



Nancy Cowan School of DANCE

(Member of Canadian Dance Teachers' Association)

BALLET & JAZZ

DANCE PROGRAM

SEPTEMBER 2009
TO
MAY 2010

AGES 3 TO ADULT

ENJOY THE EXPERIENCE
OF DANCE

FOR MORE INFORMATION
CALL

613-260-2154 OR 613-293-5676
nancycowan@travel-net.com
www.nancycowanschoolofdance.com

CLASSES OFFERED

Ballet classes are instructed by Nancy, Jennifer and Heather. Students are placed according to their age and ability. Below is a guideline of level and age.

Creative Dance (3yrs by July 31)	3-4 yrs (45 min.)
Pre-Ballet I	4-5 yrs
Pre-Ballet II	6-7 yrs
Ballet I	8 yrs and up
Ballet II	10 yrs and up
Ballet III (Sat & Wed)	12 yrs and up

Adults/Teens – Level I	16 yrs & up *
Adults/Teens – Level II	16 yrs & up *
Adults/Teens – Level III	18 yrs & up *

Pointe classes - Students enter pointe class at the instructor's discretion. A minimum of two regular ballet classes a week is required before going on pointe and a minimum of two years ballet training.

(Ballet classes are held in Leslie Hall, Kemptville.)

Students are placed according to their age and ability. Below is a guideline of level and age.
Instructor: Jennifer Rushton

Primary Jazz	6-7 yrs
Jazz I	8 yrs and up
Jazz II	12 yrs and up
Jazz III/IV	14 yrs and up
Adult Jazz (Instructor: Nancy)	18 yrs and up

(must have minimum 5 yrs dance experience)
(Jazz classes are held at Maplewood School in Oxford Mills, except for Adult Jazz held in Leslie Hall, Kemptville)

Ballroom

Wednesday evenings – time TBA
Saturday afternoons – 3:15pm to 4:15pm
10 lessons \$175/person - \$340/couple
Fall Schedule Sep 12 to Nov 2, 2009
Winter Schedule Jan 9 to Mar 13, 2010
Spring Schedule Mar 27 to May 22, 2010

FEES – TWO TERMS

FIRST TERM - September to December 2009
SECOND TERM - January to May 2010

Saturday **BALLET** classes

Fees: 1st Term Sep 12 – Dec 12 \$245 (GST incl.)
2nd Term Jan 9 – May 29 \$335 (GST incl.)

Wednesday classes

Fees: 1st Term Sep 9 – Dec 9 \$245 (GST incl.)
2nd Term Jan 13 – May 26 \$335 (GST incl.)

Wednesday Pointe

Fee: 1st term - \$60 2nd Term - \$80

Saturday **JAZZ** classes

Fees: 1st Term Oct 3 – Dec 12 \$175 (GST incl.)
2nd Term Jan 9 – May 29 \$335 (GST incl.)

Saturday **Creative Dance** class (45 minute class)

Fees: 1st Term Sep 12 – Dec 12 \$200 (GST incl.)
2nd Term Jan 9 – May 29 \$270 (GST incl.)

Note: There is \$10 one time administration fee for new students.

- * *Adult/Teens Ballet Level I* is for people with no experience or who need to brush up on the skills learned as a child.
- * *Adult/Teens Ballet Level II* is for people with two years or more dance experience.
- * *Adult/Teens Ballet Level III* is an intermediate level with three or more years dance experience.
- * *Adult Jazz* is an intermediate/advanced course for dancers with five or more years experience

All classes and schedules are subject to change/cancellation.
Minimum 6 persons per class.
Maximum 12 persons per class.

REGISTRATION FORM

Name: _____

Age: _____ Date of Birth: _____

Phone: _____

Mailing address: _____

_____ P.C. _____

Email: _____

Parent/Guardian's name: _____

Allergies/Health problems: _____

Health Card #: _____

How did you hear about school? _____

Classes are one hour in length unless otherwise specified.

Please indicate which class(es):

BALLET PROGRAM

Creative Dance	_____ Saturday	8:45 am
Pre-Ballet I	_____ Saturday	9:30 am
Pre-Ballet II	_____ Saturday	10:30 am
Ballet I	_____ Saturday	11:30 am
Ballet II	_____ Saturday	2:00 pm
Ballet III	_____ Saturday	1:00 pm
Ballet III	_____ Wednesday	4:00 pm
Pointe	_____ Wednesday	5:00 pm
(15 minutes at end of regular class)		

Adult/Teens		
Level I	_____ Wednesday	5:15: pm
Level II	_____ Wednesday	6:15 pm
Level III	_____ Wednesday	7:45 pm

(Please read, sign and date reverse side of registration form)
(Class times are subject to change/cancellation due to enrolment.)



