



Parent & Student Handbook

Class Preparation & Etiquette

- Students must be properly dressed in the required class attire, hair properly styled, and wearing correct dance shoes prior to entering class. If a student's ballet class is back to back with a jazz, tap, or other class - their bun for ballet should already be done. (See Dress Code)
- Dancers should fastidiously observe the dress, shoe, & hairstyle code as an important aspect of training.
- Restroom trips should be completed PRIOR to class time. As a general rule, students will not be allowed to leave during class.
- Students must be prepared and lined up at the appropriate time, awaiting the teachers permission to enter class.
- Dancers should not bring water bottles into class unless otherwise directed by Teacher.
- No jewelry except small post earrings may be worn, even anklets under tights are not allowed.
- No underwear should be worn under tights - dance tights are made to be supportive and fit properly without underwear.
- Hair must be in proper arrangement BEFORE entering class. Please do not approach the Teacher with your bobby pins if your hair is falling out.
- Do not enter or leave the classroom without Teacher's permission.
- Dancers should be attentive, work to the best of their abilities, show respect to all Teachers, and be courteous to all classmates.
- Do not speak out or socialize during class. Students may be asked to sit out of class if he/she does not regard this rule.
- No chewing gum, eating, or drinking in class.
- Dancers should leave dance bag and belongings in waiting area.

- Dancers should not question the artistic decisions of a Teacher during class.
- Dancers are expected to maintain positive attitudes, ready to receive constructive correction, and learn to apply corrections.
- Limit use of cell phones. Keep them in your bags unless calling or texting a parent for a specific reason.

Additional Etiquette for Levels 1-10 (Dance Foundations-Dance Progressions):

- When Entering Class, Dancers should go quietly to barre and wait for instructions
- While the Teacher is speaking, full attention must be given to him/her.
- While waiting in class in between exercises, Dancers should stand with hands behind back, at sides, or in front not with hands on hips or folded across chest.
- Dancers should not talk during class unless Teacher has asked a question or is welcoming discussion for a specific exercise or reason.
- When a Teacher is giving a correction, the student should not verbally respond, but should nod head and show she/he understands by the way they apply that correction in their movement. It is okay to speak up if you don't understand correction given, however mid exercise a student should not reply in a conversation style but should acknowledge with movement that she/he understands.
- Dancers are expected to fully "mark" exercises being demonstrated, not stand there looking blankly at Teacher.
- Female Dancers may wear a black skirt or knit dance shorts during the time of their period, but please do not abuse this privilege by coming to class with shorts through the month...otherwise we have to change our policy.
- NO COLORFUL sports bras may be worn under your leotard. If you need extra support you must wear a bra that is not sticking out from your leotard.

Level Placement

Level placement is the professional decision of the Artistic Directors and Teachers and should not be questioned by students or parents. The dance levels at LOLPA do not correspond with school grades. Promotion is based upon sufficient advancement and mastery of skills according to specific level criteria. Therefore, it will not be unusual to stay in a level for more than 1 year. Unlike academic classes, the goal is not necessarily to move up one level each year. Ballet is a beautiful yet challenging dance form. There are many contributing factors, which determine ones advancement in ballet, such as: core placement, turnout, alignment, barre work, centre work, strength, technical accuracy, etc... Mastery of these skills takes several years of repetitive training. Students will not necessarily progress to the next level simply because they have completed a school year of dance.

Pointe

The Artistic Directors make the decision when it is a time for a student to go on Pointe. There are many factors to consider and eligibility is determined upon student's age, ankle strength, core placement, and technical readiness. The ballet Teacher may give specific recommendations on what Pointe shoe the student should purchase. Please see ballet Teacher with unsewn Pointe shoes to determine if they are the correct fit for the dancer.

Student Evaluations

- Ballet Exams or Evaluations may be held in the course of a semester. Dancers will be notified well in advance and given the necessary syllabus and/or areas of focus for their level.
- Ballet Exams or Evaluation results are a private and sometimes sensitive matter; discretion should be exercised whenever results are discussed with other parents and/or students. The dancers Evaluation or Exam Result will be mailed.

