

## **FUN 'N' DANCE LTD.** **SEPTEMBER NEWSLETTER 2018**



First, we would like to extend a warm welcome to all of our students and their parents and say *thank you* for choosing Fun 'n' Dance. We hope that you had a safe and enjoyable summer and are ready for a 'fun-filled' year of dance! As the fall term gets underway, there are just a few items we would like you to note:

### **STARTING DATE FOR CLASSES**

Our regular classes will start again on **Monday, September 10**. Please refer to our 2018 - 2019 schedule for exact class times and location.

### **REGISTRATION & FEES**

Registration for the 2018 - 2019 school year is still ongoing. Should you have *not* yet officially registered your child for dance class, then please pick up a registration form from your child's teacher and fill it out and return it *as soon as possible*. It is *very* important that **ALL** students registering for classes submit a completed registration form as well as a completed medical/waiver of liability form, both with a parent or guardian's signature. These forms can be found on our website at [funndance.com/funndance.ca](http://funndance.com/funndance.ca) as well as on the Fun 'n' Dance Ltd. notice board.

*PLEASE NOTE* that to simplify our banking:

- **ALL FEES MUST BE PAID BY POSTDATED CHEQUES** (i.e. 10 postdated cheques dated the first of each month from Sept. 2018 to June 2019 **OR** 3 postdated cheques dated **Sept. 1, 2018** (for Sept., Oct., Nov. & Dec. fees), **Jan. 1, 2019** (for Jan., Feb. & March fees) and **April 1, 2019** (for April, May & June fees) **AT THE TIME OF REGISTRATION WITHOUT EXCEPTION**;
- There is a **\$25.00** registration fee charged per student registering *or* **\$40.00** per family registering;
- There will be a **\$25.00 fee** charged for all **NSF cheques**;
- Paying fees by **email transfer** is also acceptable.

If you need information on monthly fees, please refer to the fee list on our notice board *or* visit our website at [funndance.com/funndance.ca](http://funndance.com/funndance.ca) or you can contact **Miss Julie** at **403-289-9240** or by e-mail at [prattrj@telus.net](mailto:prattrj@telus.net).

### **TEACHING STAFF**

Our teaching staff comprises of Miss Julie, Miss Natasha, Miss Dehla, Miss Amanda and Miss Rene. We would also like to welcome Dagmar Viberg who will be teaching the 'Conditioning Class' on Saturday mornings in Beugin hall from 10.00 - 11.00am.

We pride ourselves on quality teaching with individual correction and a strong emphasis on the use of correct and safe technique while not forgetting that learning to dance should be ‘fun’! A reminder that classes run from September to June and our year-end performance is an important and fun part of the program in which students are expected to participate (*Storybook Ballet and Adult classes do not run for the full school year and do not take part in the recital*).

### CONDITIONING CLASS

We are very excited to be adding a ‘Conditioning Class’ to our schedule on Saturday mornings from 10.00 - 11.00am. The instructor, Dagmar Viberg is a certified and very experienced Pilates instructor with a strong background in dance. Dagmar will be incorporating Pilates technique, Progressing Ballet Technique and safe stretching in this class.

All students registered for this class are expected to bring their own yoga mat and exercise/fit ball to class. *\*(To get the correct size of ball, when the student sits on the ball, their knees should be bent at a 90 degrees angle and their thighs should be parallel with the floor)*. Students will also need a medium strength resistance band/theraband **3m** in length. It can be difficult finding resistance bands this long, so Miss Julie has purchased a bulk roll of theraband which she will cut into 3m sections for students to purchase.

Since the class will run in Beugin hall which is slightly smaller than the dance studio, we are going to cap the class at **14** students. Currently we have **10** students registered for this class, if you have not yet registered, the remaining 4 spots will be filled on a ‘first come, first serve’ basis *\*(minimum age for this class is 13 years old)*.

