



Nancy Cowan School of DANCE

JANUARY TO MAY 2019

INFORMATION SHEET

A big welcome to my new students and a big welcome back to my returning students.

Please note **IMPORTANT DATES** that are on the reverse side of this page.

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.
- ***Saturday Morning classes: There is no space for parents to sit at the Odd Fellows Hall that would not distract the young dancers. Parents will be invited in for an Open House on the last class of the term so you can see your child's progression.***
- 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.
- Bring a water bottle for after class.
- Keep change area and washrooms clean & tidy.

COSTUMES for the Spring performance run approximately \$95/costume. Solo costumes may be more. Deposits towards the costumes may be made at anytime. Exact cost is known during the second term.

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.

(PLEASE READ BOTH SIDES OF THIS PAPER)

NANCY COWAN SCHOOL OF DANCE

IMPORTANT DATES

JANUARY 2019

- 9 Wednesday classes start
- 11 Friday classes start
- 12 Saturday classes start
- 26 No Morning Saturday classes

FEBRUARY 2019

- 15 No Friday classes
- 16 No Saturday classes
- 23 Morning Saturday classes held at St. John's United Church

MARCH 2019

- 13 No Wednesday classes
- 15 No Friday classes
- 16 No Saturday classes
- 30 Morning Saturday classes held at St. John's United Church

APRIL 2019

- 19 No Friday classes
- 20 No Saturday classes
- 27 Morning Saturday classes held at St. John's United Church

MAY 2019

- 25 Dress rehearsal
- 26 Performance

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

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