

FIRST CITY SCHOOL OF DANCE

FOUNDATION | ARTISTRY | COMMUNITY



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SWEET SUCCESSES!

October 2022

Our Pre-Ballet students are preparing for the big leap to Ballet Level 1. Everyone knows how much focus and discipline it takes to learn ballet. Our 5 and 6 year-olds are learning the structure of the class, beginning to acquire ballet specific vocabulary and building their core stability. Of course, there's lots of room for fun including opportunities to be imaginative and creative. We know how important it is that dancers at this age have plenty of experiences to socialize, play and tap into their own artistry. Often they don't even realize they're learning. This is the beginning of a long love for dance. Our youngest and sweetest dancers are reaching many foundational milestones and loving the feeling of success from the accolades received by their teachers! Well done dancers!



Choreography Lab in discourse about a new collaboration.

The Benefits of Collaboration

Collaboration is important to the art form of dance.

To our Choreography Lab dancers, it's an important aspect to their training and growth as an artist. As a teacher, there is nothing more rewarding than listening to them share openly and then be greeted with positive acknowledgement from their peers. All ideas are valuable and everyone is given time, space and the freedom to contribute in their own way. There is so much value in learning about the art of dance and the process of creating it. We look forward to seeing these creations at our annual Breathe Dance performance on International Dance Day!

Photo Contest Winners!

Thank you for sharing your photos and tagging us during our "Back to Dance" photo contest. We decided to pick two dancers! Congratulations to Clara Bishop (Pre-Ballet) and Zoey Katz Nadon (Pre-Contemporary/Jazz). Your names were drawn and you will both receive these new, **I'd rather be at dance**, t-shirts! T-shirts can be purchased through our store. \$25. Youth sizes XS,S,M,L,XL.



First monthly improvisation workshop in collaboration with CDW.

Gold for Best Dance Studio!

WOW! We are humbled by the showing of support from our greater community. Thank you to all who voted. This award was unexpected. Little did we know that after only one year of opening we'd have grown this much. We know our families have graciously spread the word of our vision. The artform of dance is supported by an education that includes both foundation and artistry. Our community is based on the values of collaboration and inclusivity. Dance is for everyone! Everyone receives the same education and support.

WHY A UNIFORM?

The uniform is an important aspect of training young dancers properly. As dance educators we are knowledgeable of how to assess dancers' alignment and placement to ensure they are utilizing their range of motion in a safe way. A teacher needs to assess if the dancer has proper hip alignment, which will then indicate whether everything else the student is doing is correct. If we can't see the alignment, there is a high chance the student will end up over-tucking, forcing rotation and hurting themselves. Teachers won't be able to assess the student properly if they are not wearing correct tights and leotard. Shorts and skirts also hinder our view. It's also important that we can see the full leg. Pants or leg warmers can hide if a student is gripping or if the knee isn't over the toes or if it's straight or bent. Our dancers from 5 - 14 years are most vulnerable to injury. Growth spurts are happening and we want to ensure they understand the mechanics of their anatomy early in their education to avoid injury.

Photo: Ballet Level 2 dancers

