

# Fusion Dance



## Upcoming Events

2019/2020 Dance Season Begins	Sept. 9
September Tuition Due	Sept. 10
Gertens Fundraiser Begins	Sept. 23
October Tuition Due	Oct. 1
Gertens Fundraiser Due	Oct. 10
Fall Break – No Dance	Oct. 16-20
Halloween Parties	Oct. 24-30
Trunk or Treat Baypoint Park Red Wing 2:00-5:00	Oct. 26
Costume and Wig Order Forms and ½ payment due	Oct. 30
Halloween – No Dance	Oct. 31
November Tuition Due	Nov. 1

## 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.

Let's 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 a 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 fields 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 barre 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 recognize sport.

Not every child who dances when they are young will go onto become professionals, or even continue to dance into their middle or 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 god rhythm that moved their feet then, continues to course through their veins today. Once a dancer, always a dancer.

### 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 reserve 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.

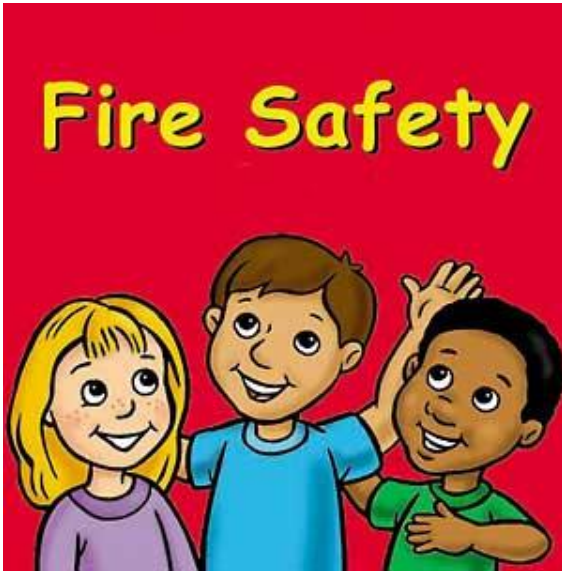
Fire extinguisher can be located by the front entrance of the studio, in the middle of the long hallway leading to the studios, and by the costume room in the back of the studio area.

## Green Studio

*Option 1* is to exit out of the classroom through the classroom door, go down the short hallway 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, go down the short hallway 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 the classroom through the prop room and turn left, go down the prop hallway and turn left again. The students will exit the building out the back of the mall. They will proceed through the parking lot of the apartment building away from the mall.



## 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.

Student 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.

## Blue Studio

*Option 1* is to exit out of the classroom through the classroom door, turn left down the short hallway and turn right down the long hallway. 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, turn left down the short hallway and turn left 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.

*Option 3* is to exit out the classroom through the classroom door and turn right. Students will go through the Green Studio and to the prop room and turn left, go down the prop hallway and turn left again. The students will exit the building out the back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

## Red Studio

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

## Light Blue Studio

*Option 1* is to exit out of 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 of 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.

## 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 begins.

