



Center for Performing Arts Inc.

4590 Princeton Lane
Suite 140
Lake in the Hills, IL 60156
Phone: 847.961.6127
Fax: 847.961.6137
sharon.smith@centerperformingartsinc.com
www.centerperformingartsinc.com

December 2009 Newsletter

Dear Parents and Students:

- 1. Registration for Spring 2010:** Registration week for the Spring 2010 session is the last week of classes, December 14-19, 2009. Registration is on a first come-first serve basis and anyone may register before this week. Class sizes are limited. If you plan on being in the recital, **you must pay the costume fee when you register for the Spring 2010 session!** The Spring 2010 session is 19 weeks long and begins Monday, January 4, 2010 and ends May 22, 2010 (recital day). We will accept ½ of the payment in December or you may pay in full for the entire 19 weeks - plus the costume fee. Costume fees are \$50.00 one class/week, \$100 two classes/week, \$140 three classes/week. Beyond three classes/week, please see Miss Sharon.
- 2. Watch Week:** Family and friends are invited to come watch their child/children's class(es) the week of December 14-19, 2009. We will not be renting chairs this year, so if you do not feel you can stand or sit on the floor for the entire time, please bring a chair. No street shoes will be allowed in the studio. You may videotape the class. Flash cameras can be used after class – please try to refrain from using a flash during class.
- 3. Recital Information:** A handout is available with information regarding our annual recital which will be on Saturday, May 22, 2010 at 3pm at the Woodstock Opera House. Please pick up this handout and **read the information in its entirety.**
- 4. December 8, 2009** – Due to prior commitments, the studio will open on Tuesday, December 8, 2009 at 5:30pm.
- 5. Studio Dance Company:** Our studio dance company will be performing in December on Friday, December 11, 2009 at 4:00pm Bickford Assisted Living in Crystal Lake; Friday – December 11, 2009 at 6pm Fountains at Crystal Lake; and Friday – December 18, 2008 at 6:30pm Vines at Countryside in Elgin. Students in our dance company are: Katie Bland, April Callahan, Natalie Gilgien, Cecilia John, Nicole Sather, Julia Smith, Caitlyn Smith and Savannah Wallace.
- 6. New Classes for Spring 2010:** The studio will be offering the following new classes for the Spring 2010 session:
 - Tike's Tap (Ages 2-4) – Thursday 10-11am
 - Children's Tap (Ages 4-8) - Thursday 4-5pm

• The Ballet Core Workout – Monday 8-9pm. Incorporating the principals of floor barre, Pilates and stretching, this low impact class will work your entire body, emphasizing the core muscles. Come take a class that will increase strength and flexibility and build strong abdominal and back muscles. Students will need to bring a mat. Therabands will be added in when appropriate. Wear comfortable clothes. No street shoes allowed in the dance studio.

• Stretch Your Stress Away – Wednesday 5-6pm. This class will focus on stretching properly to increase flexibility and prevent injury, as well as enhance your sporting ability while improving balance and strength.

• Dance Jam – Wednesday 6-7pm. Enjoy a dance inspired cardio workout to the latest sounds and dance moves.

• Total Body Conditioning – Wednesday 8-9pm. Each week, work on a different aspect of physical fitness – (1) strength and conditioning to improve core/abdominal, arm and leg strength, improve balance and improve flexibility; (2) Aerobic/Weight Loss - a high-energy, fat-burning workout incorporates traditional high and low impact moves with athletic aerobic movements. In this format, you'll experience the feeling of a great workout while working up a great sweat and (3) stretching and Pilates. Students will need to bring a mat. Light weights and therabands will be added in when appropriate. Wear comfortable clothes. No street shoes allowed in the dance studio.

7. **Saturday Ballet Intensive Class:** The fee for the two hour ballet intensive on Saturday starting January 2010 will be \$20.00/class.

8. **Missing Classes:** If you know that you child will be missing a class, please try to call the studio ahead of time to let us know.

9. **Winter Weather/Studio Closings:** Although we have students from a variety of school districts at our studio, the studio will follow the District 47 school system for studio closings due to bad weather. That means, if District 47 schools are closed, the studio will be closed as well. The phone message for the studio will also indicate if the studio will be closed for classes.

- Wish List:**
- Dance/Recital costumes
 - Various sized picture frames – black only
 - Dry Cleaning Bags and Hangers

Sincerely,
Sharon Smith and Staff

Merry Christmas and Happy New Year!!