Private Lessons

Private lessons are designed for student improvement and are not to replace regular classes. The Artistic Director must approve all private lessons. Private lesson payments should be arranged with and paid directly to the Teacher, providing lesson. You must be at least 9 years old to get private lessons and only after you have taken all available ballet classes for your level plus one lower level class for a year. After all of this, if you still do not see consistent improvement we will evaluate if private lessons are necessary. You can send your request for private lessons to alex.lightoflifepa@gmail.com.

Cancelled Classes

Classes cancelled due to illness of Teacher or other unexpected circumstances may or may not be rescheduled at the discretion of the Teacher. These missed classes may be made up in the same manner as classes missed due to absence.

Observation of class

- Parents and siblings may observe class through observation windows. (Please do not let small children stand on the tables or press hands and/or face against glass.) Family members must wait outside of class. Family members may be invited to come in to observe classes from time to time.
- Parents are not permitted to sit in on classes unless invited: For younger children this both distracts and defeats the purpose of developing their learning skills within a classroom environment. The teacher of lower level classes may ask 1 parent per week to sit in during class in order to help with any restroom runs, although children should use the restroom PRIOR to class time. If a child is having difficulty separating from parents for class, that parent may sit in on the first few minutes or first few classes with the intention of leaving once the child is settled into his/her class.

Absenteeism

Attendance is very important to the sustained progress of the dancer. Please notify the school by means of phone message or email in the event of absence. Students may make up missed classes by attending a similar class one level below his/her own. It is the parent's responsibility to schedule make-up classes with the Teacher. Students in levels 2 and above unable to attend class due to illness or injuries are expected to sit in on classes whenever reasonably possible; however, students with fevers should not come to the studio or attempt to attend class.

Tardiness

- Students should be in the building at least ten minutes before class is scheduled to begin. It is crucial to the student's wellbeing that she/he arrive on time and prepared for class. A proper warm up at the beginning of class is necessary to help prevent injuries.
- A student arriving ten minutes or more late to class must ask the Teacher's permission to attend.
- Neither a parent nor student should interrupt the class to give the Teacher an explanation of the reason for their tardiness. If the Teacher needs to know, the Teacher will ask or contact you at an appropriate time.

Dropping/Adding Classes or Withdrawal

If for some reason you decide to withdrawal your dancer from a previously scheduled class or wish to withdrawal from the school, you must contact the Artistic Director. Tuition rates will not be changed until the withdrawal has been confirmed by the Artistic Director. Tuition adjustments will not go into effect until the next month following the withdrawal confirmation. The same procedure and policy applies to adding a class. Tuition and Yearly Requirement Fee is non-refundable. There is a \$15.00 withdrawal fee for students who leave without notice and do not finish out the dance school year: September-June.

Injuries

Although our Teachers do their best to prevent injuries, as with any sport or physical activity, dancers run the risk of injury. LOLPA will not be held responsible for accidents resulting in injuries to students or to family members inside or outside school premises.

Light of Life's Dance Company/Ministry

- Company classes are for dedicated dancers who are chosen based on several factors. Company members are required to devote more time to training in order to develop and refine their skills and to perform more frequently. While the dance school is open to everyone, regardless of religious background, the LOLPA Company is for professing believers of Jesus Christ. (See Statement of Faith & Worship Policies).

- Company is also a division of Light of Life that incorporates more worship, short bible studies, corporate prayer and individual prayer (if there is a need.)
- Company classes begin at the Company Trainee level and progress through and Senior Company. Students will be selected for LOLPA's Company at the discretion of the Artistic Directors or through audition. This decision is based upon student's age, maturity, behavior, commitment, and overall physical ability. Company dancers are required to participate in all scheduled performances, outreaches, and special training events. Dancers asked to be in company will be given a letter and contract to sign and return.
- Guest teachers fulfill the purpose of enhancing and challenging students' dance skills. They also inspire interest and motivation in improving dance technique. Students privileged to take these classes either at our studio or by visiting another studio is expected to participate with courteous diligence, respect, and focus. Students in Company may be asked to pay an additional guest teacher fee at our studio or when traveling to another.
- Company Financial Obligations: Each company member is responsible to pay a yearly fee due by March 31 that can be obtained through business sponsorships. This fee is in addition to your child's Monthly Tuition Fee.
 - Company Trainee 1 & Trainee 2: \$100
 - Junior Company & Senior Company: \$150.00
- Company Members are required to attend both weeks of summer camp.

