



## Nancy Cowan School of DANCE

SEPTEMBER 2009 TO MAY 2010

# INFORMATION SHEET

**IMPORTANT DATES** (Please see reverse)

### CHECKLIST FOR ALL DANCE STUDENTS / REMINDER FOR PARENTS

- **NO CHEWING GUM IN CLASS**
- Hair in bun, frenchbraid or pony tail. Long bangs clipped back off face.
- Inform Instructor if you will be missing a class.
- Slippers tied neatly in bows or tucked inside slippers. **Parents please cut long strings short so that if bow comes undone your child will not injure themselves by tripping on them. Parents the strings should not be tied tight as this can injure the Achilles tendon. The elastic that goes over top of the foot is what keeps the slipper on. This elastic should be snug but not too tight.**
- No jewelry - no necklaces, watches, bracelets, or dangly earrings in class. This is to protect yourself and others from injury.
- No baggy t-shirts, sweatshirts, etc. It is important that the instructor can see your body alignment.
- During the winter when it is cooler tight fitting sweaters i.e. turtlenecks can be worn. Again, it is important that the instructor see your body alignment.
- Arrive on time for class. The initial exercises are your warm up. *These are important to avoid injury. If you arrive more than 5 minutes from class start time you will be asked to observe that class.*
- Inform the instructor at the beginning of class if you have to leave early.
- Inform the instructor at the beginning of class if you have an injury that might affect your performance in class.
- Bring a water bottle for after class. **Water bottles are not allowed in the class room.**
- Keep change area and balcony in Leslie Hall clean and tidy, likewise, in Maplewood School.
- **Parents** - when observing classes from the balcony in Leslie Hall **please be quiet i.e. no talking.** Voices carry from the balcony to the floor space below. It is very distracting for both instructor and students. If this request is not respected you will be asked to go elsewhere till the class is over.
- **By request from the Church Wardens from Leslie Hall – No unsupervised children allowed in the balcony. Keep children away from the railing. Ensure that no arms, legs or heads stick through the railing.**

**COSTUMES** for the Spring performance run approximately \$75 to \$100. Solo costumes may be more. Deposits towards the costumes may be made at anytime. Exact cost is known during the second term.

**REFUNDS** - Deadline for refunds is October 1<sup>st</sup>, for first term, February 1<sup>st</sup> for second term. Please discuss any problems with the instructor.

**CONTACT** - Please call Nancy if you have any questions, comments or suggestions at 613-260-2154 or 613-293-5676 or email [nancycowan@travel-net.com](mailto:nancycowan@travel-net.com). Classes are back to back in most cases. This leaves little or no time for Nancy or Jennifer to speak with you. Your child may bring a note so Nancy or Jennifer can call you later on or you may leave a phone message.

**(PLEASE READ BOTH SIDES OF THIS PAPER)**

NANCY COWAN SCHOOL OF DANCE

# IMPORTANT DATES

## SEPTEMBER 2009

- 9<sup>th</sup> Wednesday classes start
- 12<sup>th</sup> Ballet & Ballroom Saturday Classes Start
- 19<sup>th</sup> **Saturday Ballet classes to be held at South Branch Elementary School, 2649 Concession Road (beside hospital)**

## OCTOBER 2009

- 3<sup>rd</sup> Saturday Jazz Classes start
- 10<sup>th</sup> No Ballet or Ballroom classes
- 31<sup>st</sup> No Saturday Ballroom classes

## NOVEMBER 2009

- 7<sup>th</sup> No Saturday Jazz classes

## DECEMBER 2009

- 5<sup>th</sup> **Saturday Ballet classes to be held at South Branch Elementary School, 2649 Concession Road (beside hospital)**
- 12<sup>th</sup> End of term performance. It will be held in the WB George Centre at the Kemptville College.  
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December 13 to January 8 - Winter Break

## JANUARY 2010

- 9<sup>th</sup> Saturday Ballet & Ballroom classes start
- 13<sup>th</sup> Wednesday classes start
- 23<sup>rd</sup> No Ballroom classes

## FEBRUARY 2010

- 13<sup>th</sup> No Ballroom classes

## MARCH 2010

- 20<sup>th</sup> No Ballet, Jazz or Ballroom classes  
Re: March Break

## APRIL 2010

- 3<sup>rd</sup> No Ballet, Jazz or Ballroom classes  
Re: Easter Weekend

## MAY 2010

## JUNE 2010

- 5<sup>th</sup> Dress Rehearsal
- 6<sup>th</sup> Performance