

September

ISSUE 1 | Season 22

✦ See something kind?
✦ Learn a new skill?
Help out a friend/team mate?
Lead the warm-up?
SPARKLEs are up for grabs.
One winner is selected each
month from each Studio
location (HAM/ANC)



Whats Trending

Pack Your Patience

The first month of "Back to Dance" is an exciting and stressful/busy time for most families. Your patience during class transitions (Pick up/Drop off) and in the parking lot is greatly appreciated .

4 Tips to Prepare your dancer for Back to Dance this September

1. Arrive 5 minutes early to avoid feeling rushed and reduce anxiety. Check your confirmation email for the studio classroom location to make finding it easier on the first day.
2. Ensure your dancer is dressed in the appropriate dancewear according to our dress code and brings a water bottle.
3. Remind your child about proper classroom behavior: Arrive on time. Raise your hand or ask to leave the room. Be considerate of classmates
4. Trust the instructors. It's normal for dancers to feel nervous on their first day, but they often feel more at ease once they are welcomed by the staff and assistants.



Class Attire

- Jazz: Leotard, crop top/tank (black is preferred), shorts(no skirt), tights, jazz shoes or half soles
- Tap: Same as Jazz but with tap shoes
- Acro: Leotard, crop top/tank (black is preferred), shorts(no skirt), tights, bare feet
- Ballet: Leotard, Tights, ballet slippers , hair must be in a bun (RAD/Elite Team members note your specific colour requirements)
- ALL HAIR must be pulled back (pony, braid, bun) out of the dancers face)



Connect with us
for all your NJADS
questions
admin@njads.ca

NJADS News

New Faces, Familiar Places



Meet Miss Lexi
She will be teaching
Acro, and Jazz

Meet Miss Sabrina
She will be teaching
Jazz, Ballet and
Hip-hop



Meet Miss Emilee
She will be teaching
Musical Theatre, Lyrical
and Contemporary



Busy Night? On the run?
Studio seats have all filled
up? Do not fret.
Visit our front reception
desks and ask for the QR
code that corresponds to
your child's class

Whats Trending

Do's & Don't's

- Don't bring your pet, or your extended family, or your BFF. The first few weeks are busy and the studio has limited space
- Don't wear baggy clothing
- Don't wear your long hair down
- Don't come to dance when you are sick
- Do bring a water bottle
- Do bring dance /indoor shoes
- Do bring your patience

NJADS Gives Back

- Grab your calendar, find your GREEN and get ready to show your support. September 16-22 is World Mitochondrial week. All Dancers & Staff are encouraged to dress in green
- NJADS is proud to support, for the 7th year in a row, Crush Cancer Saugeen Shores . You can help support by purchasing raffle tickets or buying a CRUSH Cancer shirt. All proceeds go to support the Canadian Cancer Society. Contact Miss Amanda to learn more

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