

# FOOTNOTES

573-636-4528

Email: grandancers@yahoo.com

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

DECEMBER, 2019



Page 1

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

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

## FALL SEMESTER NEWS!

Thanks for a Great Fall Semester! Everyone is doing such an awesome job.

Please note we still have classes through December 21st. Our Winter Break is from December 22—January 3. The Spring Semester starts Saturday, January 4th and again we are offering a 5% discount on tuition when you pay for the full semester.

**REMINDER** — Please make sure all fees are paid in full by December 21st. December's fee is a full month. We take all the dance weeks and divide by 9 1/2 equal installments (August [1/2 month] through May). This also helps offset expenditures for our Christmas Program and we don't have to charge admission.

**REMINDER**—We have taken measurements for the May recital costumes. Please make sure your costumes are paid in full by December 15th. We will not be ordering the recital costume unless it is paid in full.

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

**CONGRATULATIONS** to Rylie Skouby for winning the drawing for the "Hidden Dance Object" drawing. She won 5-6-7-8 Magnabilities Magnetic Insert.

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

Sherry and Pauline



### LOST AND FOUND

Please check Lost and Found. 5-6-7-8 Dancercenter cannot be held responsible for items left at the studio.



### CHRISTMAS DANCE PROGRAM

**Date**—Saturday, December 7, 2019

**Times**—First Program will Start at 12:00 Noon  
—Second Program will Start at 1:00 pm.

**Location**— St. Joseph Cathedral School Gymnasium  
2303 W Main Street

**Admission Charge**—Free

Because of limited space at St. Joseph Cathedral School Gymnasium, we will be holding two performances to accommodate all parents, grandparents, aunts, uncles, and friends. **The order of the two programs is posted on the door by the front desk.** Check with your child's teacher or the list at the front desk about what they are to wear for the Christmas program.

Please arrive 15 minutes before your performance time (11:45 a.m. for the 12:00 Noon Performance and 12:45 p.m. for the 1:00 p.m. Performance). Come in the gymnasium door, turn left and line up by the dressing room door until your dance number is called.



## REMINDERS

**TUITION DUE**  
**December 1, 2019**

**RECITAL COSTUME**  
**COLLECTION**

Balance due by  
**December 15, 2019**  
Costumes will not be ordered  
unless Paid In Full!

**SPRING SEMESTER**  
**JANUARY 4 - MAY 21, 2020**

**Winter Break**  
**December 22,**  
**2019**

**January 3,**  
**2020**

**NO CLASSES**



Classes resume Saturday,  
January 4, 2020.

## YOGA FOR DANCERS Strength & Flexibility

By Katarina Bennicoff Yundt  
Published in *A Dancer's Life*

As a dancer, cross-training is a vital part of becoming stronger and more flexible. Most dancers consider their forte to either be flexibility or strength, and are actively working to balance out these qualities. If this sounds familiar, you may want to consider incorporating a regular yoga practice into your cross-training routine. Yoga poses are designed to build space between joints, leading to increased flexibility and mobility. While yoga can be a much more static practice than dance, it isn't passive. A great deal of strength is required to maintain poses for multiple breaths, and you'll find that sequences often focus on strengthening muscles that aren't typically addressed in typical dance classes. Experienced yoga teachers will be able to guide you in deepening poses, finding your edge, and building strength.

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**DANCENTER**

Page 2

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## TEAM NEWS

### DANCE COMPETITIONS 2020

**STAGE ONE**  
**FEBRUARY 14-15-16, 2020**  
**Kirkwood PAC**

**PLATINUM**  
**MARCH 13-14-15, 2020**  
**Logan Chiropractic**  
**ST. LOUIS, MO**  
**PAYMENT DUE =**  
**JANUARY 13, 2020**

*CONGRATULATIONS to everyone that attended a conference and Miss Emily's workshops. Everyone did a GREAT JOB!*

**PAYMENT DUE =**  
**DECEMBER 16, 2019**  
**Posted to ledger!**

**Platinum Performance Plus**  
**APRIL 3, 4, 5, 2020**  
**VENUE—TBA**  
**KANSAS CITY, MO**  
**PAYMENT DUE =**  
**FEBRUARY 3, 2020**

### MARY KAY DANCE TEAM FUNDRAISER with Gina Bailey

Mary Kay Fundraiser will be held Tuesday, December 3rd and Wednesday, December 4th, 4:30 p.m. - 7:30 p.m. at the studio where 50% of total profits will be paid directly to the dance team toward their competition fees.

**Magnabilities Dance Team Fundraiser extended** until Monday, December 2nd. Party Code 29882.  
[www.pauline.magnabilities.com](http://www.pauline.magnabilities.com)

## 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 = \$11.00  
Black Long Sleeve T-Shirt = \$18.00  
Hoodies (Youth) = \$20.00  
Hoodies (Adult) = \$23.00  
Sweatshirts = \$18.00  
Sweatpants = \$21.55  
Fleece Blanket = \$18.00 (with name add \$5.00)

## RECITAL COSTUMES BALANCE DUE DECEMBER 15TH

**"PAID IN FULL"** Recital Costumes will be ordered December 15, 2019. We must order early to have them delivered in time for our Picture week in April 2020. Most costume companies do not keep all items in stock so they have to be made, thus the early ordering date.

### COSTUME FEES:

Toddlin' Twos = \$60.00  
YE, Variety, Level 1 & 2=\$70.00  
Level 3 and up = \$80.00

**RECITAL  
RECITAL  
2020**



Saturday, May 16, 2020

Dress Rehearsal,  
Friday, May 15, 2020

## LOST AND FOUND

**PLEASE CHECK  
LOST AND FOUND**



**Beginning December 2nd, guess the number of Christmas Candies in the jar and win the basket of Christmas Goodies.**

**PLEASE - ONE GUESS PER DANCER!**

### SNOW OR BAD WEATHER

If the schools in Jefferson City cancels or dismisses classes early **due to weather conditions**, dance classes are also cancelled for that day. If in doubt as to whether or not classes will be held, please check our studio phone and listen to the message (573-636-4528), website or call our cell phones. Sherry (573-619-2219); Pauline (573-230-4535)



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