

The Ballet Schools Newsletter

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5th August 2008

Welcome back!

Welcome back everyone, after what I hope was a restful summer break. Thankfully, we had a couple of lovely weeks with the weather and I do hope the children enjoyed their time out and about.

We have quite a few changes for the beginning of our Autumn term 2008 but firstly, I would like to welcome all new parents and children that are commencing with us here at The Ballet Schools. I know existing parents will join me in making our new parents feel welcome at the start of our busy year.

As most parents know, I am quite busy during teaching time and as always my priority is the children and their allocated dance tuition time. However, if any parent does have any questions regarding their child please don't hesitate to give me a call or leave a message, I will get back to you as soon as I can. I am a mother myself and understand that even the simplest of questions have a great deal of importance when they relate to our children.

I hope you like the look of the new Ballet Schools Newsletter. I have tried to think of all the burning questions you will have as parents as we move into another year.

Miss Lyn

New Venue for Linlithgow Ballet School

I am delighted to announce the relocation of LBS to our new custom built dance studio in Linlithgow Academy.

This is an exceptional opportunity for the children to finally have the professional dance facilities that they deserve. The dance studio is fully equipped with wooden sprung floors, mirrors, air conditioning, barres and there is ample free parking within the School.

We have waited a long time for this and have endured many a cold day in the Masonic Halls. Thankfully those days are now passed and I look forward to



The Dance Studio, Linlithgow Academy

Showing you our new facilities on the week commencing Saturday 16th August.

I would like to thank Mr McKenzie, the Principal of Linlithgow Academy, and Fiona Law for giving Linlithgow Ballet School and our Adult Dancers, the opportunity to advance with these wonderful dance facilities.

New Upper and Lower School at LBS

This term will see Linlithgow Ballet School separated into two schools - **The Upper School** on Friday afternoons and **The Lower School** on Saturday mornings.

All children from RAD Grade 1 level and above will now enter The Upper School and their tuition time will now be on a Friday afternoon from 3pm onwards. Hopefully all parents can work with these new times and fit them in with the family arrangements. Our Lower School on a Saturday will include all children from 3yrs up to Primary Grade Level.

See new timetable on page 4 for all new class times. For new starts if you are unsure as to which class your child should attend, call the main ballet school number on: 01506 20 20 88.

“When I approach children, they inspire me in two sentiments; tenderness for what they are and respect for what they may become.”

Nursery Places at Murieston Ballet School

We still have places in our Nursery Ballet class held in Murieston Village Hall, Livingston on a Monday afternoon at 3.40pm.

If you know of anyone wishing to enrol their child in RAD Adventure Ballet classes from 3yrs upwards then please pass on our website details or ask them to contact the main ballet schools number.

Good luck to our Murieston students moving up to Grade 1 and commencing at Bellsquarry Ballet School.



Princess Jasmine

Updating Website

The Ballet Schools website is currently being updated: www.TheBalletSchools.co.uk. As from 1st September you can click on your own ballet school and find all timetables, term dates, open day information, adult dance class times and much more.

If you require any further information regarding auditions and entry to one of the ballet schools or trial class information, call the main ballet school number.



An exciting increase on choices for adult classes

As most of you saw in our recent performance, our Adult Dancers are going from strength to strength. I am delighted to advise that all weekly adult classes will also be moving to The Dance Studio in Linlithgow Academy.

This has been our mission for the past 3 years to find suitable professional dance facilities for our adults and it is very exciting to finally have this chance.

Our first class commences on Monday 18th August with our Adult Tap at 7.30pm.

For our Adult Ballet Dancers, I am now happy to tell you all we will have two classes a week. One evening class on Tuesdays at 7.30pm and one afternoon class on a Saturday at 12.45pm. Both



Our last evening at the Burgh Halls

classes will be held in the Dance Studio in Linlithgow Academy. On the Tuesday evening there is an additional 30min Pointe Class for those commencing pointework.

All Adult classes are paid by session. Our first session starts, week commencing Mon 18th Aug until Sat 18th Oct, thus being 9wks. Cost is £6 for an hourly class, with the addition of Pointe work which is £4. If you wish try a new style and are not sure, feel free to just pay for the 1hr.

