

FIRST CITY SCHOOL OF DANCE

FOUNDATION | ARTISTRY | COMMUNITY



Vol. 2 Issue 4

PASSION PASSED ON

November 2022

I had the pleasure of visiting our Ballet Level 3 class and was reminded that a love of dance begins with a great teacher. Our teachers are passionate about what they do. They immerse themselves in dance. They read about dance pedagogy, they look after their own 'instrument' by taking classes and they continue to perform and create as professional dance artists. Ms. Sarah's passion for dance is contagious. I witnessed this first hand through her students. They are a delight to watch. Creating a space for creative discovery is important to us. When educators are passionate about learning and discovery, they present new knowledge to their students in a way that evokes the same excitement!



First Pair of Pointe Shoes!

Getting your first pair of pointe shoes is a BIG deal! Three of our dancers from our Level 3 Ballet and Pre-Pointe Class, Maella, Clementine, Maren and Kathryn had their official pointe shoe fitting and will be wearing their new pointe shoes in class after the holiday break! They have worked hard at preparing their bodies to handle the demands of pointe work. Many hours of ballet and pre-pointe classes developed the range of motion, articulation and strength of the ankles and feet needed to obtain the coveted shoe. Congratulations dancers!!

FCSD Adult Dance Conference

Creating accessible opportunities for dance education is at the heart of our mission. Whether you are a beginner or have been dancing for years, the benefits of dance are far reaching. Our adult dance community is thriving more than ever. This conference is for you! A supportive, encouraging space to learn, get active, find community, connect and heal. Mark February 21st - 27th on your calendar and join us for a full week of dancing! Check out our website for more details.



Lessons with Purpose

In all our classes there is a purpose to everything we teach. From our youngest dancers to our adults there is a reason behind the activity or the exercises being taught. Something as simple as listening to the rain of the rain stick promotes softness of the hands and fingers for our Creative Ballet classes. Dancers delicately imitate the rain falling with their fingers as their teacher tips the rainstick. Other classes are working on a jump's elevation. The foundation for high jumps begins at the barre with exercises that develop strong well aligned powerful feet. Every tendu, relevé and dégagé we do at the barre is pivotal for getting dances' feet to work strongly through the floor. When dancers use a plié, with a bounce like quality, and proper alignment with a strong use of core, jumps will soar!



CONGRATULATIONS!

Many of you likely enjoyed the magical performance of the Saint John Theatre Company's Miracle on 34th Street this past week. We feel pretty fortunate to say that we have four FCSD dancers that were a part of the production. We'd like to extend a huge congratulations on an amazing job!

Quin Cameron - Contemporary 1 dancer
Dewayne Keating - Adult Tap dancer
Ella Phinney - Ballet and Jazz Level 2 dancer
Ella Scott - Contemporary Level 3 dancer

Uptown Sparkles - Visit the FCSD store and receive 15 % off Wear Moi Dancewear and sneak a peek in our dancers' workshop! Friday, Dec.2nd between 6:00 - 9:30 pm. 154 Union St.



Wednesday Creative Ballet