

JANUARY TO APRIL 2018



NEWSLETTER



SPRING TERM



NEW TERM

What we have planned for Spring
with dates for your diary

EXCITING NEWS!!

New items available! We've put
together a list of what to wear to
each class

NEW CLASSES

Our latest schedule with time and
locations

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NEW - Our first Events Team!

**PLUS THE LATEST SCHEDULE,
TERM DATES, FEES +
CLASS INFORMATION...**



HAPPY NEW YEAR!

OUR 2017 REVIEW

We hope that you all had a fantastic Christmas and are looking forward to the New Year. 2017 was another busy year for the school,

We had our big show in August which took up most of our lesson time in the first half of the year. Every class performed at least two numbers and did so well. We were really pleased with the costumes hired as they really added that extra sparkle for all who took part!

Thank you again to all those who helped on the day in the dressing room - it's a huge undertaking to put on a theatre performance and we are always grateful to those who volunteer their time backstage. This year we would like to thank Tasha Hoffman, Stacy Caryl, Dianne Brophy, Jo Hill, Katie Johnson, Hollie Fisher and Jolene Ford. If you think you would like to get involved next time we announce a show do let us know!

Thank you for your support in coming to watch - it means so much to the dancers knowing they dancers have their supporters out there when backstage.

It also means so much for us as a school, as any profit remaining after the expenses have been taken out is used to purchase new equipment for the students. So the more tickets we can sell the more we can invest back into their lessons - please remember this and help us pack out seats as much as possible!

Our next theatre show will likely be Summer 2019 - it sounds a long way off but it will come around fast! There will be smaller performance opportunities in the meantime.

In the summer we had workshops with professional performers. Michael is an aerial performer who brought his rig to the hall so our students could experience aerial silks. Frankie led street and contemporary workshops.

This was such a wonderful experience for our students, to meet new teachers and mix other dance styles that we will be holding workshops regularly. See page 14 for further information on our next workshops scheduled for the Spring half term.

TAPATHON UPDATE

CHILDREN IN NEED FUNDRAISER & WORLD RECORD ATTEMPT

In November we once again took part in the Tapathon.

This year 7,518 people took part! This is incredible BUT unfortunately we did not break the world record - the number was short by JUST 78 PEOPLE! The total funds collected for Children in Need was £38,600

Maybe 2018 is the year we will crack it, do come and join us next November just an extra few people are all we need!

Thank you to the 21 who took part - we raised £277.70 for a very worthy cause.



Also in 2017...

We said good bye to TA Megan as she went off to University. TA Sarah has now become a teacher with us; she is taking her final exams and has taken over the Freestyle classes. Brooke has completed her Acrobatic Arts Certification and our new Acro classes are filled!

For our children's classes we have our new ballet bear - named Arabella Bear by Lily H. One lucky child will get to take her home for the week in the half terms - all they have to do is show a good attitude to their learning in class. If you find Arabella comes home with you in the Spring half term please let us know all about it when we return!

And, of course, our Christmas party wrapped it all up nicely...

**THANK YOU FOR
SPENDING YOUR 2017
WITH US!**



MONDAY

12:00-12:45	Armchair-a-cise	Church Hall
16:00-17:30	Grade 1&2	Village (Main) Hall
16:30-17:00	Mini Freestylerz	Village (Small) Hall NEW!
17:30-18:00	Events Team	Village (Small) Hall NEW!
18:00-19:00	Grade 3 Ballet	Village (Small) Hall
19:00-19:45	Grade 4 Tap	Village (Small) Hall
19:45-20:30	Inter. F Modern	Village (Small) Hall

TUESDAY

16:00-16:45	Preschool Dance	Church Hall
16:45-17:30	Freestylerz	Church Hall
17:45-18:45	Acro Intermediates	Church Hall
19:00-20:00	Townsend Tappers	Church Hall