### GETTING READY FOR CLASS

Miss Julie would recommend that all students use the washrooms downstairs to change into their dance attire upon arrival or ideally, arrive with their dance attire on under their regular clothes. They should then wait in the cloak room downstairs until their teacher comes to collect them, this should hopefully reduce congestion in the hall upstairs and stairway. Students should bring their dance bags and all valuables up to the studio/Beugin hall with them and store them neatly at the side or in the cubbies provided. NO outdoor shoes should be worn in the dance studio so that we can keep our dance floor clean. We would ask parents of older students, who can get ready by themselves, to please wait in the front door area for their child after class. If a parent is delayed in picking their child up at the end of dance class, the teacher will take the child back upstairs to wait safely in the dance studio until mum or dad arrives, this is particularly for the safety of the younger students.

### OFFICE TELEPHONE NUMBER

If your child is unable to attend class due to illness or you wish to speak with a member of staff, please call the office at **403-289-9240** or you can e-mail Miss Julie at [prattrj@telus.net](mailto:prattrj@telus.net).

## E-MAIL ADDRESS

Our registration forms include the option for parents to provide us with their e-mail address; this will allow us to e-mail you ALL newsletters and important notices throughout the school year. **Please note** that Fun ‘n’ Dance is committed to keeping all e-mail information private and will use e-mail addresses purely to relay school related material. We require all parents/guardians to complete and sign a ‘**consent to receive commercial electronic messages form**’ at the start of the school year, these forms can be found on the Fun ‘n’ Dance Ltd. notice board or picked up from your child’s teacher. If you do **NOT** wish to receive your newsletters by e-mail, then please let Miss Julie know so that she can ensure that you do receive one at the beginning of every month. Our monthly newsletters are always posted on the Fun ‘n’ Dance Ltd. notice board as well as on our website at [funndance.com/funndance.ca](http://funndance.com/funndance.ca)

## PUNCTUALITY

We would like to encourage students to be **punctual** for class so that classes can begin and end on time. Therefore, please try to arrive at the community centre several minutes before your class is scheduled to begin so that you have time to get ready. If a student is late for class, he or she should enter the room **quickly** and **quietly** causing the least disruption to the teacher and the other class members.

## THANKSGIVING WEEKEND

All classes will be cancelled on **Saturday, October 6 and Monday, October 8** i.e. ‘**Thanksgiving Weekend**’.

## PARENT VIEWING

During parent viewing, parents are invited to sit in and watch their child’s class. It is an ideal opportunity to view your child’s progress and to ask any questions you may have. Parent viewing will take place for each teacher on the following dates:

**October 15, 17, 18 & 20**

Miss Julie’s classes

**October 16 & 18**

Miss Dehla’s classes \*(*Miss Eva teaching*)

**October 23**

Miss Rene & Miss Amanda’s classes

**October 22, 24 & 25**

Miss Natasha’s classes

## MATERNITY LEAVE FOR MISS DEHLA & MISS AMANDA

Both Miss Dehla and Miss Amanda will be taking maternity leave for part of the fall term and into the new year. Their classes will be covered by Miss Rene (Tap), Miss Erika (Jazz, Lyrical, Contemporary), Miss Eva (Hip-Hop) and Miss Julie (Acrobatics 1). Leah Cameron, a certified and experienced gymnastics and acrobatics coach, will be coming in to teach Acrobatics 2.

We are very excited for Miss Dehla and Miss Amanda and are looking forward to the safe arrival of their babies.

## 2<sup>ND</sup> HAND SALE

We shall be holding our annual “**2<sup>nd</sup> hand sale**” on **Friday, September 21** at the Rosedale community centre from **4.00 to 5.00pm** in the studio upstairs. All the ‘used’ dance clothing and footwear stored in our cupboard will be on sale at very reasonable prices. Should you have any dance wear that your child has outgrown and you wish to sell, please drop it off during class time, washed and clearly labeled with your **name** and the **price** you wish to sell the item for, no later than Thursday, September 20\*(*putting the items in individual zip-loc bags helps to keep them clean and makes labeling easier; however please label all items inside the bag individually as well as labeling the bag on the outside*).

