

# BreakThrough Dance Contract



## Breakthrough Dance – Parent/Guardian Agreement

**Program:** Breakthrough Recreational Recital Prep Program (R.R.P)

### 1. Program Overview

Breakthrough provides workshops designed to support dancers' mental health, confidence, teamwork, and performance mindset.

#### Sessions Offered:

Session	Topics	Duration	Fee
<b>Session 1</b>	<b><i>Overcoming Mental Blockages</i></b>	<b>60 min</b>	<b>\$28</b>
	<b>Focus:</b> Understanding nerves, shifting mindset, breaking fear-based habits <b>What We Do:</b> <ul style="list-style-type: none"><li>- Work through fears and mental blockages</li><li>- “Fear to Fuel” reframing work</li><li>- Perspective-shifting tools</li><li>- Guided confidence exercises</li></ul> <b>Outcome:</b> Dancers will leave feeling more in control of their emotions, calmer, empowered, and mentally clear, especially in stressful situations.		
<b>Session 2</b>	<b><i>Building Self-Esteem &amp; Confidence</i></b>	<b>60 min</b>	<b>\$28</b>
	<b>Focus:</b> Building inner confidence, self-trust, and positive self-talk <b>What We Do:</b> <ul style="list-style-type: none"><li>- Self-belief affirmations &amp; mindset confidence practice</li><li>- Body-language training &amp; power posture</li><li>- Confidence visualization &amp; focus routines</li><li>- Self-esteem building exercises</li><li>- Support + hype exercises</li></ul> <b>Outcome:</b> Dancers build real inner confidence, stronger self-image/self-esteem, and healthy mindset shift towards performing.		

#### Age Categories:

- **Category 1:** Ages 8–12
- **Category 2:** Ages 13–19

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The Breakthrough Dance Recreational Prep Program consists of **3 mandatory sessions per age category**, as follows:



- **Session 1 – Overcoming Mental Blockages**  
Duration: 60 minutes  
Fee: \$28 per student
- **Session 2 – Building Self-Esteem and Confidence**  
Duration: 60 minutes  
Fee: \$28 per student

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### **3. Missed Sessions:**

- If your child does not attend a session for any reason, there is **no refund**, as the service is booked through the studio.

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### **4. Liability & Waiver**

- Breakthrough Dance workshops are **educational and supportive**, not medical or mental health treatment.
- By signing, you acknowledge that Breakthrough Dance is **not responsible for injuries, illness, or other incidents** that may occur during or after sessions.
- Participation is voluntary, and parents/guardians release Breakthrough, Studio, and staff from liability for any claims arising from participation.

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### **5. Code of Conduct**

- Every dancer is encouraged to share, reflect, and support one another. This is a safe, positive space where growth and kindness are the top priorities.
- **Respectful, inclusive communication is mandatory.** No foul language, teasing, or bullying will be tolerated.
- Some sessions may include **short, fun homework or reflection exercises** that dancers can continue exploring in class or during free time. These optional activities **help reinforce progress** between sessions.
- Disruptive, disrespectful, or unsafe behavior will not be tolerated and may result in removal from the program **without refund**.

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## 6. Media Release

- BreakThrough Dance may capture brief photos or video clips during sessions for educational or promotional purposes.
- None of what is said or talked about will be documented or filmed to ensure every dancer has privacy and feels safe expressing themselves.
- If a dancer cannot appear in media, please notify Studio owner before the first session.



## 7. Parent/Guardian Acknowledgment

I have read and understand the **program structure, age categories, and session requirements.**

I understand the **payment deadlines, cancellation, and reschedule policies.**

I acknowledge the **liability waiver** and release Breakthrough Dance from claims related to participation.

I understand the **certification requirements.**

I agree that my child will **follow the code of conduct** during all sessions.

I have accurately indicated my child's **previous session attendance.**

**Parent/Guardian Signature:** \_\_\_\_\_

**Parent/Guardian Printed Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### BreakThrough Dance Recreational Recital Prep Program Invoice

Parent/Guardian Name: \_\_\_\_\_

Dancer Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Item	Quantity	Price per session	Total
Recreational Prep Program	2 (1h) sessions	\$28.00	\$28 x 2 = \$56.00
		Subtotal	\$56.00
		Tax (13%)	\$7.28
			= <b>\$63.28</b>

Signature (Parent/Guardian): \_\_\_\_\_ Date: \_\_\_\_\_