

# Happy New Year and welcome back!

After a few too many mince pies, we are more than ready to get back to dancing with you next week! We have made a few changes to the attached timetable in order to make it work more efficiently for us. We currently teach in 5 different venues, so please let us know if a class isn't working for you and we may be able to offer another time and place for you.

As we head back into classes, we will be following guidance from The British Dance Council and IDTA with asking all over 11s to wear face masks. It's not the perfect start to the year, but we will try our best to keep everyone as safe as possible including the teachers. We will review as needed and keep you updated.

Last year was an extremely busy one for our school with zoom classes, lots of teacher training, Disney dances days, Halloween dance days, Christmas dance days (pictures below) and two IDTA exam sessions with our first recorded exam session too. The dancers coped brilliantly with the challenges of filming and were awarded some fantastic grades. We are still waiting for our last set of results to come through from our November exams, but will be letting the students know as soon as they arrive.



As well as a new timetable this term, we have a couple of changes regarding uniform. We have set up an online store through our uniform supplier where you can order everything you need for class directly - <https://jco.mydancestore.co.uk/>

This should make life much easier for all including freeing up a whole room in Miss Rachel's house! We will still keep stock of T-shirts, sweatshirts and small stock of tights & socks. Shoes should still be fitted properly at The Dancing Boutique in Tunbridge Wells or another recommended dance shoe fitter. Please bear this in mind when you need shoes, as we have had rather a large number of ill fitting shoes due to being bought online.

Please note that pointe shoes should only be purchased once permission is given by your teacher. This is usually at grade 5 when the dancers have developed the correct technique and strength to support them. Dancing on pointe before this could cause injury to the dancer which may set them back significantly.

We will now be allowing Grade 4 ballet dancers to wear our black ballet skirt into class. Please ensure that the correct skirt is purchased, as the incorrect length is not permitted for exams. We will also be giving our older dancers the choice to wear their own leotards and ballet skirts in class. **This will only apply to dancers in Classical awards to Advanced** and complete uniform will still be required for exam sessions. We do ask that you stick to ballet styles and colours.

Hair must still be styled in a neat bun for ballet and pulled back away from the face for all other styles. Please ensure you have correct and clean footwear for each class.

We appreciate the effort made in neat presentation for class and love to see you all looking so smart.

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We are still asking parents and carers to drop and collect dancers, however we do understand that you may have to help them change before class in the venues. We will endeavour to bring the dancers out to you promptly, so that you are not waiting in the dark.

We kindly request that all younger dancers use the toilet facilities before class starts, as it can be very disruptive when they all decide that they need to go at the same time :-)

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Please note that we may need to make the decision to take classes onto zoom due to the need to isolate or inclement weather. We will notify you via email, Facebook and Instagram should the situation arise. As ever, we are offering our multi class discount again this year to give you the opportunity to dance as much as you like. Please check the timetable to see if there is anything you would like to try and sign yourself up for a free taster class via the class manager portal. Just in case you are not fully aware of all the classes we teach or what they are, here is a brief breakdown.

### **Classical Ballet**

Ballet classes concentrate on the core concepts for classical ballet such as technique, strength, flexibility, posture and musicality. Starting with pre-school ballet through to advanced or adult ballet, all dancers are encouraged to learn the basic foundations that will allow them to progress through from the barre to dancing on pointe.

We follow the IDTA syllabus from Preparatory through to Advanced with pointe classes from grade 5 and above.

### **Tap**

Tap is a fun style of dance that focuses on rhythm, tempo and musicality - a great workout for body and mind!

We offer Classical Tap classes with the IDTA syllabus and a chance to take examinations. Our adult open tap classes combine styles from Classical tap, Broadway and Jazz Tap.

### **Modern Contemporary Jazz**

Our modern jazz classes are based on the IDTA syllabus and candidates are offered the chance to enter examinations. Dancers develop movements with a broad choice of varying rhythms and musical styles. Classes are structured to increase the physical strength and flexibility required to demonstrate emotion through interpretation of any musical genre. Modern jazz is fantastic base for all form of jazz dance.

### **Lyrical Contemporary**

A fusion of contemporary, ballet and modern jazz is used to create the fluid movement and beautiful lines in this style of dance. We work on strength, flexibility, technique with acrobatic elements in our 1 hour non-syllabus classes, whilst giving the dancers the freedom to use their creativity and express feeling through dance.

### **Street Jazz**

Our Street Jazz classes cover styles from Street Pop, Hip Hop and Commercial Street Jazz. It's fast paced and fun whilst incorporating technique, strength and flexibility. The classes include a warm up, stretch and routines, all performed to upbeat music

### **Freestyle**

These fun classes incorporate modern jazz technique without the syllabus. Expect up tempo modern music with lots of jumps, kicks and fun routines.

### **Adult Ballet Fitness**

This class is open to adults and teens of any level - no dance experience needed. Built on the classical ballet form, this class will incorporate a floor stretch and Ballet exercises. We focus on creating long lean muscles, posture, core strength and increasing flexibility

### **Ballroom & Latin American**

Please look out for our new beginner's class. We would love to start this class soon, but are just waiting for the right timing for people to dance together again :-)

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**We do have some outstanding payments from last term and would appreciate prompt payment.**

Please ask about a payment plan and we will be very happy to set this up for you.

If you haven't had a chance yet, please check your details on Class Manager to make sure your account is activated.

You can add your dancers details, update any changes and even upload a photo of your dancer!

It would also be a good time to ensure you have checked our privacy policy and T&Cs, which can be found on your portal

As usual, please let us know if you have any questions and we'll do our best to get back to you ASAP.

JCSD :-)