



WELCOME PACK

WWW.FLEXYOSTYLE.IE
ULTRAFLEX ACADEMY OF DANCE

What is Flex Yo Style?

Business All-Star Accredited Ultra-Flex Academy of Dance is the creator of the FlexYoStyle Dance Teaching Method. It is a unique combination of Dance, Flexibility & Mindful Practice. It is a carefully crafted 5 step dance teaching method that aims to build confidence and encourage creativity and self-expression while nurturing dance talent in children, teenagers & adults.

The FlexYoStyle dance teaching method places as much emphasis on self-expression and creativity as it does on flexibility and technique. We encourage every student to Express Create & Dance. **This is the way of the modern dance teacher.**

Flex

Focuses on stretching and strengthening the body & mind, Flexible body, Flexible mind.

Yo

Teaches students how to be calm, be still, relax the body and mind through connecting with our breathing and understand the power of our breath.

Style

Because every BODY has its own unique style. We help bring that to life through DANCE enjoying styles such as Hip Hop, Freestyle, Musical, Free expressive movement.



FORMALLY KNOW AS ULTRAFLEX ACADEMY OF DANCE

ABOUT FLEXYOSTYLE & ULTRAFLEX

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Hi, my name is Kim, I am the founder of the ultra flex academy of dance which was established in 1997, A very proud 25 years in business. I am also the creator of the FlexYoStyle Dance teaching method which has been a very successful

- Online teacher training academy.
- Online student academy.
- Live weekly studio classes

I am thrilled that you are choosing FlexYoStyle with ultraflex to be the dance school for your child.

We have always been and will always be child-focused; they come first...

- their happiness,
- their confidence,
- their skills
- their development

...not only as a dancer but as a person too.

The school's stature for professionalism and quality is one I am very proud of and work hard to maintain.

I look forward to welcoming you to the Ultraflex Family



Ultraflex Academy of Dance was awarded the coveted All-Ireland Business All-Star accreditation. This is an independently verified standard mark for indigenous businesses, based on rigorous selection criteria.

The accreditation is overseen by the prestigious All- Ireland Business Foundation, whose adjudication panel is chaired by Dr Briga Hynes of the Kemmy Business School at the University of Limerick and Kieran Ring, CEO of the Global Institute of Logistics.

"Ultra Flex School of Dance were awarded the coveted Business All-Star Accreditation at Croke Park. It is an independently verified standard mark for businesses based on performance, trust, and customer-centricity.

ULTRAFLEX ACADEMY OF DANCE

OUR CORE VALUES

WWW.FLEXYOSTYLE.IE



INSPIRE

WE INSPIRE OUR STUDENTS TO BE THE BEST THAT THEY CAN BE

Having so many past pupils who are now in the professional dance & performing arts industry offers constant inspiration to our pupils. Demonstrating if they work hard and do their best then they can really achieve their goals and dreams.



CREATIVITY

WE PLACE AS MUCH EMPHASIS ON CREATIVITY & SELF-EXPRESSION AND WE DO TECHNIQUE AND FLEXIBILITY

We encourage our students to perform from the inside out. Explore movement and music, connecting emotions to movement and music while being expressive, creative, and having tons of fun.



NURTURE

WE NURTURE THE WHOLE CHILD FROM THE INSIDE OUT

We feel privileged that our students have chosen us and believe every child adds uniqueness and individualism which brings so much value to our academy. We aim to bring the best out in every student allowing them to shine and develop their talents in a safe and non-competitive way.



PROFESSIONALISM

PROFESSIONALLY CONDUCTING OUR SERVICES IS A TOP PRIORITY FOR US AT THE ULTRA FLEX ACADEMY OF DANCE.

We deliver high-quality training in a fun and engaging way. We encourage our students to believe in themselves. We expect our staff, students, and families to be respectful and kind to each other. We welcome feedback and use this as a way to improve our services and also to reinforce our core values. We are all winners.



INCLUSIVITY

EVERYONE IS INCLUDED AND EQUAL

We celebrate everyone's uniqueness and achievements. We encourage and support each other and make sure everyone feels welcome and included. We appreciate there are many ways in which we can learn and have adapted our teaching methods to ensure the best possible learning experience for all students regardless of their ability or experience.



EMPOWER

WE EMPOWER OUR STUDENTS TO MAKE CHOICES AND SET GOALS

We aim our students with the tools that will empower them to make choices about their dance goals and skills. Taking ownership of what is required to achieve a particular skill adds the ultimate feeling of empowerment and in turn, makes achieving this goal or skill even more amazing. This is achieved through our unique reach for the star system.

