



gym
Studios

Handbook

Welcome to GLM studios!

“Where passion meets persistence and a dance family grows”

At our dance studio, we inspire confidence, creativity, and kindness through the art of dance. We are a family oriented community where every dancer feels supported, encouraged and valued. Beyond teaching technique, we strive to build life skills such as discipline, teamwork, resilience, and self-expression. Helping our dancers carry positivity, confidence, and a love of learning with them into their future.

About the owner

This studio is owned and run by Gabbriellia Bakken, who has 20 years of experience in the dance world. With 16 years performing and multiple years teaching, adhering to the adapt, and acrobatic arts programs. Her passion began as a young girl at age three, when she began her journey dancing in Francis, Saskatchewan. She then continued her dance career in Moose Jaw, before being given the opportunity to pursue her dream of opening a dance studio in Central Butte.

Photo and video release

At GLM Studios, we love to promote our dancers and programs. Photos and videos may be taken during classes, rehearsals, performances, competitions, and studio events and may be used on our website, social media platforms, marketing materials, and other promotional content.

If you are not comfortable with your dancer(s) being included in photos or videos used by the studio, please notify the Studio Director in writing via studio email. We will make every reasonable effort not to post or share images of your child through GLM Studios channels. Please note that while GLM Studios can control the content we publish, we cannot control photos or videos taken and shared by other dancers, families, studios, organizations, competitions, etc. GLM Studios is not responsible for images and videos posted by others.

Guidelines and etiquette:

As a family-and-community-based dance studio, we are committed to creating a fun, educational, welcoming, and safe environment for all dancers, families, and staff. To help maintain a positive studio culture, all members are expected to follow these guidelines:

1. **Come prepared for dance and fun.** Dancers should arrive ready to learn, participate, and contribute positively to the class environment.
2. **Respect others.** We strive to maintain a bully-free environment where everyone feels accepted, valued, and supported. While we cannot control what happens outside of the studio, any bullying, harassment, discrimination, or disrespectful behavior within the studio or at studio-related events will not be tolerated.
3. **Effort, attitude, and participation.** Dancers must show a positive attitude, be respectful, participate fully, and give their best effort in all classes, rehearsals, and performances. Ongoing disruptive behavior, poor attitude, or lack of participation may result in disciplinary action, including removal from activities or the program.
4. **Arrive on time and stay for the full class.** Prompt attendance is important for safety, proper warm-up, and class progression. Arriving late or leaving early more than three times consecutively without reasonable notice and justification may result in the dancer being asked to leave the program or face other disciplinary action at the discretion of the Studio Director.
5. **Attendance expectations.** Dancers are permitted a maximum of three unexcused absences per season. Excessive absences may affect participation in performances, competitions, or class advancement and may result in further consequences determined by the Studio Director.
6. **Hair and dress code.** Dancers are expected to follow the studio's dress code and hair requirements for every class. A three-strike policy will be enforced. After three violations, consequences may include sitting out of class, loss of performance opportunities, or further disciplinary action as determined by the Studio Director.
7. **Maintain a substance-free environment.** Smoking, vaping, alcohol, cannabis, and any other harmful or illegal substances are strictly prohibited on studio property. Any dancer who arrives under the influence of drugs or alcohol will be asked to leave immediately, and appropriate disciplinary action will be determined by the Studio Director.
8. **Cell phone policy.** While we love capturing memories through photos and videos, cell phones are not permitted during class time except in special circumstances approved by the instructor. Dancers should keep devices stored away during lessons to minimize distractions.

9. **Choreography ownership.** All choreography, routines, formations, concepts, and creative works taught or created by GLM Studios remain the intellectual property of GLM Studios. Studio choreography may not be sold, reproduced, shared, taught, or performed outside of authorized GLM Studios events without prior approval from the Studio Director. Any requests to use studio choreography elsewhere must be discussed with and approved by the Studio Director in advance.
10. **Twenty-four hour communication policy.** Unless it is an emergency, families must wait 24 hours before approaching Studio staff – including volunteers and the director regarding concerns, complaints, or disputes. This allows time for reflection and helps ensure respectful, productive communication. We are committed to addressing concerns fairly and professionally once the 24-hour period has passed.
11. **Nut-free facility.** To protect students with allergies, our studio is a nut-free facility. Please do not send dancers with any food or snacks containing nuts or nut products.
12. **Treat the studio with respect.** All dancers, parents, and visitors are expected to respect studio property, equipment, staff, fellow dancers, and volunteers. Any intentional damage to studio property may result in disciplinary action and financial responsibility for repairs or replacement.

By participating in classes and studio activities along with signing parent/guardian and dancer agreements, dancers and families agree to uphold these guidelines and help create a positive environment where everyone can learn, grow, and enjoy dance.

Disciplinary action: Any disciplinary action will be up to the studio directors discretion.

