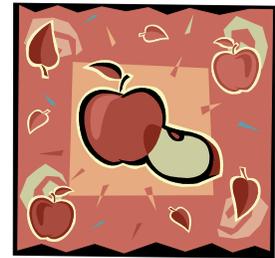


# FUSION DANCE



September 2016

## Dance Class for Children: How it Can Help Them Grow

By Bobbi Jo Innamorata Williams

We all do it at some point in time. We feel the rhythm, hear the music and before we know it, we are dancing. We may not have the finesse of the ballroom dancer, or the speed of a clogger or the grace of the ballerina, but when you are up and dancing it doesn't really matter.

Children who dance have increased self-esteem, coordination, balance and poise. Dancing cannot only be fun, but educational. Whether you enroll your child in a dance school or a program through the local community center, as long as they are exposed to the feel and the beat, they will have fun.

Lets look at how dancing can help your child to grow. A child's self esteem is enhanced with dancing. In a classroom setting, children are placed by age and skill level. Accomplishing the different positions of ballet or steps and routines in Tap create a sense of self worth for the child. Being able to create moves with the music is a very satisfying event for a young dancer. And dancing is not just for girls. Boys are becoming more active in dancing, just

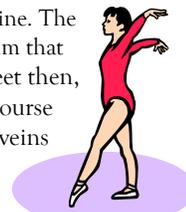
look at all the boy bands and the synchronized dance moves they perform.

In addition to self-esteem, dance can reinforce a sense of pride. A child who wears glasses, has braces, or is maybe a little clumsy will find a renewal in their pride when dancing. When you are on stage or dancing by yourself, you are in a different world. It may not happen overnight, but it does happen.

Grace and poise are two physical benefits of dance, in addition to providing an intense and fun form of exercise. A child in dance learns different positions and steps, which utilize all parts of their bodies. They are educated on proper posture, head and body alignment and moving with their entire body to create a flow of movement. Dance techniques have been used to train professional athletes including football and basketball players to help them develop faster moves on the playing field and allow them to move without injuring their bodies.

There is also a great deal of discipline involved with dancing. For the youngest dancers it is less rigid, but as you progress with years of experience, the discipline becomes stricter. Visions of a stern, older woman sitting by the bar tapping a heavy stick come to mind, but it is rarely like that. The discipline will involve positioning, practicing, learning, practicing, respecting and practicing. The longer a child dances, the more respect for others and themselves they will have. Dance has evolved from a thing skinny, pretty girls did in tutus to an active and recognized sport.

Not every child who dances when they are young will go on to become professionals, or even continue to dance into their middle and high school years. But the majority who have danced at some point in their lives will tell of the fun and the discipline. The feel good rhythm that moved their feet then, continues to course through their veins today. Once a dancer, always a dancer.



### Upcoming Events:

First and Last Month Tuition Due	Sept. 1
2016/2017 Dance Season Begins	Sept. 12
October Tuition Due	Oct. 1
Bring a Friend to Dance Week	Oct. 10-13
Competition Company Lock-in	Oct. 15
Fall Break—No Dance	Oct. 19-23
Halloween Parties	Oct. 24-27
Costume and Wig Order Forms and 1/2 payment due	Oct. 27
Trunk or Treat, Downtown Red Wing 3:00—5:00	Oct. 29
Halloween—No Dance Classes	Oct. 31

### Locker Rental

Lockers may be rented for \$25.00 per season for a large locker or \$10.00 per season for a box locker. Students may bring their own combination lock, but must provide the combination to the front desk staff. Fusion staff reserves the right to inspect lockers as needed. Locks must be removed at the end of the season

Lockers may be decorated by students. All decorations must be appropriate. Please respect each other's lockers and do not deface the decorations.

*“Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it.”*

- author unknown

# Fire Evacuation Policies

In the case of fire, students have a variety of exiting options from the building. Teachers and staff will lead students out of the appropriate exit based on the location of the fire. Parents are asked to immediately exit the building. Students will meet their parents in the parking lot.

## Studio A (Red Room)

*Option 1* is to exit out of the classroom through the classroom door and turn right. The students will exit the building in back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

*Option 2* is to exit out of the classroom through the classroom door and turn left. The students will exit the building through the long hallway and out the front of the mall. They will proceed to the far end of the parking lot near Applebees.

*Option 3* is to exit out of the classroom through the prop room and turn left. The students will exit the building in back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

## Studio B (Blue and Yellow Room)

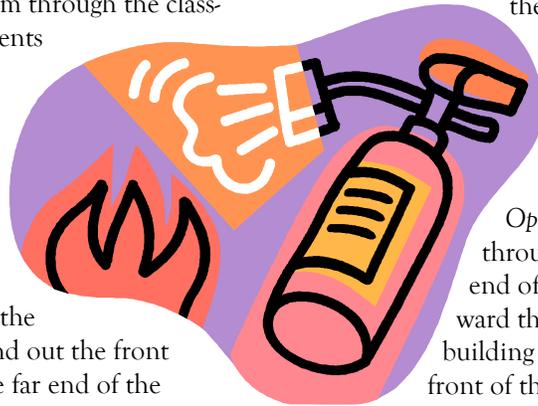
*Option 1* is to exit out of the classroom and turn toward Studio A. The students will exit the building in back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

*Option 2* is to exit the classroom and turn toward the glass doors. The students will exit the building through the long hallway and out the front of the mall. They will proceed to the far end of the parking lot near Applebees.

## Studio C (Pink and Blue Room)

*Option 1* is to exit out the classroom through the west door near the bathrooms. The students will exit the building in back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

*Option 2* is to exit out the classroom through the east door near Studio B. At the end of the short hall, they will turn right toward the glass doors. The students will exit the building through the long hallway and out the front of the mall. They will proceed to the far end of the parking lot near Applebees.



## Studio D (Blue Room)

*Option 1* is to exit out the classroom and turn right. The students will exit the building in back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

*Option 2* is to exit out the classroom and turn left. The students will exit the building through the long hallway and out the front of the mall. They will proceed to the far end of the parking lot near Applebees.

## Parent Waiting Area

Parents should feel free to leave their children at dance while they run errands or have some time with their other children. Parents may also wait at the studio in the Parent Waiting Area and observe the classrooms through closed circuit television.

Coats and jackets may be hung in the hallway outside of the studios. There are benches with shelves to hold boots and backpacks. Coats, boots, backpacks, etc. should not be kept on the hallway floor. This is a fire hazard. If items are left in the hallway, they may be moved to the appropriate place.

Thank you for your cooperation!!

## Teacher, Can I Go . . .

Please help your young children remember to use the rest room *before* dance class begins. When one child asks to leave class, it sets off a chain reaction of every student suddenly needing to use the rest room. (We lovingly refer to this as the "Potty Train.") **This is very disruptive to the learning process.** Thank you for checking with your child before class.

