



dance theme

November Newsletter

Christmas Show

When: Sunday, December 13th
11:00 a.m., 1:00 p.m. and 3:00 p.m. shows

Where: Dow Centennial Theatre
Fort Saskatchewan - Tickets \$5.00 each

A wonderful way to spend the afternoon!

Tickets go on sale for the show on Saturday, November 14th. Each family with a dancer participating can purchase up to six tickets per dancer. If you have two children, you can purchase 12 tickets.

On Saturday, November 28th all remaining tickets will be released for sale.

Preschool, pre-primary, eight week hip hop and vocal classes perform in one show only. They will receive a newsletter detailing show information. The office will know which show they are performing in for ticket sales.

The following routines will perform in all three of the Christmas Shows.

- Grade 5 Tap Class
- Grade 7 Tap Class
- Pointe Routine
- Snow Day
- L'ectric
- Somewhere Over The Rainbow
- Alora Brie & Denisha (Hippo For Christmas)
- Alyssa & Claire (tap duet)

Expanded Studio is Looking Great!

We are so excited about the expansion to Dance Theme which has allowed for more classes and more space!

It is important that outdoor footwear is not worn on the studio floors. When walking from one studio building to the next don't wear your dance shoes.

Hip hop shoes should be used only for hip hop class. Small pebbles and dirt can get caught in the soles of running shoes and cause damage to the floors.

Reminders

- It is important that proper dancewear is worn and students are neatly groomed (hair must be pulled back, or in a bun for ballet).
- All students, six years of age and older will require a black tanksuit and black bottoms for the finale number of recital. Ballet students can wear black tanksuit and ballerina pink tights.
- Replace the ties in tap shoes with sewing elastic.

Now that winter is here, it's very important to keep the stairs clean and dry!

Thank you for removing your street shoes downstairs. The floors are staying so clean for our dancers!

If you are carrying your shoes into the change room with you, please put them in plastic or make sure they are clean & dry!

Al Gilbert Tap Exams

Newsletters regarding Al Gilbert Tap Exams have been handed out to tap classes.

We strongly encourage students to participate in the exam. If a student plans on teaching tap, it is valuable that they have their Al Gilbert Exams.

Important Date Change: Exam Date is Friday, February 26th

Important Dates

November 11	There are classes
November 30-December 5	Viewing Week
December 13	Christmas Show

Festival and Competition Newsletters and Invoices

Newsletter and invoices for students participating in the various festivals and competitions will be handed out within the next month. If you do not attend viewing, please ensure that you receive any handouts that are distributed.

Solos and Duets

All students wishing to do a solo, duet or extra group should have completed a form and returned it to the office.

A list of various Festivals and competitions that you can enter will be available in the near future.

Great Gifts at Dance Theme!

There is lots of fun and great Christmas gifts arriving at the studio at great prices!

- New Jewellery
- Hannah Montana Jewellery Boxes
- High School Musical Jewellery Boxes
- Slippers
- Water Bottles with Changeable Patterns in Dance Motif
- The latest design in Wallets and Notebooks
- Dance Theme Hoodies
- Scarves

What's Happening at Dance Theme

Festival Of Trees: Dance Theme students will be performing at Festival of Trees on Sunday November 29 at 11:00 a.m. Come check it out!

GSP Workshop: Many students will be participating in the workshop on November 20 & 21.

Friday Night Stretch and Strength Class: Many students took advantage of these great classes during the first session. A new session will be commencing November 13th (date to be confirmed) and will run through December 11th. Don't miss out—ask those who took the class how great it was.
Juniors 5:30-6:30 \$35.00 Int/Advanced 5:30-7:15 \$55.00

Florida 2010: Many dancers and their families will be travelling to Orlando from July 6-17 to participate in an intensive four days of dance classes and then unwind and have tons of fun at Disneyworld. This is Dance Theme's travel trip for the next two years and it is sure to be lots of fun! If you would like further information, please ask at the office.



A collaboration of dancers and professionals. In hope for a cure.

Dance Theme along with many other dance studios will be providing entertainment at an incredible benefit show for the Kids With Cancer Society. This is an excellent opportunity for dancers and professionals to not only showcase their talents but to join together in a non-competitive worthwhile community event. The show is March 6th, 2010 at the Jubilee Auditorium.

Dance Theme is the organizer and promoter of this event. Stars of Hope has raised over \$150,000 for cancer charities from the past four shows. 100% of proceeds from this event goes to charity. There are no administration costs taken.

Tickets will go on sale through Ticketmaster in the New Year.

Adult Dance Fit

This class was so much fun, we're doing another five week session

Nov. 20 through Dec. 18.
The cost is only \$50.00!

Registration forms are available in the office

Nutrition Check

Eat a balanced diet to develop a strong, healthy dancer's body.

Include whole wheat grains, vegetables, fruit and protein in your diet. Don't forget calcium for your bones—drink milk and eat dairy products.

Enjoy a treat, but make sure you're not consistently fueling your body with "junk" food.

Drink lots of water for hydration!

Great Gifts at Dance Theme

JAM Wear in new colors; purple, light pink and brown

JAM wear is made from a **true technical athletic fabric called Shea**. The fabric is designed for real athletes and surpasses the quality of most fashion yoga wear by having:

- Moisture wick capability—moisture is pulled away from the skin within seconds and dries almost instantly.
- UV protection
- Maximum stretch and memory
- Doesn't shrink, pill or fade

Real athletes know that these qualities in fabric make for the best workout clothing! Garments have been tested by dancers, runners, triathletes, and everyday workout moms!

Pillow and blanket sets for only \$19.99. The fabric is completely washable and won't pill. The cover of the pillow is removable and washable. The blanket folds up into the pillow for easy storage. Great for travel, elderly people, sporting events, toddlers.

Lots of **great dance gifts** for your little dancer!