New Jazz and Beginners Tap

I am delighted to confirm that our guest teacher Susan Winton, (previously Head of Dance at Glasgow Academy of Musical Theatre Arts for 6 years) will be commencing Adult Jazz classes on Thursday evenings, together with a beginners Adult Tap class. See timetable for details.

If you are interested please contact the Ballet Schools to reserve a place.

Performance Photos

I am happy to tell you all that after the recent success of our end of term summer performance, the photo's that you ordered online are ready for collection.

There was such a wonderful selection of photographs and the children did such a marvellous job, I hope the photos are a nice reminder for them to keep for years to come.

All photos will be distributed during the first and second week of term, at each individual ballet school.

Bellsquarry demands their own Jazz!

Due to high demand, I am glad to say our first Jazz class will now be commencing over in Livingston.

This class will be a Senior Jazz class and will be form part of our Bellsquarry Ballet School. I know the children are very excited about it and it will be great to see the children progress with this new dance style.

For further information or to register a place in this class for your child, please contact the school directly.



McCavity Cats in action!

Goodbye to Broxburn Ballet School

Sadly, we have to say goodbye to our Broxburn Ballet School. It has been a wonderful little school for the past 2 years. However, due to low numbers and high studio costs we cannot afford to keep the classes running.

Thankfully, most of our children from Broxburn will transfer over to Bathgate Ballet School on a Tuesday afternoon which is great..

A big thank you to parents for doing this extra mileage to allow the children to continue with their dance tuition.

“There is nothing in a caterpillar that tells you it is going to be a butterfly”

The Ballet Schools Class Uniforms

For the children moving up to a Grade 1 class there is a change of uniform. For all girls moving into Grade 1 Ballet, the leotard will now be RAD Navy Blue with Navy belt and no skirt. They may wear socks or tights and a Navy wrapover cardigan for the winter season.

A black character skirt is required with white, pale blue and navy ribbons. Character shoes are low heel, black canvas.

Please note: For RAD Grade 1 all hair must be off the face and as in Grade 2 and 3, tied neatly in a bun.

For the boys RAD Navy blue stirrup leggings, white RAD leotard, white socks and black canvas oxford character shoes.

All these items are essential if they wish to enter for their exams, hopefully in February 2009.

No Increase in Fees!

There will be no increase for dance fees from August 2008 to June 2009.

A note for new parents, all fees must be handed to the teacher, in advance, at the end of each term prior to the holidays commencing. This is to ensure your child's place for the following term and to allow dance studios to be booked and paid for in advance.

When handing in any fees please place the payment in an envelope with your child's name and ballet school marked clearly on the front.

A chosen step for Grade 1's and above

AS YOUR child progress's through the Royal Academy of Dance Grade work, it is recommended by the academy in London that 2 tuition classes a week are the suggested requirements to pass some of the higher grades.

I do realise for some parents and family schedules this is just not possible. However, if you wish your child to gain further technical experience, increased muscle development or indeed take their dancing a little more seriously then please contact me over the next couple of weeks and we can discuss things further.



Our Grade 2 students perform the "Pas de Quatre ".

This extra dance tuition would most certainly apply to any child wishing to be put forward for the weekly/monthly Junior Associates

Scheme with Scottish Ballet at the age of 8 yrs or "The Dance School of Scotland" audition at the age of 10 or 11yrs.

Annual Term Dates for your Diary Looking ahead!

All Ballet Schools (except Linlithgow)		
Term	Dates	No wks
Autumn Term	Sat 16 Aug - Fri 17 Oct	9wks
Winter Term	Mon 27 Oct - Sat 20 Dec 08	8wks
Spring Term	Mon 5 Jan 09 - Sat 4 Apr	13wks
Summer Term	Mon 20 Apr - Sat 27 Jun	10wks

Linlithgow Ballet School		
Term	Dates	No wks
Autumn Term	Sat 16 Aug - Sat 18 Oct	10wks
Winter Term	Mon 27 Oct - Sat 20 Dec 08	8wks
Spring Term	Mon 5 Jan 09 - Sat 4 Apr	13wks
Summer Term	Mon 20 Apr - Sat 27 Jun (closed Gala Day)	9wks

* Dates are subject to change throughout the year. As much notice as possible will be given for any change.

