



SUMMER 2023

Northamptonshire
—School of—
**DANCE
& PILATES**

A busy term ahead with lots of exams in RAD Ballet, ISTD Contemporary and IDTA Tap. Examinations should be a positive experience for our students, so lots of home practice is encouraged, and we do have a few spaces for 1:1 lessons, so please do ask.

Our Summer Workshop, spread over 4 days, with Miss Bethan, Miss Emily, Miss Lucy and Miss Natalie is causing a stir, so please do book your places before they get filled. Full days of dance, drama, music and fun with discounts for early payment and 3 or more days.

Our studios are getting busier, but if you have any ideas for classes that you'd like us to deliver, please do get in touch.

Northamptonshire School of **DANCE & PILATES**

Summer Workshop

BALLET • MUSICAL THEATRE • STREET JAZZ • CONTEMPORARY

MONDAY 14TH AUGUST TO THURSDAY 17TH AUGUST
10AM - 4PM
RECEPTION & ABOVE

£50 PER DAY
PAYMENT MADE BY 30/06/23 - £5 PER DAY DISCOUNT
3 OR MORE DAYS BOOKED - 10% DISCOUNT OVERALL

TO BOOK, PLEASE EMAIL: ADMIN@NORTHAMPTONSHIRE.DANCE.CO.UK

THE WOODYARD, HIGH STREET, HAZE BY, NN4 6DD

NOVEMBER 2024

After much deliberation, Miss Natalie, Mandy and the teachers have agreed that another dance production will be a wonderful opportunity for all of our dancers and performers to shine on the stage again!

Save the Date



Northamptonshire School of Dance and Pilates warmly welcomes all of our new students, regardless of age or experience. We continue to receive enquiries for dance, musical theatre, Pilates, yoga and adult dance classes, and we encourage everyone to come along and have a look at our studios; meet our teachers and get a feel for the warmth and encouragement that we aim for in all of our classes.

OUR CORE REQUIREMENT is: RESPECT

- Greet people as you enter
- Respect your teachers
- Respect yourself
- Be respectful



DANCE

RAD Ballet - Miss Bethan, Miss Hayley, Miss Natalie

ISTD Contemporary - Miss Lucy

IDTA Street & Tap - Miss Emily & Miss Holly

DRAMA

MUSICAL THEATRE - Miss Emily

STAY FIT

BCP Pilates - Caroline, Lola, Mandy B & Natalie

Yoga - Zoe

Chair Fit / Dance Fit / Barre - Emily



BIRMINGHAM ROYAL BALLET - BRB2
 We were so fortunate to be able to watch Company Class with BRB2, listen to their wonderful Q and A session, be entertained by their fabulous performance and some of our enterprising students tracked down Carlos Acosta for his autograph! And the cherry on the cake was their interview for the BRB2 promotional video. **Click on the photo** →
 We are very hopeful that BRB2 will actually visit our studios in the future, so please always check our updates on Instagram and Facebook.



STUDIO 3 WELCOMES NEW EQUIPMENT
 The REFORMER is large enough to accommodate full-range motion, which is wonderful for increasing flexibility while building strength. It seems to invite the length you want to create in the body, and it trains the body to sustain that length. The reformer offers all the benefits of Pilates including overall strength, flexibility, coordination, and balance. These things, in turn, lead to daily life improvements like better posture, graceful and efficient movement, and for many, relief from pain associated with physical imbalances such as back pain. Our BCP teachers continually train to improve their knowledge and skills to fully support all students.

MUSICAL THEATRE - Miss Emily
 We are looking forward to expanding opportunities with Musical Theatre even further, and Miss Emily is very enthusiastic to start developing skills required for exams. As a fabulous performer herself, Miss Emily is especially keen to share her love of the theatre with us all, and we're trying to organise visits to watch productions and possibly even meet some of the cast members. Again - look for updates on our social media platforms.





Please remember that we are able to fit and supply all dancewear and footwear, and we do hold stock at our studios. We also have a wide range of exercise accessories too - mats, balls, strengthening bands, weights, so please do get in touch.

TAP & BALLET EXAMS:
Everyone should have received either a link to videos, a CD of music or guidance on the RAD App - please do encourage and support practice at home; it will really benefit your child to feel confident and secure in their exam. Thank you.



So can you guess which dance and drama production we are considering...?
An exciting opportunity for all of our young dancers and Musical Theatre students. We're hopeful that we can book The Cripps Hall Theatre again...but first, we have to prepare for exams!

When you are on your holidays this Summer, please take a photograph of yourself in your favourite dance or exercise pose; on the beach or in the city, in a field - wherever it is make sure that you are safe! We'll try and guess where you are and the winner of the best photograph will win a prize and the acclaim of all of our followers. Be creative, but ensure that we can identify the pose - plank / arabesque



INSTAGRAM FOLLOWERS

Please share any of your exciting news with us via email or Whatsapp and we'll happily post details on our Instagram page. Have you noticed some of our posts have been commented upon by Rambert, BRB and Musa from Britains Got Talent?



LOVE

We hope that you love your lessons and we encourage you to provide feedback.

SHARE

Please SHARE your stories and photos with us. We love hearing your news.

SMILE

A SMILE is guaranteed to make you feel better, and will also impact everyone around you.