We ask that all purchases be paid for with CASH as the money is returned directly to the previous owner. Parent volunteers to help sort and label items before the sale as well as help during the sale would be *greatly* appreciated, if you are willing to lend a hand, please call **Miss Julie** at **403-289-9240** or e-mail her *as soon as possible*. A reminder that our 2<sup>nd</sup> hand sale is only for students enrolled in Fun ‘n’ Dance Ltd.

## DRESS REQUIREMENTS

We would recommend that you delay buying the correct uniform until you are sure that your child is settled in his or her dance class, this will hopefully save you any extra expense. Also, please plan to attend our “**2<sup>nd</sup> hand sale**” on **Friday, September 21** should your child require a bodysuit, tights or shoes.

### **Storybook, Pre-Primary & Primary Ballet**

- Pink short-sleeved bodysuit with round neck;
- Pink skirt to match bodysuit (please ensure skirt length is just above the knee as this helps with correct arm placement, no tutus please);
- Pale pink ballet tights;
- Pink leather ballet slippers with elastic across the instep;
- **BOYS**: plain white T-shirt with black/navy shorts, white ankle socks and white ballet slippers.

### **Grade 1 & Grade 2 Ballet**

- Lavender sleeveless bodysuit with round neck;
- Pale pink ballet tights;
- Pink leather ballet slippers with elastic across the instep, split soles are NOT acceptable;
- Black character shoes (with **low** heel) and elastic across the instep;
- Character skirt.

## DRESS REQUIREMENTS (continued):

### **Grade 3 & Grade 4 Ballet**

- Navy blue, sleeveless bodysuit with gather at chest and matching waist elastic;
- Pale pink ballet tights;
- Pink leather ballet slippers with elastic across the instep, split soles are NOT acceptable;
- Black character shoes (**Grade 3 Ballet** and up require a *higher* heel, **1.25 inches**, on their character shoes);
- Character skirt.

### **Grade 5 Ballet**

- Navy blue, sleeveless bodysuit with gather at chest and matching waist elastic **OR** Black bodysuit;
- Pale pink ballet tights;
- Pink leather ballet slippers with elastic across the instep, split soles are NOT acceptable;
- Black character shoes (**Grade 3 Ballet** and up require a *higher* heel, **1.25 inches**, on their character shoes);
- Character skirt.

### **Grade 6, Grade 7 and Grade 8 Ballet**

- Bodysuit (any style) in Grade 6 colour (*colour chosen by students and Miss Julie*);
- Matching chiffon skirt;
- Pale pink ballet tights;
- Pink leather ballet slippers with elastic across the instep;
- Black character shoes;
- Black character skirt.

### **Intermediate Foundation Ballet & Intermediate Ballet**

- Black bodysuit;
- Pale pink ballet tights;
- Pink leather ballet slippers with elastic across the instep;
- Soft pointe shoes with ribbons *\*(Intermediate ballet only)*;
- Pointe shoes with ribbons (once Miss Julie has indicated student is ready to go on pointe);
- Black character shoes (**Grade 3 Ballet** and up require a *higher* heel, **1.25 inches**, on their character shoes);
- Black character skirt.

## DRESS REQUIREMENTS (continued):

### **Advanced Foundation and Advanced 1 Ballet**

- Black bodysuit;
- Pale pink ballet tights;
- Soft pointe shoes with ribbons;
- Pointe shoes with ribbons.

### **Intermediate & Advanced Ukrainian Classes**

- Lavender sleeveless bodysuit with round neck;
- Navy blue, sleeveless bodysuit with gather at chest and matching waist elastic **OR** black bodysuit;
- Pale pink ballet tights;
- *Intermediate girls* - Red leather ballet slippers with elastic across the instep;
- *Advanced girls* - red teacher shoes with elastic across the instep.

### **All Jazz, Tap, Lyrical & Contemporary Classes**

- Black bodysuit of any style;
- Beige jazz tights (convertible tights would be preferable);
- **BEIGE** jazz shoes;
- Black tap shoes;
- **BOYS**: plain T-shirt with black/navy shorts, ankle socks and black tap shoes.

