

# Welcome to Dance Classes with Chad

## Information for participants in City of Tempe dance classes instructed by Chad Lakridis

Please take the time to read this information sheet, as it addresses many of the questions that new (and not so new) participants in Chad's City of Tempe dance classes have asked in past sessions. If you have additional questions, please let us know – best is by email to [roni@dancewithchad.com](mailto:roni@dancewithchad.com) – so that we can include this information in our next version of this sheet.

### ***Class goals:***

In these classes, participants will be introduced to steps and techniques in a variety of dances – usually waltz, tango, foxy and foxtrot in the Ballroom classes; merengue, salsa, and cha-cha (perhaps also rumba, samba, mambo) in the Latin classes; Jitterbug/single step swing, East Coast swing and West Coast swing in the Swing classes; Argentine tango and hustle in the tango/ hustle class. Classes are engaging, fun, and will challenge and reward participants of *all* levels of skill and training: brand-new beginners *and* participants with years of dance training. Techniques of movement are taught together with steps to develop a strong basis for continued dance experience and training. Our ultimate goal is for participants to learn to love dance (and to love to learn dance!)

### ***Some words about attitude***

First, *everyone can dance*. If you have ever been told otherwise, whoever told you was *wrong!* Will you get frustrated with your mistakes? Probably. Will there be people in the classes who seem to learn more easily than you? Almost certainly. Will there be elements of the classes that you feel are beyond you? Absolutely: even the experienced dancers in the classes will be challenged. Please just keep in mind: *every one starts as a beginner and gets better over time*. If you are particularly frustrated, please let Chad or an assistant know so that we can work with you – the last thing we want is someone to leave the class without allowing us to address their concern!

### ***Some guidelines for participants***

In order for all class participants to have the best possible experience, we have the following requests:

- Please arrive at the class location on time (a few minutes before the scheduled start time), ready to begin class (shoes on, cell phones off, water bottles filled and available, etc.).
- Please wait for Chad to invite the class into the room (his classes often run back to back and he needs time in-between to set up).
- ***Please leave the room promptly at the end of the class so that the next class can start on time!***
- Please try to ask your questions about the instruction *during* the class rather than at the end: first, it is likely that others have the same question as you, so you will be helping everyone by asking, and second, asking Chad questions after class is over can delay the start of the next class.
- It is very important to avoid chatting while Chad is instructing – it is distracting to the other participants and to Chad, and you may miss information you really want to have!
- You are encouraged to try everything Chad shows, but participants who wish to excuse themselves from a class activity (being asked to change roles, or doing a particular dance, or if they are just tired) can always sit out a particular activity, and then join back in when they are ready. Even watching will help you learn! If your partner cannot make a class, come anyway; there are usually extra participants or one of Chad's assistants to dance with.
- In some classes, Chad may have leaders or followers rotate – if you are uncomfortable doing rotation, this is not a problem, just move a bit outside the 'circle' so that others can 'rotate' past you.

- An important instructional and courtesy element: if you and the person you are dancing with don't agree about a move or an instruction: ask the instructor! We never want members of the class arguing about what should be a fun activity!
- Chad has a number of assistants in his classes who can answer a majority of the questions most participants will have about organizational items, schedule, basic elements of what was shown in class, etc. The assistants are normally available before and after the classes, when Chad is *not* available; please consider asking an assistant your question first, so that Chad can devote his attention to the class as a whole as much as possible.
- Email [roni@dancewithchad.com](mailto:roni@dancewithchad.com) at any time with questions or comments about the class; please check [www.dancewithchad.com](http://www.dancewithchad.com) for details on Chad's events.
- A summary of the steps learned in each of Chad's Tempe dance classes is available at [www.tempe.gov/arts/art/materials.htm](http://www.tempe.gov/arts/art/materials.htm)

### ***Shoes***

It is not necessary for class participants to purchase dance shoes. We strongly recommend *against* wearing flip-flops, loose slip-ons or shoes without backs. If participants have dance shoes they should wear them; if not, best are shoes with hard leather or other smooth soles that don't 'stick' during turns. Sneakers are acceptable, but care must be taken to avoid knee stress when turning in shoes that stick to the floor!

### ***Additional dance opportunities***

We will keep you informed about dance opportunities available through Chad. These include:

- A group dance at the end of the term for all students in Chad's City of Tempe dance classes (information will be provided during the term);
- Dance parties organized by Chad and other dance instructors – we will announce and hand out flyers for these;
- For those interested in more focused, personal instruction, Chad offers private, semi-private and small group classes (as an assistant for information or schedule directly with Chad);
- Chad engages in pr-am dance competition with dedicated students taking private instruction from him; if you have an interest in this, email [roni@dancewithchad.com](mailto:roni@dancewithchad.com);
- Chad hosts an internet radio show Saturdays at 10 am; go to [www.danceislifelifedance.com](http://www.danceislifelifedance.com) for more information and to listen live or download any of the shows already broadcast;
- Have you ever considered a career as a dance instructor? Chad is Director of the Southwest Ballroom Dance Teachers Academy – contact see [www.swbdta.com](http://www.swbdta.com) for more info;
- Chad periodically organizes workshops with top instructors from around the US – we will announce and make flyers available for these events.

For additional information on these and other opportunities, check out Chad's webpage at [www.dancewithchad.com](http://www.dancewithchad.com), or email [roni@dancewithchad.com](mailto:roni@dancewithchad.com)

### ***Instructor Information:***

Chad Lakridis is certified in all styles of dance and through organizations including: the Terpsichore, the Imperial Society of Teachers of Dance (ISTD), the World Professional Dance Teachers Association, the National Dance Council of America (NDCA), the U.S. National Swing Dance Council (all styles) and is a Professional Charter Member of Dancesport. In addition, he has held numerous competitive titles and championships. Chad is NLP Master Certified.