9:30am-10:00am
					Mini Ballet 4-5yrs 9:30am-10:00am	Mini Ballet 4-5yrs 10:00am-10:30am
					Mini Acro 4-5yrs 10:00am-10:30am	Mini Acro 4-5yrs 10:30am-11:00am
					Mini Jazz 4-5yrs 10:30-11:00am	Mini Jazz 4-5yrs 11:00am-11:30am
					Intro to Lyrical 6-8yrs 11am-11:45am	Mini Tap 4-5yrs 11:30am-12noon
					Ballet 1/2 6-8yrs 11:45am-12:30pm	Ballet 4 12-14yrs 12pm-12:45pm
					Acro 1/2 6-8yrs 12:30pm-1:15pm	Jazz 4 12-14yrs 12:45pm-1:30pm
				PRIVATE CLASSES		
Competitive Choreography	Creative Dance 2-3yrs 5:00-5:30pm		Competitive Choreography	Hip Hop 1 5-7yrs 5:00pm-5:30pm	Jazz 1/2 6-8yrs 1:15pm-2pm	BREAK
Competitive Choreography		Stretch n Strength Comp Students 5:30pm-6:15pm	Competitive Choreography	Hip Hop 2/3 8-16yrs 5:30-6:15pm		Elite Cont/Lyrical Permission Required 2:15pm-3pm
Competitive Choreography	Ballet 1/2 6-8yrs 6:15-7:00pm	Comp Technique & Jumps/Turns 6:15pm-7:00pm	Acro 3/4 9-14yrs 5:45pm-6:30pm	Tap 1/2/3 6-12yrs 6:15-7pm		Elite Jazz Permission Required 3pm-3:45pm
Competitive Choreography	Acro 1/2 6-8yrs 7-7:45pm	Competitive Choreograph7 7pm-10pm	Elite Acro Permission Required 6:30pm-7:15pm	Competitive Choreography		Elite Ballet Permission Required 3:45pm-4:30pm
	Jazz 1/2 6-8yrs 7:45-8:30pm		Elite Tumbling Open 7:15pm - 8pm			Elite Pointe Permission Required 4:30pm-5:15pm

STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Competitive Choreography
					Ballet 3 9-11yrs 11:45am-12:30pm	Competitive Choreography
					Acro 3 9-11yrs 12:30pm-1:15pm	Competitive Choreography
					Jazz 3 9-11yrs 1:15pm-2pm	Competitive Choreography
Competitive Choreography	Lyrical 3 9-11yrs 5:30-6:15pm		Mini Ballet 4-5yrs 5:00pm – 5:30pm	Competitive Choreography		
Competitive Choreography	Ballet 3 9-11yrs 6:15-7:00pm	Stretch n Strength Competitive 5:30pm-6:15pm	Mini Jazz 4-5yrs 5:30pm – 6:00pm	Competitive Choreography		
Competitive Choreography	Acro 3 9-11yrs 7-7:45pm	Technique Competitive 6:15pm-7pm	Mini Acro 4-5yrs 6:00pm – 6:30pm	Competitive Choreography		
	Jazz 3 9-11yrs 7:45-8:30pm			Competitive Choreography		

STUDIO B

J'DANSE STUDIO

2105 MIDLAND AVE, LOWER LEVEL TORONTO, ON M1P 3E3

TEL # 416 830 5601

DANCE@JDANSESTUDIO.COM

There is a lan line at the studio for teachers/students to make outgoing calls should they need to contact parent(s)/guardians. Please ensure contact information is always updated in the parent portal

