

LEVEL 4 LOCKDOWN UPDATE

Like me, I am sure you were glued to the tv yesterday for the 4pm announcement. And whilst the news wasn't a surprise I obviously had hoped for a clearer view of our fate, but I guess we can safely say it is at least two more weeks off dancing.

The two weeks off dancing will be replaced in the school holidays and/or weekends. And then with effect Wednesday 1st September we will return to regular class times via zoom.

CARDIO & STRETCH ZOOM

Starting tomorrow we will offer stretch classes for any student wishing to participate.

Daily at 3.30pm Ages 5 to 10years
Daily at 4.30pm Ages 11 up

Zoom codes will be on facebook.

DANCE FITNESS ZOOM

Starting tonight we will run a Zumba type dance class for adults (teens welcome).

Tue, Thurs, Sun at 7.30pm

Zoom codes will be on facebook.

LOCKDOWN VIDEO

Last year we created a video of everyone dancing at home and we would love to do this again. What your dancer needs to do – is video themselves dancing to the chosen song (Shake it Off by Taylor Swift) for a small portion as follows:

If name starts with A to C	0.00 to 0.42	D to F	0.42 to 1.04
G to K	1.05 to 1.40	L to O	1.40 to 2.17
P to S	2.17 to 2.41	T to Z	2.41 to 3.30

If we could please have all video clips by Saturday 28th August – have fun!

Take care everyone and be kind to everyone in your family bubble. The teachers are missing everyone and can't wait to get back in the studio for recital work.

Stay Safe, Caroline x