

SONDANCE

Dancing that makes a *Difference*

NEWSLETTER- SEPTEMBER, 2017 **WELCOME (and WELCOME BACK!) SonDance Families!!**

We are so excited to be starting our EIGHTH year of dance! Our vision and hope is that you experience dancing that makes a difference in technique, character and faith!

Every month, we will be emailing you a newsletter with important dates and information. This is our main way of communicating with you each month so **please take time to read it thoroughly.** For those who prefer, we will also have hard copies available in SonDance foyer. It is also available on our website. Please let us know if you have any questions or concerns as we progress throughout the year. Thank you for dancing with us!

IMPORTANT REMINDERS

1. We do have dancers with **VERY SEVERE NUT ALLERGIES**, so please do not pack ANY snacks with nuts in them so we can ensure that our dancers are safe on the premises.
2. **Bring PLENTY of water and healthy snacks!** The dancers are working hard and need to rehydrate often times between classes.

CLASSES BEGIN: All classes begin the week of September 11th. Saturday classes will begin on Saturday September 16th. Please review the Policies with your dancer to ensure that he/she is ready and understands the guidelines for dancing at SonDance.

TUITION: If you have not authorized payment of tuition and/or costumes via our ACH payment process, please complete your ACH Authorization Form so that payments can be made automatically. After September, all ACH debits will be withdrawn on the 1st of the month. September debits will be made during the first two weeks of September. If you cannot participate in the ACH Debit process for some reason, all tuition must be paid on the first class of the month to avoid interruption in your dancer's lessons and a \$15 per month bookkeeping fee will be added to your monthly charges. Please use the tuition box in the studio foyer to make payment.

COSTUME FEES: Dance costumes are very expensive; however, at SonDance try to keep the costume costs down as much possible. This year, our costume costs are as follows:

- A. Nativity:** If your dancer is in this December 8th and 9th production, we are asking that each dancer pay the studio a \$10 rental fee per costume (some of the senior dancers are in 3 dances in that production but most dancers are in only 1 or 2 dances). This show/cost is not mandatory and your dancer does not have to participate in the production. However, we would love to have everyone participate! This costume rental amount is due with your September tuition payment (due on or before September 11).

The 9 classes that will be working on a piece during fall classes and participating in the production are: Little Ballet Mon and Sat (Ages 5-7), Beginner Ballet, Intermediate Ballet I and II , Advanced Ballet, Modern/Contemporary, Jr. Jazz, Little Hip Hop Mon and Sat and Sr. Hip Hop classes.

B. Spring Recital/Auction: For the majority of our classes, our Spring Recital/Auction costume cost is \$52 per costume. All hip-hop classes pay \$56 for the costume cost since we try to include shoes in the costume. We will debit a \$26 per costume cost on October 1 (\$28 for HH) and a second \$26 per costume cost on November 1 (\$28 for HH). In the Age 5-7 Ballet/Musical Theater classes, we are buying a 2 in 1 costume to save on the cost of buying two separate costumes for the two separate recital pieces. The costume for this class is \$60 total and will result in two \$30 debits, one \$30 debit on October 1 and the second \$30 debit on November 1. Hip Hop Competition Team Members have been informed of the \$68 cost for competition team costumes.

NEW MARTIAL ARTS PROGRAM AND TEACHER! We are pleased to announce the beginning of our martial arts program with a wonderful instructor. For over 30 years, Master Harry Charache, 7th dan (7th Degree Black Belt), has been involved in martial arts and owns and operates On-Site Family Martial Arts Center on the New Hampshire Seacoast area. He teaches 32 classes per week including classes in local after school enrichment programs at many seacoast area schools. Master Harry is excited to be bringing Martial Arts to Wells. He prides himself in teaching students to respect parents, teachers, friend, family and themselves and we are thrilled to have him joining the SonDance faculty for his first year.

Purchase of Karategi: If you child is enrolled in Martial Arts, they are encouraged to purchase a karategi (traditional white uniform for karate). We will have used karategis on sale for \$20 each and new karategis on sale for \$35. You may purchase them at the studio or wear your own. If you do not want your child to have a karategi, they must have a belt and those are on sale for \$6 each.

BUS TO SONDANCE-WELLS SCHOOLS: The Wells school system buses (via Legdemere Transportation) will drop off your child at SonDance after school provided you complete the required notice to do so. Please obtain the Busing Notice from the school and write a note indicating that your child to be going to SonDance until May on whatever day is applicable for your child. If you child is coming to SonDance via the bus, please let us know so we can watch out for them.

