

January 2022

Vol 1 Issue 7

# FIRST CITY

Monthly Newsletter

Inside the Issue



## VIRTUALLY POSSIBLE

How did we deliver programming online? What did we learn?

## ADULT DANCE CONFERENCE

It's time to celebrate the benefits of dance during the bleakest part of winter. Get out and get dancing!

## SHARE YOUR LOVE OF DANCE

February, the perfect month to share your love of dance.

## FCSD ADULT DANCE CONFERENCE

*In partnership with Connection Dance Works*

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.

There are 22 classes to choose from! For the full schedule, description of classes, educator bios, and to purchase your conference pass go to our website.

## FCSD ADULT DANCE CONFERENCE

In Partnership with Connection Dance Works  
February 22nd - 28th

Full Dance Pass - \$40  
Drop in - \$15

Purchase tickets at  
[firstcityschoolofdance.ca](http://firstcityschoolofdance.ca)

FIRST CITY  
DANCE

CONNECTION  
DANCE WORKS

Ballet  
Tap  
Jazz  
Heels  
Yoga  
Salsa  
Hip Hop  
Contemporary  
Musical Theatre  
Express Barre  
Contemporary Choreo  
Dance and the City  
Artist Talks  
Improvisation  
Attentive Movement



Contemporary Level 3 dancers

## SHARE YOUR LOVE OF DANCE

### *Building a Community*

Let's share our love of dance in February. Dancers and families can share how they feel about dance in a myriad of ways. Draw a picture, create a dance and record it, share a quote, or write a poem. Be creative! You can share via social media and tag us. You may also message us personally. We'll compile a video of your submissions to share with our dance community.

“

*I love to dance because...*



Rosalie, Ballet Level 1 dancer

## VIRTUALLY POSSIBLE

Virtually possible. That's the lesson we have learned from our students. Our dancers continued to show progress, demonstrate ingenuity, and engage through dance, even online. They continued to impress us with their resilience and ability to adapt. It wasn't easy for them. This was not how they should have been experiencing dance, let alone life. Yet every week they showed up and we spent time moving, exploring, and connecting.

Our Toddler Moves and Grooves and Creative Ballet enjoyed recorded lessons. Many of our youngest dancers shared their learning with us via videos and photos. It was wonderful to see their engagement with their teachers even through a screen. We heard that lessons were enjoyed multiple times and sometimes in elaborate costumes. :)

Dancers on Zoom enjoyed opportunities to be creative. Pre-Ballet and Level 1 Ballet dancers created story ballets and played galop hide and seek. Students in our contemporary and jazz programs created their own hand gesture sequences and created collaborative pieces of choreography.

Learning virtually is possible when we remember to offer engaging activities that are fun for our students. However, none of this would have been possible without the support of our dance families. Thank you for preparing your dancers for online learning by moving coffee tables, getting hair in buns, and offering your IT expertise.

### Dancers from our Creative Ballet and Toddler Moves and Grooves classes