Dress Code Requirements

Please see the Dress Code requirement document for the required leotard, tights, shoes etc... for each class & level located on our website under Dress Code. There are no exceptions to these requirements

You may purchase required Dress Code attire through our website and the Curtain Call for Class website as well as various dance shops in the area.

- Ballet
 - Please no slipper type ballet shoes for lower levels.
 - Boys- Black leather ballet shoes with thin white socks.
 - Tuck in tied elastic bows.
 - Split sole ballet shoes are required for level 1 and up.
 - Students with Pointe shoes should make sure ribbons & elastic are sewn on correctly after shoes are approved by the Teacher (See Pointe section of Handbook).
- Jazz
 - Students must have black (leather type) jazz shoes for all jazz classes.
 - Dancers must get Teacher permission to wear Jazz sneakers.
- Tap

- Students must have the proper Tap shoes for Tap class.
- Tap Pink/White/Yellow/Blue - Full sole black tap oxford.
- Tap Orange/ Purple- Split sole, flexible black tap oxford

Other Dress Code requirements:

- Hair
 - Little Steps-Primary Levels should have hair pulled away from face in a secure hairstyle. Dancers entering class with hair hanging loose will be escorted back to the waiting room to find a parent to pull their hair back.
 - Ballet Levels I & Up: Students must have hair (including bangs) in a slicked, secure bun for all Ballet/Pointe classes. Buns should be secured with hairpins and a hair net with all "whispies" sprayed down. If hair is too short for a bun, students must have hair pulled back neatly from face, off neck, and secured with elastic bands, a headband, or barrettes.
 - Lyrical & Jazz/Hip Hop: Hair should be worn in a ponytail.
 - Tap & Other Classes: Hair in pony tail or pulled away from face.
- Dress Code
 - Students must wear color and style leotard assigned to their class level.
 - Students are not permitted to wear dance attire with glitter, pictures, or any other design.
 - Beginning at the Primary level, no underwear should be worn under leotards.
 - If necessary, a student should wear a nude colored camisole under leotard.
 - No leg warmers or other additional clothing or dancewear is allowed in class without the Teacher's permission. Dancers in Junior & Senior Company may inquire with Teachers as to permissible dancewear.
 - Jazz/Hip Hop & Tap students may wear additional dancewear with the Teacher's permission.
 - Stud pierced earrings are the ONLY jewelry allowed in class. This means no watches, necklaces, or rings (unless married). You will be asked to remove these items. LOLPA is not responsible for the safe return of jewelry that should be removed before the student has entered the classroom.
 - No shimmer tights.
 - Tights must be worn under not over leotard.
 - Students in Little Steps, Creative Movement, Pre Primary, & Primary have the option of wearing white ankle socks instead of tights for classes. Please checks with Teacher before purchasing.
 - Boys
 - Ballet: Plain white t-shirt & black shorts. White, leather ballet shoes must be worn.
 - Jazz/Tap/Other: Plain white t-shirt & black shorts or pants that do not cover shoes.
 - Hair must be out of face for all classes.

Financial Obligations

- **Registration Fee:** Each student attending the school must be registered. A non-refundable registration fee of \$15.00 is due for each student (\$10 for Summer Camp).
- **Tuition Policy:** The annual tuition is split into 10 monthly payments from September through June. Tuition is due by the 10th of each month. Payments made after the 10th of the month must include a \$25.00 late fee. Enrolled students must pay the non-refundable monthly tuition regardless of absence or scheduled class breaks. All tuition is non-refundable. (See LOLPA Fees & Tuition sheet for rates each year)
- **Tuition Discounts:** The following are the Monthly Tuition discounts that may be available for the year (please see LOLPA Fees & Tuition sheet for specific discounts each year):
 - **Family Discount:** for families with more than one child enrolled in the school.
 - **Sibling Discount:** for students with siblings enrolled in the school.
 - **Ministry Discount:** those dependent on full-time ministry salaries.
 - **Boy's Discount:** for families with boys interested in dance.

