DANCE PILATES

MARCH 2023

NEWSLETT

A reminder that our studios close for Easter on Thursday, 30th March, and we re-open for the Summer term on Monday, 17th April. The year is flying by...

The Summer term has a few Bank Holidays and these will be reflected in your timetables, so please do check your dates closely... and we'll be closed for the King's Coronation too... **Saturday, 6th May**.

EASTER WORKSHOPS - DATES TBC

PILATES FOR MEN - DATE TBC Initially, a one off 90 minute session for gentleman to learn about the terminology, alignment etc. followed by core exercises for strength and support.

MY GROWN UP AND ME - 13th May Accompany your child to a dance class (if they give you permission!)

SUMMER SCHOOL DATES: Mon 14th to Thurs 17th August

The students have been working hard to:

- Greet their teacher
- Be immaculately presented
- Be respectful to everyone
- Do their own buns...
- Not leave their water bottles

Everyone seems to be enjoying this term, with lots of focus on syllabus; working hard in lessons, trying new classes and valuing their surroundings, teachers and friends. The studio really has a wonderful atmosphere, and lots of people are commenting upon it - young and "let's not ask".

DANCE PARENTS/GUARDIANS - please check emails for the dates when you can view your child/children in their lesson.

EVERYONE: Personal timetables are available on the email with your invoice - BLUE BOX that says TIMETABLE. This is your own schedule and not a generic one. Timetables and invoices for the Summer Term will be shared in the next few weeks.

HUGE CONGRATULATIONS to our young Tappers who were a credit to Miss Holly and achieved amazing results in their first exam.

As always, your support is really appreciated and never taken for granted. Thank you for making Northamptonshire School of Dance and Pilates the friendly, all inclusive environment that it is.



FRIDAY, 17TH MARCH

MOVIE night at the studios. Two showings of "Alice in Wonderland" dance production. EVERYONE WELCOME: 3:45pm to 5:45pm 6:00pm to 8:00pm £5.00 inc drink and popcorn

HAIR ACCESSORIES

Our tin of hair accessories, used by students who arrive and need to tie their hair back, or put their hair in a bun has been depleted. If you have any spare hair accessories (in particular bobbles) to donate... the tin would be extremely grateful any colour, they are not used for exams, just to keep hair tidy.

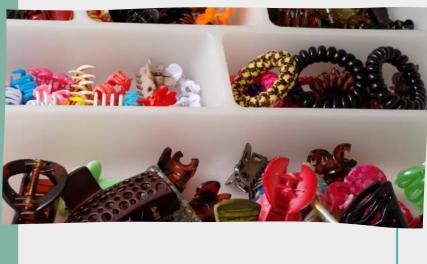
PRE-LOVED ITEMS

All of our sales from the preloved stocks are used to support various charities, and are extremely valued by everyone. Please do consider donating them to the studios - shoes, leotards, wrap overs, skirts, tights, socks, logo T-shirts and hoodies.

RAMBERT PEAKY BLINDERS

A number of our students and teachers watched this amazing performance and everyone left the theatre in awe of the whole spectacle they had viewed. If you get an opportunity to purchase tickets, we highly recommend that you do so. You will not be disappointed.







"Focus on Inspiration and not Comparison"

Don't miss out on these offers..

FUNDRAISING BODY SHOP

One of our wonderful students kindly donates a percentage of all of your BODY SHOP orders to our nominated charities. <u>Please click here to see all of the</u> wonderful products for sale.

ENABLE THE LABEL

Please remember to label everything, as it ensures that we can return all misplaced belongings to their rightful owner. This saves lots of unnecessary emails and time trying to locate owners or items.

PERFORMANCES CONT....

A number of our older students performed beautifully in the Naseby Village Hall recently, to a packed audience, and they have another performance this Friday. We also have dates in the calendar for future performances at The Deco...sshhh, Miss Natalie may even be considering another production, sooner than the three years previously mentioned....

RAD EXAMINATIONS SOON

Please ensure that all students who are working hard for their ballet examinations have either a DVD, CD or have downloaded the RAD App. There really is something for every media preference, and the students do find them invaluable.







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"The body achieves what the mind believes"