Solo/Duo/Trio information:

Solos/duos/trios are available for competition dancers only, as they will not be performed at recital unless asked by the director. Solos are for dancers 11 years and older, Duos/Trios are for all dancers as long as there is a dancer 11 years and older. They cost 175\$ per solo, 200\$ per duo, 225\$ per trio. This does not include competition or costume fees. While you can offer song and costume recommendations, the final say will be given to the instructor. Songs and costumes deemed inappropriate for the studio will not be approved. While solo payments can be added to your monthly payment plan, they will need to be paid no later than November 30th. Your child must be Registered in the style of dance they are doing a solo, duo or trio in. Exceptions will only be made if there is no class in their preferred style and will have to be discussed and decided by the studio director.

Dress code

All dancers are expected to arrive to class in proper dance attire. For all genres of dance, dancers must wear either;

- A bodysuit/leotard and tights, or
- Tight leggings or dance shorts with a sports bra

For ballet classes, a bodysuit/leotard and tights are mandatory for all dancers.

Hair

Hair must be secured completely out of the face and neck for all classes. Acceptable hairstyles include ponytails, buns, braids, or other secure styles that keep hair neatly contained. For ballet classes, all dancers are required to wear their hair in a bun

Shoes

Dancers must wear appropriate shoes for each class as listed below. Proper footwear is required for participation and helps ensure safety, technique development, and floor protection.

Ballet: Ages 3-8 - Pink ballet slippers

Ages 9+ - Canvas split sole ballet slippers.

Jazz and Musical Theatre: All ages - Beige jazz shoes

Tap: All ages - Black low heel tap shoes (Bloch flex slip on tap shoes are recommended)

Lyrical/ Contemporary: All ages - Contemporary shoes.

Hip hop: All ages - Black non scuffing running shoes

Acro: All ages - Bare feet, or foot undies

For all dress code and dance shoe needs we recommend shopping at

[Ballet To Broadway](#) in Moose Jaw!

Recital and Competition dates

GLM Studios' annual recital is typically held during the second weekend of April each year. However, if Easter or a scheduled competition falls on that weekend, the recital date may be adjusted accordingly.

Recital rehearsal and dance pictures will take place during the week prior to recital and will be scheduled during regular class times.

Competition dates are determined solely by the competition directors and organizations hosting the events. GLM Studios does not have control over, nor can we change, competition schedules once they are established.

Fees and payment plans

We provide monthly, bi-yearly (September and January) as well as full payment plans. We accept cash and E-transfers to the studio email for payments. Monthly payments are to be made by the 22nd of the month. 5% of your bill will be added if making a late payment and you will have 10 days to make the payment before the child will be asked to not attend class until it is paid.

Competition fees and solo costumes are not included and will be billed separately from your regular payment plan. Competition fees will be due by January 31st. If not paid by then the child will not attend competitions for that year. There will be no refunds for missed classes, late payments or missed competition. Registration cut off is September 18th

Priced per class for one dance season

Ages 3-4 - Baby Ballerinas/Tiny Tumblers

(must be potty trained-out of diapers)

Ballet - 200\$ per year (Recreational)

Acro - 200\$ per year (Recreational & no performance)

Ages 5-6 - Beginners

Ballet - 200\$ (Recreational)

Jazz/Acro - 200\$ (Recreational)

Ages 7-8 - Pre Juniors

Ballet- 200\$ (Recreational)

Tap -200\$ (Recreational)

Jazz/Acro - 225\$ (Recreational)

Ages 9-10 - Juniors

Ballet - 200\$ (Competitive)

Tap - 200\$ (Recreational)

Jazz/Acro 225\$ (Competitive)

Hip-hop - 200\$ (Recreational)

Musical Theatre - 225\$ (Competitive)

Lyrical - 200\$ (Recreational)

Ages 11-13 - Intermediates

Ballet - 225\$ (Competitive)

Tap - 200\$ (Competitive)

Acro - 200\$ (Recreational & no performance)

Hip-hop - 200\$ (Competitive)

Jazz - 225\$ (Competitive)

Lyrical - 225\$ (Competitive)

Musical Theatre 225\$ (Competitive)

Ages 14-17 - Seniors

Ballet - 225\$ (Competitive)

Jazz - 225\$ (Competitive)

Tap - 200\$ (Recreational)

Lyrical - 225\$ (Competitive)

Hip Hop - 200\$ (Competitive)

Musical Theatre - 225\$ (Competitive)

Acro - 200\$ (Recreational & no performance)

Ages 18+ - Adults

Jazz - 225\$ (Recreational & no performance)

Dancers must be of age for the class you are registering for by December 31st of that dance year.

Please note that as the ages are recommended for which class to register, there may be exceptions to the class they are in during the dance season based on the child's skill levels. Also keep in mind that classes may change depending on how many children sign up, if there are not enough kids in a class they may have to move to another class.

Contact information

Email - glmstudiosdance@outlook.com

Phone Number - 1 (306) 690-7936

Facebook - GLM Studios

Instagram - glmstudiosdance