

NO LIMITS DANCE STUDIO NEWSLETTER

JANUARY – MARCH 2009

Thank You!

The faculty and staff at No Limits would like to thank the parents and students for all the wonderful Christmas presents. We are truly blessed with a great “dance



family ”. A big thank you to our parents for sharing your children with us. We enjoy teaching them each week and look forward to teaching them for many years to come.

Sincerely,
The Faculty and Staff

STARTING RECITAL DANCES

It is time to start our dances for the recital. While we hope everyone had a wonderful holiday break it's now time to start working hard to learn the recital dances.

Please remember you need to be present to learn the dance. As it is in most situations we face in life, you get out of it what you put into it. Being absent slows down the learning process for everyone as just one person being absent affects spacing and partnering. We encourage you to attend all your classes.

TUBE SOCKS FOR SALE



tube socks.

No Limits has additional tube socks for sale. The wording “No Limits” is on the side of the sock. Cost is \$12 per pair. Please let us know if you are interested in purchasing any

DANCE QUOTE

Dancing is like dreaming with your feet!

~Constanze

TUITION PAYMENTS

Please remember to pay your tuition payment by the 10th of each month to avoid the \$25 late fee.

DANCE ETIQUETTE – LEVEL ONE - ADVANCED

This is a reminder to make sure your child comes to class prepared with the proper clothes and hair. Leotard, tights and/or dance pants for the appropriate class. No street clothes should be worn in any class. Hair should always be off the neck in a ponytail and a secured bun (with hairnet) for ballet. Students should arrive on time and be ready to walk into their class when the previous class exits. Please let us know if you have any questions.

EARLY BIRD REGISTRATION



It will soon be time to start preparing for our summer dance program and for “early bird” registration for the 2009 – 2010 season. We encourage each family to register early (March/April) at the rate of \$125. Beginning in May, the registration rate will be \$140 for existing students who do not participate in the “early bird” registration.

We hope all of you will seriously consider registering for the summer camp program that we provide. It is an excellent way to expose students to new and exciting techniques and styles.

RECITAL COSTUMES

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Our first order of recital costumes have been mailed. We have several students that costumes have not been ordered. A second order can be placed but payments must be received by February 15th.

CALENDAR OF EVENTS



Baby Shower for Instructor Susan Eagan: January 24th
3:00 – 5:00 p.m. (Ortega Studio)

Baby Shower for Instructor Mandy Domingo:
February 21st 3:00 – 5:00 p.m. (Ortega Studio)
Showstopper Dance Competition: February 7th & 8th

Platinum Dance Competition: February 13th – 15th

Baby Shower for Instructor Mandy Domingo:
February 21st 3:00 – 5:00 p.m. (Ortega Studio)

International Dance Challenge: March 6th – 8th

Encore Dance Competition: March 28th & 29th

Spring Break: March 30 – April 4

Oakleaf Recital: June 14th (UNF)

Ortega Recital: June 20th (UNF)

VOCABULARY WORDS FOR JANUARY

Arabesque– longest line the body can make from fingertips to toes

Pique – a full turn performed turned out in releve on one foot and progresses in a straight line.

The Hinge – a tilt of the torso with an imaginary oblique straight line that passes from the tip of the ear through the shoulder, hip, and knee. Dancer performs the hinge in a standing position with knees bent and heels off the floor.

Chasse – chase

RECITAL SPECIALS

Recital specials give students the opportunity to have an extra dance in the June recital. This dance can be a compilation of dancers from several classes. Cost is \$40 for the choreography and \$65 for the recital costume. Please let us know immediately if you would like to be a part of one of these special dances. We need to know by the end of January.

CLASS OF THE MONTH (ORTEGA)

Ms. Mandy has picked her Lyrical I class for the January “Class of the Month.” She says they may be one of the youngest classes at the Ortega studio but they are always prepared, on-time and work very hard in the classroom. Congratulations to the girls in the Lyrical I class – *Ashton Barton, Anna Edgar, Kelly Murph, Kristin Norton, Isabela Rice, Madison Ross, Christy Woodson*

CLASS OF THE MONTH (OAKLEAF)

Stay tuned...class of the month will be coming soon to the Oakleaf studio!

BELIEVING IN OURSELVES

“Never be limited by other people’s limited imaginations. If you adopt their attitudes, then the possibility won’t exist because you’ll have already shut it out...You can hear other people’s wisdom, but you’ve got to re-evaluate the world for yourself.”

---Mae Jemison, *the first black woman to travel in space*

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