

Welcome to a new dance year

We want all our dancers and their families to be informed about all the fun things happening at our studio. One way that we keep in touch is through this monthly newsletter. If you have any questions or suggestions for the newsletter, please email the newsletter editor, Sarah Egan Warren, at sarah@warrensworld.com.



For updates, announcements, and details throughout the year visit us online at: www.apanc.com. You can access your account, find information about classes, learn about birthday parties at APA, and browse through pictures. Each week, announcements are also posted on the WHITEBOARDS. Get in the habit of checking these for important information. If you have any additional questions, please call us at the studio: 919 367-7210.

New dancers

New to dance or just new to our studio? Here's some insiders tips on how to get the most of your experience at APA.



1. Review our APA Student Handbook at http://www.apanc.com/pages/pdfs/apanc_student_handbook.pdf
2. Arrive a few minutes before class starts to get shoes on and for those last minute bathroom breaks. Encourage all dancers (especially our littlest dancers) to use the restroom before class starts. We don't want anyone to miss out on class time because of a bathroom break.
3. Get in the habit of reading the WHITEBOARD in the main lobby or lower lobby each week. The information on both whiteboards is the same. The same information will be available on our webpage.
4. Make sure your dancer has appropriate dance gear and that hair is pulled off of the dancer's face. Releve Dancewear has all your dance needs.
5. Realize that it can be quite hectic in the parking lot and lobby when classes are changing. Ask anyone if you are not sure what to do or where to go. You'll find that everyone is happy to help point you in the right direction.
6. ENJOY watching your dancer on the TVs in the upper lobby. Youngest dancers are escorted from the classroom back to the upper lobby. Older dancers are dismissed from the classroom.

Please let us know how we can help you and your dancer get comfortable at APA! We are here to help and to make your time at APA fun and productive.

Inside this issue:

Dance Supplies	2
Preschool at APA	2
Studio Etiquette	3
Make-ups	3
Classes	3
Parking	3
Information & Reminders	4

Special points of interest:

- Next holiday is Labor Day.
- Downtown Apex has many stores and restaurants to explore while your dancer is in class.
- Have you heard about our Silver and Gold Member options for tuition? Check out payment options on our Policies page.

Dance supplies

Amazing how much a dancer can grow over the summer! Growth spurts mean new shoes, new tights, new leotards, new dance gear and even new hair accessories.

You can get any dance attire at Releve Dancewear(www.relevedancewear.com) in Cary or visit Discount Dance Supply at www.discountdance.com . Be sure that all your dancer's supplies are clearly labeled with permanent marker. Our lost and found box is usually overflowing by the very first month of classes.

APA has a very relaxed dress code. Dancers wear leotards or dance shorts or stretchy pants and form fitting tops. Short dance skirts are also appropriate. Some of our dancers (especially the younger ones) enjoy "dressing-up" or wearing their costumes from the previous recital. Even though we don't follow a strict dress code, it is important for the dancers to be able to move easily and for the teachers to be able to see the movement of the dancers' bodies. So, no jeans, no long skirts, no long dresses.

APA does not require tights in the hot summer months. However, many dancers wear tights even in August. In the winter, and early spring tights help keep dancers from getting chilled.

Be sure to get a proper fit for all dance shoes. Ill-fitting shoes makes dancing difficult, painful, and no fun. "Bad" shoes can damage a dancer's foot, so take the time to get the right fit.



Hair needs to be out of dancers' eyes and off their face. Short hair should be secured with a headband or barrettes. Long hair should be pulled back into a pony-tail, braid, or bun.



Preschool at APA



APA operates a half-day pre-school programs for 2-3 year olds and 3-4 year olds for 2, 3, or 5 days a week.

All programs run from 9am-12pm and encourage creativity, development of fine and gross motor skills, and a strong foundation for future education.

To meet our goal of providing a creative, safe, encouraging, and friendly environment, we maintain a strict student-teacher ratio of 5:1 for 2-3 year olds and 7:1 for our 3-4 year olds.

We offer traditional classroom activities as well as:

- Dance
- Music
- Song
- Visual art
- Creative play

We provide a healthy snack and ample social and play time.

For more information, call the studio at 367-7210 or email Meredith at mlbasnight@yahoo.com



Studio etiquette

Following proper studio etiquette helps make everything run smoothly. Encourage your dancer to follow studio rules and help us reinforce good behavior.