Online Booking System for all LIVE CLASSES



How to book your live class place online!

- Go to the website www.flexyostyle.ie
- Click on studio live classes
- Select the venue you wish to attend
- Click the book class/trial now
- Select the class time
- Register your family details
- Read our updated T&C's
- Click to say you accept the T&C'S
- Click Book and add the child/children to your booking. Siblings need to be added at the same time in order to benefit from our sibling discount. We can not go back once the booking has been made.
- You will be asked to pay by card online.
- The registration of your family name is first and then you can enrol in the class.
- Term fees or Trial class fees will be taken at the time of booking.
- If you have any issues with booking online please email ultraflexdance@gmail.com and we will be happy to advise you further.
- Here is a link to a video that has easy-to-follow step-by-step instructions

<https://youtu.be/ygEv1MiAb2k>



In Studio Live Class Bookings

- All classes must be booked through our online platform.
- First, you will need to create a family account by entering your personal details, Parents/Guardians' Names - Address - Contact details.
- Then add your child/children's details name, and age, and if there is any illness we need to be aware of it.
- You then need to select your class.
- If there is a waiting list please continue to add your name as at times we may add extra classes.
- You could also check out other locations for availability.
- Book your places by enrolling and paying the term fee.
- Term fees are paid by term. They can be paid online, or in class on the set payment day.
- Term fees can vary depending on the student's class and start date.
- If you leave during the term you will still need to pay the balance of your term fees.
- Failure to uphold your payment plan will result in losing your place in our classes.
- Please contact Kim directly if you need to discuss any issues regarding your payment plan as our teachers do not have access to this information.
- All payment plans are paid online as our teachers do not accept cash payments in class with the exception of class viewing day where we have extra staff to help facilitate this,
- Fees may change between terms depending on the number of weeks in the term.
- If you join in during the term you will only be charged from when you join classes.

BOOK A Trial Class



Trying something **NEW** can be a bit daunting! so here at **FlexYoStyle**, we do our very best to make sure that our new students receive a warm and friendly welcome. We like to offer a trial class so you can try it out before you sign up for a term

Buddy Up System



New young students will be given a class buddy (another student who has been in the class a while) so they can settle in well with more confidence.

**Older student
CLASS LEADERS
are on hand to help
and support new
students &
teachers alike**

They wear a t-shirt with

CLASS LEADER

on the front so you can spot them



What our parents have to say!

**"Since joining
Ultraflex it has built
Ella's confidence so
much. She loves
new's or moves!
and plans out her
new move each
week"**



Past Pupil



**"Ultraflex always has and always
will be a huge part of my life!!!"
Our past pupil now professional
dancer, Clare Cronin**



What do you need to bring on your first class?



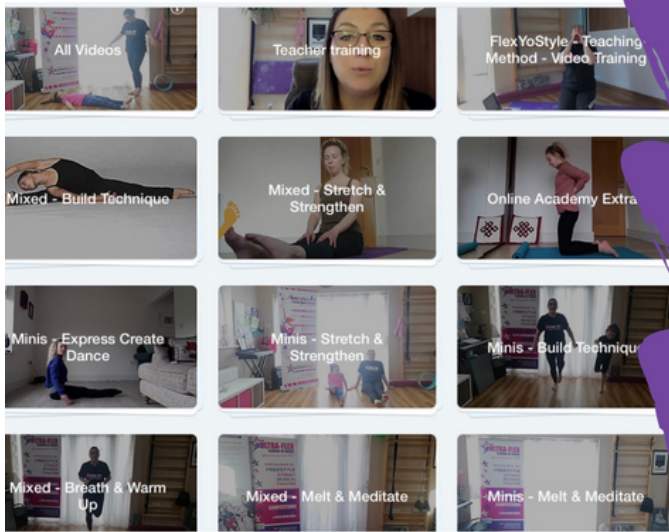
Clothing
Anything they can move in (no skirts or tight jeans please)
Most wear leggings, t-shirts, tracksuit bottoms,

Footwear
- Trainers
Grip socks



A labelled drink, preferable non-fizzy





Have you heard about our Online Academy yet?

HERE IS WHAT ONE OF OUR PARENTS HAS SAID!

