



Nancy Cowan School of DANCE

JANUARY TO MAY 2018

INFORMATION SHEET

A big welcome to my new students and a big welcome back to my returning students. I hope everyone is enjoying the new location at the Workshop Dance Studio.

Please note: No Friday classes March 16 & 30

No Saturday classes March 17 & 31

No Wednesday classes March 14

CHECKLIST FOR ALL DANCE STUDENTS / REMINDER FOR PARENTS

- **NO CHEWING GUM IN CLASS**
- Hair in bun, frenchbraid or pony tail. Long bangs clipped back off face.
- Arrive on time for class. The initial exercises are your warm up. *These are important to avoid injury.*
- Inform Instructor if you will be missing a class or if you have to leave a class early.
- Inform the instructor at the beginning of class if you have an injury that might affect your performance in class.
- Slippers tied neatly in bows or tucked inside slippers. *Parents please cut long strings short so that if bow comes undone your child will not injure themselves by tripping on them. Parents the strings should not be tied tight as this can injure the Achilles tendon. The elastic that goes over top of the foot is what keeps the slipper on. This elastic should be snug but not too tight.*
- No jewelry - no necklaces, watches, bracelets, or dangly earrings in class. This is to protect yourself and others from injury.
- No baggy t-shirts, sweatshirts, etc. It is important that the instructor can see your body alignment.
- During the winter when it is cooler tight fitting sweaters i.e. turtlenecks can be worn. Again, it is important that the instructor see your body alignment.
- Please bring your own water bottle for after class.
- Keep the sitting area at the Workshop, the change area and the washrooms clean & tidy.
- **Note:** A curtain has been put up on the window into the dance area at the Workshop for safety reasons. Young children are easily distracted by parents and siblings and others peering into the room. Injuries are a possibility to themselves and to others they might collide into while looking over at the window. The children need to focus in the room to get the most out of their class. For those who were with me at Leslie Hall the parents and siblings were out of eye-line in the balcony and less of a distraction although there were incidents of collisions with other dancers from children waving up at parents. Your co-operation in respecting your young dancers learning space is appreciated.
- I will have a class open for the parents to come in and watch the Friday 4:30pm class one day in February (date to be determined). I will do this once we have settled in to our dance exercises and the children are comfortable and confident to show you and it will be before we start working on their performance piece. *****Please note you will have to sit on the floor to watch the class. No food, drink, candies, etc allowed in the dance area.
- Older students are self-conscious when being watched in a learning situation in class (performing on stage is different). The curtain allows the dancers to focus on their class and how they are dancing. Your co-operation in respecting the dancers practice space is appreciated.

(PLEASE READ BOTH SIDES OF THIS PAPER)



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COSTUMES for our Spring performance of *Beauty and the Beast* run approximately \$95/costume. Solo costumes may be more. Deposits towards the costumes may be made at anytime. Exact cost is known closer to the performance.

REFUNDS - Deadline for refunds is October 1st, for first term, February 1st for second term. Please discuss any problems with the instructor.

CONTACT - Please call Nancy if you have any questions, comments or suggestions at 613-293-5676 or email nancycowan@outlook.com. Classes are back to back in most cases. This leaves little or no time for me to speak with you. Your child may bring a note so that I can call you later on or you may leave a phone message.

IMPORTANT DATES

JANUARY 2018

- 12 Friday classes start
- 13 Saturday classes start
- 17 Wednesday classes start

APRIL 2018

FEBRUARY 2018

MAY 2018

MARCH 2018

- 14 No Wednesday classes
- 16 No Friday classes
- 17 No Saturday classes
- 30 No Friday classes
- 31 No Saturday classes

- 26 Dress rehearsal -Saturday - time TBA
- 27 Performance -Sunday 2pm show time

Schedule is subject to change. Please check website or with Nancy for any changes.
www.nancycowanschoolofdance.com

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