

*RHYTHM  
NATION*

**Welcome  
to  
Rhythm Nation Dance  
2026**



[www.rhythmnationdance.co.uk](http://www.rhythmnationdance.co.uk)





# **Thank you for joining Rhythm Nation Dance**

Our welcome pack provides all the information you need to know about being a member in our school!



We are known for building confidence through dance.

# Meet the Team



## **Natasha – DBO & Director**

Natasha created Rhythm Nation to provide high-level dance training across North-East Scotland in an inclusive, supportive environment that builds confidence, individuality, and offers a wide range of opportunities for all.

## **Charlotte - Studio Manager**

Charlotte oversees the running of the studio and supports families throughout their journey, focusing on care, clear communication, and trust to create a welcoming, professional environment where every child feels valued.



## **Erin - Social Media Manager**

Erin manages Rhythm Nation's social media, sharing studio life, achievements, and important updates while keeping families connected and informed.

## **Zoe - Admin Support & Party Organiser**

Zoe supports the admin side of the school and manages all party bookings, helping everything run smoothly and ensuring fun, well-organised celebrations.





# Meet the Team



## **Rachael - Teacher**

Rachael is a passionate teacher who supports dancers in developing strong technique, confidence, and a love for dance.

## **Max - Teacher**

Max brings energy and encouragement to every class, helping dancers grow in skill while enjoying their training.



## **Millie - Teacher**

Millie creates a positive, supportive learning environment where dancers feel confident to progress and express themselves.



## **Marie - Teacher**

Marie is a caring and dedicated teacher who nurtures both technique and confidence in every dancer.





# STAYING Up-to-Date

It's important for us to have a direct way to contact all parents with updates, news, and event information. We like to keep it simple and clear to fit your busy lives by offering more than one way to stay connected.

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## Emails:

1

To make sure you receive all information, please ensure emails do not go to your junk folder from:  
**class4kids & charlotte@rhythmnationdance.co.uk**

## Members Only Facebook Page:

Rhythm Nation parents can communicate with ease and view updates from the school.

Search '**Rhythm Nation Members Only**' to join!

2

## Newsletter:

3

We send out monthly **newsletters** with important updates, key dates, and exciting announcements. These are emailed and shared on our members Facebook page.

## Enquiries:

Please send any enquiries and questions to our Studio Manager, Charlotte, who is happy to help!

**charlotte@rhythmnationdance.co.uk**

4

## WhatsApp:

5

Members can contact us via **WhatsApp** on  
**+44 7763 228786**

Our admin team are here to answer any questions.



# Preparing for Class

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## Dress Appropriately

D

Wear **dance-appropriate** clothing.

Our uniform is a great choice to help you move freely and safely. Head to our uniform page for more details.

No baggy t-shirts can be worn for acro, for safety.

A

## Arrive on Time

Our classes run back to back, so please make sure you **arrive on time**, ready to dance!

N

## Neat Hair

For all classes, students should have hair **tied back** so it does not get in the way during class.

C

## Come Prepared

Bring a **water bottle** (no juice, please!) and everything needed for class in a small bag.

E

## Enthusiastic Attitude

Bring **positivity**, **focus**, and **energy** to class!



# Studio Information



## **Studio HQ: Stonehaven, Spurryhillock Ind. Est.**

- ★ Floor 20meters by 7 meters Sprung Dance Floor.
- ★ 20 metres of mirrors.
- ★ 20 metres of spot lights and LED lights.
- ★ SD Sound System.

## **Studio Facilities**

- ★ Seating area with storage for personal items.
- ★ Kitchen area for water.
- ★ Toilets with toiletry supplies for students.
- ★ Outdoor private carpark.

## **Private Lessons**

- ★ 45 minutes, any style, £30.
- ★ On request, subject to staff availability.
- ★ [charlotte@rhythmnationdance.com](mailto:charlotte@rhythmnationdance.com)

## **Parking**

- ★ Please make use of our carpark.
- ★ Strictly no parking in front of 'SRL' in front of our studio.

