



Nancy Cowan School of DANCE

(Member of Canadian Dance Teachers' Association)

BALLET & JAZZ

DANCE PROGRAM

SEPTEMBER 2010
TO
MAY 2011

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 and Jennifer. 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 |
| Ballet IV (Sat & Wed) (incl. Pointe) | 15 yrs and up |

| | |
|--------------------------|---------------|
| Adults/Teens –Beginner | 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

| | |
|-------------|---------------|
| Jazz I | 7 yrs and up |
| Jazz II | 10 yrs and up |
| Jazz III/IV | 14 yrs and up |

(Jazz classes are held at Maplewood School in Oxford Mills.)

Performances:

The first term performance is scheduled for **December 11, 2010.**

The Spring Performance is scheduled for **June 5, 2011.**

Please note these dates on your calendar.

FEES – TWO TERMS

FIRST TERM - September 8 - December 11, 2010

SECOND TERM - January 8 - June 4, 2011

(HST included in all fees)

Sat. & Wed. BALLET & JAZZ classes (1 hour)

For Pre-Ballet I, Pre-Ballet II, Ballet I, Ballet II, Ballet III, Jazz I, JazzII & JazzIII/IV

-First Term: \$252

-Second Term: \$396

Saturday BALLET IV classes (1.5 hours)

For Ballet IV

-First Term: \$378

-Second Term: \$594

Wednesday BALLET classes (1.25 hours)

For Ballet IV and Adult Ballet III

-First Term: \$315

-Second Term: \$495

Saturday Creative Dance class (45 minute class)

-First Term: \$200

-Second Term: \$300

Note: There is a \$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 III** is an intermediate level with three or more years dance 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 | 1:00 pm |
| Ballet III | _____ Saturday | 2:00 pm |
| Ballet III | _____ Wednesday | 4:30 pm |
| Ballet IV | _____ Saturday (1.5) | 3:00 pm |
| Ballet IV | _____ Wednesday (1.25) | 5:30 pm |

| | | |
|-------------|------------------------|----------|
| Adult/Teens | | |
| Level I | _____ Wednesday | 6:45: pm |
| Level III | _____ Wednesday (1.25) | 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

| | | | |
|-------------|-------|----------|----------|
| Jazz I | _____ | Saturday | 12:00 pm |
| Jazz II | _____ | Saturday | 11:00 am |
| Jazz III/IV | _____ | Saturday | 1:00 pm |

New Student ADMINISTRATION FEE \$ 10.00

CLASS FEES: 1st Term (Sep to Dec 2010)

| | |
|---------------------------------------|----------|
| Wednesday classes (1 hr) | \$252.00 |
| Wednesday classes (1.25 hr) | \$315.00 |
| Saturday classes (1 hr) | \$252.00 |
| Saturday classes (1.5 hr) | \$378.00 |
| Saturday Creative Dance class (45min) | \$200.00 |

CLASS FEES: 2nd Term (Jan to May 2011)

| | |
|---------------------------------------|----------|
| Wednesday classes (1 hr) | \$396.00 |
| Wednesday classes (1.25 hr) | \$495.00 |
| Saturday classes (1 hr) | \$396.00 |
| Saturday classes (1.5 hr) | \$594.00 |
| Saturday Creative Dance class (45min) | \$300.00 |

There is a 10% discount for a second class/per family/per term.

- 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 4, 2010
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 2011 performance run \$80 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 IV** 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 **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.

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**