WEDNESDAY

09:45-10:45	Gentle Fitness	Church Hall
11:00-11:30	Mummy & Me	Church Hall
15:45-16:45	Preliminary A	Village (Small) Hall
16:45-17:45	Preliminary B	Village (Small) Hall
17:00-17:45	Acro Juniors	Village (Main) Hall
18:00-19:00	Betty's Ballet	Village (Small) Hall

Our Classes

Here's a little description for those of you who are unsure of what each class involves. Further information available on our website www.townsenddance.co.uk

Children's Tap, Ballet and Modern dance classes

Preschool Dance

Our Preschool Dance is the perfect introduction to dance and music for children aged 2.5-4 years. The class is created by us and tailored to the abilities of the children in the class, using music and rhymes that they will be familiar with. We use our knowledge of dance progression to create a class that is stimulating and fun, while simultaneously laying the foundations for children to enter formal dance training when they are older, if they wish.

Preliminary

In this class, the children begin to learn the NATD syllabus steps so that they can enter examination sessions in Tap, Ballet and Modern if they choose. They will learn about rhythm, theory, basic technical steps, barre work and learn routines. The children are 5-7 years in this group.

Grade 1&2

This is the next syllabus level up from Preliminary. The children's lesson goes up to 1 hour 30 minutes, so they have 30 minutes per subject. The children in this class are between 8-9 years and are currently studying Grade 1 Tap and Ballet, and Grade 2 Modern.

Beyond Grade 2, classes split in to 1 hour or 45 minutes per subject. Students can only join the higher level grades with previous dance training, or by our placement for beginner teens.

All ages against classes are rough guides and children do not automatically move up to a new group by their age, rather by their ability or exams taken. Generally, a class will move to the next level as a group and there is no change of timeslot or day.

Pupils in these classes who do not wish to take exams will study alongside those who do and will still progress through the levels, they will just not earn the certification for their training.

Other children's classes

Freestylerz/Mini Freestylerz

This is a fun, free movement (no syllabus) class. A mixture of pop and street styles set to music the children love. Freestylerz is for 7 years and up, Mini Freestylerz is for 4-6 years

Acro Juniors and Intermediates

Acro class involves strength, balance and flexibility training combined with learning tricks and skills. These classes follow the Acrobatic Arts syllabus, teaching safe progressions so that skills are only taught once the student has the strength to safely execute them. Acro is like gymnastics without the equipment (sprung floors/balance beams etc) and the skills are designed to be put into routines, think Cirque du Soleil. Juniors is for beginners and those ages 4 up. Intermediates is for those with some previous experience

Adult's dance classes

Townsend Tappers - Adult Tap

Betty's Ballet - Adult Beginners Ballet

Whether you are an beginner, tried it as a child, or even if you have lots of experience we can tailor these classes to suit you. Both groups are very friendly and welcoming and are a great way to socialise and meet new people, with optional events to get involved in too if you like. Dance is obviously a fantastic form of exercise for the body, but by learning new steps and routines as you exercise you will find you are working out the brain too! Relieve stress as you switch off, improve your balance and co-ordination - and we promise you don't have to wear a leotard!

Adult's exercise classes

Mummy & Me

This is our parent and toddler exercise class (Dad's, grandparents and other relatives or carers welcome too!). Designed to help those who are at home with a little one get out and have some exercise during the day - which can be very tricky to achieve! We've tried to make it as simple as possible for you. Bring your little one and they can either play at the side or join in. Cardio combined with strength building exercises, like-minded adults and just 30 minutes in length so you can fit it around your day.

Gentle Fitness

Low impact aerobic exercises, gentle strength building and stretches. Ideal for those who do not want to take up anything too intense but would like some exercise. Good music and friendly ladies.

Armchair-a-cise

This is our seated exercise class for those with limited mobility or balance issues. Our experienced teacher has qualifications in creating classes which will help improve strength and mobility. Relaxed and friendly group.

HAIR UP!

for all children's classes

A few weeks back one of our acro students managed to tear a chunk – a large chunk! – from her hair by standing on it as she came down from a hand stand (she wasn't hurt, luckily it broke off, rather than being pulled at the root!).

