

FIRST CITY

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QUALIFIED AND EXPERIENCED

OUR EDUCATORS HAVE BEEN LEARNING THIS SUMMER. FIND OUT HOW THIS WILL BENEFIT YOUR DANCER.

UNIFORM

by Marcia Dysart

Dance is an enjoyable activity that encourages self expression, so why are we wearing a uniform? There are many reasons why we see a sea of pink, blue or black in a dance class. The most important is that dance educators need to be able to see all movement to assess placement and alignment of the body to avoid injury from undue stress. A uniform also encourages discipline and reminds dancers they are a part of a 'team'. They feel confident when they are ready to dance and we all know that confidence yields success! You can find our uniform requirements on our website. There are only specified uniforms for ballet, contemporary and jazz. All other genres require clothing suitable for movement. Uniforms can be purchased through our parent portal in the First City Store. Ballet slipper fittings are available on Monday, Aug.30th from 1pm-6pm at our city location where Centre Stage Dancewear will have a pop-up shop. Please email to secure a timeslot for fittings. firstcityschoolofdance@gmail.com





DANCE FAMILY

by Marcia Dysart

At FCSD we are more than just a dance studio. We are a space where dancers, parents and educators are encouraged to participate in our mission to create an environment that is inclusive and welcoming. Community outreach through performance, volunteering and scholarships are some of the ways we hope to contribute to the vibrancy of Saint John. You will be updated regularly on what's going on at First City through email and newsletters. You can check your parent portal for email updates too. Stay tuned to social media as well. Our policies and procedures are an important document that will help keep all of us on the same page. Be sure to have a read through before we start the new dance year. Welcome to the family!

QUALIFIED AND EXPERIENCED

by Marcia Dysart

Dance education has become a more recognizable profession. Dance schools seem to be everywhere! However, there are no governing bodies that oversee the industry to ensure students are being taught safely by experienced and knowledgeable teachers.

Qualified dance educators spend hours learning about anatomy, class management, dance pedagogy, psychology of dance and the healthy dancer. At FCSD our teachers participate in professional development to stay current in their teaching practices. This summer, Ms. Marcia participated in The American Ballet Teacher's Training Curriculum Program and attended Boston Ballet's Adaptive Dance Teacher Training. Both programs will be used in our school to facilitate our foundational training in ballet and growing an inclusive community for dance. Ms. Rebecca and Ms. Emma will be attending an in-school professional development session on both these programs. You can be assured that only the safest practices are being taught at FCSD and that your dancer's technical training and emotional well-being are our top priority.