BALLROOM COMES TO THURSDAY NIGHTS: Have you always wanted to learn how to do the waltz, the rumba or swing dancing? Ballroom instructor, Robin Shaw, is back for a third year and she makes the learning fun and effective! Thursday nights at 7:30 – 8:30 we will offer Ballroom for one 6-week session starting on 9/21-10/26. You may pay for the entire 6 weeks for \$50 or perhaps you just want to take it a class at a time. It's \$10 per person. Get some exercise and have some fun!

WAITING FOR YOUR DANCER? While you are waiting for your dancer(s) to finish their classes, we want you to be comfortable. We have opened our Fellowship Hall, nursery and kitchen for your convenience. Please feel free to use these facilities. There are comfortable couches for relaxing, tables for meals or work and a full service nursery. A few rules will help us keep the area clean:

1. Please no popcorn ever.
2. The food/drinks in the refrigerator and freezer are not for SonDance use; they belong to another ministry.
3. All food must be eaten at the tables in the Fellowship Hall and no food may be eaten in the couch or nursery area.
4. The kitchen has a microwave and refrigerator for your use. We just ask that you clean up before you leave. Please cover the food when you put it in the microwave so that it does not splatter.

5. Please wipe down counters you use. Please make sure the refrigerator doors are closed; the refrigerator is an industrial version and the doors do not close on their own.
6. If you use the coffee machine, please clean it out and turn it off when you are finished.
7. We also ask that you supervise your children at all times while they are in the facility (unless they are in class, of course). If they use the nursery, please return the room to its original condition so it is ready for our Children's Ministry. There is changing table in the girls' locker room, if needed.
8. Please ensure that little ones do not wander up the stairs to the sanctuary and offices!

We hope this makes your wait more enjoyable!

PARENT AND DANCER COURTESY:

1. When moving between the Dance Studio and the Sanctuary/Fellowship Hall, you and your children will be crossing through the gym. Please be courteous and respectful of dance classes going on in the gym by talking/walking quietly to the Sanctuary/Fellowship Hall so as not to disturb them.
2. Dance classes take place in numerous locations within our facility. We ask that no one sit and observe SonDance classes in any of the locations where classes are held; this includes the gym, studio, or sanctuary area! If you have questions or would like to observe your child's class, please let us know.

MAINTENANCE AND FACILITIES:

1. The dance floor in the Studio can be damaged by water. Water bottles are allowed in the Studio, sanctuary and the gym but must be placed on the designated rubber mat.
2. Cubbies are available for storage of dance bags. Dancers please take only shoes and water bottles into the Studio so that dance bags do not take up floor space!
3. There is fitness equipment in the Studio but we ask that you help us reiterate to your dancers that they may not climb on the equipment so we can keep them safe!
4. There are additional bathrooms and locker room facilities in the hallway between the gym and the Fellowship Hall. They are available for your use. Please be sure to empty lockers each night.

LATE FOR CLASS: We encourage dancers to be on time for class. Dancers who are late miss our circle time where we set class goals and they miss the warm up which makes it dangerous for them to dance. Please be prompt!

DRESS CODE ****Dancers will be expected to be in full dress code after the first 2 weeks of class. We understand that it may take time to order/buy the attire/shoes that comply with dress code.**

Please note the dress code is **strictly enforced**. Please see the Policies and the last page of this newsletter for pictures of Dress Code.

Attire:

1. **For All Ballet classes:** In ballet, it is crucial for teachers to see the lines of the body. Therefore, in the early levels of ballet, no ballet skirts, shorts or warm-ups may be worn.
 - a. **Ages 2 ½ -4 ½: Creative Movement dancers:** Pink leotard, pink tights. No skirts, shorts or ballet warm-ups may be worn.
 - b. **Younger Ballet Classes: Little Ballet** (combination classes), **Beginner Ballet** and **Intermediate Ballet I:** Black leotard, pink tights. No skirts, shorts or ballet warm-ups may be worn.
 - c. **Older Ballet Classes: Intermediate Ballet II, Advanced Ballet, and Pointe:** Any color leotard, pink tights. Students in these higher ballet levels may wear ballet skirts, shorts and ballet warm-ups, if needed.