"The online academy has saved us during lockdown we switch it on every Friday evening and the whole family gets involved we have so much fun. I didn't realise how inflexible I was"

"IT'S SO IMPORTANT FOR OUR KIDS MENTAL AND PHYSICAL WELLBEING TO KEEP IN TOUCH WITH THEIR REGULAR ACTIVITIES, THANK YOU FOR BEING SO PRO-ACTIVE"

We have a very special price for our live class members, as we have seen the benefits to all our students who use it for regular home practice.

- Monthly €4.99
- 12 Month €50
- All have a 7-day FREE trial.
- Cancel anytime
- Prices may vary with offers

- The online academy is an Online platform where students can learn and practice from the comfort of their own homes.
- All five section of the FlexYoStyle teaching method is available.
- Students can choose from the sections they wish to work on or if they are restricted with time then they can quickly do one section and come back to it later.
- You choose a time that suits you and practice as often as you want!
- We run regular discount offers for live class members.
- Open 24/7 -52 weeks of the year!
- Suitable for beginners, improvers & Advanced dancers, you go at your own pace.
- Excellent for keeping up your practice in times when you may be isolated.
- Students have seen an increase in flexibility and confidence since joining the online academy they have also noticed they can remember routines more as they have to rely on themselves for movement memory.

How do I sign up?

1. ASK YOUR TEACHER FOR YOUR SPECIAL DISCOUNT LINK.
2. GO TO THE **ONLINE ACADEMY** PAGE
3. CHOOSE ONE OF THE OPTIONS
4. REGISTER FOR THE ONLINE ACADEMY

At a time now more than ever we need this extra support for students who might not be able to get to class or who might need the extra support. Plus it is fun for all the family. It's an affordable way to learn a new skill, keep up your dance practice outside of class, or as an added addition to your weekly session.



FYS

My daughter has made so many new friends. Everyone is so friendly especially the teachers.

Confidence and energy levels have grown, Roisin is constantly dancing.

Well respected dance school within our community & school.

www.flexyostyle.ie

My daughter struggles with social anxiety I was blown away with how welcome and comfortable you made her feel in those first few minutes

Emma just longs for Mondays, how many days to dance is all I hear!



