

NO LIMITS DANCE STUDIO NEWSLETTER

AUGUST, SEPTEMBER, OCTOBER 2009

Welcome

Welcome to No Limits Dance Studio! Classes started on August 10, 2009 at the Ortega and Oakleaf studios. What a great start for both locations! All of the instructors are excited to be back and working with your child. We look forward to a fantastic year at No Limits Dance Studio.

Late Fee

Remember...A late fee of \$25 will automatically post to the student account when tuition is paid after the 10th of each month (excluding August).



Dance Attire

Please take the time to visit our website at www.nolimitsdance.com under studio information to review information regarding class attire. **Also, be sure to write your child's name in their shoes and clothing.** The instructors are reviewing the class attire rules with the students in each class as necessary.

Punctuality

We ask that students arrive promptly and ready to dance at the start of class time.

Bathroom Breaks

Please make sure the students (especially our Creative Movement and Pre School) visit the restroom **prior** to the start of class. Many times they are in the lobby playing and forget to visit the restroom. There is also the problem that when one child goes it seems as though the entire class has to go too. We would prefer that class time be used to instruct your child.

Combating the Flu

If you are feeling sick, avoid contact with others. Avoid drinking out of the same glass, cover your mouth when you sneeze or cough. And if you are experiencing flu-like symptoms, stay home and do not return to class until your fever has been gone for at least 24 hours.

Washing Hands

Washing your hands often will help you avoid getting sick. "Hand washing with soap and water for at least 20 seconds after touching objects, surfaces or another person's hands can physically remove viruses," says Dr. Clifford W. Bassett, assistant clinical professor of medicine at the Long Island College Hospital and a faculty member of the NYU School of Medicine.

Hand Sanitizers

Use alcohol-based liquid hand sanitizers frequently when water isn't available or when washing hands is not possible. If using a gel, rub your hands until the gel is dry. Sanitizers do not require water to work; the alcohol in them kills germs. But remember that not all germicidal lotions will adequately kill cold viruses.

Dance Recital Pictures

These are wonderful pictures to share with family and friends. Don't forget to order your recital pictures. Contact Mike Erdelyi at peacemaker2@comcast.net

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STUDIO RULES



- *All students must wear dance attire that is appropriate to their class.
- *All students must wear cover-ups and shoes to and from the studio.
- *No gum, food or drinks allowed in the dance rooms.
- *Throw away any trash that you have at the end of the night before you leave so that we can keep our lobby clean.
- *Students should arrive at least 5 to 10 minutes before their class time to assure promptness and avoid class disturbances. **The Teacher/Staff of NLDS are not available to “baby-sit” students left in the lobby.** All parents need to make sure they are aware of their children’s class schedule for prompt drop-off/pick-up times.
- *The well-being of our students and their families is of utmost concern to us. **If you leave your children unattended inside the lobby of NLDS, or outside the building, please note they will not have adult supervision from the Teachers/Staff of NLDS.** Please remember that our instructors and office staff cannot be responsible for your child before or after their class. Your child’s instructor has another class starting immediately or is eager to get home to her family. Thank you for your consideration for both your child and our instructors. There is a lot of traffic in the drive and parking lot of our studio, so keep a watchful eye!
- *Students are not allowed to wait outside...at any age.
- *Please make certain that your child visits the restroom just before class. This allows your child to get uninterrupted instruction for the full class.
- *Purses, jewelry, and other valuables should not be left unattended. Neither NLDS nor its Teachers/Staff will be held responsible for loss or theft of personal items. We ask that each student please be respectful of others and do not bother with anyone else’s belongings. Students may bring dance bags into class with teacher’s permission.
- *Students are encouraged to attend class on a regular basis for maximum progress. If you are interested in taking extra classes, making up a missed class, or taking private lessons please talk with your instructor.
- *No students allowed in the dance rooms without a Teacher or Assistant to supervise.
- *Utmost respect is to be given to your instructors. Teachers have the option to dismiss any student who disrupts the class.

Refer A Friend Program

To help everyone during this economic situation, No Limits Dance Studio is currently offering “Refer A Friend Program”. If you refer a friend to No Limits Dance Studio and they register for any class, you will receive a \$50 credit on your account. Remember, there is no limit to the amount of credit you can receive on your dance account. Refer 1 new student and they register you receive a \$50 credit but if you refer 10 new students and they register you will receive a \$500 credit on your account. We hope all of you will take the initiative to refer a friend to receive a credit on your account while helping No Limits Dance Studio build our enrollment!



2009 – 2010 Competition Team

Congratulations to the members of the 2009 – 2010 competition team. We look forward to an exciting year!

Showstoppers - Katelyn Bancroft, Anna Edgar, Taylor Pfenning, Isabela Rice
Elite – Jenna Batt, Sarah Hamm, Victoria Hellman, Emily Jones, Jade Yarbrough
The Legends – Cate Barton, Carley Blank, Karina Cassidey, Megan O’Brien, Annie Roberts, Madeleine Waters

Important Dates

September 7th – Labor Day – No Classes

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Adult Tap is Back

Join instructor, Jennifer Norton, as she teaches adults of all ages in a fun filled tap session. Class is on Monday nights from 6:30 p.m. to 7:30 p.m. at the Ortega studio.

Nutcracker News

Congratulations to the following students who auditioned for the First Coast Nutcracker.



Karina Cassidey - Soldier
Merissa Gmuca - Soldier
Emily Jones - Angel
Annie Roberts - Soldier

2010 Recital T-Shirts

Each student at No Limits Dance Studio will be required to purchase a recital t-shirt. The recital theme will be displayed on the shirt. This is a great way for theatre personnel to identify our students. These t-shirts will be worn to the theatre and at the end of the show for the finale. The recital T-shirt form can be found on the website under recital information.

Summer Classes

Thank you to all who spent part of your summer with us in dance classes or camps!! We so very much appreciate all studio families who have continued to support No Limits Dance Studio and WELCOME to all of the newest family members. We are glad ALL of you are here!

Dance Quote

“The best minute you spend is the one you invest in people.”
~Ken Blanchard

2010 Recital Dates

We make every effort for our recitals to be held on Saturday but we are at the mercy of the theatre and their current schedule. The following are the dates for the June 2010 recitals.

Oakleaf - Sunday, June 13, 2010
Ortega - Saturday, June 19, 2010

BULLETIN BOARD/NEWSLETTER

Check the bulletin board weekly for announcements and be sure to read the quarterly newsletter that goes home the month of August, November, February and May.

Costume Payments

Costume payments need to be either paid in full or in monthly payments starting October 2009. ***Costumes must be paid in full by the time we break for the Christmas holidays.*** It is much easier to make payments so we encourage everyone to either start now or no later than October.



The Roar Alumni

Ms. Kristi and Ms. Mandy will once again take the field on the first game for the Jaguars. They will have three practices to prepare for the game and will be recognized for their years of service to the Jacksonville cheeleading squad “The Roar”.