



House rules Amsterdam Dance Centre

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1. General Rules

These rules are applicable to every visitor of Amsterdam Dance Centre (ADC) and are part of the membership- and subscription agreement. As a visitor of ADC you are obliged to take note of these house rules and take them into consideration.

2. Access to the studio's

When you are visiting ADC you are required to sign up at the front desk. After permission of our desk staff you are allowed to enter the studio's.

3. Access to the classes

You are supposed to be at the studio at least 10 minutes before the class starts. In case our staff members tell you that you are too late, it is not possible to join the class. Without payment or without showing us your membership card it is not possible to join a class.

4. Taking part in classes

Participating in classes is at your own risk. When you are participating in a class you are supposed to follow instructions from your teacher at any time. The teacher is allowed to refuse students or send away students in case the student refuses to follow their instructions, does not obey the house rules or doesn't respect the teacher and/or other students. In case the front desk told you you are too late to join the class, you are not allowed to enter the studio.

5. Use of changing rooms, studio's, showers/toilets and foyer

It is mandatory to change in the changing rooms before and after class. We don't allow changing in the foyer and/or studio's. Bags, bigger than 30/20 cm (small purse size) are not allowed in the studio. We strongly advise you to use the lockers in the changing room for your bag and personal belongings. You can close the lockers with a small padlock that you need to bring yourself (for sale at the front desk of ADC). Lockers should be empty and open at the end of the day. Closed padlocks on lockers will be removed after closing time. Personal belongings will be put in the lost and found department. ADC cannot be held responsible for lost or theft of your belongings.

It is not allowed to bring glass or beverages other than a bottle of water into the studio. Personal belongings and clothes are being removed from the studio, foyer and changing rooms, and will be put in the lost and found. Abandoned belongings will be kept in the lost and found for a week.

Shaving and any other form of personal hygiene other than changing and showering are not allowed.

Please dispose trash in the garbage bin. Bikes are not allowed in the building. Pets are not allowed in the studio.

We kindly ask you to bring your own mat for yoga-, pilates- and any other class where you use mats. In case you do not have a mat or forgot one you can rent a mat at the front desk for € 2,- per class. Please use them only with a towel.

6. Dancewear

It is mandatory to wear clean and proper clothes during class. It is not allowed to wear street clothes or shoes that are worn outside the studio. Gym- or dance shoes with a black rubber sole are not allowed as they leave marks on our floors. Wearing proper shoes is mandatory with the exception of the classes that are being taught on bare feet/socks.

7. Beverages, foods and smoking

Smoking and/or using drugs and doping are not allowed. Besides the foyer it is not allowed to eat and drink elsewhere in the building, with the exception of water and sport drinks.

It is not allowed to bring your own drinks and food to the foyer.

Smoking outside of the building is allowed. Use a minimum of 5m distance from our front door. Please put your cigarettes in the ashtray.

8. Cell phones

Using or bringing your cell phone in the studio is not allowed.

9. Children

Children under the age of 12 are to be supervised by an adult. Children need to change in the changing rooms, accompanied by an adult. We kindly ask fathers with daughters to use the men's changing rooms and vice versa.

Directions from staff members regarding the above are to be strictly observed.