



ADULT CLASS/WORKSHOP INFORMATION

Please check in with the front desk when you arrive.

Adult classes and workshops are for ages 16 & up. Sippin' with CityDance workshops are 21+ only.

LOCATIONS

CityDance @ Friendship Heights

5207 Wisconsin Avenue NW, Washington DC 20015 | (202) 545-7207

Use code **2863#** to gain entry.

CityDance @ North Bethesda

10511 Strathmore Hall St #100, North Bethesda MD 20852 | (240) 242-3646

The studio is located inside the newly built Ravel & Royale apartment homes at Strathmore Square.

CityDance @ Falls Church

255 West Falls Station Blvd Suite 160, Falls Church VA 22043 | (703) 634-5238

The studio entrance is on Arbor Way directly across from Meridian High School.

PARKING

There is no dedicated parking at any of our locations. However, there is plenty of metered street parking and paid garage parking available. Be mindful that the surrounding neighborhoods have zoned parking which requires a permit at certain times. Metro garage parking is free on weekends.

- **Friendship Heights:** Metered street parking available as well as free 2 hour street parking in the neighborhood. Parking in the neighborhood is strictly enforced. There is no Metro garage for the Friendship Heights Station.
- **North Bethesda:** Metered street parking available. Parking is also available at the [Grosvenor-Strathmore Metro Garage](#).
- **Falls Church:** Parking is available at the nearby [West Falls Garage B](#) and [West Falls Garage A/D](#), as well as the [West Falls Church Metro Station parking lots](#).

METRO

All of our locations are accessible by Metro.

- **Friendship Heights:** Red Line to Friendship Heights Station. Take the Jennifer St exit.
- **North Bethesda:** Red Line to Grosvenor-Strathmore Station.
- **Falls Church:** Orange Line to West Falls Church Station.

LATE ARRIVAL POLICY

The building entrance at North Bethesda will be locked at the start of class. Please arrive early to avoid getting locked out. Refunds will not be issued for anyone who arrives late and is locked out.

LOW ATTENDANCE CANCELLATION POLICY

If a class has low attendance, it may be subject to cancellation. Cancellation decisions for morning classes will be made by 9pm the night before and for evening classes by 3pm that day. Students will be notified about cancellations via email. Students registered for the canceled class have the option of either a class credit or refund. Class credits expire 6 months from the date of canceled class. Students enrolled in the session also have the option to follow the Session Make-Up Policy below.

INCLEMENT WEATHER CANCELLATION POLICY

If a class is canceled due to inclement weather, students enrolled in a session or registered for a drop-will be notified by email and have the option of a class credit or refund. Students enrolled in the session also have the option to follow the Session Make-Up Policy below.

SESSION MAKE-UP POLICY

Students enrolled in a session are able to make-up missed classes. All make-ups must be completed by the end of the current paid session. Students can attend any adult weekly class that is of equal or lesser value. Email adults@citydance.net to schedule your make-up class.

DROP-IN CANCELLATION/RESCHEDULE POLICY

In the event you cannot attend your purchased/scheduled drop-in class/workshop, please email adults@citydance.net by 9pm the day before to receive a full credit and/or reschedule. Cancellation emails received after 9pm the night before will receive a 50% class credit. If a cancellation email has not been sent before the start of class, our No Show policy takes effect and you will forfeit the full class credit. Class credits expire 6 months from the date of canceled class/workshop.

SESSION ENROLLMENT CREDIT POLICY

Full credit is available for cases involving injury or illness that prevents you from attending or completing your current session. Studios must be informed within 7 days of the event in order to issue the credit, which is good for 6 months from the date of notification. Should you wish to extend the credit period past 6 months (up to one year), Studios would need to be provided with appropriate documentation regarding injury or illness.

REFUND POLICY

CityDance Studios does not issue refunds for session enrollments or drop-ins.

NO SHOW CANCELLATION POLICY

If a class begins and none of the enrolled students show up the class will be canceled after 20 minutes.

FOOTWEAR

We ask that students bring a pair of clean shoes for class. If possible, please do not wear your street shoes. If you don't have an extra pair to change into, we will provide you with wipes to clean your soles BEFORE entering the studio.

Flamenco classes require specific footwear. For more information about where you can purchase flamenco shoes, click [HERE](#).

POLICY FOR ADULT STUDENTS WITH CHILDREN

Children of adult students may wait in the lobby during their parent/guardian's class. Children must be 7 years of age or older and able to sit quietly on their own. No more than 2 children per adult are allowed. Staff is not responsible for the whereabouts of waiting children. CityDance reserves the right to revoke this privilege for those who violate this policy.

CLASS LEVELS

Beginner (0 years of experience): A class for true beginners. Learn the basic fundamentals of dance and progress through classes and courses that will build confidence in whatever style you choose.

Advanced Beginner (1-4 years of experience): Prior dance class experience and some knowledge of dance terminology and class etiquette recommended. Class moves at a steady pace, but the teacher is not breaking down the steps and demonstrating as often.

Intermediate (5-8 years experience): Comprehensive understanding and proficiency in discipline and general dance terminology recommended.. Begin to explore more intricate choreography while polishing your technical skills. Learn to pick up combinations quickly with confidence.

Advanced (9+ years experience): Previous extensive dance experience recommended. Immerse yourself in professional level choreography and exercises. Improve your musicality, performance quality, technique and improvisation skills.

All Levels: Open to all ages and levels of experience. A fun, challenging class great for first timers as well as seasoned dancers.