

# FOOTNOTES

573-636-4528

Email: grandancers@yahoo.com

www.5-6-7-8dancercenter.com

JUNE, 2018



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Studio Address: 709 Madison Street, Jefferson City, MO 65101

Mailing Address: 2410 Allison Dr. Jefferson City, MO 65109

## SUMMER NEWS!

Thank you everyone for a wonderful year and exciting recital. We owe the great performances to all the students, teachers, and parents who have been so supportive.

Thanks to everyone who registered for Fall/Spring at our Customer Appreciation Night. If you did not pick up a new 2018-2019 Student and Parent Handbook, please do so the next time you are at the studio.

Our summer classes start Monday, June 4th. We have lots of great classes with space available so please consider keeping up the dancing this summer.

**FALL REGISTRATION** - You can come in any Monday or Tuesday during our Summer class session and enroll for fall. Some classes fill up quickly so it would be best to come enroll early to ensure your spot in the class and night of your choice. We will also have a Fall Registration Day on Saturday August 4th, from 10 a.m. - 2 p.m. for those who cannot come in during the month of June.

Please note there will be no Footnotes sent in July. We will be closed during the month of July and reopen August 18th.

If you have any questions, please feel free to contact us by phone, email, or at the studio.

Sherry and Pauline

### 2018 Recital DVDs

We will send out an email as soon we know that the 2018 Recital DVDs are ready. They will be available for pick up at the studio during our summer hours (Monday and Tuesday nights).

### SUMMER CLASSES

Beginning June 4 we will be offering summer dance classes on Monday and Tuesday nights. This is a great time to improve technique and flexibility and also try a different type of dance class than you usually take! It is not too late to enroll for our summer session. Just come in the first night of classes and join a class!



We will have a booth downtown this weekend June 2nd for the annual Kids Fest day from 10 a.m. -2 p.m. Our booth will be set up around the Hallmark Store area. Stop by our booth and

play a game to win a prize. We also have some of our dancers performing at the main stage from 11:00 a.m. - 11:20 a.m. that morning so be sure to stop and watch to cheer them on.

## REMINDERS



### SUMMER CLASSES

JUNE 4—26, 2018

Monday and Tuesday Nights Only

### KIDS FEST

SATURDAY, JUNE 2 (DOWNTOWN)

10:00 am - 2:00 pm

### FALL REGISTRATION

@ 5-6-7-8

SATURDAY, AUGUST 4, 2018

10:00 am - 2:00 pm

RECITAL  
RECITAL  
2019



Saturday, May 18, 2019

Dress Rehearsal,  
Friday, May 17, 2019



### 2018 RECITAL PICTURES

We will send out an email to everyone when recital pictures are available to be picked up at the studio.



Congratulations to Carly Goodman for winning a free class for 1 year at 5-6-7-8 Customer Appreciation Night. There were many other winners receiving other prizes. Congratulations to all!

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### DANCER

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## TEAM NEWS

### 2018-2019 Team Members

#### Encore:

Keeley Clark  
Jill George  
Sabrina Hackmann  
Madeline Henry  
Scout Henry  
Hannah Scheulen  
Gracie Scheulen

\* Encore  
Apprentice

#### Starbound 2:

Jaelie Bott \*  
Grace Burrell \*  
Serenity Moore \*  
Lexi Propst \*

#### Starbound 1:

Anastasia Harwood \*  
Katrina Peter  
Molly Suthoff  
Payton Tipton  
Nataleigh Wells

#### Starlett 3:

Charlotte Crowder  
Rose Harre  
Isabel Lund  
Berkeley Rost

#### Starlett 2:

Charley Cook  
Caroline Kelly  
MaryJane Oakes  
Grace Pantaleo  
Grace Sutherland

#### Starlett 1:

Michael Harre  
Alana Jackson  
Claire Kempker  
Aubrey Roach  
Leah Scheulen

## congratulations

TO OUR DANCE TEAMS AT ALL THE  
COMPETITIONS THIS YEAR.  
WE ARE SO PROUD OF YOU ALL!

## STUDIO APPAREL

### ORDER

We have several items available of 5-6-7-8 studio apparel with our 5-6-7-8 Dancercenter logo. These make great gifts!

Headbands = \$9.70  
Black Short Sleeve T-Shirt = \$15.00  
Black Long Sleeve T-Shirt = \$18.00  
Hoodies (Youth) = \$20.00  
Hoodies (Adult) = \$23.00  
Sweatshirts = \$18.00  
Sweatpants = \$21.55



### REFER A FRIEND— EARN A \$25.00 CREDIT

You will receive a \$25.00 Credit by referring a new student. The student must give your name, be enrolled, and pay one month's dance fee for you to receive the \$25.00 Credit.



As most of you know we have used shoes and dancewear that parents bring in to sell. This is a great service to provide other parents the ability to obtain shoes, leotards, tights, etc. at a lower cost since our dancers grow so fast. If your dancer has outgrown items just taking up space at home, please bring them in and clearly mark with your name and the price you want.

### DON'T FORGET TO STRETCH THIS SUMMER!

During the School Year, we keep reminding our Students of the importance of stretching and proper stretching techniques...don't forget to keep the habit up over the Summer months!

1. Hold a stretch for at **least 30 seconds** – stretching for less than that will not benefit you fully.
2. **Do not "bounce"** your body up and down in a stretch – try to stay in one position the whole time. "Bouncing" in a stretch can also lead to injury!
3. Know the difference between **"good pain"** and **"bad pain."** Stretching is not always comfortable and sometimes it downright hurts! However, if the pain is unbearable, do not push yourself or you could sustain an injury.
4. Make sure to **warm up** your body first – for example by doing a few barre exercises. Stretching is less painful and injuries are less likely to occur if the body is warm before stretching.
5. Make sure you stretch both your right and left sides evenly – you want to achieve flexibility on both sides!
6. Stretch **as often as possible!** Don't reserve stretching just for dance class. Stretching once a week during class will not benefit you fully – try to warm up and stretch while watching a movie at home!

## summer

SUMMER CLASS SCHEDULE  
Brochures and Registration Forms  
are available at the "Information  
Table".

June 4 - 26, 2018

Monday & Tuesday Evenings Only



### GIFT CERTIFICATES!

What a great idea for you or other relatives to give your dancer a gift certificate for Birthdays or any other event. We have gift certificates for a month's dance class or for any format you need. Another idea is our studio apparel.



### LOST AND FOUND

Please check  
Lost and Found.

"LIKE" us on [facebook](https://www.facebook.com/5-6-7-8dancercenter) to see the latest news.