

FIRST CITY

Newsletter



Inside the Issue



CLASSES IN FULL SWING

Two full weeks of dance and we can already tell our dancers are learning and having fun.



FREEDOM TO CREATE

An inside peak at our Choreography Lab.



STRETCHING SAFELY

Learning how to stretch safely will keep your dancer dancing longer.

CLASSES IN FULL SWING

by Marcia Dysart

It has been a rewarding and inspiring start to say the least. In talking with staff, dancers are demonstrating their best in every class. Our teachers are impressed by our dancers' work ethic and enthusiasm. This energy is evident from our littlest movers and groovers right up to our adults. We also have a fantastic group of volunteers who work in our Adaptive Dance class. What a joy it is to start my Saturdays with such a dedicated team and group of inspiring dancers. At First City, we offer many styles and we are thrilled that so many of our dancers are diversifying their instruction by taking multiple classes. With all the support we've received, we look forward to adding more classes. We will be offering three new adult classes in our next 10 week session: Adult Beginner Ballet (valley) and Adult Street Jazz (valley and city). Stay tuned!



Ms.Rebecca's Jazz 1/2 class



CONGRATS!

FCSD would like to wish staff member, Emma McEvoy, congratulations on her recent acceptance into the Certificate in Contemporary Management in Arts and Culture program at UNB. This program provides further education for people currently working in the arts to develop their skills and knowledge to be arts leaders in Canada. Confidence will be built in governance, leadership, planning, effective operations and relationship/revenue management. What a wonderful compliment to Emma's already rich experience in the arts!

We are thrilled to now be associated with the American Ballet Theatre National Training Curriculum. Ms. Marcia completed the intensive training, that included written and oral examinations, to gain her certification. She is using the curriculum in her classes and looks forward to offering an exam program at First City in the next couple of years.



Freedom to Create

by Marcia Dysart

Having the freedom to create provides a vehicle for expression and an opportunity to generate skills that that go way beyond the dance studio. Choreography Lab is unique to First City. Our dancers gain knowledge, tips and tools to help them find their own creative process. In just their first two classes, our dancers have learned where to find inspiration, how to expand on one idea and how to translate those ideas into movement. They are working independently and collaboratively, using critical thinking, communicating ideas and opening their minds to other's perspectives. Our Choreography Lab participants will be performing these new creations, throughout the year, on film and on stage.

STRETCHING SAFELY

by Emma McEvoy

As dancers, we are always looking to achieve flexibility. It helps us with range of movement and dynamics, but how do we stretch safely? An ongoing debate is static vs. active stretching, or stretches that stay in one spot vs. stretches that move gently. Both are beneficial, but only when done in a certain order.

1. Before physical activity, bring your heart rate up with some simple cardio like jumping jacks, running on the spot, or high knees. Use active stretching, as well, like leg swings or travelling lunges.
2. After physical activity, static stretching can be done. Your muscles are already warm, so holding stretches can be done safely. Finding a balance between active and static stretching is key.

Remember the two steps above when deciding to stretch at home. Stretching is beneficial for everyone, not just dancers, especially when done properly.

