



# dance theme

## Spring Newsletter

### Festival and Competition Programs

There is a master list posted on the bulletin board of which classes are participating in which festivals or competitions.

Dancers are to be at the theatre dressed in costume with make-up and hair done a minimum of one hour prior to their scheduled dance time.

### Make-Up and Stage Grooming

Stage make-up and proper grooming is important for performers. To ensure uniformity, we have set make-up colors and have made the process easy by having prepackaged make-up bags in the office. These include lipstick, mascara, eyeshadow and a make-up remover. The cost is \$17.50 including GST. Eyeliner can be purchased separately in the office. You can purchase a pink blush on your own.

The color of lipstick is a deep red. Please ensure that you have the same color as is requested. You can purchase a stay-on lip color to match our color:  
L'Oreal Infallible #310 Crimson

Hair should be completely "slicked back" with no wisps. Use a strong hold hair product.



It was a high-energy exciting night of performances and a cheque for **\$34,500** was presented to the Kids With Cancer Society at the end of the show.

Congratulations *Alice In Wonderland* dancers on your excellent performance.

Thank you to all who attended the show. We know you got your money's worth in entertainment and you supported such a worthwhile cause.

Next year's Stars of Hope is March 5th! Don't miss it!

### Important Dates

April 22-25	Standing Ovation
April 30-May 2	Dance Jam
May 8-14	Alberta Dance Festival
May 15	2010/2011 Registration Commences
May 18-21	Dance Power
May 29-June 3	Picture Week
June 12	Year-end Recital
July 6	Florida Dancers Leave
July 20,21,22	Preschool Dance Camp
August 16-19	Summer Dance Camp

### 2010/2011 Registration

Registration commences May 15th. Register prior to June 10th and receive one free pair of DT soccer socks for each form.

Registration fee:  
\$18.00 per student  
\$25.00 per family

Your loyalty and referrals are important to us!

Refer a friend who signs up before June 10th and your name is entered in a draw for a \$50.00 gift certificate to a dance supply store.

Registering early guarantees your spot in a class. Please remember that registration fees are non-refundable.

### DT Hoodie Sale!

In-stock hoodies are now on sale:

Youth \$20.00

Adult \$25.00

Plus GST

Check out the sale bin of Jam Activewear! Great deals!

### Invoices and Accounts

In past years we issued paper invoices for costumes, etc. In our ongoing effort to Go Green, we are no longer printing invoices. Instead you will receive email notification that a charge has been placed on your account. Statements are available upon request.

## Picture Week

- Picture week at the studio is May 29– June 3. Once again SDI Photography will be taking the pictures.
- Monitors will be set up in lobby so you can preview and order which pictures you would like.
- There are a wide range of photo packages and products with your photo on it such as mugs, dance bags and much more!

## Lost & Found Is Overflowing!!

- Are you missing a pair of shoes or jacket?
- Please go through the lost and found.
- All items will be taken to Good Will at the end of the season.
- The lost and found bin is located at the top of the stairs.

### **Some tips to make your performance the best it can be:**

- At home practice of routines and steps is important. Memorize the order of your dance steps by practicing at home.
- Come to class prepared with hair tied back, proper dance clothes on and ready to focus on class
- Eat healthy and drink plenty of water. Limit junk food and increase your intake of fruits and vegetables. There are no slurpees, pop or energy drinks allowed in the studio.
- Get plenty of rest.

Parents of younger students, please help them with practicing and getting ready for class.

### **Eating healthy is crucial for a dancer to achieve and maintain optimal performance!**

At Dance Theme we are committed to teaching our dancers proper nutrition.

As we approach performing season, Dance Theme will become a NO JUNK FOOD Zone. Our junk food list includes items that are extremely high in Fat or sugar. These foods are not conducive to a healthy body.

Potato chips  
French fries  
Candy  
Chocolate bars  
Pop  
Slurpees  
Ice Capps

Instead bring snacks of:  
Fruit  
Vegetables  
Granola bars  
Water, water, water!!