



Hi Everyone!

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 instructor for the 2019/2020 season- Chris Larsen! Chris is joining the Dance Gallery to teach RAD Ballet and Pointe and we welcome his enthusiasm, caring approach to teaching and experience as a professional dancer worldwide! We are saying goodbye to Alexis Moffat and we wish her and her family well on her new adventures!

Our faculty is excited to be back the week of September 9th...please note the following list of instructors and their emails and please feel free to email any questions directly to the teacher or email us at info@thedancegallery.org and we will get the answers for you!

Maureen Duggan , Co- Director (R.A.D. Ballet,) info@thedancegallery.org

**Lori Birk , Co-Director (Jazz, Lyrical, Acrobatic Arts, Tap, Contemporary, Preschool, Ballet, Hip Hop, PBT/Jazz Tech, Home School and the 10 Week Programs)
lori_baber@hotmail.com**

Marylou Joseph (R.A.D. Ballet) m_joseph@shaw.ca

Chris Larsen (R.A.D. Ballet) chrislarsen.dance@outlook.com

**Sydney Graham-Wiseman (Jazz, Contemporary, Tap, Hip Hop, Acrobatic Arts, Preschool)
sydneygw6@gmail.com**

Joy Bouwmeester/ Jennica Alpaugh- (Musical Theatre 1, 2 and 3) 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. When purchasing new shoes, kindly ensure that your teacher has approved the fit for your dancer before wearing them in class...thank you!

***Please ensure that your child 's name is on ALL shoes and dance attire and that all valuables are taken into class with the dancer. ***

The Dancy Pants Boutique here in Kamloops info is 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 that the hair be in a french braid or a low ponytail 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. Please refrain from sending your dancer with any hair accessory that is not properly secured.

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 childs 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!

BOYS: white t-shirt, black shorts, white socks, black ballet slippers

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.

BOYS: white t-shirt, black shorts, white socks, black ballet slippers

Jazz classes:

Any colour bodysuit, dance shorts and **BEIGE** slip on Jazz shoes, Bloch brand is preferred, but if your child has a very narrow foot, Capezio has a nice option that Margo at Dancy Pants carries. Beige tights or ballet tights (convertible) may be worn underneath during the colder months. 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.

BOYS: any colour fitted tank top, black shorts and beige jazz shoes

PBT/Jazz Tech:

Any colour bodysuit, dance shorts, beige or ballet tights (convertible) are to be worn underneath to all classes...thank you! Dancers will also be required to purchase a yoga block and a FIT ball from any fitness store...please see the guidelines below. This ball may be left at the studio.

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, your knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Under 4'8" – 45 cm ball

4'8" to 5'3" – 55 cm ball

5'4" to 5'10" – 65 cm ball....if your dancer is taller than 5'10", a 75 cm ball is required.

Tap:

Any colour bodysuit, dance shorts or leggings. Each class has a specific tap shoe requirement that meets the needs of that specific class.

Tap1/ Tap 2- Capezio Mary Janes in black

Tap 3/ Jr Tap/ Inter Tap- Capezio CG19

Sr Tap- Jason Samuels by Bloch

Lyrical:

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. Leggings are not permitted in Lyrical classes...thank you!

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. Musical Theatre students will need a 1 or 2" black binder to hold their music and bring to every class.

Contemporary:

See Jazz guidelines, with barefeet. 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) Also, please pack a long sleeved shirt and pants separately in case we are doing floor work...thank you!

Acrobatic Arts:

Plain BLACK only tank/spaghetti strap bodysuit (no pattern, lace, mesh, etc...), plain black dance shorts (no colour) , beige tights or ballet tights (convertible or footless) and barefeet. 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. Leggings are not permitted in Acro classes...thank you!

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!

The Dance Gallery