1. No gum anywhere in the studio
2. No street shoes in the classrooms (except for Hip Hop)
3. Put your name on ALL your dance gear—shoes, bags, wraps, leg warmers, skirts, etc.
4. Keep your belongings together in your dance bag
5. Clean up after yourself in the lobby
6. Come to class ready to listen and learn from your teacher
7. Be respectful of your teacher and classmates
8. Try your best at everything



"To watch us dance is to hear our hearts speak"
-Indian Proverb

Make-ups



Please keep sick dancers at home. If your dancer has a temperature or has vomitted within 24 hours, please do not come to the studio.

We see hundreds of students each week and we want to limit the spread of germs as best we can.

If you must miss a class for illness (or travel or school activity), you can make up a class. Simply look at the schedule available at http://www.apanc.com/pages/pdfs/apanc_schedule_10.pdf

to find a similar class. You can also ask at the studio for an appropriate make up class. You do not need permission to make up a class—just show up and let the teacher know that the class is a makeup.

Classes

Not all our classes are full. So if you have friends who haven't yet signed up for dance, tell them to check out the APA website and call the studio to find some open classes.

Also, if you would like to switch classes, get in touch with Meredith as soon as possible (mbasnight@yahoo.com).

Parking...

During the first few weeks of the dance year, parking can be really frustrating. Things do get better as everyone gets accustomed to their new schedules. We promise!

Try experimenting with arrival times to find the best time for dropping off your dancer.

When picking up older dancers, please do not stop and block traffic on Commerce Street—continue to circle around until you see your dancer.

Remember that many dancers and families are walking to and from their cars. A little patience will keep everyone safe.

Here's to a great new year of dance!



What's Up at APA...

Hillary Parnell, APA Director
apanc@bellsouth.net
www.apanc.com

Sarah Egan Warren,
Newsletter Editor

919 367-7210
115 Commerce Street
Apex, NC 27502

[Updated Website
www.apanc.com]

Looking for information?

When contacting the studio, please direct your questions to the proper person in order to get a faster response. Also, when calling the studio, the best time to reach us is during the evenings. Otherwise, leave a voicemail message or send an email.

- Meredith Basnight - Recreational Class Coordinator
mlbasnight@yahoo.com Meredith can help with scheduling, classroom issues, make ups, costumes, birthdays, and other general questions.
- Melissa Quirk - Office Coordinator
Melissa_apa@bellsouth.net Melissa can help with all things money. If you have questions about tuition, charges to your card, credits, coupons, or discounts, contact her.
- Hillary Parnell - Director
hillary@apanc.com Please contact Hillary if you have any other questions or would like information about Company.

• *The Academy for the Performing Arts (APA) is dedicated to providing a creative environment for learning and growing through the art of dance. Through the many disciplines of dance we offer, students build self-confidence, can become more assertive and learn leadership skills that help prepare them for their futures. Our programs are highly individualized; every dancer feels like part of the family. Dancing at APA is educational, rewarding, but most of all, FUN!*

Important Reminders

All APA Members

- Check for info on the whiteboard.
- Please write names on all dance gear in indelible marker.
- The *Lost and Found* is located in the locker room.
- Regular office and phone hours are M-Th from 12-8 p.m. Either leave a message or make an appointment if you need to speak with Hillary outside of office hours.
- Anyone who misses a class may make up that class by taking a similar one at a different time. Doing this is the student's/parent's responsibility.
- All class changes must be formally done so through the office

- If you need any dance gear, go to Releve Dancewear (www.relevedancewear.com) in Cary or visit Discount Dance Supply at www.discountdance.com
- All food and drink, except for water, must be consumed in the locker room
- Only water is allowed in the classrooms
- Parking can be a challenge. Please remember that APA members may park in any public lot.
- Do not stop, wait, or park in handicapped spots without a handicap permit.

Youngest Dancers (3-7 years)

- Dancers must use the facilities and get a drink of water BEFORE class starts.
- Make sure your dancer is actually in the correct class before leaving the premises.
- Tap ties are a must for dancers wearing patent leather (shiny) tap shoes.

Elementary School (7-11 years)

- Appropriate dance clothing and correct shoes are a must in class
- Long hair must be secured out of the way

Middle/High School (11-18 years)

- Please arrive 10-15 minutes prior to class time in order to stretch