



**Welcome to the DWM Family!!** We are thrilled to have you join our community of dancers. As you begin your program, we want to provide you with tips and information to help you make the most out of your dance lessons.

**Utilizing Your Lessons:** Your program consists of a total of 10 sessions, including 2 Private Lesson, 4 Group Lesson and 4 Party. We encourage you to utilize the privates and groups within 1 month. This condensed schedule is designed to immerse you fully in the dance experience and accelerate your progress. Consistency is key when learning anything new, so we encourage you to make it a priority and we guarantee we will make it worth it! The aim of your current plan is to explore various dances and patterns, setting you on the path to becoming a confident dancer. To enhance your learning experience we highly encourage you to share your feedback throughout the lessons. Let us know which songs inspire you to dance, which dance styles pique your curiosity, and how you prefer to learn.

**Group Class Schedule:** You will find the schedule for our group classes on our website. We recommend attending sessions regularly as they provide valuable opportunities for socializing, practicing with different partners, and refining your techniques under the guidance of our experienced instructors. Anyone working in the studio will be able to give you advice on which groups will be best for your level and desire.

**Attire:** For your comfort and ease of movement, we suggest wearing clothing that allows you to move freely. Ballroom dancing is a king's sport so dressing up is encouraged :) However, if you are coming from work or the gym, that of course will work as well. Additionally, it's important to wear appropriate dance shoes to support your feet and enhance your performance. If you are able to purchase ballroom dance shoes, that is ideal but it is not essential to learning. A comfortable sport shoe or a shoe with a small heel will also do as long as it won't slip off. For more recommendations, please speak to your instructor.

**Additional Tips:**

- If possible, consider scheduling a private lesson right before a group class (especially if you are busy). This back-to-back format provides you with 90 minutes of dance practice, blending focused personal instruction with the fun and energy of group dynamics.
- Arrive a few minutes early to each class to warm up. Warming up could be reviewing the steps you've learned, physical stretching or even just giving yourself time to sit and watch the other lessons going on.
- Let your instructor know what you are enjoying most. The more open you are with your experience the better your instructor will be able to custom tailor it for you.
- If possible, practice outside of class to reinforce what you've learned.
- Your teacher will keep track of your progress in your program which he will show you on your first lesson. You are more than welcome to access it whenever you are at the studio.

We're here to support you every step of your dance journey. If you have any questions or need guidance, just give us a call. Let's make your dance experience as exciting and enriching as possible!

Sincerely,

**Dance With Me Houston**

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