

KEEPING SAFE DURING DANCE CLASS!

Please make yourself familiar with these important points to consider when taking part in our exercises!



Make sure you are always with an adult during the exercises to ensure you are safe.



Ensure you have plenty of clear space around you and that you are not in risk of tripping or colliding.



If you drink fluids, then please ensure you have water nearby at all times to keep hydrated.



Ensure you are dressed in comfortable and suitable clothing and footwear for moving.



Work at your own pace and ability. We do not want you to push yourself too hard and cause injury.



Adjust any movement and exercise to fit your body's ability. If you are unable to move a certain body part, feel free to adapt to another one.

**FINALLY...
HAVE FUN!**



JHD

Jasmine Hall Dance