## **Our Other Locations:**

- ★ Laurencekirk, Mearns Academy Community Camp
- ★ Aberdeen, Inchgarth Community Center
- ★ Banchory, Crathes Village Hall

# Class Teachers Stonehaven



**Monday**  
Natasha

**Volunteers**



**Tuesday**  
Charlotte

**Volunteers**



**Wednesday**  
Erin & Zoe



**Volunteers**



**Friday**  
Natasha

**Volunteers**



**Saturday**  
Charlotte

**Volunteers**





# Laurencekirk



## Street Dance

Max & Rachael teach  
Street Dance on  
Thursdays!

## Acro

Erin teaches acro on  
Tuesdays!



# Aberdeen



## Street Dance

Millie & Marie teach  
Street Dance on  
Thursdays!

# Banchory

## Street Dance

Lauren S & Lauren A  
teach Street Dance  
on Mondays!



# Uniform

## Why Uniform Matters

Wearing the correct uniform helps create a sense of **discipline, unity, and professionalism** in class. It allows teachers to properly see **alignment and technique**.

All uniform, accessories, and dance shoes, are available to purchase from one place, with items shipped directly to your door!

Find Rhythm Nation on: [www.allboogie.co.uk](http://www.allboogie.co.uk)

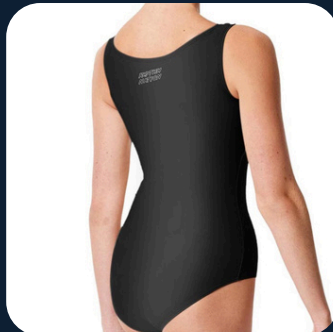
### Street Dance



Rhythm Nation t-shirt, joggers,  
and hoodie (optional).  
Indoor trainers only.



### Lyrical



Rhythm Nation leotard and footless tights  
OR  
Rhythm Nation leggings and crop top.





# Uniform

## Acro



Rhythm Nation leotard, OR  
Rhythm Nation shorts and leotard/crop top.  
Boys shorts.



## Ballet



Rhythm Nation skirled leotard,  
pink ballet tights, wrap  
cardigan (optional).  
Boys shorts.  
Ballet pumps all.



Street or acro uniform.

\*Students who participate in  
ballet before or after are not  
required to change.\*

Tap shoes all.

## Tap





At Rhythm Nation, we believe in offering students opportunities for personal development alongside dance achievements.

## **Dancer of the Month**

A monthly winner is chosen per class at all locations.

## **Rewards Chart**

Younger students can collect stamps on their chart for demonstrating hard work, kindness to others, ambition, and other positive attributes outside their dance abilities.

A prize will be given for each completed chart.

## **Saltire Awards via Aberdeen Voluntary Action**

Students 12+ years may begin volunteering as a dance assistant, working towards achieving the Saltire Award.

Contact Charlotte for more details.

## **Looking to take training further?**

We have 6 competitive street dance teams.

Contact Charlotte for more details.



# Fees

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Fees are payable by **subscription only**, via the class4kids system. Payment will be taken from your account on the 1st of each month.

Prices are based on 42 weeks worth of classes and **pro-rated over 12 months.**

Fees are **non refundable.**



Existing members are charged an annual **membership fee** each January.

New members pay a one-off **joining fee** when their subscription begins.

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# Performances

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Rhythm Nation have two shows per year.

Students are not obliged to participate in school extras, and these decisions are at the parent/guardian's discretion.

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## Summer:

Our 2026 Summer shows will take place in June.

Stonehaven students will perform at the Tivoli Theatre, Aberdeen.

Laurencekirk, Aberdeen, and Banchory students will perform in a local venue.

Show information will be given to parents in the January-March term.

## Christmas:

Our December shows take place in the heart of our communities. We use Stonehaven Town Hall, Mearn's Academy (Laurencekirk), and Inchgarth Community Center (Aberdeen).