This happened despite her hair being in a ponytail, because it was a low and loose pony tail with a long loose fringe. Many of our students have beautiful long hair and we do not want to send them home with chunks missing!

We have always asked students to tie their hair up and most do at least a pony tail or similar but often the hair is not secured properly. Some are still coming to lesson with hair completely down.

Now, we completely understand that many of you are rushing to class straight from the mad school run, but it's so important that it's securely up in a bun that we would like remind everyone ahead of the new term.

When the children are dancing, loose hair - even if in a ponytail - is very distracting. When they turn it whips them (or the person standing next to them!) in the face, if they are doing anything on the floor there's a risk of it getting caught under their hands or feet as they stand. Long fringes flap about on their faces or in their eyes.



We haven't had an issue with head lice at dancing but this is another reason why it's a good idea to have hair up.

If they are able to re-tie their own hair then they will often just stop mid routine to tie it up again when it comes loose. If they cannot tie their own hair then the teacher has to stop the class to do it for them, wasting other students' time and breaking the pace of the lesson.

The best hair style is ideally a very low bun (or very high - but please not for Acro), so that when the dancers are on the floor it affects the placement of their head as little as possible.

You need to use strong bands to secure it tightly, net and pin the bun. Use pins, gel or hairspray to secure loose sections at the sides.

It's quite simple to do, the main thing is that it's tight and secure – if you are terrible at hair styling there are loads of tutorials on Pinterest or YouTube to help – dads can learn too!

"WHAT UNIFORM?"

A question we are asked regularly. For all children's and adult classes

We've just updated our uniform in line with our teaching association's guidelines. So we thought we'd add this page to clarify what you need, what you don't and where you can get it...

tsd.mydancestore.co.uk

The items on our dance store are not cheap. Unfortunately, like any quality sports equipment, proper dance wear is not.

We do always try to find the best value items but they have to meet the guidelines and be of decent quality, which some of the cheaper items available in supermarkets or on ebay/amazon etc. are not.

Please note: when ordering through the store you are not ordering through us, they add delivery charges (as with most online stores), also please check their terms regarding returns and exchanges.

You do not have to order through the school's dance store - if you can hunt out the same items elsewhere for cheaper then fantastic - but beware that if the items do not meet the NATD's guidelines and you enter an exam you may have to re purchase.

Uniform is not only important from an examination perspective, it also unifies the class as an equal team, it reminds younger children that they are entering their dance class and what that requires of them, and it is designed to aid the students in their movement.

You wouldn't send them out to play a football match without their kit like the rest of their team and this is the same concept.

So for non-exam classes, we've included what we've picked as a 'team kit' that is optional, but which you can either purchase or use as a idea of what to wear when selecting your own items.

Our team kits are produced for us by another local company, Boost Designs and are available to order directly from us via the website. Any items ordered will be given to you in lesson so there are no delivery fees. Please see our website for prices and further information.

www.townsenddance.co.uk

UNIFORM GUIDE

You do not have to rush out and purchase these items
This is only a guide is to help you when you are ready to order

Preschool Dance (Tuesday 4:00-4.45pm)

Purchase of set uniform is not essential as this group do not take exams, however they will need ballet shoes as a minimum requirement. If you'd like to purchase set the uniform, it is the same as the Intro to Dance and Preliminary group's below. They do not need tapshoes.

Intro to Dance (Wednesday 3:45-4:45pm) & Preliminary (Wednesday 4:45-5:45pm)



Set uniform required. Order from tsd.mydancestore.co.uk. If purchasing elsewhere, please note that no teletone tapshoes or split soled ballet shoes are allowed for this level.

Grade 1&2 (Monday 4:00-5:30pm)



Students wear the same tap shoes, ballet shoes and tights as worn in Preliminary.