JAZZ PROGRAM

Primary Jazz	_____	Saturday	12:30pm
Jazz I	_____	Saturday	1:30 pm
Jazz II	_____	Saturday	2:30 pm
Jazz III/IV	_____	Saturday	3:30 pm
Adult 18yrs +	_____	Wednesday	8:45 pm

New Student ADMINISTRATION FEE \$ 10.00

CLASS FEES: 1st Term (Sep to Dec 2009)

Wednesday classes	\$245.00
Wednesday Pointe	\$ 60.00
Saturday JAZZ class	\$175.00
Saturday BALLET class	\$245.00
Saturday Creative Dance class (45min)	\$200.00

CLASS FEES: 2nd Term (Jan to May 2010)

Wednesday class	\$335.00
Wednesday Pointe	\$ 80.00
Saturday Jazz class	\$335.00
Saturday Ballet class	\$335.00
Saturday Creative Dance class (45min)	\$270.00

There is a 10% discount for a second class/per family/per term. (Discount does not apply to Pointe class.)

- Class schedule and child placement subject to change due to enrolment and ability.
- Make cheques payable to "**NANCY COWAN.**"
- **Please read the bottom of this form, then sign, date and return the form to Nancy.**

PLEASE READ AND SIGN THE FOLLOWING STATEMENT.

I, the undersigned, do hereby release, Nancy Cowan, Nancy Cowan School of Dance, Leslie Hall, St. James Anglican Church and the Township of North Grenville and their respective officers, employees or agents thereof, from all claims for loss, injury or damage to persons and property while participating in or traveling to and from the activity named on the reverse, which I or any person claiming through me or on my behalf, may at any time have arising out of or connected with the operation of this activity.

I have read and understand the above statement.

Date: _____

Parent/Guardian's Signature _____

HOW TO REGISTER

BY PHONE/MAIL:

Call 613-260-2154

Register early to ensure placement. There is a 12 student per class maximum. A waiting list will be established beyond this.

Registration form can be faxed to 613-260-2484.

Please mail payment to:

2 – 1066 SECORD AVENUE
OTTAWA ON K1H 8C8

IN PERSON:

Saturday, September 5, 2009
10:00 am to 1:00 pm
Leslie Hall
(beside St. James Anglican Church)
19 Clothier Street
Kemptville ON

NOTES:

- *Class schedule and child placement subject to change due to ability and enrolment.*
- **Payment by cash or cheque only -- payable to "Nancy Cowan".**
- A \$20 fee applies to all returned cheques.
- A \$20 administration charge applies to all refunds.
- Deadline for 1st term refunds October 1st.
- Deadline for 2nd term refunds February 1st.

COSTUMES

Costumes for the spring 2010 performance run \$75 and up each for group dances.

Solo costumes may be more.

If you wish a deposit can be made for the costumes at any time.

DRESS CODE

◆ Girls

- Pink bodysuit, white tights and pink ballet slippers for

- **Creative Dance**
- **Pre-Ballet I & II**
- **Ballet I**

- Black tank bodysuit, "ballerina pink" tights and pink ballet slippers for

- **Ballet II and up**

- Skirts are allowed **only for Ballet III** and adult/teen classes.

- **Jazz** – Black bodysuit, dance pants (ankle length) or black tights, black ballet or jazz slippers. (Absolutely no jeans)

◆ Boys

- black dance pants, white t-shirt and black ballet slippers (thin socks black or white) (for both ballet and jazz)

ABOUT THE SCHOOL

Our focus is on ballet and jazz technique. In Kemptville students are given opportunities to perform in our December and May shows. Young dancers gain grace, poise, self-confidence and flexibility. They benefit from the muscle toning, fitness and self-discipline that dance offers.

The School started in 1970 as the Rideau School of Performing Dance and has been under the direction of Nancy Cowan since 1999. Classes are instructed mainly by Nancy.

Nancy has been dancing since the age of four. She was trained by Christiana Maier, previous director of the School. Nancy has furthered her training in Ottawa with Les Petits Ballets and The School of Dance and at various workshops at the National Ballet of Canada and through CDTA in Toronto. Nancy has been instructing in the Kemptville area for over 20 years. She also instructs at: Les Petits Ballets, the City of Ottawa and ballet for the competitive gymnasts of the Ottawa Rhythmic Gymnastics Club. She has done private coaching in body technique for the Quebec Special Olympics Inc.

Nancy's professional memberships include:

- Canadian Dance Teachers' Association
- NCCP Level 1 (National Coaching Certificate Program)
- NCCP Level II (Theory)
- Canadian Dance & Dance Sport Council
- Canadian Dancesport Federation

Classes are also taught by Jennifer Rushton and Heather Moulton. **Jennifer** was a competitive jazz dancer and has been dancing since she was three. She has been with the School since 2001. She has been assisting and instructing classes since 2002. **Heather** started dancing at the age of five. She has been training for CDTA membership. She joined our School in 2004 and has been teaching classes since that time.

CONTACT: NANCY COWAN

Tel: 613-260-2154 or 613-293-5676 Fax: 613-260-2484

Email: nancycowan@travel-net.com

Website: www.nancycowanschoolofdance.com

MAILING ADDRESS:

2 – 1066 SECORD AVE. OTTAWA ON K1H 8C8

LESSONS HELD AT:

Leslie Hall, 19 Clothier Street, Kemptville ON
and Maplewood Community Hall in Oxford Mills