These are friendly, intimate performances showcasing students' hard work before breaking for the winter holidays.

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Show-related queries should be sent to:  
[charlotte@rhythmnationdance.co.uk](mailto:charlotte@rhythmnationdance.co.uk)

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[www.rhythmnationdance.co.uk](http://www.rhythmnationdance.co.uk)

# Birthday Parties

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Celebrate a birthday with a party in our studio!

Enjoy the use of our studio space, speaker, and basic kitchen area for 1.5 hours!

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1

## Choose your date:

Choose the day that works best for your celebration and reserve your weekend party spot at our studio.

2

## Send your enquiry:

Email Zoe who can assist with your booking at:

[parties@rhythmnationdance.co.uk](mailto:parties@rhythmnationdance.co.uk)



3

## Make it your own:

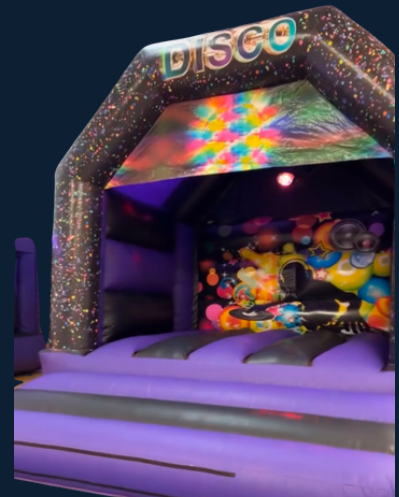
Choose a backdrop, bring your own decorations, and customise your party to create the perfect experience for your child.

Table and chairs provided! Maximum of 30 children.

4

## Optional Bouncy Castle:

Add an extra element of fun with our indoor bouncy castle – perfect for high-energy celebrations!



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## Optional Dance Party:

Add a coach led dance party and learn some new moves with friends!

# Terms and Conditions

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## Section 1 – Fee Payment

1. Fees are payable in advance for **one full month**. All fees must be paid regardless of attendance unless explicitly agreed with the Principal in advance. Weekly payments are not accepted. Fees are billed on a pro-rata basis where applicable.

For new members, a non-refundable **joining fee** of £30 (£40 for two siblings, £45 for three or more siblings) will be added to your booking.

### **Membership Fees:**

An annual membership fee of £20 (£30 for two siblings, £35 for three or more siblings) will be charged on 1st January each year.

This fee is non-refundable.

This fee supports our continued development as a leading dance school, covering essential costs such as insurance, music licensing, and an expanded timetable.

We are committed to providing high-quality dance training and personal development opportunities for all students. Our team, led by Principal Natasha and Studio Manager Charlotte, strives to deliver excellent teaching, customer service, and ongoing coach development.



# Terms and Conditions

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1. Fees must be received on the 1st of every month.
2. Unless fully agreed in advance with the Principal and for a valid reason, any payment received after this date will incur a £5 late payment fee to cover administration costs.
3. Fees cover four weeks of classes and may be adjusted during longer months and school holidays.
4. If a student suffers from a long-term illness or injury, fees may be refunded at the Principal's discretion. This does not include minor illness, minor injury, or holidays taken mid-term.

A. In the event of adverse weather or an Act of God, class fees will still apply.

B. If a child cannot attend class due to participation in another Rhythm Nation Dance and Fitness event or performance, class fees will not be refunded.

# Terms and Conditions

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1. If a student is asked to leave a class due to a breach of any conditions detailed in this document, no refund will be issued.
2. The only accepted method of payment is via ClassForKids.
3. One month's written notice is required for cancellation of classes. If notice is not given, one full month's fees will be charged.

If fees remain unpaid, the outstanding balance will be passed to a debt recovery agency.

## **Cancelled Classes (By Us):**

In rare and extreme circumstances where a class must be cancelled due to staff illness or unforeseen circumstances on our part, we will always endeavour to reschedule the class.

