




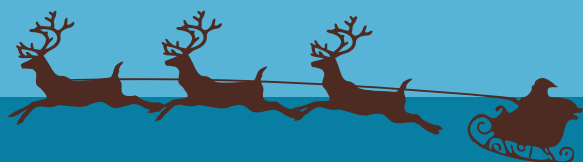
NEWS LETTER

DECEMBER 2022



What an amazing term we have all had, and now we are racing towards the Christmas break! Thank you to everyone for all of your support. Judging from your lovely cards, emails and conversations after the show, everyone loved the wonderful performances and our students had the best time.

THANK YOU



Upon entering the studios, we ask that you:

- Greet your teacher
- Are immaculately presented
- Are respectful to everyone
- Are wearing your correct uniform
- Enjoy yourself



The timetables have been updated, invoices have been sent out and we ask that if you have any questions or queries, that you get in touch in the next few days.

***ALICE IN WONDERLAND DVD's** have been ordered and will be available for collection from the studios on **Saturday, 17th December**. Please advise if you would prefer collection from East Haddon or Guilsborough, as this can be arranged. If you need any **last minute stocking fillers**, please remember that we do have some stock of keyrings, bags, candles, uniform, legwarmers, teddies, wands and tiaras...*



admin@northamptonshiredance.co.uk

PLEASE NOTE OUR UPDATES:



OUR RECEPTION AREA IS FOR STUDENTS ONLY

Parents/Guardians are politely requested not to enter the studios or use it as a waiting room, unless invited to do so. If you would like a discussion with a member of staff please email to request a mutually convenient time.

EXAMINATIONS

As our show has now finished, we return to full study of dance syllabus and discipline. RAD Ballet examinations require 2 lessons per week, a guidance from the Royal Academy of Dance.

SOCIAL MEDIA

Please do follow our Instagram and Facebook pages for updates on new classes, workshops, birthdays, exciting news, theatre trips and auditions.

RESPECT

We encourage all of our students to respect their teachers, their peers and themselves. We expect politeness and discipline at all times. Thank you for supporting us with this.

MUSICAL THEATRE

We are looking forward to introducing Musical Theatre classes into our weekly timetable. We expect the classes to be on a Tuesday, and ask that you email to register your interest.



"Dance accepts me - I do not try to dance better than anyone else; I only try to dance better than myself"





CLASS UPDATES

MUSICAL THEATRE WORKSHOP

Two sessions on TUESDAY, 20th December at 10:00am and 1:15pm. Please email if you would like to book a place, and remember that non-students are welcome to attend too. Price is only £30.00 per session.

ADULT CLASS - BARRE

WEDNESDAYS 7:50pm to 8:50pm. A workout inspired by elements of Ballet, Yoga and Pilates - low impact, high intensity, developing agility and flexibility.

£10 per lesson or £12 Pay As You Go.

High Intensity Power PILATES

A whole body focus, providing a quick and effective cardio workout, helpful for burning calories, slowing down aging and boosting the metabolism.

THURSDAYS 9:15am to 10:15am

YOGA ON FRIDAYS

YOGA is returning to our studios, on a Friday morning and we look forward to welcoming you to experience a group of physical, mental and spiritual disciplines; improving strength, balance and flexibility. 9:30am to 10:45am.



H I P
P I L A T E S



"Self compassion is simply giving the same kindness to ourselves that we would give to others."



BRING A FRIEND TO DANCE WEEK

YOUR friends can try any class during the first week back - just let us know their name...

