



Adult Ballet Centre

Private Coaching Policy

Solos, Pas de Deux, and Group Coaching

01.01.2005

Director - Lee Harrison

Adult Ballet Centre - Arnold Street Studio

3-5 Arnold Street

Cheltenham, Vic, 3195

Policy

To maintain a respectful, professional, and growth-focused learning environment, the following policy applies to all private coaching arrangements, including solo sessions, pas de deux, and group coaching for adult dancers.

Private Coaching Policy

Communication Protocol

All communication regarding private coaching must go through ABC Management:

Mollie – ABC Manager manager@adultballetcentre.com

Lee – ABC Director contact@adultballetcentre.com

Do not contact your coach directly via personal messages, email, or social media.

All communication must be through official ABC channels.

Correspondence will be responded to within 24 hours.

For urgent matters, please call or text Lee during working hours at 0422 070 674

Respecting Coaching Direction

Coaches are professionals delivering structured, goal-oriented instruction.

All corrections, guidance, and feedback must be respected and followed.

This is an essential part of the learning process, as it involves upholding the technical and etiquette standards expected in a professional ballet coaching environment.

Studio Conduct

- Arrive on time, prepared, and in proper dance attire.
- In accordance with Safe Dance Practice standards, a whole technique class or appropriate warm-up must be completed before your coaching session. This is crucial for preventing injuries and ensuring performance readiness.
- Show respect to your coach, your peers, and the studio space.
- A positive, open, and coachable attitude is expected throughout every session.
- No street shoes are permitted on the Tarkett dance floor.
- No food is allowed in the studio. Only water bottles are permitted.

Given the physical nature of dance and close proximity with others, personal hygiene is essential. Dancers must arrive clean, with appropriate grooming and fresh dancewear.

Private Coaching Policy

Coaching Authority and Peer Interaction - Important

In all partnership or group sessions, the coach is the sole leader and expert.

Participants must not offer corrections or critiques to one another during or after sessions unless specifically asked and invited by the coach directly. The coach will invite questions or discussion at appropriate times. This maintains focus, consistency, and a safe environment for all.

Scheduling, Cancellations, and Fees

All private coaching sessions must be booked in advance through ABC Management.

A minimum of 24 hours' notice is required to cancel or reschedule.

Late cancellations may incur the full session fee unless due to an emergency.

Payment terms and session fees will be communicated upon confirmation of your booking.

Injury, Health, and Safety

Please inform your coach of any injuries, health conditions, or physical concerns you may have before the session.

The coach reserves the right to adjust or pause training to prioritise safety.

Proper warm-up and body awareness are the responsibility of each dancer.

Confidentiality and Privacy

Coaching feedback is confidential and personal to each dancer.

Please do not share another dancer's feedback, progress, or performance outside the session without consent.

Respect for personal boundaries is part of creating a safe and professional space.

Use of Studio Space

Coaching is conducted within allocated times. Please do not disrupt other classes or bookings.

Refrain from using the studio outside your scheduled session unless authorised.

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Social Media and Public Sharing

ABC Management and the coach must approve any video or photo content from private coaching sessions before it is posted.

If shared, coaches should be tagged and credited appropriately along with the Adult Ballet Centre.

ABC branding guidelines must be followed in all public posts.

Thank you for respecting these policies, which are designed to protect the integrity, professionalism, and safety of all adult dancers, coaches, and the ABC community.

Agreement to Policy

By engaging in private coaching at ABC, **all participants acknowledge and agree to adhere to this policy** in full.

This ensures that all dancers, staff, and coaches can work together in a safe, professional, and respectful environment.