If rescheduling is not possible, this will be communicated clearly to parents. Refunds are not guaranteed but will be considered on a case-by-case basis.

# Terms and Conditions

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## Section 2 – Uniform, Class Timing, Behaviour & Etiquette

1. Rhythm Nation T-shirts are optional. Otherwise, students must attend classes in appropriate dancewear. Good grooming and suitable attire form part of Rhythm Nation Dance and Fitness discipline.
2. Jeans, school uniforms, and dresses are not permitted.
3. If unsure about appropriate dancewear, please speak to the tutor.
4. Students are not permitted to wear school shoes, Wellington boots, or any form of boots.
  - Trainers: Street Dance
  - Bare Feet, or Ballet Shoes: Lyrical/Ballet

If a student arrives wearing incorrect footwear, they will not be permitted to participate, and fees will still apply. Incorrect footwear is a health and safety risk.



# Terms and Conditions

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All students must have their hair neatly tied back for class.

For Acro classes, hair **MUST** be securely tied up for safety reasons.

Children will be asked to tie their hair up if this has not been done, and refusal may result in non-participation.

- **Jewellery** (including watches) that the teacher deems unsafe or inappropriate must be removed.
- Students should arrive **5 minutes before class** start time. Late students must enter quietly and apologise to the teacher. This ensures accurate registers are taken for fire safety and evacuation procedures.
- Most classes run back-to-back without breaks. Students should come **prepared** and leave promptly.

# Terms and Conditions

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- Students must wait quietly outside the studio/hall until their class begins. Rhythm Nation Dance and Fitness is **only responsible** for students inside the studio/hall.
- Students and parents/guardians are expected to show **mutual respect** to staff, fellow students, and venues.
- Poor behaviour or bullying will **not** be tolerated and may result in removal from the school. Bullying must be reported to the Principal immediately.
- Chewing gum is **not** permitted during class.
- Students are responsible for their own belongings. Rhythm Nation Dance and Fitness accepts **no responsibility** for lost, damaged, or stolen items.
- **Mobile phones** are not permitted during class. Phones must be switched off or on silent.

# Terms and Conditions

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- Students are **not** allowed to film class content.
- If practice footage is required, the teacher will film and share it directly with parents where appropriate.
- Students may **not** leave the studio/hall without teacher permission.
- Students may not sit out of class unless unwell or written parental consent has been provided in advance.
- Children of primary school age must be **collected from inside the building** by a parent/carer or responsible adult.
- The teacher **must** be informed if someone else is collecting the child.
- If a child is walking home alone, written parental consent **must** be provided.



# Terms and Conditions

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## Section 3 – Parking (Stonehaven Location)

### Stonehaven Parking Rules – STRICTLY ENFORCED

Parents and guardians **must adhere to all parking regulations** at the Stonehaven venue.

- Do **NOT** park or wait in front of surrounding buildings, particularly SRL, which is an emergency call-out facility.
- Parking or waiting in these areas is strictly prohibited.

Any parent who does not adhere to these rules will receive a formal warning.

Repeated breaches may result in more serious consequences, including potential suspension of classes.

# Terms and Conditions

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## Section 4 – Miscellaneous & Data Protection (GDPR)

Pupil and parent details are stored in accordance with GDPR regulations.

Students must complete a registration form upon joining. Parents/guardians are responsible for notifying us of any changes to contact or medical details.

All personal data is securely stored, password protected, and accessible only by the Principal. Paper records are locked securely, and all data is destroyed 30 days after a student leaves the school.

Consent covers communication, medical safety, photography/video use (unless opted out), safeguarding, physical correction in class, and social media etiquette.

Full safeguarding and child protection policies are available on request.



# Thank You

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We want to say THANK YOU for choosing  
Rhythm Nation Dance.

We want all our students to feel welcome and for  
every class to be a positive and enjoyable experience.

We look forward to working with you.

