



THE DANCE FAMILY STUDIO

The Dance Family Studio * 1795 E. Colorado Blvd * Pasadena , CA 91106 *
(626)568-3764 * www.TheDanceFamily.com

Starting Tips for Beginners

By Francisco and Stacey Martinez, Co-Owners of The Dance Family Studio, Pasadena

1. What should I wear to class? Be comfortable. Most students wear business casual.
2. What should I sign up for? Find a class on our schedule that interests you according to your musical taste. The easiest dances to start with are Foxtrot, Waltz or Rumba. The most popular are Salsa, Argentine Tango, Lindy Hop and Cha-Cha. Beginner students often try our Beginners Pass which allows students to try “any or all” of our beginner classes all month for one low price. It’s our sample platter!
3. What shoes should I wear? The rule of thumb is to learn in the same shoes you’ll wear out dancing. Try to avoid rubber soles and flip flops. In dancing there are a lot of swift turns and pivoting motions. Rubber soles are designed to grab the floor so this type of sole can actually cause injury in putting too much pressure on the ankles, knees and lower back. Flip flops or sandals without a back strap can allow a heel to slip. Professionals dance in shoes with a suede bottom, although these can be pricey and are not necessary for first time dancers. Leather or even plastic soled shoes will be fine until making the investment into a pair of actual dance shoes. When ready to buy dance shoes, be sure to use the 2-for-1 coupons at the studio. If you would like to print out your own coupon, [click here!](#)
4. What if I know I’m going to be traveling or not able to make it to all of the classes within one month? Those who have a varying schedule should appreciate the punch card system. You have 2 months to use up your punches - and you can use them for most every class offered at the studio. It's the best way to try new classes and come when it’s convenient!
5. When should I sign up? All classes run in monthly sessions, so sign-ups happen the first week of every month. Choose your class and plan to be at the studio 15 minutes before class starts in order to register and be on the floor by the time the class begins. Many students pre-register for convenience. The studio is open Monday-Friday 6pm-10pm, Saturday 10am-midnight, and Sunday 1pm until 8pm.
6. Can I start in the middle of the month? In general, it’s best to start the first week of the month. The second week there is a review of week one, so it’s still open to new students. After the 2nd week of class, classes are closed to new students until the following month. In this way students are able to advance more quickly in the final weeks of the class. The class opens again to new students the following month.
7. How do I know if there is enough space in the class? Our varied schedule, 2,000 sq. ft. ballroom and three studios are very accommodating. We’ve made enough space for you!



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8. Is there some way to get comfortable with the steps before coming to class? Many students benefit from supplementing their class instruction with (1) practice parties and (2) at home practice. There are instructional DVDs available and even a series called, "The 2-Left Footer's Guide to Dancing" for those really hesitant about dancing! In addition, when coupled with gift certificates, all of the DVDs make very popular gifts.

9. How do I get involved? Get on our email list. There are regular notices of field trips, dances, events and new classes. This is the main means of communication with our community of dancers. Just jump onto our website at www.TheDanceFamily.com and subscribe at the bottom of the welcome page. Your email address is protected 100% from spam and you can anonymously unsubscribe at any time.

10. Can I just watch a class or just try one class? Yes to both. We welcome anyone to watch the first ten minutes of any class. Most students actually sign up for a non-committal trial class for \$15. After the class has ended, the \$15 can be applied to any punch card or monthly pass.

Hope this helps! We're here to answer your questions. Call or email us!