Additional Cost to Consider:

- **Performance Fee:** Tuition rates include a performance/costume fee for each performing class for our June show. An additional Performance Fee may be charged for any additional Shows/Performances throughout the dance year.
- **Additional Performance Costs:** We try to keep our tuition rates comparable, however, there are additional costs to consider when enrolling at LOLPA. They include dance class attire, performance tights, various shoes (pointe, tap, ballet, etc...), required performance make-up, additional costume accessories, Company sponsorship (for LOLPA Company members only) and any optional items that LOLPA may offer during the dance year – t-shirts, LOLPA merchandise, etc...
- **Performance Tickets:** LOLPA families are asked to sell a minimum of 5 tickets for each of our shows. However, LOLPA families will receive 2 discounted tickets for meeting this goal.
- **Company Business Sponsorship** *See Company section of Handbook
- **Volunteer Opt-Out Fee:** LOLPA requires at least one parent to volunteer on a specific Volunteer team. You may opt out of this requirement by paying an opt-out fee of \$175.00.
- **Withdrawal Fee:** There is a \$15.00 withdrawal fee for students who leave without notice and do not finish out the dance school year: September-June.

- **Late Payment:** There will be a \$25.00 late fee for payments received after the 10th day of the month. Late fees can be avoided by communicating special circumstances by email or phone, addressed to the "Financial Administrator". Late fees will be increased to \$20.00 after the third consecutive late payment if no explanation has been communicated. Questions pertaining to financial obligations should be submitted in writing and will be addressed by members of the board. There will be a \$30.00 charge for returned checks.
- **Financial Aid:** It is our goal to offer affordable dance instruction. Those in need of financial aid may fill out a financial aid form/contract, available in the office upon request. Financial aid students are expected to maintain good attitudes and behavior in class, and also to attend all scheduled classes. Parents of financial aid students are required to volunteer.

General Information

- **Communication:** We genuinely desire a peaceful, cooperative atmosphere and clear communication between parents and staff. The best way to contact a Teacher is by email. Parents may also leave a note in the office for a teacher, or leave a phone message at 717-428-9227. Unless it is an emergency, please do not approach Teachers with a problem between classes. We value your concerns and desire to establish mutually beneficial relationships with all of our parents.
- **Parent/Teacher Conferences:** If you have questions or concerns about your child's class(es) or progress, a conference between Parents and Teachers can be arranged by appointment. Call the school office or email alex.lightoflifepa@gmail.com to set up a time with the Teacher.

Please do not try to discuss matters with the Teacher before, during, or after class that can be best handled when the Teacher has time to give you the full attention that you and your child deserve.

- **News and Information:** New information is continually being made available throughout the year. Studio Information is circulated through the following modes: Quarterly Newsletters, Bulletin Board, Emails, Brochures, Light of Life Website, and Special Notices. All hard copies will be placed on the information table located at the top of stairs in hall. Changes, Reminders, and Unexpected events will be boldly posted in this area as well as sent via email. It is the parent's responsibility to stay informed as information is made available.
- **Lost and Found:** LOLPA is not responsible for items lost or left unattended at the studio. Please put your name on all your belongings. Items found in the studio at the end of the day will be placed in the Lost & Found box, located in the Parent's Waiting Room. Valuable items will be kept in the office.
- **Inclement Weather Conditions:** In the case of dangerous driving conditions due to weather, weather related class cancellations may be sent out by text, email, and will

be noted on the LOLPA website. In the event that classes are running during poor road conditions, please use your best judgment as to whether it is safe for you to drive.

