



## SEPTEMBER 2009 NEWSLETTER

DALHOUSIE and EDGEMONT

ECA 33 Edgevalley Circle N.W. DCA 5432 Dalhart Road N.W.

www.onestepaheaddance.com email:office@onestepaheaddance.com

403-247-3607

Welcome to another great year of learning and dancing!

### TUITION:

Postdated cheques for the dance year are now due. Please submit at your next lesson, dated the first of each month, September through June. If you pre-registered in the Spring, but did not submit your postdated cheques, the pre-registration tuition discount no longer applies.

### REFERRAL DISCOUNT:

Referral discounts are valid until the end of the month. Should a friend sign up by September 30<sup>th</sup> a refund on your tuition will be applied. Please advise the office of any referrals you have made so you can be properly credited.

### YEAR END RECITAL DVD'S

Are available for pick-up now please visit the ECA office #239-1211 for office hours. If you would like a copy please call OSA office #403-247-3607 \$35each.

### CALENDAR:

The dance year is 34 weeks long.

### ALLERGIES:

Parents, please ensure you have informed the office and your child's teacher of any allergies your child has.

### MOSCOW BALLET—CINDERELLA

Tuesday, November 10<sup>th</sup>, 8pm performance at Jubilee Auditorium. Tickets available through Ticketmaster. Groups of ten or more are eligible for discounts.

### BALLET CHARACTER SKIRTS:

Dancers in Grades One and upwards require character skirts. Please ask for a pattern or purchase a skirt at LaSyds Dancewear with our studio colours #288-3060.

### USED CHARACTER SKIRT&SHOES

Please post a notice on our *virtual bulletin board* should you have any used dancewear for sale, (see other side for details).

### ABSENCES:

Please leave a message on the office answering system if you are going to miss a class. We'll do our best to inform the teacher before the class.

### DANCER'S GROOMING:

All dancers are required to attend dance class in appropriate dance attire with hair worn in a tidy fashion. Please leave your valuable jewelry at home.

### LABEL DANCEWEAR:

Please mark all your dance apparel; especially footwear.

### PARTICIPATION WAIVER:

Our insurance company requires all participants to have a signed and witnessed Participation Waiver on file. If returned home this month for signature, please return back to your dance teacher asap.

### \*NEW\* ADULT FITNESS PROGRAMS

Call the office to register your interest in our OSA adult fitness classes with Personal Trainer: Miss Kristen Cost is \$100+gst/course. Hope to see you there!

## Total Body Conditioning!

Tuesdays@ Dalhousie  
7:00 - 8:15PM

September 29th -  
December 1st

Wanting to get back in shape, but don't know where to begin? Try our 75 minute indoor fitness class! The primary focus at boot camp will be on core conditioning using free weights and own body resistance. All classes accompanied by some serious "tunes".

## Dancing Diva's

Thursdays  
@ Edgemont Comm  
Centre

8:15-9:15pm

October 1st -  
December 3rd


Been watching S.Y.T.Y.C.D. and thinking "hey that looks like fun". Try our Dancin' Divas Class to bring out that inner superstar.

Each class will start off with a funky Jazz warm-up and include core work and flexibility training; so you'll look good in that spandex! Each class will learn a Jazz or Hip Hop combo for the night, who you want to show later is your business! Come learn how to dance in a fun, beginner-friendly environment.

# ONE STEP AHEAD 2009-2010

## DANCE CALENDAR DATES AT A GLANCE

Holiday—Thanksgiving <b>NO CLASSES</b>	October 12th and 13th 2009
Halloween Dress-up Week	Monday, October 26th-Saturday, October 31st
Remembrance Day <b>NO CLASSES</b>	Wednesday, November 11, 2009
Costume Meeting Week	TBA
Last Day of Classes - Winter Break	Monday, December 21st, 2009
First Day of Classes - Winter Break	Monday, January, 4th, 2010
C.B.E. Teacher's Convention <b>NO CLASSES</b>	February 11-12-13-14, 2010
Holiday—Family Day <b>NO CLASSES</b>	Monday, February 15th, 2010
Spring Break Holiday <b>NO CLASSES</b>	Sunday, March 28th—Tuesday, April 6th, 2010
OSA Competition Rehearsal at University Theatre	Wednesday, March 31st, 2010 which is the middle of C.B.E. Spring Break (we are trying very hard for any other date in March) Presently only other date is in January.
Spirit of Dance Competition at University Theatre *NEW	April 17-19, 2010
Dance Power 2010 at University Theatre	April 20-25, 2010
Champions Dance Festival at University Theatre	April 27th -May 1st, 2010
Holiday- Victoria Day Long Weekend <b>NO CLASSES</b>	Saturday, May 22nd-Monday, May 24th, 2010
Dress Rehearsal at University Theatre	Monday, June 14th, 2010



**USED DANCEWEAR WEBSITE VIRTUAL BOARD**

We are in the process of improving our website located at:  
<http://www.onestepaheaddance.com> with a discussion board.  
 This discussion board should be in place by the middle of September.  
 Parents, please use this to post listings of used dancewear for sale.  
 This service will be invaluable to dancers and their parents and enable us to  
 connect buyers with sellers and for everyone to save money.

*Thank you,  
 Melinda Morrall  
 Director, One Step Ahead*