

The Spring School of Ballet

Newsletter - Autumn 2017



Dates for watching the last classes this term:

Monday 4th - Saturday 9th December



Nutcracker Competition

Win a genuine German Nutcracker in our competition on Facebook. The prize is a perfect addition your Christmas decorations! Answer an easy question quickly on Facebook - nothing complicated or time-consuming. We look forward to seeing your replies!

Bring A Friend to Ballet and get a Ballet Bunny!

We are offering the chance for pupils to bring a friend to ballet, so that their friend can try a ballet class and see if they like it. The class would be **Free** to the friend, and your child would get a Ballet Bunny if the friend signs up for classes! Please contact us in the office on 01276 79393 for more information.



Theatre Performance Class

Saturdays 12.20 - 1.15

This class is an exciting class exploring and performing different aspects of dance. In Spring 2018 the class will be delving into different dance styles over the last century, then in the Summer will be concentrating on Aladdin, the musical and will involve a trip to see the musical in the West End, culminating in our own performance at the end of term! This class is for 11 - 18 year olds, please contact us for a free trial lesson.

Tap and Modern Classes

We have introduced International Dance Rewards to our tap and Modern classes from Primary to Grade 2, alongside working for ISTD exams. These are a series of weekly objectives which lead to a Certificate and Badge at the end of each term. In January we will have spaces for anyone who would like to try a free class, from 4 - 16 years old.

The Spring School Ballet Company

We hope to be working in partnership with London Children's Ballet to create our own Ballet Company who will learn and perform LCB's ballet - The Secret Garden. This will then be performed to local groups in the community and at our own performances. We anticipate being able to start this in January 2018 and will be looking for ballet dancers from Grade 2 upwards to take part. The company class will be on Saturdays at 9.15. Please contact Heidi for more information about this exciting opportunity.

Pilates Classes - Trial Class Saturday 13th January - Get fit after the holidays!

Join Laura for our exciting new Pilates class on Saturdays 12:25pm - 1:10pm.

The class will cover a range of mat-based exercises to strengthen and tone the whole body, particularly the core abdominal muscles. If you're a ballet/dance student, Pilates will help improve your balance, alignment and flexibility. In fact, it's a staple subject at most vocational schools. As an adult, Pilates is well known for its all-round benefits including improving posture, increasing general fitness and reducing back pain. The class is for ages 15+ and Adults and is suitable for all levels, including complete beginners.

Trial class on Saturday 13th January, £10. Drop in classes will then be £12 with reductions for block bookings.

Uniform and Hair

Just a reminder that we do have a uniform - for girls this is Lilac for Pre-Ballet, Pre-Primary and Primary. It is Lavender for Grades 1 and 2 and Mulberry for Grades 3, 4 and 5. Correct uniform is available from all the teachers. If they don't have the size you need then we can easily get it by the following week. It is essential that all pupils are wearing the same colour and style of uniform.

Pupils must bring all their uniform to all classes. There seems to be many occasions when **Character Shoes** are forgotten and this again is essential if they are learning dances that require character shoes.

We have a selection of ballet bags for sale if children need to be encouraged to keep all their uniform together.

We do ask that all long hair is pulled off the face into a pony tail for all ages, but in addition for Ballet from Grade 1 upwards, long hair must be in a bun that will stay in place for the whole lesson. This is so that we can safely and effectively teach turns and pirouettes.

Christmas Presents

Have you considered that a new ballet bag, or any new uniform that's needed could be the perfect Christmas present or stocking filler either from you or any relatives? Please contact your child's teacher, or the office, for any uniform requirements.