- Clean up: Please help us keep our studio clean by doing your part in cleaning up messes. Food and drinks are restricted to tables in the waiting area. No eating or drinking in the dance area. Parents with small children must clean up toys after use. Thank you for your cooperation.
- Arrival and Departure
 - Parents of dancers in Little Steps through Primary should remain on the premises during the entire class time. Students must be securely inside the building before parents of older students leave the premises.
 - To ensure safety, all students should wait inside the building for pick-up. Students 13 and older may wait on steps for pick up in groups of 3 only. Students are not permitted to leave the premises at any age unless attended by a parent.
 - Students should be picked up promptly after class. We cannot be responsible for children after class time.
 - Please come into the building to pick up younger children.
 - For the safety of our children please drive very careful when entering or exiting the parking lot. In case of accidental auto collision, please notify the office of details. Do not let unattended children play outside. Please report any potential problems or if you see anything disturbing in or outside the premises. LOLPA will not be held liable for accidents resulting in injury inside or outside the premises.
 - Children should not play or skateboard where cars are pulling in and out of parking lot.
 - Holidays: Holiday dates will be posted in advance on the School Calendar. Tuition remains the same during months with class breaks.
 - Medication: Please notify the office in writing if your child will be taking any type of medication while on the premises. LOLPA will not be held responsible for any problems resulting from medication being taken while on the premises. Parents must fill out complete medical information on space provided on the registration form.
 - Restrictions: No tobacco, alcohol, drugs, clothing with offensive wording, cursing, morally offensive secular music, angry loud behavior, or weapon of any type is permitted inside or outside the premises. LOLPA students may only use cell phones in a case of emergency or calling parents.

Volunteer Service Requirement

As a non-profit organization, we rely upon volunteers to fulfill our goals and meet our production week obligations. Volunteers are greatly valued, appreciated, and important to the continued success of our school. At least one parent is required to volunteer for a team. You may opt out of volunteering by paying a \$125.00 fee.

Performance Related Information

- LOLPA presents one or more performances yearly. The one held in Winter or early Spring may be one in which specially selected classes and dancers participate. The second is the annual end-of-year Spring Production-our June Show. This performance

may include the entire school. Students will attend scheduled rehearsals at the performance location (usually Central York High School) the week prior to each performance weekend.

- **Production Week brochure:** Information brochures will be made available prior to scheduled performances advising you of all policies and procedures which you will need to know for your child's successful participation. It is crucial to know this material, so please review it carefully.
- **Additional Performance Costs:** We try to keep our tuition rates comparable, however, there are additional costs to consider when enrolling at LOLPA. They include dance class attire, performance tights, various shoes (pointe, tap, ballet, etc...), required performance make-up, additional costume accessories, Company sponsorship (for LOLPA Company members only) and any optional items that LOLPA may offer during the dance year – t-shirts, LOLPA merchandise, etc...
- **Performance Tickets:** LOLPA families are asked to sell a minimum of 5 tickets for each of our shows. However, LOLPA families will receive 2 discounted tickets for meeting this goal.
- **Picture Day:** Annual professional class and individual pictures will be scheduled close to each performance. This tentatively takes place the week prior to production week at the studio. You will be notified of these dates in advance as well as necessary information.
- **Photos and Advertising:** The school holds the right to photograph and display photos of registered students for the purposes of creating visual informational materials, advertising, web-site development, or for other purposes intended to appropriately represent and promote the school. Please contact the office with any concerns.
- **Video Taping/ Photography:** The school holds the right to videotape registered students for purposes that might rightfully benefit the school. Performing students will be videotaped for the creation and sale of performance videos. Parents must obtain permission to videotape during a class in progress. Individual videotaping during performances is strictly prohibited. You may videotape during a designated dress rehearsal prior to the performance. Please ask permission before going into class to take pictures. Flash photography during all classes, rehearsals and performance is strictly prohibited. Non-flash photography will be permitted during the dress rehearsal designated for videotaping.

Release of Liability

By enrolling at Light of Light Performing Arts, students and families acknowledge that there are risks while participating in dance, performance, travel, assisting in production, etc... and may result in various types of injury including, but not limited to, the following: sickness, exposure to infectious/communicable disease – including COVID, bodily injury, emotional injury, and personal injury.

