

NEW DANCER FAQs



QUESTIONS ANSWERED IN THIS DOCUMENT:

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HOW OLD DO YOU HAVE TO BE TO JOIN RISING TIDE?

Just two! Our youngest class is called Tots and it's for two and three year olds. We also have multiple levels of adult lessons for brand new beginners to retired competitive dancers. We are also happy to welcome new beginners of all ages.

CAN DANCERS DO A TRIAL BEFORE COMMITTING?

Yes, we offer brand new dancers a 3for2 trial opportunity; dancers attend three lessons for the price of two drop-ins. To take advantage of the trial, go to our [Uplifter registration site](#) and follow the steps below.

1. If you don't already have one, create an account by clicking 'Login' and follow the prompts
2. Add the dancer(s) that will be taking classes
3. Navigate to the *Products/Trials* tab, click *add to cart* on your desired trial and follow the prompts
4. You're done! Please do not register for your desired class while on your trial, we'll manually hold your/your dancer's spot for you
5. Once the trial is complete, if you/your dancer want to continue, you can then register for the class on Uplifter and pay for lessons as well as any costume rentals, socks or shirts that still need to be bought.

HOW DO I REGISTER FOR DANCE CLASSES?

1. Review the [classes page](#) on our website to find the one for you
2. [Registration tips](#) are on our website or you can go directly risingtideacademy.uplifterinc.com
3. Click *Login* to create a new account or use your existing one
4. Navigate to *Registration* or *Products/Trials* depending on what you're looking for
5. Select your class/products and follow the prompts!

WHEN DO CLASSES START AND END?

Dance classes run all year. The new dance year begins in September each year and lessons run at their regularly schedule times until the end of June. Some classes end for summer but most run at adjusted times during July and August. Classes are not held on the weekends in July and August. To help keep track, we recommend printing out the schedule and important dates document found at risingtideacademy.ca/classes/importantdates.

CAN DANCERS REGISTER PARTWAY THROUGH THE YEAR?

Yes! We aim to have at least two coaches at all lessons (often more), allowing us to welcome new dancers at anytime, as long as there is space in a class.

WHAT FEES ARE DANCERS EXPECTED TO PAY?

Rising Tide dancers are charged mandatory annual fees for tuition, tshirts and costumes (costume not applicable for adults and tots). Class equipment and dress code policy may result in other costs. A 10 per cent coaching fee is charged on tuition beginning in the Intermediate class level. View all fees and payment policies at risingtideacademy.ca/classes/fees-payment.

WHAT DO DANCERS NEED TO BRING/WEAR TO CLASS?

Class dress and equipment needs are listed for each class at risingtideacademy.ca/classes. Needs vary from class-to-class so please review the description for your/your dancer's class. Generally, dancers require proper Irish dance shoes, poodle socks for female dancers, and athletic clothing as well as a full water bottle and small notebook.

Poodle socks can be purchased through Rising Tide. Dancers looking for shoes can find new and used options locally at [Sandra's Irish Dance Shop](#), and used options at [Recalls Irish Dance Goods](#). Coaches can also recommend online vendors too. Beginner dancers can find simple, black slippers locally at places such as [Twiggz](#).

Rising Tide does have preferred brands and products that dancers use so please refer to our list of preferences in the [Academy Handbook](#) before shopping.

CAN PARENTS/GUESTS WATCH DANCE CLASSES?

Unfortunately, no. Parents and guests are asked to wait outside the studio with the exception of Tots classes where parents/representatives are required to stay in the building and may join the lesson if desired. Family and guests are always welcome to wait in the Community Room and socialize or use the books/toys provided.

WHERE IS RISING TIDE, AND IS THERE PARKING?

All classes are held at our studio at 3-325 Rocky Lake Drive in Bedford. There is a small amount of parking available at the immediate entrance to the studio. Additional, free parking is available on both sides of the road or in the larger parking lot between the first two buildings of the Bedford Trade Mart complex. Please do not park in front of other units' spots as they are reserved for their employees and customers.

DO DANCERS HAVE TO BE IRISH TO DO IRISH DANCE?

Definitely not! Today, Irish dance is taught and performed all over the world. In addition to being a unique, cultural art form, Irish dance is a highly effective method of fitness and students learn critical life skills including goal setting, team work, listening, giving and receiving feedback, sportsmanship and confidence.

ARE DANCERS EXPECTED TO PRACTICE AT HOME?

100%. Practicing at home is an expectation of all dancers at Rising Tide, but we do our best to help support at-home practice. Irish dance is a very technical style and it takes lots of practice to learn and make progress, so it's important that dancers reinforce what they learn in class, at home. To help motivate dancers, we have a practice challenge program. Dancers earn points for the practice they do and those points can be used to 'buy' prizes and enter draws. We also have a [members only page](#) on our website where we post training guides, exercise routines, instructional videos, music guides and more.

WHAT COMMITMENTS ARE EXPECTED OF DANCERS OUTSIDE OF CLASSES?

Dancers are generally expected to participate in feiseanna (competitions), exams and performances. Each class has different expectations for participation. Details for each class are at risingtideacademy.ca/classes. Feiseanna are the primary way dancers progress levels in Irish dance.

Staple events that all Rising Tiders are encouraged/expected to participate in generally include:

- Rising Tide School Feis (winter)
- St. Patrick's Day Parade and performances (March)
- Atlantic Canadian Irish Dance Championships (April)
- Year end recital (June)
- Fundy Feis & Feis Nova Scotia (August)

Exact dates for the current dance year can be found at risingtideacademy.ca/classes/importantdates.

Feiseanna outside of our local area are events to be considered too. The two most common regions we feis in are eastern Canada and New England. Eastern Canadian events are listed at idtac-er.com/regional-feiseanna and New England feiseanna are listed at neidt.org/feiseanna. For additional listings, view Love2Feis.com, planxti.com and regional websites across the continent which can be found on idtana.org. Rising Tide dancers are allowed to compete at any CLRG-sanctioned events worldwide.

If you're considering going to a feis, please let your coaches know and post to our [Facebook group](#). Feising is always more fun with friends and company (and splitting costs helps too).