THE DANCE CONSERVATORY

IN THIS NEWSLETTER

Link to the Revised Covid -19 Policies, Protocols and Guidelines

Choreography Week/ Studio info

Dancer Lounge Bins and Cubbies- Coming Soon

Uniform Order and Warmup Clothing Guidelines

Required Conditioning Equipment

Dancer Screening

Grad and Adult Classes

Little Ones/ Registration

WELCOME

Hello Everyone!!We are so delighted to have had an amazing Summer School filled with great dancing. All the faculty have really enjoyed being back in the studio with all of the students and look forward to starting their new choreographic works. Even though it may be different, we plan to create and explore movement in the safest way possible. Thank-you all for working with us to sustain a healthy dance environment.

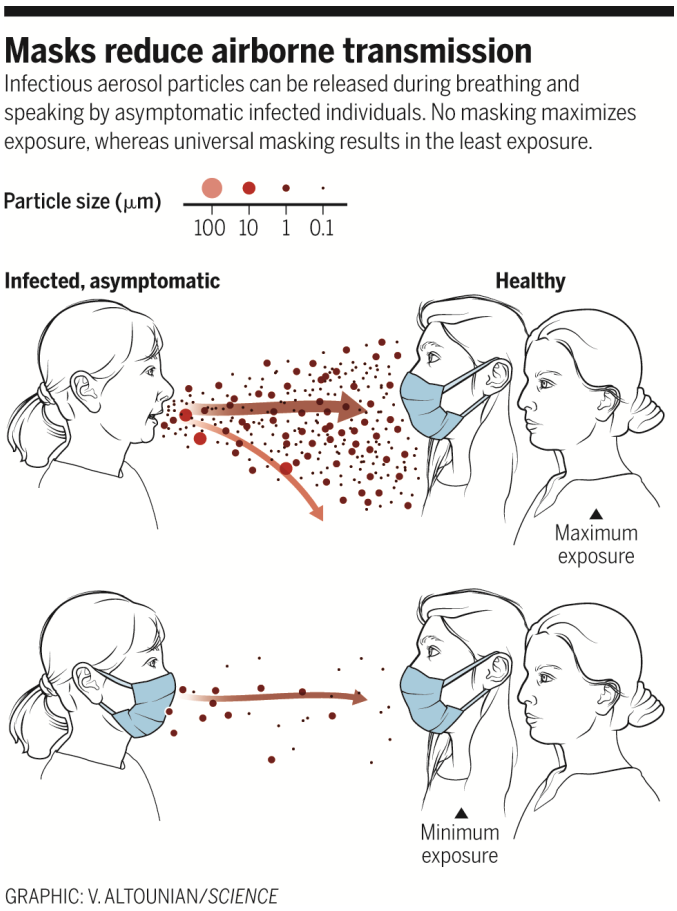
Link to the Revised Covid-19 Policies, Protocols and Guidelines

https://8ea757f2-2a05-4ed8-adde-3921b302b5dd.filesusr.com/ugd/308385_4bfbe703721643569l6e818915dd8ce7.pdf

New Policies will include a mandatory wearing of masks for Choreography Week, throughout classes and rehearsals. We are introducing a one time $50 Covid Cleaning fee, to ensure our air quality is clean with HEPA Filter Air Purifiers and other cleaning necessities.

MASKS

To keep our school open and running, masks will now be **mandatory** for all students in all classes. Students must have their own ready to wear however, The Dance Conservatory will have a supply of disposable masks available if needed.



HEALTHY DANCER SCREENING

Physiotherapist Erica Mayall and Ms. Susie will be conducting Dancer Screening in **early October 2020.** Healthy Dancer Screening is a very important process in assessing growth spurts, imbalances, weaknesses and joint functionality for a young dancer. The Dance Conservatory believes strongly in this screening process, especially after our long hiatus from training in the studio. It will create a baseline from which progress can be monitored and valuable information for the dancer to utilize in the future. We wish each student to take advantage of this opportunity to promote the health and well being of their body.

