



Nancy Cowan School of DANCE

SEPTEMBER 2011 TO MAY 2012

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.* 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,
- **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 \$90. 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 1st, for first term, February 1st 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. Classes are back to back in most cases. This leaves little or no time for Nancy to speak with you. Your child may bring a note so Nancy 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 2011

7th Wednesday classes start
 10th Saturday Classes Start

JANUARY 2012

11th Wednesday classes start
 14th Saturday classes start

OCTOBER 2011

FEBRUARY 2012

15th No Wednesday classes

MARCH 2012

14th No Wednesday classes
 17th No Saturday classes

NOVEMBER 2011

2nd No Wednesday classes
 5th No Saturday classes

APRIL 2012

7th No Saturday classes
 11th No Wednesday classes

DECEMBER 2011

3rd Saturday classes to be held in an alternate location
 10th End of term performance. (Tentative date)

December 11 to January 10 - Winter Break

MAY 2012

JUNE 2012

2nd Dress Rehearsal (Tentative date)
 3rd Performance (Tentative date)