

## **FREQUENTLY ASKED QUESTIONS** **FOR DANCE & FITNESS (updated Fall 2021)**

### **Daily Drop-in option**

Daily Drop-in options are not currently available. Please check back periodically for updates and offerings.

### **Where are dance and fitness classes taught?**

We offer classes virtually via Zoom and in-person classes in various locations (Beresford, Beresford Park, Central Park, Martin Luther King Jr., San Mateo High School, Senior Center). Please check the current **Activity Guide** to confirm the location of the class.

### **Where do I get my ZOOM Links?**

Upon registration, you will receive a registration receipt that contains the Zoom receipt (with login information, meeting ID, and password) as a separate attachment.

### **Fitness Flex Passes:**

Fitness Flex Passes are not currently available. Please check back periodically for updates and offerings.

### **What is the Makeup/cancellation policy?**

If a patron misses a virtual class, they can make it up in any of our dance and fitness virtual offerings by filling out a make-up slip (link below). We recommend that you have experience in the style of fitness or dance if you choose to attend an advanced level class as a make up. Many of our classes are full, so we ask that students check with the Dance & Fitness Office to confirm there is room when making up a class. Make-ups must be completed in the current session and students must be currently enrolled in our program for the make-up policy to apply. Make-ups do NOT extend into the next session. Please check with the Dance & Fitness Office if availability for an in-person class make-up is available (subject to current health protocols and enrollment numbers in classes).

- **Make-up Slip:** [Class-Make-up-Slip\\_Zoom-Fillable \(cityofsanmateo.org\)](#).
- Email completed make-up slip to Mae Chesney ([chesney@cityofsanmateo.org](mailto:chesney@cityofsanmateo.org)) and Kristy Snow ([know@cityofsanmateo.org](mailto:know@cityofsanmateo.org)) providing us 2 business days to process.

### **Are there dress requirements for class?**

Yes, many of the classes have recommendations about the type of clothing and/or shoes students should wear to class. Please check the current **Activity Guide**. Proper dance attire for youth classes can be found online at **“What to Wear”**: [City of San Mateo Recreation Department](#).

### **AGE WAIVERS**

If a patron is not within the age range for a particular activity, please contract the Dance & Fitness Supervisor to inquire about receiving an Age Waiver form.

### **What are the age minimums for Adult Fitness classes?**

Fitness classes: 16 yrs. old. & Movement Awareness (Yoga, Pilates, Tai Chi): 14 yrs. old. These age restrictions can be waived with the permission of the Dance & Fitness Supervisor.

### **When are the Dance Shows held and which classes participate?**

Dance Shows are held at the end of the Fall and Spring sessions. All Youth Dance classes participate (except Parent Tot Dance Time). More info about the shows will be distributed in class by the instructors. Please check back periodically for updates and offerings.

### **SAN MATEO DANCE ASSOCIATION**

This organization is a 501c(3) non-profit auxiliary organization that supports our Dance & Fitness programs. When collecting monies for dance shoes, leotards or Membership donations, please ask that the check be made out to SMDA. Cash is also fine but needs to be placed in the drop safe immediately and then placed in the Safe for the Treasurer of the Association to pick up weekly for deposit.

When collecting money for shoes or donations please indicate what the money is for – i.e., Shoes and the amount, date it and drop it in the drop box.

The SMDA Provides:

- **Leotards to our dancers** – order forms are in plastic shelves near the Social Room. Checks made out to SMDA. Orders take about 2 weeks to process, and leotards are held at front desk (leotard drawer) to be picked up.
- **Shoe Exchange** – the youth dance shoes crate is located in the Dance Office closet and the Adult dance shoes are kept in the back walk through closet off the Social Room. Cost is \$8 to purchase shoes. All shoe donations are accepted.
- **Membership Drive** – happens once annually February – March and Membership donations can be dropped in the front desk drop box.

## **RELATED PROGRAM MATTERS:**

### **YOUTH DANCE FALL PLACEMENT**

It has been our tradition in Youth Dance to mail out a letter during Summer session advising our dancers which class we recommend they should enroll in for Fall session. Fall Placement forms can be processed as regular registration forms but also acts as an age waiver if needed. Please check back periodically for updates and offerings.

### **YOUTH DANCE AUDITIONS**

Annually we hold Auditions for our Teen performing Troupes (Jazz-Ma-Tazz and Jr. Jazz-Ma-Tazz) in the Fall. All information regarding these troupes and the audition are listed in the Youth Dance section of the Activity Guide. Reference the Fall Activity Guide for audition dates, class times, and fees for this year-round program. Please check back periodically for updates and offerings.

### **CLASS CO-HOST/ MONITOR**

Class Co-Hosts/ Monitors help instructors in either Dance or Fitness Classes

- Registration & Monitor Form must be completed by the patron – contact the Dance & Fitness Office for inquiry
- Participant's account will be flagged as a co-host/ monitor in our system
- Monitors receive classes for FREE in exchange for assistance – Please register with the Dance & Fitness Office before each session

### **FREE CLASS Coupon**

Want to try a class? Use a **free class coupon** to try one of our virtual Dance or Fitness classes on us to see if it's the right match for you or your child. We have a variety of classes including Jazz, Ballet, Zumba, Yoga, Tai Chi, and more all from the safety of your home via Zoom.

- Free Class Coupon for Fitness: [Free-Fitness-Class-Coupon---Zoom---Fillable \(cityofsanmateo.org\)](https://cityofsanmateo.org/Free-Fitness-Class-Coupon---Zoom---Fillable)
- Free Class Coupon for Dance: [Free Youth Adult Dance Class Coupon Fillable Zoom Final \(cityofsanmateo.org\)](https://cityofsanmateo.org/Free-Youth-Adult-Dance-Class-Coupon-Fillable-Zoom-Final)
- Limit one FREE visit per movement idiom per session.
- Email completed FREE CLASS COUPON to Mae Chesney ([chesney@cityofsanmateo.org](mailto:chesney@cityofsanmateo.org)) and Kristy Snow ([know@cityofsanmateo.org](mailto:know@cityofsanmateo.org)) providing us 2 business days to process.