Pointework Preparation for All Dancers

For the adults and some of the Grade 2 children who will be commencing Pointework this term, it is advisable that you begin to prepare your feet for this next step.

At the Royal Ballet School we were told to soak our feet at least 2/3 times a week. What this does is toughen the skin around the toes to help prevent blisters and cracking of the skin when up on pointe.

Strengthening exercises will be given in our first few weeks and these must be kept up on a regular basis.

Please remember it is not recommended for anyone to go on their pointes without a fully qualified teacher present - not even for a "little look".

Accidents can happen and any injury early on in the training can end any future hopes of dancing, so please take care.

Bo'ness Ballet School moves to Wednesdays

We have one change this term for Bo'ness Ballet School. Our Friday time slot is no longer available and all classes will be moved to Wednesdays.

The class times will stay the same with classes commencing at 3.30pm. Hopefully all parents can manage this change without too many problems.

I do apologise for this change and if any parent is having problems with the new day please call the main Ballet School number and we can see if there is an available space in another ballet school on another day.



Our Bo'ness Sunflower

"Children are our most valuable, natural resource."



Miss Lynn, Aug 08



I am very positive about the year ahead and I hope the children are excited about getting back to their weekly classes.

We have such talented children and adult dancers within our Ballet Schools and having such co-operative and supportive parents just makes things a lot easier.

The feedback from our Annual Performance 2008 has been outstanding and I am exceptionally proud of how far the children have come.

For all our new children, I look forward to getting to know you all and watching you progress through the early stages of our schools.

If you have any questions regarding the contents of the newsletter then please don't hesitate to contact the main Ballet Schools number or alternatively by email info@TheBalletSchools.co.uk

Bye for now,

Miss Lyn

Principal

Timetable 2008/09

Our new 2008/09 timetable is printed for you on the back of the newsletter. As you will see there are class changes, new locations and additional classes so, please read it carefully.

If you have any questions or if you are unsure of the correct class your child is in then contact the ballet school on: **01506 202088**.

The Ballet Schools 2008/09 Timetable

Day	Time	Class	Location
Monday	3.40 - 4.25	Nursery Ballet	Murieston Village Hall
	4.25 - 5.10	Pre-Primary Ballet	"
	5.10 - 5.55	Primary Ballet	"
	7.30 - 8.30	Adult Tap (Intermediate)	Linlithgow Academy
Tuesday	3.45 - 4.00	Pre-Primary Tap	Bathgate Sports Centre
	4.00 - 4.45	Pre-Primary Ballet	"
	4.45 - 5.00	Primary Tap	"
	5.00 - 5.45	Primary Ballet	"
	7.30 - 8.30	Adult Ballet	Linlithgow Academy
	8.30 - 9.00	Adult Pointework	"
Wednesday	3.30 - 3.45	Pre-Primary Tap	Bo'ness Recreation Centre
	3.45 - 4.30	Pre-Primary Ballet	"
Thursday	4.20 - 5.05	Grade 1 Ballet	Bellsquarry Primary School
	5.05 - 5.35	Senior Jazz	"
	5.35 - 6.05	Grade 1 / 2 Tap	"
	6.05 - 6.50	Grade 2 Ballet	"
	6.50 - 7.00	Grade 2 Pointework	"

Day	Time	Class	Location
Thursday	7.00 - 8.00	Adult Tap (Beginners)	Linlithgow Academy
	8.00 - 9.00	Adult Jazz (Beginners)	"
Friday	3.00 - 3.30	Grade 1 Tap	Linlithgow Academy
	3.30 - 4.15	Grade 1 Ballet	"
	4.15 - 4.45	Senior Jazz	"
	4.45 - 5.15	Grade 2 Tap	"
Saturday	5.15 - 6.15	Grade 2 Ballet / Pointework	"
	9.00 - 9.45	Nursery Ballet	Linlithgow Academy
	9.45 - 10.00	Pre-Primary Tap	"
	10.00 - 10.45	Pre-Primary Ballet	"
	10.45 - 11.15	Junior Jazz	"
	11.15 - 11.45	Primary Tap	"
	11.45 - 12.30	Primary Ballet	"
12.45 - 1.45	Adult Ballet	"	



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