FYS

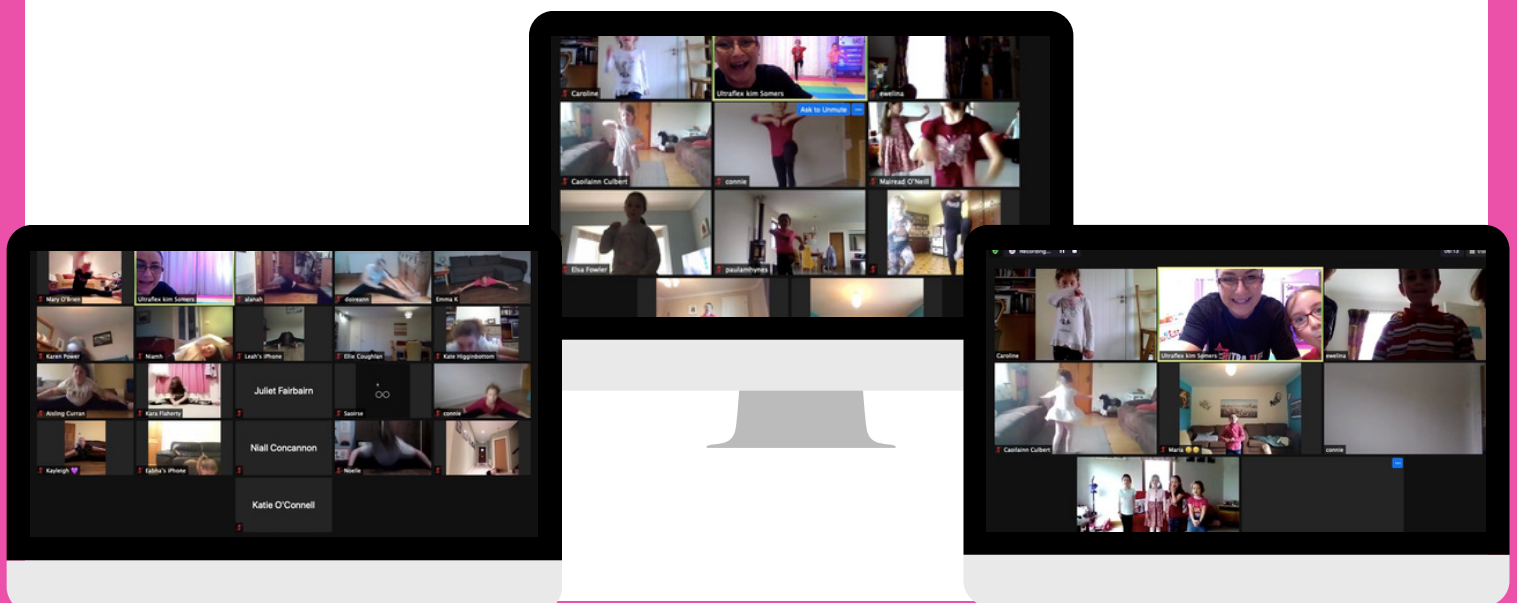


Zoom classes

WE HAVE ALL HAD TO LEARN TO ADAPT AND AJUST TO THIS NEW NORM WHEN TRYING TO CREATE A ROUTINE IN OUR HOMES AND LIVES.

In the event of a lockdown or class cancellation, Where possible we will provide a zoom class option. We have created a zoom class plan taken from our much-loved take 5 programs which will bring so much fun and structure to our Online classes.

- The online class will have a set day and time each week. This will be given to each individual class in advance.
- Booking and payment will continue as normal.
- Links will be sent to all students that are booked and have paid for the term.
- Parents' supervision or participation is encouraged for Tiny & Little stars zoom classes.
- You will need to download the zoom app in order to attend a virtual class.
- Classes will be recorded and uploaded on the online platform for students to revisit in their own time. This can be a good option for those with poor reception to watch the replay. Classes will be deleted after one week from the original class date.





What do we do when we arrive at class?

Please take some time to read through the following information. You may also like to print a copy to have close to hand.

Please make sure to contact our team if you have any questions kim: 0877799489

www.ultraflexdance@gmail.com. **Please note I will be communicating with you through EMAIL**

regularly, please provide an up-to-date email that you check regularly and ensure my emails do not go into spam.

Arriving For class

- Please wait outside the building until the teacher/leader makes themselves know that they are ready to begin class check-in. In most cases, there is a car park so you can visibly see your child enter the building.
- Please bring as little as possible to the class regarding bags etc
- Bring a labelled water bottle (not to be shared)
- Pay online where possible however If paying fees in person please ensure they are in a sealed envelope with your child's name, class, and your phone number marked clearly on the front of the envelope. Give the envelope to the student to drop in or the term fee express pay box which will be sealed at the end of class.

What happens during & after the class?

During Class

- **Each student will have an allocated seat or waiting area within the class.**
- **Teachers & Class leaders will welcome you at the door and make the transition for new members extra smooth by buddying up and creating conversation between students and leaders.**
- **Parents are not permitted into the studio during class times. We do however offer end-of-term viewing classes where possible. You will be notified in advance in order to give you the opportunity to arrange to have someone come and view your child when receiving their certificate.**

After Class

- **Students will make a line at the end of class and wait inside until we see the parents/caregiver.**
- **Please wait outside the building until your teacher/leader brings to your attention the class has ended.**
- **We love to hear from you, however, If you would like to discuss anything with your teacher please be aware that your teacher is in the middle of class and is either waiting for students to arrive or leave. Please leave a note with your details and how we can contact you or email flexyostyle@gmail.com**

What to wear?

Arrive ready to dance, Leggings t-shirt soft shoes like runners ballet slippers, jazz shoes, or grip socks. Please have your hair tied back. No jeans or skirts, please.

