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Vol 1 Issue 5

FIRST CITY SCHOOL OF DANCE

Monthly Newsletter

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LEAPING LIZARDS, WE'RE COLLABORATING WITH SJTC!

Collaboration, the corner stone of community.

BALLET CURRICULUM OR SYLLABUS?

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LEAPING LIZARDS...

We're collaborating with the Saint John Theatre Company!

We are proud to announce that First City School of Dance teachers will be choreographing Saint John Theatre Company's production of Annie. We are thrilled to be able to contribute to our artistic community in this way. One of our overarching goals is to contribute to our greater SJ community and this opportunity we could not pass up. The production of Annie takes place from May 25th - May 28th at the beautiful Imperial Theatre. You may even spot a cameo from First City Young Company dancers.

Level 2 Ballet and Contemporary students Lyla, Mya and Maria in First City Swag!

Get your swag today!

NEW LEARNING EXPERIENCES CAN EXPAND ABILITIES

by Norah English

The EYAS workshop that was hosted at FSDS was a hugely inspiring learning experience. We were encouraged to move freely and were guided through different explorations of movement. Something that was new and enlightening for me as a dancer was the focus on using your imagination as a tool. Most of the guided improvisation that we did was centered around imaginative prompts like floating in water, being stuck in cement, or your body being connected by a network of ropes. The constant flow of the workshop allowed for us to fully immerse ourselves into these feelings and discover so much new movement. Learning experiences like these are so important for dancers like myself in order to expand our abilities – physical and mental! I love hearing new ideas and hearing feedback from a fresh perspective. Everyone has different knowledge to share!

BALLET CURRICULUM OR SYLLABUS?

by Marcia Dysart

One of the first decisions I had to make before opening a dance school was to choose a ballet program that would grow technically sound and versatile dancers, while instilling a love for the art form.

There are many to choose from. Some, like Royal Academy of Dancing or Cecchitti are syllabus based. They offer a prescribed syllabus for teachers to follow. I chose the American Ballet Theatre National Training Curriculum because of its glowing reputation for being a source that empowers dance teachers to teach to the needs of their students.

The curriculum embraces sound ballet principles and incorporates elements of the French, Italian and Russian schools of training. The National Training Curriculum strives to provide dance students with a rich knowledge of classical ballet technique and the ability to adapt to all styles and techniques of dance. (ABT)

> *Dance education involves careful consideration of the dancers in our classes.*

The curriculum provides teachers with milestones and developmentally appropriate goals, allowing teachers to create their own exercises. Students experience new exercises with new music regularly. This keeps them motivated and sharp! Our aim as teachers is to deliver a foundation on which our students can build on, allowing them to gain strength with progressions that are safe and methodical. Dance education involves careful consideration to the dancers that are in our classes. We plan and deliver lessons that enhance their success. A curriculum offers the flexibility to be attentive to our students' needs.

Note: FCSD will be participating in the ABT National Curriculum exam program in the next year or two.