



# Nancy Cowan School of DANCE

SEPTEMBER 2023 TO MAY 2024

## INFORMATION SHEET

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

**Please note class start dates:**

Friday September 8 & Saturday September 9

**First Term -No class days are:**

Thanksgiving weekend Friday & Saturday Oct 6 & 7

**Second Term -No class days are:**

Family Day Long Weekend - Friday & Saturday Feb 16 & 17

March Break - Friday & Saturday March 8 & 9

Easter Weekend - Friday & Saturday March 29 & 30

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.
- 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.
- Parents please take young dancers to washroom before class.
- Bring a water bottle for **AFTER** class.
- Keep change area and washrooms clean & tidy.

**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.

**(PLEASE READ BOTH SIDES OF THIS PAPER)**

NANCY COWAN SCHOOL OF DANCE

# IMPORTANT DATES

FIRST TERM

SECOND TERM

**SEPTEMBER 2023**

- 8 Friday classes start - First Term
- 9 Saturday classes start - First Term

**JANUARY 2024**

- 12 Friday classes start - 2<sup>nd</sup> Term
- 13 Saturday classes start - 2<sup>nd</sup> Term

**OCTOBER 2023**

- 6 No Friday classes (Thanksgiving wknd)
- 7 No Saturday classes

**FEBRUARY 2024**

- 16 No Friday classes
- 17 No Saturday classes

**NOVEMBER 2023**

**MARCH 2024**

- 8 No Friday classes (March Break)
- 9 No Saturday classes
- 29 No Friday classes (Good Friday)
- 30 No Saturday classes (Easter weekend)

**DECEMBER 2023**

- 9 Last class for first term.
- 10 Tentative date for end of term performance

**APRIL 2024**

**MAY 2024**

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 December 11 to January 11 - Winter Break

**JUNE 2024**

- 1 Dress Rehearsal
- 2 Performance at North Grenville District High School

*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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