- d. **Boy's attire for Ballet:** Black fitted shirt with shorts or Adidas joggers and black ballet shoes.
2. **For All Jazz/Musical Theatre/Lyrical/Modern classes:** Black leotard (tank with a 1-inch strap, cap, or long sleeve) and black bottoms which may be shorts with tan tights underneath, capris, leggings, yoga pants, etc. Please no sweat pants. For Sr. dancers, any color leotard is allowed. For Adults: Please wear comfortable clothing. Pants: sweat pants or yoga type pants and T-shirts.
3. **For Hip Hop classes:** Wear comfortable clothes that allow free movement. Jeans are not allowed for hip-hop classes. All females- please wear leotards under clothes to ensure coverage. For Adults: Please wear comfortable clothing, i.e., joggers or yoga type pants and T-shirts.
4. Please refrain from exposing bare midriffs, wearing sheer/see through tops or tops with plunging necklines, thong leotards, or shirts with wording/symbols that would be troubling or offensive. Please do not wear pants with wording across the back.

Shoes: Below are the required shoes you will need for class, as well as for our Christmas Production and our year-end recital/auction.

1. Girls Ballet: Pink ballet shoes (canvas OR leather; split sole OR full sole) Boys Ballet: Black ballet shoe.
2. Jazz/Musical Theatre: Black Jazz shoes Boys Jazz: Black Jazz Shoe
3. Adult Lyrical: Nude only: Spins, Foot undies, Bear paws or Barefoot
4. Modern/Contemporary: Barefoot
5. Hip Hop: Clean sneakers. No boots, no bare feet, no sandals or flats.

Buying Shoes: Every year, our dancers struggle with whether they are ordering the right size shoes. This year, we have a sizing kit of ballet and jazz shoes for children and adults. Please have your dancer visit the sizing area to determine what size shoes they wear. This will allow for the proper ordering of shoes.

Hair: Please have your dancer pull their hair **UP** for all classes. We have hair ties if you need one. Ballerinas must have a proper ballet bun for class.

How to make the perfect ballet bun! We have heard a need from parents and dancers alike to know how to do a correct ballet bun for our dancers. Here are detailed instructions on how to make the perfect bun for dance class!

1. Wet hair with water and then slick hair back including bangs with a strong gel.
2. Make a very tight ponytail in the center on the back of the student's head (the crown of the head).
3. Take half of the ponytail and wrap it around in one direction, pin it with bobby pins.
4. Take the second half of the hair and wrap it around in the same direction, not on top, but on the side of the hair that you wrapped first. Pin it with bobby pins.
5. If desired, place the hairnet over the bun and then pin it all around evenly on all sides.
6. Finish by bobby pinning any additional hair that the student may have- such as bangs or wisps.
7. Spray the student's hair with hair spray to make sure that it stays.

NOTE: Hair that has not been washed in the last few days goes up and stays better than clean, silky hair!

Dress Code Discipline: The dress code will be enforced strictly in the classroom and the teacher has sole discretion to enforce dress code. Dancers who are out dress code will receive a gentle warning and parent will be notified. Dancers who repeatedly offend the dress code will be asked to

sit out of class and the parent will be notified.

SHOE AND DANCE GEAR SWAP! Do you have old leotards, tights or outgrown pairs of dance shoes, even costumes lying around the house or stuffed into closets? We all know that dance shoes and gear can be expensive and we have many new dancers at SonDance this season. Please bring these to SonDance and place them on the Swap table in the Fellowship Hall. Feel free to take whatever you need for your dancer free of charge! Thank you to all those who have made donations!

COMPETITION TEAMS: For all families of new dancers who are interested in our Competition Team, please see Mr. Tyler as soon as possible. Stay tuned for more information!

Please familiarize yourself with our Policies. They can be found on our website on our Registration page or in hard copy in the SonDance foyer.

Thank you again for allowing us the privilege of working with your child/children. We are excited for a wonderful year. It is our prayer that your dancers grow in every way as we celebrate dance together! Please let me know if you have any questions or concerns as we progress throughout the year. You can reach us in the SonDance office directly at (207) 985-9280.

***Blessings,
Rosemary and Brie
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Dress Code –All Ballet

Leotards Guidelines: tank (1 inch straps), cap sleeves, three quarter or long sleeves are all allowed

Creative Movement (Tues and Sat)-Pink Leotard, pink tights and pink ballet shoes-Please no skirts, tutus or shorts.



Ballet/Musical Theater on Mon and Sat (Ages 4.5-7), Beginner Ballet on Monday and Intermediate Ballet I on Tuesday –Black Leotard, pink tights and pink ballet shoes-Please no skirts, tutus or shorts.



Intermediate Ballet II, Advanced Ballet and Pointe Ballet -Any color leotard, pink tights and pink shoes. Skirts, shoes and warm ups allowed if needed.



Boys should wear black ballet shoes, a black fitted t-shirt and shorts, black Adidas or other type of joggers.