



# Nancy Cowan School of DANCE

SEPTEMBER 2019 TO MAY 2020

## INFORMATION SHEET

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

Please note the following First Term No Class dates:

No Friday classes October 11 and

No Saturday classes October 12 (Thanksgiving weekend)

Other **IMPORTANT DATES** 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 1<sup>st</sup>, for first term, February 1<sup>st</sup> 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

SEPTEMBER 2019	
11	Wednesday classes start
13	Friday classes start
14	Saturday classes start
28	<u>Morning</u> Saturday classes held at St. John's United Church 400 Prescott St.

OCTOBER 2019	
11	No Friday classes
12	No Saturday classes

NOVEMBER 2019	
2	<u>Morning</u> Saturday classes held at St. John's United Church 400 Prescott St.
30	<u>Morning</u> classes held at 5:30pm at The Workshop Dance Studio, 215 Saunders St. (Malley is cross street)

DECEMBER 2019	
7	<u>Morning</u> classes held at 5:30pm at The Workshop Dance Studio, 215 Saunders St. (Malley is cross street)
8	Sunday - End of term performance At St. John's United Church 400 Prescott St. -Time to be announced
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December 9 to January 9 - Winter Break	

JANUARY 2020	
10	Friday classes start
11	Saturday classes start
15	Wednesday classes start

FEBRUARY 2020	
1	<u>Morning</u> Saturday classes held at St. John's United Church
14	No Friday classes
15	No Saturday classes
29	<u>Morning</u> Saturday classes held at St. John's United Church

MARCH 2020	
18	No Wednesday classes
20	No Friday classes
21	No Saturday classes
28	<u>Morning</u> Saturday classes held at St. John's United Church

APRIL 2020	
10	No Friday classes
11	No Saturday classes

MAY 2020	
2	No <u>Morning</u> Saturday classes
30	Dress rehearsal (Tentative date)
31	Performance (Tentative date)

*Schedule is subject to change. Please check website or with Nancy for any changes.  
[www.nancycowanschoolofdance.com](http://www.nancycowanschoolofdance.com)*

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