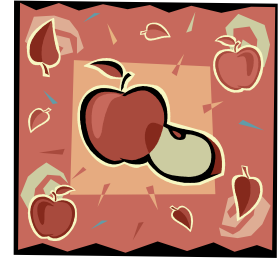


# FUSION DANCE



September 2011

**Upcoming Events:**

First and Last Month Tuition Due	Sept. 1
Showcase and Competition students Team Building Day	Sept. 11
2011/2012 Dance Season Begins	Sept. 12
Ovation! Dance Convention, St. Paul, registration due	Sept 21
October Tuition Due	Oct. 1
Bring a Friend to Dance Week	Oct. 3 - 6
Jump Dance Convention, Minneapolis Registration Due	Oct. 13
Fall Break— No Dance	Oct. 19-23
Ovation! Dance Convention, Crown Plaza St. Paul, MN	Oct. 23
Jump Dance Workshop, Hyatt Regency Minneapolis, MN	Nov. 18-20

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

By Bobbi Jo Innamorata Williams, Shared by friends at DanceArt

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, is "pudgy" or 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.



### 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.

## Red Wing 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.

## Red Wing Studio C (Pink and Blue Room)

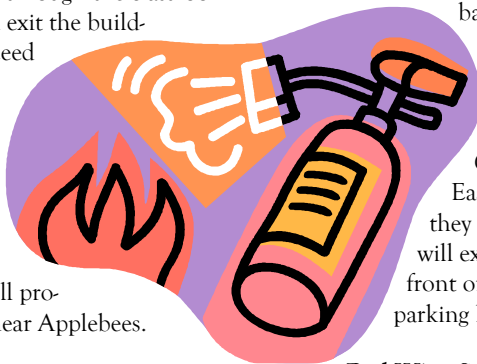
*Option 1* is to exit out the classroom through the West door near the bathrooms. The students will exit the building in back of the mall. They will proceed through the parking lot of the apartment building away from the mall.

*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.

## Red Wing 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 also benches with shelves to hold boots and backpacks. Coats, boots, backpacks, etc. should not be kept on the floor of the hallway at either studio. 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!!

## Dance Workshops

Dance conventions are a great tool to increase knowledge, skill and confidence. Dancers are exposed to many different exceptional teachers who offer a variety of styles.

In the fall, *Ovation!* and *Jump* will bring instructors to St. Paul and Minneapolis, respectively. *West Coast Dance Explosion* convention is coming to Minneapolis in January, and *NUVO* will be in Minneapolis in February. Please ask for additional information and register at the front desk.

## 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.



The **Lost and Found Box** is located in the back of the studio near the coat hooks. Please check the box

often –it has a tendency to grow at a tremendous rate! Thank you for looking for your lost items!