### **Hip-Hop Classes**

- Sweat pants or loose-fitting pants (**NO JEANS**) and T-shirt;
- Jazz shoes or **clean** runners.

### **Acrobatics Class**

- Tight-fitting shorts and top and bare feet *\*(please ensure that tops and shorts are tight-fitting as loose clothing can be dangerous in acrobatics class).*

### **Conditioning Class**

- black bodysuit of any style **OR** tight-fitting top;
- convertible tights **OR** leggings;
- bare feet.

### DRESS REQUIREMENTS (continued):

**N.B.** It is **VERY IMPORTANT** that all students arrive for class *neatly groomed*. This is an integral part of their training and allows their teacher to observe them clearly during class without loose clothing and hair getting in the way. Poor grooming will **NOT** be tolerated. Convertible tights would be preferable for Ballet, Pointe, Jazz, Contemporary, Lyrical and Conditioning classes as we sometimes work in bare feet.

### Character Skirts

Character skirts for all students in **Grade 1 to Grade 8 Ballet** are custom-made for Fun 'n' Dance Ltd. by Dawn Linney. Order forms will be handed out in class during the next couple of weeks.

### Hair & Jewellery

Hair must be securely tied back in a **classical bun** using hair pins and a hair net for **Grade 1 ballet and up** as well as for **Ukrainian** while **Storybook to Primary ballet and all Jazz, Tap, Hip-Hop, Contemporary, Lyrical, Conditioning and Acrobatic** students may wear their hair *neatly* pulled back away from their face, in a ponytail or a French braid. During the first week of classes, Miss Julie and Miss Natasha will demonstrate to the students how to put their hair up correctly for ballet and Ukrainian class. No jewellery should be worn to any of the dance classes purely for reasons of safety. Very small stud earrings are acceptable but hanging earrings or hoops are **not** allowed. Please leave watches, necklaces, bracelets and other valuables at home.

### RECITAL PHOTOS & DVD'S

Recital photos will be available for pick up from your child's teacher once regular classes have started in September. If you ordered a DVD of our year-end performance "*Let's Celebrate!!!*", they will also be available for pick up from your child's teacher. **ALL** photos and DVD's should have been ordered and paid for before the end of June.

### SCHOOL RULES

Please take a moment to go through the following rules with your child, particularly the rules regarding cell phones/electronic devices. The rules are important and enable us to make Fun 'n' Dance a **safe** and **enjoyable** place to learn for everyone. Thank you for your co-operation:

1. Fun 'n' Dance Ltd. **strictly prohibits** the use of cell phones/electronic devices in the cloak room downstairs and upstairs in the dance studio and Beugin hall. Students are advised to keep their cell phones/electronic devices in their dance bags **at all times** or leave them at home. If a student needs to call/text their parents, they should do so in the front door area of the community centre; there is also a public phone located just inside the main doors.

## SCHOOL RULES (continued):

2. Filming or taking photos of other students is ***strictly forbidden*** in the cloak room downstairs and upstairs in the dance studio and Beugin hall. This rule also applies to the changing area on recital photo day as well as the dressing rooms in the theatre during recital.
3. All students must treat the community centre with respect and be courteous to each other as well as to other groups renting the premises.
4. Poor behaviour in class and disrespect for fellow students and teachers will **NOT** be tolerated.
5. If a problem arises regarding your child, please phone the office (**403-289-9240**) to set up an appointment to discuss the issue.
6. Parents, please be prompt in picking up students after class. Teachers cannot be responsible for students before and after classes.
7. NO chewing gum in class or in the building.
8. A missed class does not entitle you to a refund.
9. One term's written notice is required if a student wishes to terminate classes.
10. The teacher's decision as to whether a student will or will not take an exam is final.
11. Students must arrive and leave the community centre properly dressed in street clothes, not just in dance wear, particularly during winter. This is a rule for health reasons as well as for appearances.
12. Students in Grade 2 Ballet or higher must attend two classes per week.

The teachers will also be going through these rules with the students the first week back of classes. We are really looking forward to seeing everybody again!!