- **What if I join classes mid-way through the term?** If you join you will only pay for the class from your start date, not the classes you missed before you joined.
- **What is your refund policy?** There are no refunds for booked terms.
- **Are there additional costs outside of term fees?** Our Inspire Dance Workshops Day and Annual Show expenses are additional and of course, are completely optional.
- **What happens if I drop out of classes and don't pay for the classes owed?** This is extremely unlike however it's extremely unfair as we could have filled the student's places with notice and would not be left at a loss considering the cost of running a class. Students who book a place and leave without paying will be charged for the remainder of the current term for which they are booked. Please note no discounts will apply to this type of booking.
- **What happens if a class has to be cancelled?** If a class is cancelled due to unforeseen circumstances a replacement class will be rescheduled. This rescheduled class might not be held on the same day/time or at the same venue as the original class in which you are currently registered. We might also replace a class with online tuition in the event it is deemed unsafe and or a national health risk to our staff & students.
- **When are classes most likely to be cancelled?** Classes will be cancelled in times of a RED WEATHER WARNING and or where it is deemed as UNSAFE to hold classes. In this situation, we will adhere to the advice of the local Garda, Met Eireann, and our governing bodies. The safety of our students and staff is paramount. In any situation which results in a loss of service/classes, you will be invited to make up sessions once it is deemed safe to return to normal service/classes. We may also transfer sessions to our Online platform at an allocated time in which case classes will continue online until it is deemed safe to return to classes.
- **What happens if I can't attend the online classes?** Online classes will be recorded will be stored in our academy for those who can not attend online due to poor signal or if you can not attend your class for any other reason. Unfortunately, we can not offer a refund for classes missed either online or in person.
- **What happens if I fall behind with class fees?** I understand this would be very upsetting for all involved unfortunately we can not offer credit with the number of overheads we have to pay. All accounts need to be up to date and paid in full. Please email ultraflexdance@gmail.com and advise if you are experiencing financial difficulties.
- **Does my child need to bring anything to class?** They need to bring a drink to every class (non-fizzy)
- **How many shows do you do a year?** We do 1 large show each year in the summer term. We also host a number of Inspire workshops, but this is optional.



- **How will my child develop?** Each student will progress at a different speed and some make better advances in different sections of our FlexYoStyle teaching method than others it depends on each individual child. We have our reach for the Stars Level system which ensures every student is reaching their full potential.
- **What if we miss a class?** Then you can take a top-up class; these are available to all students - if you miss a week, notify your teacher and you can attend any of our other venues and catch up on your class, within that term pre-booking is essential due to limited numbers.
- **What should my child wear to class?** Here at Ultraflex, we don't have a uniform, many of the children like to wear an Ultraflex t-shirt but it is not compulsory. Your child will need to wear clothes that they can move in and a pair of trainers on their feet, soft shoes, socks with grips like trampoline ones or trainers/pumps will do.
- **What will my child be doing each week?** All classes are broken down into 5 sections. more information can be found in this pack and on our website www.flexyostyle.ie
- **When does my child move up a class?** The classes are age-based, however, if we feel as teachers that your child needs to be challenged more then we will advise accordingly. Sometimes there is a big jump between two classes and we have to make sure the children are ready for that jump. I also operate a level system within the class, Students love getting all their colours and seeing the progression through each term. Please check out the website for more information on our reach for the stars level system.
- **What if my child no longer wants to attend?** We have a cancellation period of one month. So we can offer the place to another student. Simple email flexyostyle@gmail.com and we will start the one-month notice period.
- **Can I get credit for missed classes?** Credit is not given for missed lessons or holidays. We do invite you to pick up a class in a nearby venue if this option is possible. Some venues are too far away to avail of this.

5-step Flex Yo Style Teaching Method

1

BREATHE & WARM-UP

We begin our class with breathe work as it rebalances the energy of the class. It also reminds us of the importance of our breathe for self-regulation and movement. We then create heat in the body by ways of active movement. This is fun and interactive which achieves a great warm-up. Preparing the body for step 2.

3

BUILD TECHNIQUE

We love to find fun and interesting ways we can practise our technique. The technique is the foundation of all dance and good technique is the basis of all well-executed dance moves. There is always more than one way to do things! Now we have built on our technique we are ready for step 4.

5

MELT & MEDITATE

We end our class with a melting of the body allowing our body to become limp and lifeless on the floor, connecting with our breathing and releasing any tension in the body. This is very powerful and gives the students time to reflect on all the amazing things their body has done for them thought our class and also in life. It teaches them how to calm, be still, and be present.

STRETCH & STRENGTHEN

We now investigate tightness in the body and find fun ways to stretch in order to increase flexibility and also explore ways that we can strengthen the body so it will support a better range of movements which will, in turn, improve our dance skill. The body is now ready for step 3.

EXPRESS CREATE DANCE

Express - Connection with emotions and express through the power of movement.
Create - Identify the emotion or theme in a piece of music and explore the many ways in which you can bring this to life within your dance. Using either specific dance techniques, steps & movements or use free expressive movements through interpretation and exploration.

Dance - Finally it's time to unleash this emotion and bring it to life, tell a story, create a character or simply turn on the music and let your body take the lead.
The class will be coming to an end it's time for step 5.

2

4

Reach For The Stars Level System

This is a unique system developed especially for FlexYoStyle. This system allows students to progress at different levels within the same class. It challenges those who have perfected a step and or movement while allowing those who might need a little more practice to feel the same sense of achievement. We layer each step & movement within our teaching methods to make each class both challenging and exciting.