Uniform Leotards

Capped Sleeve in Imperial Purple

Pro 1 and Pro 2

Adult Sizes:
Petite, Small, Medium, Large
$44.00 tax included

Child Sizes:
Medium, Large
$38.00 tax included

Capped Sleeve in Dahlia

Jr Pro, Aspirant, Aspiring, Kinder Ballet/Primary

Adult Sizes:
Petite, Small, Medium, Large
$44.00 tax included

Child Sizes:
Extra Small, Small, Medium, Large
$38.00 tax included

Camisole in Imperial Purple

Pro 1 and Pro 2

Adult Sizes:
Petite, Small, Medium, Large
$50.00 tax included

Child Sizes:
Medium, Large
$44.00 tax included

Camisole in Dahlia

Jr Pro, Aspirant, Aspiring

Adult Sizes:
Petite, Small, Medium, Large
$50.00 tax included

Child Sizes:
Small, Medium, Large
$44.00 tax included

Uniform Leotards are made to order in North Vancouver and are sold at our cost. Size samples are available in studio for fittings. Limited quantities may be available in studio for purchase. All sizes may be ordered with an extra 1" in length.

Uniforms are mandatory for the school year. Please contact Jacki Blair to order uniforms:

jacki@danceconservatorywv.com

WARMUP CLOTHING

Warmup pants, snug sweaters, vests, fitted t-shirts and shorts must be grey or black with no fancy designs, logos or prints. Leg warmers may be used if they match the tights that are being worn, pink or black. Please note; Bullet skirts are allowed in white or black colours for the Pro 1 and 2 levels. Friendly reminder, that pink tights for Ballet and black tights or shorts for Contemporary/Jazz classes. Wednesday is your own leotard day. Thank-you.

REGISTRATION IS STILL OPEN!!!

Reserve your spot today, in our Kinder Ballet, Aspiring 1 / 2 and Aspiring 3 / 4 Ballet Levels. Due to Covid -19, limited spots are available. So, act fast!!

And remember, Aspiring Teen Ballet is also on the schedule, for those who want great training but with fewer hours. Electives can be added to this Program for richer variety.

Enter to win a Dancer gift basket filled with essential dancer needs. Gifts include, small Adult Ainslie Wear leotard, foot spray, socks, muscle rub, warmups and more…

If you can help us recruit your friends or other ambitious dancers, your name will be entered into a draw to win these fabulous items at the end of September!!

DANCER LOUNGE BINS AND CUBBIES

COMING SOON, the Student Lounge may be used to store personal items.

Students will enter from the hallway and only TWO at a time, 6 feet apart, fill the supplied white bins with personal items from their dance bags. The bin will then be taken into the studio with them. Other belongings can be left in the student's allotted cubby until the end of the day.

There will be only one way IN and Out of the lounge and lingering there will not be allowed. Please make sure your dancer has a small bottle of personal hand sanitizer to place in their bin.

We are trying our best to have enough space for everyone's personal affects in the confines of this Covid crisis. Thanks for the patience and understanding.

Required Conditioning Equipment

Mesh Bag (to be supplied)/ Small Blue Ball /Thera-bands /Own Yoga Mat/ Running Shoes/ Ankle weights (for older students)

MUST KEEP ALL LISTED ITEMS AT THE STUDIO

New Studio Phone Number (778) 340-9156

Please use our newly created email, only for illness, absences, lateness;
notifyus@danceconservatorywv.com

All other studio business and inquiries;
wvdcassoc@gmail.com

Contact us during Business Hours; 9:30am -8pm Mon.-Fri., Sat. until 5pm

Link for CHOREOGRAPHY WEEK

https://8ea757f2-2a05-4ed8-adde-3921b302b5dd.filesusr.com/ugd/308385_41748d9e3d274cdb895000a1d6884da2.pdf

Grad Program and Adult Classes

Introducing our Post Grad/ Adult daily morning classes. Five days a week from 10-11:30, commencing September 8th, 2020.

Come join us for an Advanced Ballet class followed by Conditioning or Yoga on Tuesdays and Thursdays at 11:30-12:30.

This morning program is designed for those with previous dance experience.

Post Grads can then continue their day with rehearsals with Ms. Stephana and Guests for upcoming performances, create solo contemporary work, rehearse classical variations and take Pro 1 classes.

Adult classes are also available;

Wednesdays- Ballet 6:30-7:45pm

Thursdays-Cross-training Conditioning 6-7pm & Contemporary Jazz 7-8pm