- For the ballet class, they wear NATD leotard with convertible tights over the foot and ballet shoes. There is no skirt for this grade.
- For tap class the jazz pants are worn over the leotard and tights (tights can be rolled up and black socks worn if preferred. Tights under jazz pants for ease in class only, for an exam students do not need to wear their ballet tights underneath).
- For the modern class, they now have jazz shoes.



Grades 3+ (Monday 6:00-8:30pm)



Students may now have split soled ballet shoes and teletone taps. Students wear the same jazz pants and ballet tights as in the lower grades.

- For ballet class they wear leotard, tights and ballet shoes (skirt for lesson only - optional purchase). If/when pointe shoes are required these must be purchased from a reputable fitter only (please ask for advice).
- For tap class the leotard and jazz pants with oxford tie tap shoes
- For the modern class, the leotard and jazz pants with bare feet or foot thongs (optional)

Acro Junior (Wednesday 5:00-5:45pm) & Acro Intermediates (Tuesday 5:45-6:45pm)



Set uniform NOT required. However it is important to wear suitable clothing. The items shown are available on our store, or you can choose your own.

A black set would be ideal. Leotard, tight vest or crop top for girls or vest or fitted t-shirt for boys. Leggings or shorts and flesh tights. Foot thongs are optional. The main thing to consider when choosing is to choose items which will not be loose and flap about.

Mini Freestylerz/Freestylerz



Set uniform NOT required. Please wear trainers, leggings or joggers and a t-shirt.

Team kit t-shirts available to order from our website in a variety of colours.

Townsend Tappers (Adult tap -Tuesday 7:00-8:00pm)

Betty's Ballet (Adult ballet - Wednesday 6:00-7:00pm)



Wear whatever you feel comfortable in. Any style of tap and ballet shoes - you can either order on our website or we often have 2nd hand pairs for sale.
Team kit t-shirt dresses available to order - perfect to wear over leggings.

All Adult classes (including Intermediates, Acro, Mummy & Me, Gentle Fitness and Armchair-a-cise)

If you get stuck for what to wear to our adult classes, we have a selection of tops, hoodies and our leggings all available to order. We love the leggings - breathable and non-see through! - also a lot cheaper than the branded sports wear in shops.



We also have a selection of children's warm-up clothing including our hoodies and a variety of dance bags, all printed by Boost Designs. Head to our website www.townsenddance.co.uk to order



EXAMS

FOR DANCE STUDENTS IN PRELIMINARY, GRADE 1 AND UP

We would like to hold our next exam session at the end of the Spring term (usually a Sunday, during the Easter holidays) - this depends on how many wish to take part and how long the final preparations will take. If you are in one of the above classes read on...

Not everyone in a class will be ready to take an exam in this session – in each group we have a mixture of ability, experience and ages and only those who are completely ready will be invited to take their exam.

To clarify exactly who is ready, we are holding a mock exam on 12th February (during the half term) and everyone in the relevant classes will be invited to attend. Please keep this date free if you would like to take an exam. We will send out further information closer to the date regarding times and location.

The way we do these mock sessions is to invite the students in small groups, as they would enter their exam. We will then sit behind a desk and talk the students as their examiner would – asking them to show us their exercises without us prompting and asking theory questions. The students will need to show us that they can confidently and correctly perform the syllabus on their own under exam conditions.

We will then prepare a feedback slip, similar to that which the student will receive after their exam, with areas where they are excelling or where they need to practice.

Please complete and return the booking form enclosed to let us know if you'd like to attend the mock exam

This will be at least 4 weeks before the actual exam session so there will be time for last minute corrections. If after this mock you/your child are not invited to take their exam this time please do not be offended – it is not worth the stress on the child to send them in unprepared, or to pay for an exam which may be failed.

Classes in which some students are taking their exams and some are not will continue on together after the exam, those who did not take the exam will move to the next level and begin learning it alongside those who did take their exam, and perhaps they will be ready next time.

We will let you know the date of an exam session as soon as it is booked – they are usually on a Sunday afternoon in the Village Hall.