Sample Certificate



STUDENT TEACHERS
☆☆☆ Platinum - Level Ten

PRE SENIORS/SENIORS
☆☆☆ Gold - Level Nine
☆☆☆☆ Sliver - Level Eight
☆☆☆☆ Bronze - Level Seven

PRE JUNIORS/JUNIORS
☆☆☆☆ Purple - Level Six
☆☆☆☆ Blue - Level Five
☆☆☆☆ Green - Level Four

MINIS
☆☆☆☆ Yellow - Level Three
☆☆☆☆ Orange - Level Two
☆☆☆☆ Red - Level One

Students Name:

Level:

Term:

Kim Somers
.....
Kim Somers
Founder Director & CEO Ultraflex Dance Academy Kim Somers

ULTRAFLEX
EXPRESS | CREATE | DANCE
ACADEMY OF DANCE

www.ultraflexdance.com

Refer A Friend

Did you know that we reward our students when you recommend a friend to come join us? How does it work? For every student that signs up for our classes and produces the refer a friend gift card with your name and class details on it. You get €10 off your next term and they get €5 off their next term. It's a Win-Win!



Please complete and return to your dance teacher

Existing Students Name:

Existing Students Class time:

New Students Name: (Your Friend)

Name of the class they wish to attend:

Teachers complete the following

Class attended:

Date:

Registered and Signed up to full term []yes []no

Join our Online Academy

DO YOU KNOW WE HAVE AN ONLINE ACADEMY?

NOW YOU CAN HAVE AN EXPERT AT YOUR FINGERTIPS! PRACTICE ANY TIME ANYWHERE WITH OUR EASY-TO-FOLLOW ONLINE TUTORIALS FOR ONLY €4.99 PM. AN EXCELLENT ADDITION TO YOUR DANCE TRAINING. SPECIAL PRICE FOR OUR REGISTERED IN-CLASS STUDENTS. PLEASE ASK YOUR TEACHER FOR OUR STUDENT-ONLY LINK!

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FIRST CLASS @ FLEXYOSTYLE

Student's Name

What did you enjoy most about the class?

Take a picture holding this card and post it on your social media. Don't forget to tag @flexyostyle, Let us know the answer to the question above and be in with a chance of winning a flexyostyle T-Shirt!

TAG & FOLLOW US

@FLEXYOSTYLE



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Flex Yo Style
EXPRESS CREATE DANCE

Separation Anxiety

Is very common as a result of covid





As a result of covid, we have had a big increase in the number of students and parents experiencing separation anxiety!

We were restricted for so long that being with those closest to us for prolonged periods of time plus the reduced amounts of time socialising and meeting our peers has made it extremely difficult for some to integrate back into society as we begin our return to what we call the new norm!

How can our classes help?

- Dance helps us communicate with others not just vocally but through the power of movement.
- Dance allows us to express ourselves freely in a non-judgmental way.
- Dance helps us build friendships with new people in a fun meaningful way.
- Dance builds confidence.
- We have a bubbly up system in place to welcome our new students.
- Joining a class gives children and teenagers a sense of independence and responsibility.
- Encouraging your child to try something new shows them that you believe in them and support and trust them to take on something independently of you. Is there time to shine



Top Tips to help with Separation Anxiety?

- Make choosing an activity fun! research it together, and show pictures, and videos to get your child excited about trying something new.
- Knowing what to expect when your child joins a class is so important, just walking up to the door and surprising them with what's about to happen next may not be the best approach.
- Call ahead to discuss your concerns. Teachers will be understanding and will put a plan in place to make this transition as easy as possible.
- Keep your child informed as to what to expect on their first day, step by step.
- Discuss what your child will wear, If they are uncomfortable in their clothes then you are not off to a good start.
- Let your child know they will need to bring a bottle of water.
- Praise your child for taking this next step it's the beginning of their independence.
- Let your child know you will walk you up to the door and say hello to your teacher while they go in and meet new friends and learn new fun dance moves.
- Let your child know you will be outside and the teacher will contact you if needed.
- Let your child know how happy you are that he/she is going to be having so much fun with his/her new friends.
- Be on time to collect and praise your child for being brave and trying something new.
- Chat about the class and all they learn during their time in class.
- You may need to roleplay your first day of dance at home. This could be setting up a room as a dance class and walking up to the door practicing saying good bye and having your child enter the room with out you.