



DANCE NOTE



A NEWSLETTER FOR PARENTS AND STUDENTS OF THE DUNDAS SCHOOL OF DANCE

ATTENDANCE

We would like to remind our dancers about the importance of regular attendance. Please try to make your dance class a priority and if you are definitely unable to attend please call and let us know

COMPETITION TEAM NEWS

Competition fees are due. Please make sure your fees and birth certificate are handed in ASAP. This year's competitions are both taking place at Mohawk College. Our first competition is April 17th - 19th and the second one is April 30th - May 3rd. Times of individual routines will be given out when we receive them.

We will be having a competition bake sale on Saturday February 14th. We need volunteers to work at the table during the bake sale as well as donations of baked goods for the table. Please see the competition board for the sign up sheet. Baked goods should be dropped off to the studio on Friday evening or first thing Saturday morning.

FEBRUARY 2009 VOL 4 NO 4

FAMILY DAY

Please note that the studio will be closed for Family Day on Monday February 16th.

PANTS AND COATS!

Our teachers would like to stress how important it is that dancers wear their pants and coats to and from the studio. Although you may feel that you are too hot to put them on, going out in the cold air when you are hot and sweaty can cause muscle cramping and stiffness which can affect your dancing as well as your everyday life. Please remember to take care of yourself and bundle up before you head out.

PARENT VIEWING WEEK

Parent viewing week will be held from February 23rd to February 28th. Parents are invited to sit in the class and observe their child's class. Due to space limitations we ask that you limit visitors to 2 per dancer.

WINTER WEATHER

Parents, please be careful when driving on icy roads. In case of bad weather, please listen to CHML radio for dance school closure announcements. If in doubt about roads, or in case of illness, please phone the office to inform us of your child's absence.

STUDIO WEBSITE

Don't forget to check out our studio website at www.dundasdance.ca for updates, news and pictures. Many thanks to Miss Kimberly for all her hard work and dedication to this project.

LOST AND FOUND

Please label all dancewear and shoes with names or initials. Shoes will sometimes get mixed up or left behind and this makes it much easier to return items to their rightful owners. There is a lost and found area in the front lobby. Please check this area regularly for your child's items as we will be disposing of these items several times through the year.



DUNDAS SCHOOL OF DANCE
100 KING STREET EAST
DUNDAS, ON L9H 1C1
905-627-4784

SENIOR'S STRETCH & STRENGTH

We offer a Stretch & Strength class for seniors on Wednesday mornings at 10:15. These classes are a gentle exercise class with a mild cardio session as well as stretching and toning exercises using weights, resistance bands and fitness balls. This friendly and fun group of women would love to welcome some newcomers to their group.

RECITAL 2009

Studio lessons for our year end recital will be held on Tuesday May 19th and Wednesday May 20th. Dress Rehearsal will be held on Sunday May 24th and recital will be Sunday June 7th.

PARKING

Parking for the studio is available on King Street as well as on the West side of the building. Please note that there is now a spot on Thorpe Street directly west of the studio that is designated "Permit Parking Only".