For those of you who are new to our exams, they are OFQUAL recognised qualifications which will go on your child's learning record, and the governing body is the National Association of Teachers of Dancing. Their head office will send us an examiner – we do not know the examiners nor do we hold any sway with them. The results are usually sent to us two weeks after the exam. The grades go Preliminary, Grade 1-5, intermediates then Associates. Once an Associate is gained you are qualified to teach in that subject.

Of course, you do not have to take part in exams and if you do not wish to just let us know it is no problem.

Just to remind you, there will be exam fees charged by the NATD to cover the examination session. These are usually around £30 per exam but we will confirm the price of your session when we invite you to take part. Your place in an exam session is not secured until payment has been met as we have to pay the examiner in advance.

HALF TERM WORKSHOPS

The mock exam is not the only session we are holding during half term.

Come and join in with our fantastic workshops taught by guest teachers!

These sessions are a fantastic opportunity to try something new and to meet other professional teachers, dancers and performers.

If you'd like to attend please complete and return the booking form at the back of this newsletter.



Contemporary with Frankie

We loved Frankie's contemporary dance workshop last year so we've asked her back! Frankie uses release technique using breath and gravity to create dynamic movements that flow through the body and challenge the dancer

Tuesday 13th February

4:00-5:30pm

Church Hall

£8.00

Age 7+



Baton Twirling with Amy

A new one for us, and we can't wait to try it! Amy is a former European Champion and National Champion, and she represented England for 3 years. She now teaches and has her own team who are receiving national titles. Amy will teach the basic of twirling together with body and dance technique. Your fee will also cover hire of one of Amy's batons for the session.

Wednesday 14th February

3:45-5pm

Village Hall

£8.00

Age 6+

TERM DATES AND FEES

SPRING TERM 1:

W/C MONDAY 8TH JANUARY TO W/C MONDAY 5TH FEBRUARY (5 WEEKS)

SPRING HALF TERM:

W/C MONDAY 12TH FEBRUARY

SPRING TERM 2:

W/C MONDAY 19TH FEBRUARY TO W/C MONDAY 26TH MARCH (6 WEEKS)

Classes:

	Spring Term 1 Fees:	Spring Term 2 fees:
Preschool		
Intro to	£20.00	£24.00
Dance/Preliminary	£25.00	£30.00
Grade One/2	£30.00	£36.00
Grade 3 Ballet	£25.00	£30.00
Grade 4 Tap	£20.00	£24.00
Inter. Modern	£20.00	£24.00
Freestylerz	£20.00	£24.00
Mini Freestylerz	£15.00	£18.00

SPRING TERM 1 FEES DUE IN FULL W/C 8TH JAN
SPRING TERM 2 FEES DUE IN FULL W/C 19TH FEB

ADULT CLASSES AND ACRO

Block 5 - w/c 8th-29th Jan

Block 6 - w/c 5th-26th Feb

Block 7 - w/c 5th-26th Mar

Classes:

Acro Juniors	£22.00
Acro Intermediates	£26.00
Townsend Tappers	£20.00
Betty's Ballet	£20.00
Gentle Fitness	£20.00
Armchair-a-cise	£16.00
Mummy & Me	£10.00

Fees due 1st lesson in block:

Multi class and family discounts available!
Spread the cost with monthly standing orders
- ask us for more details!

OUR TERMS + CONDITIONS

For our new students, and as a refresher for our long term students, here are our terms and conditions, which you agree to upon registering for our classes:

GENERAL

Arrive promptly and be ready for the start time of the lesson.

Please inform the teacher of any injuries before the class.

Asthma pumps/other medicines which are self-administered must be handed to the teacher at the commencement of class if they may be needed during the lesson. If necessary please add a note regarding the type of medicine and how it would be administered by the student.

Physical contact may be necessary when trying to demonstrate or correct.

No jewellery or chewing gum.

Please bring a bottle of water or isotonic to keep hydrated, especially in hot weather.

Only once the required standard is attained will students be invited to take part in examinations or performances.

Where costumes for events are required there will be a small fee per costume hired.

