



Nancy Cowan School of DANCE

SEPTEMBER 2024 TO MAY 2025

INFORMATION SHEET

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

First Term -No class days are:

Thanksgiving Weekend - Oct 11 & 12

Note: Morning classes on Saturday Nov 23 will be held in the Cheryl Brown room at the Seniors Community Services building, 215 Sanders St, Kemptville (same building as The Workshop Dance Studio)

Second Term -No class days are:

Family Day Long Weekend - Feb 14 & 15

March Break - March 14 & 15

Easter Weekend - April 18 & 19

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.
- Keep change area and washrooms clean & tidy.

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.

(PLEASE READ BOTH SIDES OF THIS PAPER)

NANCY COWAN SCHOOL OF DANCE

IMPORTANT DATES

FIRST TERM

SEPTEMBER 2024

- 6 Friday classes start - First Term
- 7 Saturday classes start - First Term

OCTOBER 2024

- 11 No Friday classes (Thanksgiving wknd)
- 12 No Saturday classes

NOVEMBER 2024

- 23 **Saturday morning classes held at 215 Sanders St., Kemptville, in the Cherly Brown room of the Seniors Community Services (same building as The Workshop Dance Studio)**

DECEMBER 2024

- 7 End of term Performance
-held in St. John's United Church,
400 Prescott St., Kemptville.
Approx start time 11am.
More details to follow.

December 8 to January 9 - Winter Break

SECOND TERM

JANUARY 2025

- 10 Friday classes start - 2nd Term
- 11 Saturday classes start - 2nd Term

FEBRUARY 2025

- 14 No Friday classes (Family Day Long wknd)
- 15 No Saturday classes

MARCH 2025

- 14 No Friday classes (March Break)
- 15 No Saturday classes

APRIL 2025

- 18 No Friday classes (Easter wknd)
- 19 No Saturday classes

MAY 2025

- 24 Dress Rehearsal
- 25 Spring Performance

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

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