

Pirouette

CDA DANCE ACADEMY- January Newsletter

Welcome back to Dance! We hope that everyone had a Happy Holiday and are excited about 2011! 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 2011!!! It will be from Jan. 24th—Jan 28th 2011, 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 if we have 4 or more interested students!



Dates to Remember:

- Jan 24th -28th –Bring a Friend to Class (or bring two friends!*) *if your class size is less than 6
- Feb 18th – Competitive Team Gala @ Nmkt Theatre! Tickets avail. @Nmkt Theatre!
- Feb 21st Family Day – Studio Closed
- March 7-11th – Retirement Home Performances
- March 14-18th – March Break

New

Classes!!!

CDA is pleased to be offering the following classes in January 2011:

Primary Tap:
Ages 4-5
Tuesday at
6:00-6:30pm
with Miss
Meredith!!



Wed 8-8:45pm

Assistant Teacher Program:
Learn what it takes to be a teacher! Be a role model & a team player. This course is for ages 14 & up serious about becoming a dance instructor and learn the levels from beginner up. (you will also do activities to earn your community service hours)

**Please contact Chantal

Directly ** cdadance@rogers.com

Beginner Ballet:
Wednesday Evenings
from 4:15-5:00 for
ages 6-10.... This is a
New Class beginning
Feb 2nd 2011



Adult Ballroom:
Tuesday Evenings from
8:30pm-9:15pm Taught by
Farrah. We would love to have
more adults join this class! It's
been a great success
so far We are
Offering an 8 Week
Special for \$99.00
plus HST



New Classes!!!

CDA is pleased to be offering the following classes in January 2011!

**NEW Level 1 Acro Class
with Miss Rebecca.
Mondays 7:15-7:45pm!!
This is a great way to
get started or learn
more about Acrobatics
and Dance**

**LEVEL 1/ 2
Hip Hop with
Miss Rebecca
Saturday
11:30-12:15**



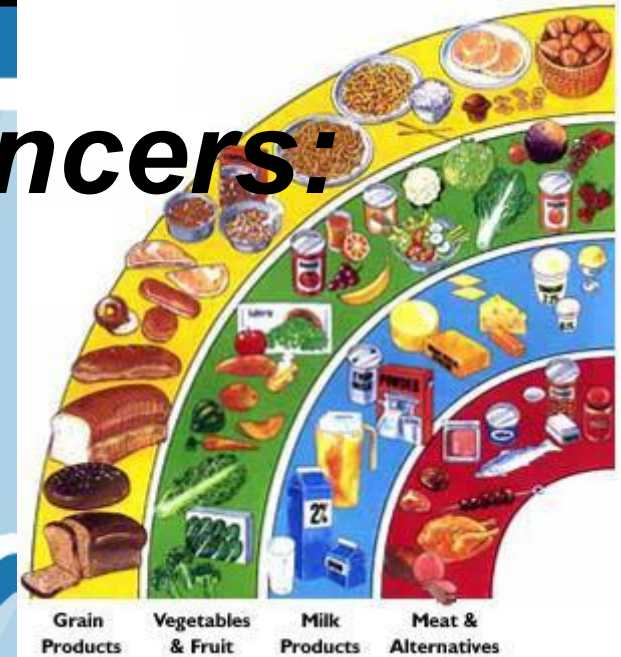
**TEEN Musical
Theatre:
Thursday at
8:15-9:00pm
We would
love to have
more
students join
this class!!!**

MOM's MIX CLASS!!

This class for Moms only, is held on Thursdays at 8:15-9:00pm with Miss Andrea! This is a great way to get a little time to yourself while having a great time Miss Andrea accepts suggestions each week to keep the class exciting and fun! "We have done Zumba, Bellydance and Jazz! It's a great workout, and no previous experience needed!"

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 fuelled: 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)

IMPORTANT REMINDERS:

DANCE SUPPLIES ON SALE!!

Did you know that we now have stock of Jazz Shoes, Ballet Shoes, Tights, Bodysuits, Dance Bags and more!!! New stock is in for JANUARY! Please take a look at our PROSHOP, it changes each month to feature different items & SALE items!

RECITAL DATE: JUNE 3,4,5 at Newmarket Theatre!

Comments are always welcome from BOTH students and parents, however during class is not the appropriate time, as it takes away from other students. Please phone the studio during regular business hours, or e-mail Kimberly or Chantal.

The Office number at the studio is (905) 836-8040. Students who are more than 15 minutes late for class will NOT be allowed to dance. It disturbs the class, and they are not properly warmed-up! Please respect this rule.

BIRTHDAY PARTIES:/ facility rentals:

Book CDA For your Next Birthday Party!!! Please call the office if you, or anyone you know is interested in hosting an unforgettable birthday party for that special someone! Hall Rentals And Meeting Spaces are available, please contact Kim for more details. Her email is:

kimberly.cdadance@gmail.com