During class students are expected to listen and we discourage any excessive talking. If a student is being disruptive they may be asked to leave and term fees will not be refunded.

Townsend Dance does not accept responsibility for lost or stolen items although anything we do find we will place in lost property. Please label dance wear to prevent mix ups.

Townsend Dance reserves the right to change fees and timetables, however we will endeavour to inform students/parents/carers of any changes as soon as possible.

CHILDREN'S CLASSES

All NATD classes, Freestylerz and Preschool classes are to be paid by term before or on the first lesson of that term. Acro classes are to be paid in 4-week blocks.

To new students only the first lesson is a free trial. After a free trial if you wish to join the class you can pay weekly for the remainder of that term only. Once you begin your second term fees must be paid in full in advance or in the first week of the term.

There are no reductions for absence during a term which has been booked.

At the end of a term which you have booked onto, if there is any unpaid balance you will be sent an invoice for the outstanding balance. If this situation occurs again on subsequent invoices, Townsend Dance reserves the right to add a 10% administration fee to cover the extra time taken to reclaim unpaid fees.

Correct uniform and shoes will be necessary for NATD, Preschool classes and Acro classes.

Please wear suitable clothes for exercise and soft soled shoes for Freestylerz.

Please tie hair back securely in a bun. This is important to prevent hair whipping faces or getting caught or torn.

ADULT'S CLASSES

Classes are paid in advance in 4-week blocks.

Please wear suitable clothing for exercise and soft soled shoes.

Adults are responsible for their clearance to exercise from a doctor and must be responsible to stop if they feel unwell.

EVENTS TEAM FOR 2018

Every year we are invited to perform at local events but we often have to turn them down due to short notice – even with 3 or 4 weeks it is not often enough to learn a whole routine alongside technique work.

So we have decided to create an Events Team for these short notice local events. We would like around 14 students in this team, with 10 performing and 4 as swing places.

We would like students from any class across the entire school, but we need a group who are a mixture of quick learners, strong performers, those who have mastered a selection of basic steps and those who have a few tricks up their sleeves.

This team of 10 will be invited to perform at local events outside of the dance school, such as fetes, fun days and charity events.

This is not a competition team! It is just a way for us to be able to attend these events which we currently have to miss out on. Everyone will get to perform in our school show and any events that we get plenty of notice for as usual.

We would only like 10, as this is a good number to choreograph routines with, and often in outside performances there is not much space for a large group! The 4 'swing' places will attend the rehearsals and learn the routines but will possibly only perform if one of the 10 cannot attend an event.

If you would like to join, please note that you will need to attend rehearsals every week, as poor attendance will affect the whole group's ability to learn a routine around missing people. Please only accept this invitation if you can commit to the rehearsals and performances.

Once we have the team in place if anyone who was selected is not working out – not enjoying being part of the team, not attending regularly, struggling to learn the choreography – then that person may be asked to leave and be replaced with a waiting dancer.

Each year we will assess who we have in the team and possibly swap places around to make it fair for anyone who'd like to take part.

For those who join the team, there will be a one-off fee of £25, for which you will get a printed team outfit, which you can wear to class and at events. Rehearsals will be on Monday evenings, 5.30-6pm, in the Village Hall at £3.00.

If you think you have got what it takes to be involved please send us a message to put your name on our list!

At the end of Spring Term 1 we will select a final team from the names on the list.

WORKSHOP BOOKING FORM

Please print off and complete and hand into the registration desk with any fees for workshops you wish to participate in by w/c 29th January.

If you cannot print please contact us

Name:

Workshop attending (please tick boxes):

Monday 12th February - Mock Exam - £3.00

(From 4pm onwards, 30-minute time slots will given out after booking.

Graded students only)

☐

Tuesday 13th February - Contemporary with Frankie - £8.00

4:00-5:30pm, Church Hall, 7 years and up

☐

Wednesday 14th February - Baton Twirling with Amy - £8.00

3:45-5pm, Village Hall, 6 years and up

☐

Paid:

Date: