

**#3-1335 DALHOUSIE DRIVE  
250-828-1360**

Welcome back to another great season with the Dance Gallery...  
and to all of the new families, we welcome you!!

We are pleased to welcome our new instructors for the 2018/2019 season:

Joy Bouwmeester (Musical Theatre)

Jennica Alpaugh (Musical Theatre) and

Sydney Graham-Wiseman (Jazz 6, Open Contemporary and Tap 2/3)

Kat Alexander is on maternity leave for this year and we wish her the best with her new baby girl, Elyse :) We are so proud to have these wonderful additions to our team of instructors at the Dance Gallery and we are excited to have their energy and enthusiasm!

Our faculty is excited to be back the week of **September 10th**.

Please note the following list of instructors and their emails...please feel free to email any questions directly to the teacher and we will get the answers for you!

**Maureen Duggan**, Co- Director (R.A.D. Ballet, Body Conditioning, Pointe)

[info@thedancegallery.org](mailto:info@thedancegallery.org)

**Lori Birk**, Co-Director (Jazz, Lyrical, Acrobatic Arts, Tap, Contemporary, Preschool, Pre-Primary Ballet 1, Hip Hop and the 10 Week Programs)

[lori\\_baber@hotmail.com](mailto:lori_baber@hotmail.com)

**Marylou Joseph** (R.A.D. Ballet, Adult Ballet, Teen Ballet and Jr 1/2 Ballet)

[m\\_joseph@shaw.ca](mailto:m_joseph@shaw.ca)

**Alexis Moffat** (Preschool 2/3, RAD Pre-Prim, Prim/Grade 1 Ballet, Jazz 1/2, 2/3)

[alexis.moffat@hotmail.com](mailto:alexis.moffat@hotmail.com)

**Sydney Graham-Wiseman** (Jazz 6, Open Contemporary, Tap 2/3)

[sydneygw6@gmail.com](mailto:sydneygw6@gmail.com)

**Joy Bouwmeester/ Jennica Alpaugh**- (Musical Theatre 1 and 2)

[jalpaugh@sd73.bc.ca](mailto:jalpaugh@sd73.bc.ca)

We also wanted to send out some information regarding what your dancer may need for the upcoming season as far as shoes, dancewear, etc. We understand that parents need some time to get these items, so we wanted to let you know what is required so that you can get the items as soon as you can! :)

Grooming and proper dress attire is in place to ensure that your child is able to move and perform within the guidelines of the genre without distraction and that the instructor can ensure proper alignment and safety. We appreciate you and your dancer being properly prepared for all classes.

The information for the Dancy Pants Boutique here in Kamloops info is:

**Address:** 358 Seymour St, Kamloops, BC V2C 2G6

**Phone:** (250) 314-6634

### Hair:

Hair is to be neat and in a ponytail/braid/bun/ for all classes (please ask the instructor which they prefer). The exception being Acro, where we ask for a french braid or a low pony tail as we don't want it to interfere with any of the Acro/ tumbling. For all ballet classes, hair must be in a neat bun, secured with bobby pins.

### Dress Requirements and Guidelines:

Pre-School classes: Any colour bodysuit and ballet tights. Pink leather ballet shoes, any type of dancewear (tutus, one piece dance wear, etc...) are absolutely fine. We just ask that nothing create a distraction from your child's learning, thank you! We kindly ask that no toys/stuffies/blankets are brought by your little one. We have LOTS of wonderful things to learn and we are happy to provide lots of tools and props that are sure to bring lots of smiles :) Thank you for your co-operation!

Ballet: Any style bodysuit (neutral tones, please), pink ballet tights and pink ballet shoes. Please ask the instructor what style ballet shoe (canvas or leather) prior to purchasing. All pointe shoes must be approved by Mrs. Duggan for proper fit.

Jazz classes: Any colour bodysuit, dance shorts and BEIGE slip on Jazz shoes, Bloch brand. Beige tights or ballet tights (footless) are fine underneath! Jazz students will also be required to purchase a yoga block (any kind) to be left at the studio with their name on it. This is required for stretching and strength during class.

Tap classes: Any colour bodysuit, dance shorts or tights (footless leggings) and tap shoes listed below for your son/daughters class. Each class has a specific shoe requirement, so please feel free to come and see Lori before purchasing if you have any questions.

- Mini Tap/ Preschool Tap- Capezio Mary Jane style,
- Tap 2/3- Capezio CG19
- Junior 1 and Junior 2 Tap- Capezio CG19
- Inter/Sr Tap- Capezio CG19, Capezio K543s or Jason Samuels by Bloch

\*\*Last year, we had different tap shoe requirements than this year...we found that a shoe that we recommended (the Capezio CG09) did not meet the quality that we had hoped for, so we appreciate you trusting us with these shoe recommendations :)

Lyrical Classes: See Jazz guidelines. For footwear, beige leather turners OR Apolla Shocks in Beige (a combination of a shoe and a sock) are a great sock to dance in as they have grips and offer great arch support...these are available at Dancy Pants Boutique.

Hip Hop: Baggy clothing (sweatpants/leggings, shorts, t-shirts, tank tops, etc...) with CLEAN runners...please ensure these runners are not worn outside as we have to keep the floors clean for all types of classes...thank you!

Musical Theatre: See Jazz guidelines, with BEIGE Jazz shoes

Contemporary: See Jazz guidelines, with bare feet. Socks MAY be required sometimes, so please pack a pair in their dance bag...the thinner, the better! Apolla Shocks in beige with grips may be worn as well (see Lyrical guidelines)

Acrobatic Arts: BLACK only tank/spaghetti strap bodysuit, black dance shorts, beige tights or ballet tights, if necessary... bare feet. See the hair requirements above. Acro students will also be required to purchase a yoga block (any kind) to be left at the studio with their name on it. This is required for stretching and strength during class.

If you have any questions about hair/dancewear/footwear, please feel free to email us or come and talk to us at the studio! We are all looking forward to another wonderful year...we thank you for your continued support

Take care!

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gallery