

**A Message from the Artistic Director...**

Welcome back to dance!

Our first day of class at Balletomane for the 2018/2019 dance season is **Saturday, September 8<sup>th</sup>, 2018.**

We are looking forward to another wonderful year at Balletomane. Once again, we are thrilled to start off the year with an exceptional group of teachers! Welcome back to Ms. Arlette, Ms. Arthurs, Ms. Brooks, Ms. Epstein, Ms. London, Ms. Westman, Mr. Anthony and Mr. Trevor!

Please note that 'Bring a Friend' Week is October 1st – 6th – please bring a friend to enjoy Balletomane's wonderful classes. The student that brings the most friends will win a Balletomane sweatshirt and hat!

We had amazing summer schools including our Nursery and Primary Summer Session as well as the Vocational Summer Intensive. The students all improved tremendously and made lasting memories! It was one of my favourites!

Remember to stay focused and work hard in classes – we are trying to inspire you through dance!

Ms. Ferenc MA, BA (Hons), LRAD, ARAD



**CHRISTMAS SHOW**

**Dates: Wednesday, December 5<sup>th</sup> & Thursday, December 6<sup>th</sup>**

Please make sure you save the above dates for our annual Christmas show that takes place at the Oakville Centre for Performing Arts!

If you know you will be unable to attend, please let Ms. Ferenc know **as soon as possible** as preparations start in early October.

Please note, all students in **Junior classes (\*)** will be wearing the same costume in for both the Christmas and June Shows.

The Winter Showcase features classes that are not in preparation for examinations. This performance provides students the opportunity to enhance their performing skills and to demonstrate what they have learned. Please find a complete list of all classes in the Christmas Show on Page 3.

**CHRISTMAS PARTY**

The Annual Christmas Party at Balletomane will be held on Saturday December 8th from 6:00PM to 8:00PM at the studio. All students are welcome to join the celebration! The theme is an 'Ugly Christmas sweater'. Students are asked to bring a potluck item. This will be a fun evening filled with music, games and food!

\*There will be a prize for the best costume!



**ADULT BALLET & ADULT TAP**

**Adult Ballet**

Wednesdays 8:15pm-9:15pm

**Adult Tap**

Tuesdays 8:00pm-9:00pm

**Adult Hip Hop**

Thursdays 8:15pm-9:15pm

Drop In: \$24 + HST or one session (14 classes) for \$252 plus HST



**JUNE SHOW PICTURES**

We would like to remind all parents that any type of photography is prohibited during our performances as it can be very distracting to our dancers and the audience.

Our **professional photographer** has taken beautiful pictures that can be purchased here: **www.zinger.tv**

**IMPORTANT DATES**

**SEPTEMBER**

- **Sat. Sept 8** – First Day of Classes
- **Mon. Sept 17 to Sat. Sept 22** – Hair/Bun Week
- **Sat. Sept. 22** – Apparel Forms Due

**OCTOBER**

- **Mon. Oct 1 – Sat. Oct 6** – Bring a Friend Week
- **Mon. Oct 8** – Thanksgiving: No Classes
- **Mon. Oct 15** – Installment 1B Fees Due
- **Sat. Oct 27** – Wear a costume to class!
- **Wed. Oct 31** – Halloween: No Classes

**NOVEMBER**

- **Mon. Nov 19** – Second Installment Fees Due

**DECEMBER**

- **Wed. Dec 5 & Thurs. Dec 6** - Christmas Show
- **Sat. Dec. 8** – Christmas Party
- **Sat. Dec. 8 - Fri. Dec. 14** – Parent Observation Week
- **Fri. Dec. 14** – Last Day of Classes
- **Sat. Dec 15 - Sun. Jan 6** – Christmas Break: No Classes

**JANUARY**

- **Mon. Jan 7** – Classes Resume

**FEBRUARY**

- **Mon. Feb 4** – Installment 2B Fees Due
- **Thurs. Feb 14** – Valentine's Day: Wear Pink to Class!
- **Mon. Feb 18** – Family Day: No Classes

**MARCH**

- **Mon. Mar 4** – Third Installment Fees Due
- **Sat. Mar 9 - Sun. Mar 17** – March Break: No Classes
- **Fri. Apr. 19** – Good Friday: No Classes

**APRIL**

- **Mon. Apr 22** – Easter Monday: No Classes
- **Mon. Apr 8** – Installment 3B Fees Due

**MAY**

- **Mon. May 20** – Victoria Day: No Classes

**JUNE**

- **Thur. Jun 6 – Sat. Jun 8** – Junior & Senior Performances at the Oakville Centre

**AUGUST**

- **Mon. Aug 12 to Fri. Aug 23** – Vocational Summer Intensive Dance Session

**OFFICE HOURS-Starting September**

- **Tuesday: 4:00- 5:30pm**
- **Wednesday: 4:00 – 8:00pm**
- **Thursday: 4:00 – 6:00pm**

**JUNE SHOW DVD**

June show DVDs are available to pick up from the office from August 28<sup>th</sup>, 2018 !  
\*If you did not order a DVD, we have a very limited amount in the office for purchase. You can also get a digital copy if you prefer.

**BALLETOMANE DANCER ETIQUETTE**

- The new dance season is finally here! Here at Balletomane, the importance of attending class prepared cannot be stressed enough as we want you to get the most out of your dance classes – and have FUN!

**HAIR ETIQUETTE- BALLET, MODERN,TAP, JAZZ, HIP HOP, CONTEMPORARY, LYRICAL**

- Knowing how to do a proper bun is key when it comes to ballet etiquette. Having your hair in a bun enhances lines and extensions and also is a great advantage when turning. Ponytails and messy hair become difficult to handle in class and can impair your dancing. See the sidebar to become further informed of how to do the perfect ballet bun!

**HAIR ETIQUETTE – BODY CONDITIONING**

- For the other dance styles at Balletomane, we encourage students to attend their classes with their hair kept off their face and in some form of ponytail. Buns are also encouraged, however ponytails are acceptable. Hairspray is recommended to help keep those “wispsies” off the face!

**CLASS ETIQUETTE & PREPAREDNESS**

**Be Prepared**

- Always ensure that before you leave for dance class, you are prepared. This includes having all the necessities in your dance bag and also having everything you need for class! Being prepared also involves organizing your time. This will allow you to arrive on time with extra time to spare for warming up, getting changed, etc. Also, for dancers who have breaks between classes, keeping energized with healthy snacks and keeping busy with homework from school is a good way to pass the time. Also, please note that Balletomane offers complimentary internet access to all students.

**What should I have in my dance bag?**

- You will need to pack necessary shoes, tights or leotards for your classes. In addition to your clothes and shoes you will need to wear in class, it is recommended that you bring water to keep hydrated during classes and breaks. In the event that you must change in between classes, it is recommended that you bring an extra leotard and tights.

**HOW TO DO A BALLET BUN**

1

2

3

4

5

6

- Brush hair smooth and free of tangles.



- Pull hair back neatly into a ponytail at the back of the head or higher, using a brush to avoid "lumps and bumps". A tidy ponytail with hair drawn snugly back is the key to making a good ballet bun. Placement of your ponytail determines placement of your bun. Ballet buns should be at the middle of the head or higher.

- Secure ponytail tightly with hair elastic.



- Use hair spray to eliminate any "whisps" around the head, smoothing any remaining bumps of hair on the head.



- Gently twist the ponytail as you gradually wrap it around the hair elastic, creating a loose, coiled circle, inserting hairpins as you wrap. Be sure that your hairpins contain hair from both the head and the ponytail. This will hold your bun close to your head. Be sure to use plenty of hairpins.

- The idea is to have your bun coiled around your elastic and secured really flat to your head. Place a hairnet over top.



**APPAREL & HIP HOP UNIFORM**

Have you seen our **Balletomane ROOTS Apparel**? Our beautiful designs are limited in quantity, so please make sure to hand in your order form as soon as possible to avoid any disappointment!

Balletomane introduced a Hip Hop uniform two years ago and we will be continuing this uniform again this year. Please place your order in the office before **Saturday, September 22nd, 2018**. This will only be used as a uniform - we will be ordering Hip Hop costumes for the June show.

Jazz sneakers are recommended for this class, however you can purchase non-marking black sneakers that **MUST** be approved by our staff. If you are in Hip Hop for 5 – 7 year olds you can wear Black Pull On Jazz Shoes Bloch SO499.

**MARK YOUR CALENDARS NOW - SUMMER 2019**

Our 2019 Summer Vocational Two Week Intensive Program is **Monday, August 12<sup>th</sup> to Friday, August 23<sup>th</sup>, 2019**. This two week program is **mandatory** to all students whom would like to be in the Vocational Program in the 2018/2019 dance season.

**2018 RAD & ISTD EXAMS**

An email letter will be given to all students eligible for RAD and ISTD examinations in 2019 by **October 30<sup>th</sup>, 2018**. Confirmation of participation and payment will be due by **November 9<sup>th</sup>, 2018**.

**PARENT OBSERVATION WEEK – SATURDAY, DECEMBER 8<sup>TH</sup> TO FRIDAY, DECEMBER 14<sup>TH</sup>, 2018**

We invite all parents to watch any class during the week from Saturday, December 8<sup>th</sup> to Friday, December 14<sup>th</sup>. The only classes excluded from this observation are the Body Conditioning Classes.

**BALLETOMANE CHRISTMAS SHOW – DECEMBER 5<sup>TH</sup> & 6<sup>TH</sup> AT THE OAKVILLE CENTRE FOR THE PERFORMING ARTS**

Balletomane is excited to announce that we will again be hosting our Christmas Performance at the Oakville Centre for the Performing Arts on December 5<sup>th</sup> & 6<sup>th</sup>, 2018. This is an opportunity for dancers to gain performance experience that are not working towards examination syllabi. We have listed below all classes that are performing in the Christmas Performance. This year again we will not be doing costumes for most classes – students will wear rehearsal attire. The Junior school will have costumes that can be purchased closer to show dates that students will wear in both the Christmas and June Show Performances. The classes with costumes have been noted with an \*. The classes included in the Christmas Performance are as follows:

VJM – Level A, B, C, D, E, F & G  
 VB – Level A, B, C, D, E, F & G

Intermediate Foundation & Intermediate Contemporary  
 Advanced One 1<sup>st</sup> Year Contemporary  
 Advanced One 2<sup>nd</sup> Year & Advanced Two Contemporary

Hip Hop (7 – 10 years old)  
 Grade Five & Six Hip Hop  
 Intermediate Foundation & Intermediate Hip Hop  
 Advanced One & Two Hip Hop

Grade Five & Six Lyrical  
 Intermediate Foundation & Intermediate Lyrical  
 Advanced One 1<sup>st</sup> Year Lyrical  
 Advanced One 2<sup>nd</sup> Year and Advanced Two Lyrical

Grade Five Jazz  
 Grade Six Jazz  
 Intermediate Foundation Jazz  
 Intermediate Jazz  
 Advanced One Jazz  
 Advanced Two Jazz

Graduate Tap

**Wednesday Show ONLY**

- \*Pre Nursery and Nursery Ballet (SAT)
- \*Pre Primary Ballet (SAT)
- \*Nursery/Pre Primary Ballet (THU)
- \*Primary Modern/Tap (SAT)

**Thursday Show ONLY**

- \*Pre Nursery and Nursery Ballet (FRI)
- \*Tap/Jazz Combo Class (FRI)
- \*Pre Primary Ballet (FRI)
- \*Primary Modern/Tap (WED)
- Hip Hop for 5- 7 year olds (TUES)

## Follow Us!



[www.instagram.com/balletomane.inc](http://www.instagram.com/balletomane.inc)



[www.facebook.com/balletomaneinc](http://www.facebook.com/balletomaneinc)

## Like Us!



**BRING A FRIEND WEEK**

Fill out the form below and return it to Balletomane in time for Bring A Friend Week!

*\*The student with the most 'Friends' brought during this week will win a free Balletomane sweatshirt and hat!*



**Student Name:** \_\_\_\_\_

**Friend Name:** \_\_\_\_\_

**Class (name/date/time):** \_\_\_\_\_

**Friend's Parent's Email:** \_\_\_\_\_

**Friend's Parent's Signature:** \_\_\_\_\_



## SILENT AUCTION DONATIONS

- Back by popular demand, BALLEATOMANE will once again be holding a SILENT AUCTION fundraising event on December 5<sup>th</sup> & 6<sup>th</sup>, 2018 during our Christmas Show. The purpose of this silent auction is to raise funds for our 'SPONSOR A DANCER' program. All of the funds raised from this event will be used to support BALLEATOMANE's work in our local community.
- We are in the process of collecting merchandise for the event, and I am writing to request your assistance in making the 'Sponsor a Dancer' Silent Auction a success. By donating an item, you'll be making a contribution that will help BALLEATOMANE continue to better the lives of individuals in need, right here in our community.
- We are asking all levels in the school to help us in our endeavour to complete our basket themes. The following levels are asked to donate to the themes noted below. Please return this form to the office by Saturday, November 24<sup>th</sup>, 2018.

\_\_\_\_\_ (Name) will contribute to the following basket theme (please circle):

**A. Grade One Ballet/Modern/Tap – Popcorn & Movie Night Basket**

**B. Grade Two Ballet/ Modern/Tap – Coffee/ Tea Basket**

**C. Grade Three Ballet/Modern/Tap – Pamper Your Mother**

**D. Grade Four & Five Ballet/Modern/Tap – Chocolate Basket**

**E. Intermediate Foundation- Wine Basket**

**F. Intermediate – Pamper Your Father**

**G. Advanced – Entertainment**

**If you would prefer - we are also accepting financial contributions toward this fundraiser.**

(Name) would prefer to make a monetary contribution in the amount of \$ \_\_\_\_\_. Please apply to my AMEX/VISA/MC:

Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

- We ask for donations that can be used in the baskets or any other merchandise or items. All baskets will be on display for bidding during the Christmas Show (before and after the shows and during intermissions).
- Please consider donating an item to support the continued work of BALLEATOMANE's 'Sponsor a Dancer' program. We feel that supporting the community and reaching out to those in need is an integral part of fulfilling our mandate.
- If you have any questions, please do not hesitate to contact BALLEATOMANE at 905-844-9555.

## AN IMPORTANT NOTE – THIS IS AN INSIGHTFUL ARTICLE BY SHAD MARTIN FOR PARENTS TO READ

The other night someone asked me "Why do you pay so much money for your girls to dance?"

Well I have a confession to make, I don't pay for dance. Personally, I couldn't care less about dance. I grew up in a family of 4 boys and no girls. The "Nutcracker" was something you did on a dare off of the high dive at the pool or something you unpleasantly surprised your brother with. Up until the day I met my wife if I were asked to go to Swan Lake I would have asked if we were water skiing or fishing.

So, if I am not paying for dance, what am I paying for? I pay for those moments when my daughters become so tired they want to quit but don't. I pay for those days when my daughters come home from school and are "too tired" to go dance but go anyway. I pay for my daughters to learn to be graceful. I pay for my daughters to learn to take care of their body. I pay for my daughters to learn to work with others and to be good teammates. I pay for my daughters to learn to deal with disappointment, when they don't get that part they hoped for, but still have to work hard at the part that they received. I pay for my daughters learn to make and accomplish goals. I pay for my daughters to learn that it takes hours and hours and hours and hours of hard work and practice to create something beautiful, and that success does not happen over night. I pay for the opportunity my daughters have and will have to make life long friendships. I pay so that my daughters can be on stage instead of in front of a screen...

I could go on but to be short, I don't pay for dance, I pay for the opportunities that dance provides my daughters to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment! .... I just think it is important to realize what we are really paying for.