By enrolling at Light of Life Performing Arts, LOLPA students and families knowingly and voluntarily waive and release all right, liability and/or cause of injury of any kind for the unintentional exposure or harm due to any/all injuries and sicknesses (as listed above)- including COVID-19, and including any and all claims of negligence arising as a result of such activity from which liability could accrue to Light of Life Performing Arts, its officers, staff, volunteers, and all affiliated entities (hereafter collectively referred to as 'LOLPA').

Students and families hereby agree to release LOLPA and hold LOLPA harmless of all liability, and hereby acknowledge that knowingly and voluntarily assume full responsibility for all risks of physical injury arising out of active participation in dance, performance, travel, and production on their own behalf. Students and families are aware that there is a release of liability and an acknowledgement of voluntary and understanding assumed of risk of injury.

Photo & Video Consent, Waiver & Release

By enrolling at Light of Life Performing Arts, students and families give permission for LOLPA to use any pictures and/or video footage in or on any form of advertisement and/or promotional material for LOLPA, or LOLPA affiliated event. No financial compensation shall be given for use of any photographs or videos. Students and families also acknowledge that LOLPA may choose to use any photos/videos at its own discretion at any time and consent to and authorize the use by LOLPA, or persons authorized by LOLPA, of any and all photographs/videos which have been taken of me by LOLPA for publications (such as flyers & brochures), photo displays (shown in theater lobbies at performances, and in advertising booths), publicity in news media advertisements (such as newspapers, magazines, emails, & television), and online promotional materials (website, social media advertisements). Please contact the Studio Office or email alex.lightoflifepa@gmail.com if you would not like your student/child's photo, video, etc... published or shared or used for any form of advertising or social media, etc...

Policies & Practices Concerning Worship

I. THE IMPORTANCE OF WORSHIPING AND PRAYING AS A DANCE SCHOOL

Prayer and Worship is an intricate and unique part of the ministry of Light of Life. From the birth of the School we have focused on dance education, but have also emphasized times of worship and prayer with our students, especially pre teens and teenagers. Lightof Life is a non-profit, tax- exempt performing arts school with a Christian emphasis. Our Christian values, morals, and standards are what make us unique from other dance schools in our area. The mission and vision placed in our hearts by the Lord (which can also be viewed on our website) states that we have been established to share the gospel of Jesus Christ through the expressive art of dance, while also making room for each student to encounter Jesus through class room prayer, worship, dance instruction, and choreography.

In the past worship has been a powerful factor in bringing forth God's purpose of unity and love within each student and it has removed the tendency to fall into a spirit of jealousy and competitiveness. It is our conviction that setting a small part of time together to focus upon God keeps us in one accord and brings forth His blessing upon

each and every class [Ps. 133] Each student is participating in the entire vision of Light of Life which includes assisting them in their physical and spiritual development. We understand that each of our students comes from various backgrounds and religious beliefs and we are very sensitive to this fact. This, however, does not change our Christ centered emphasis or long-term vision that God has placed before us. Light of Life is His ministry and we will continue to follow His leading and His Word in all that we do.

II. POLICIES CONCERNING PRAYER, WORSHIP & BIBLE STUDY

Most of the time, each class will begin or end with a brief prayer. This may consist of the Teacher praying, sharing a short devotion, or a time when students can participate by sharing short prayer requests. While very important to us, worship at Light of Life only encompasses a small percentage of the time that each student spends at the studio. More than not, times of worship, prayer, or brief Bible study do not exceed 5- 10 minutes of a class for lower levels once a month or every other month and 10 - 15 minutes of a class for dancers who attend multiple classes. While prayer, worship, & Bible studies are limited for those students enrolled in the school, dancers in the LOLPA Company should expect times of worship and devotions throughout the year. Every Teacher at Light of Life may encourage freedom to worship during times set apart for worship in class, however we have not and will not push any practice of worship upon the students. Students are encouraged in this way because often times they are hindered by peers, which inevitably hinders our abandonment to God. Again, we will encourage them to have a freedom within their heart, but will not expect that freedom to look or act a certain way.

