

PIROUETTE

Welcome back to Dance! We hope that everyone had a Happy Holiday and are excited about 2010! We have a very eventful year planned, so please make sure to stay up to date by reading our "Communication Board" and Monthly Newsletters.

BRING A FRIEND WEEK!!!

We are very excited for our 2nd Bring a Friend Week of the Dance Year and the 1st one of 2010!!! It will be from Jan 25th—Jan 29th 2010, So don't forget to bring a friend ...or two!!! We welcome New Students in some of our classes & are willing to start NEW classes at the NEW Studio!



DANCE SUPPLIES ON SALE!!

Did you know that we now have stock of Jazz Shoes, Ballet Shoes, Tights, Bodysuits, Dance Bags and more!!! We are getting ready to open our New PRO SHOP at the New Studio. Please take a look at our Reception Desk, it changes each week to feature different items & SALE items!



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Dates to Remember:

- Jan 25th—Jan 29th 2010 Bring a Friend to Dance Week!!!
- March 6th 2010—Annual Gala @ Sir William Mulock
- March 13th—March 21st 2010 MARCH BREAK!
- March 26th-28th StarCatchers Competition
- April 9th—11th The Ultimate Dance Connection
- April 22nd-25th Fever Dance Inc. Competition
- May 13th-16th Luv 2 Dance Competition

RECITAL!!!!!!! June 25th—June 27th 2010

We will be having 3 recitals this year! Each recital will be approximately 2 hours and only some of the solos, duets and trios will be chosen. Thank you for understanding this. We encourage families to invite more family & friends being only 2 hours in length. Your child will participate in 2 recitals, this will allow all of the parents, families & friends to be able to

see the show. Remember last year we had a SOLD OUT Show! So write down the date (JUNE 25-27th 2010) on your calendar now, so you don't forget! Our staff have been planning this 3 day event for the last year!

Be prepared to be WOWED!!!!



Adult Hip Hop Classes!!!

We are starting our very popular and FUN Adult Hip Hop class Thursday Feb 4th 2010 at 8:15pm—We still have spaces available, so if you are interested please call the office at 905-836-8040 or email Kim at Kimberly.cdadance@gmail.com

Boys Hip Hop Classes!!!

Did you know that we have over 25 Boys registered for Dance this year!!?

We have started another ALL Boys Class:

Saturdays from 12:30-1:15pm

Call Kim at the desk 905-836-8040 or email her at Kimberly.cdadance@gmail.com for further details!

Summer Dance Camps!!!

Do you miss Dance Class during the Summer???? Well if you do, then sign up for one of our SUMMER DANCE CAMPS! We have a few different weeks available so keep checking into the Studio for more information!

RECREATIONAL DANCE CAMPS OFFERED EVERY WEEK

Pre-COMP and COMPETITIVE SUMMER DANCE CAMPS

New—MUSICAL THEATRE 2 WEEK Dance Camp!

Musical Theatre Summer Camp!!!

July 5th – July 16th 2010

How do you create characters and tell stories, using dance? Find out this session as we play with all sorts of songs and characters - some that you will recognize, and some you will never have heard of before! Dancers will learn the fundamentals of musical theatre dance while getting to create characters of their own.

Daily classes include warm-ups, stretches, strengthening exercises, floor work and workshops in the many different styles of dance used in musical theatre. As campers develop their dance technique, work will begin on choreography for the final performance!

This program will challenge through physical fitness and creative expression, with emphasis placed on the final show. No previous dance experience is required - just a willingness to work hard, try new things and explore dance in its many and varied forms.

Please contact the office if you wish to Register! We can be reached at 905-836-8040 or by email at Kimberly.cdadance@gmail.com. If you register before April 1st 2010 we will waive the Registration Fee (For New Clients) and our Existing Clients will receive \$30.00 OFF!!!!!!

CDA Annual Gala!

March 6th 2010 is CDA's Annual Gala. We will be holding it at Sir William Mulock. Tickets including dinner are \$30, just the dance show is \$10. Please get your tickets at the office ASAP. We need to confirm #'s with the caterer! We are very excited about this year's Gala and look forward to seeing you there!



Book Your Birthday Parties Now!!

Ask Chantal or Kimberly for Birthday
Party Details!

Only \$15.00 per Child!



11 Things A Dancer Should Promise Themselves:

1. To be so strong that nothing can disturb your peace of mind.
2. To speak of health, happiness, and prosperity to every person you meet.
3. To make all your friends feel that there is something wonderful in them.
4. To look at the sunny side of everything and make your dreams come true.
5. To think only of the best, to work only for the best, and expect only the best.
6. To be just as enthusiastic about the success of others as you are about your own.
7. To forget the mistakes of the past and press on to the greater achievements of the future.
8. To wear a cheerful expression at all times and give every living creature you meet a smile.
9. To give so much time to the improvement of yourself that you have no time to criticize others.
10. To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.
11. To Always point your toes!



Good Nutrition For Dancers:

The benefits of good nutrition are numerous, and even more so for dancers. Constant Training takes a toll on muscles, joints and bones. Good Eating habits can improve the recovery from such strain, and even assist with lean muscle growth and soft tissue repair. Eating the right foods can increase energy, focus and concentration. Finding the proper balance of nutrients not only prevent fatigue and injury, but also supports a long healthy career in dance!

Its not always easy to find breakfast foods that have protein. Some common choices are: Eggs, Cheese, Milk, Peanut Butter, Yogurt, Soy, Meat Products (bacon & sausage)

How Can I Prevent Fatigue? There are 2 Key ways to stay fueled: 1. Plan ahead and have small meals or snacks between rehearsals and classes (Fruit, Veggies, cheese) 2. Include a small amount of protein in each meal/snack.

What is Wrong with Food on the Go? Snacks that are most readily available on the run are not necessarily the best choices for staying healthy. Choose meal type foods “real foods” such as soup, sandwiches, leftovers, instead of “snacky” foods for better nutrition and vitamin/mineral availability.

Here are some Simple Recipe Ideas:

Blueberry Soy Shake:

Blend 1 Cup of Frozen Blueberries, 1 Cup Soy Beverage, 1 Banana and 1 tsp flaxseed oil in a blender—it makes a tasty and delicious breakfast or shake on the run!

Whole Grain Toast with:

Almond Butter and Banana or Sliced Turkey, Chicken or cheese and tomato or Tuna Salad, in the toaster oven with cheese and a pickle (on the side)