We understand that there may be times in which a student may feel uncomfortable in a setting of worship (particularly if it is new to them) and we will try to avoid this at all costs. We have and will continue to encourage each student to focus upon God and worship in the way that they know how, and never is a student disciplined or looked down upon if they do not want to participate in times of worship. As stated in our mission, our primary desire in corporate times of prayer and worship is to encourage a deeper devotion and love for Jesus Christ.

III. THE BIBLICAL PRACTICE OF WORSHIP (All worship may take on one of these forms)

1. Dancing/ Rejoicing- Worship may consist of spontaneous dancing, jumping, and or acts of celebration [Ps. 149:3; 150:4; Ecc. 3:4; 2 Sam. 6:14].

- Psalm 149:3 "Let them praise His name with the dance; Let them sing praises to Him with the timbrel and harp.
- 2 Samuel 6:14 "Then David danced before the LORD with all his might"

2. Lifting up our Voice in Song- Worship may consist of singing together, singing in our hearts to God, and or singing a new song unto the Lord [Ps. 9:11; 40:3; 98:1-6; 144:9; Is. 42:10; Eph. 5:19; Col. 3:16; Jam. 5:13].

- Psalm 33:3 "Sing to Him a new song; Play skillfully with a shout of joy.
- Psalm 147:1 "Praise the LORD! For it is good to sing praises to our God; For it is pleasant, and praise is beautiful.

3. Stillness & Silence- Worship may consist of quietness, stillness, and meditating (or

thinking upon the Lord) in our hearts [Ps. 4:4; 63:6; 77:6,12; 119:15,27,48,78,148; Mal. 3:16].

- Psalm 46:10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!
- Psalm 77:6 "I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search.

4. Clapping our Hands- Worship may consist of clapping our hands in praise and celebration before God [Ps. 98:1-9].

- Psalm 47:1 "Oh, clap your hands, all you peoples! Shout to God with the voice of triumph!

5. Raising our Hands- Worship may consist of lifting up our hands in surrender and abandonment to God [Ps. 28:2; 88:9; 119:48; 134:2; 141:2; 143:6].

- Psalm 63:4 "Thus I will bless You while I live; I will lift up my hands in Your name.
- Psalm 119:48 "My hands also I will lift up to Your commandments, Which I love, And I will meditate on Your statutes.

6. Kneeling in Reverence- Worship may consist of kneeling or bowing down in fear of God and reverence of His name [Is. 45:23; 60:14; Rom 14:11; Phil. 2:10]. • Psalm 95:6 "Oh come, let us worship and bow down; Let us kneel before the LORD our Maker.

7. Worship w/ Instruments- Worship may consist of using musical instruments to praise the Lord [Ps. 43:4; 71:22; 81:2; 92:3; 98:5; 144:9; 147:7; 1 Sam. 10:5]. • Psalm 33:2 "Praise the LORD with the harp; Make melody to Him with an instrument of ten strings. Psalm 98:4-6 "Shout joyfully to the LORD, all the earth; Break forth in song, rejoice, and sing praises. 5 Sing to the LORD with the harp, With the harp and the sound of a psalm, 6 With trumpets and the sound of a horn; Shout joyfully before the LORD, the King
Light of Life Performing Arts offers classes in Ballet, Pointe, Lyrical, Modern, Jazz/Hip-Hop, & Tap.

Our students are encouraged to value love for the Lord, Jesus Christ, dedication to class work, and worshipping the Lord in unity of spirit through artistic, technical dance.

Parent & Student Handbook Acknowledgement

By registering a student at Light of Life Performing Arts, families acknowledge that they have reviewed and agree to the policies & procedures outlined in the Parent & Student Handbook (located on the website – www.lightoflifepa.com). The handbook is intended to provide a general overview of the policies and procedures of LOLPA. It is also understood as a registered family of Light of Life Performing Arts, that Light of Life Performing Arts may suspend, revoke, terminate, change or remove, prospectively or retroactively, any of the policies or procedures outlined in the handbook or elsewhere, in whole or in part, with or without notice at any time, at the school's sole discretion. Please contact the Studio Office if you have any questions about the handbook.