

DANCE

with Miss Cindy

at the

Alief YMCA

“Bringing the dance studio experience to you!”

www.dancewithmisscindy.com

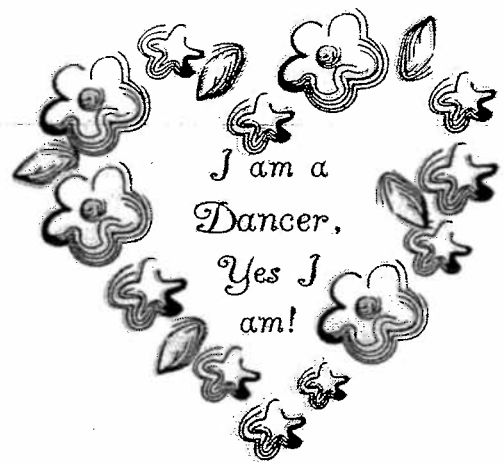
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Dancer / Parent Handbook 2016-2017

Welcome ...

I welcome you with much excitement to our 22nd anniversary of dance at the Alief YMCA. I want to extend a warm welcome to new students as you join our dance family. I would also like to welcome back returning students and families as well.



I begin this year with much enthusiasm and I hope you do too. Our performance will be in May at Taylor High School, but for now it is time to get started and *Dance Dance Dance!!!* It is very important that I have the correct contact information on file. Please return the "Dancer Information" form included in the registration folder to me at your **child's first dance class**. It is also important that I have the dancer's correct name spelling printed out on my roster before your dancer enters class for the first time. Please make sure that the dancer's name and not the mother's name appears on the dance roster. If you have any questions please feel free to ask one of my Parent Volunteers (they will have a name tag on) or myself on Saturdays before or after class. Contact information for "Dance with Miss Cindy" is listed throughout this packet as well. Please only ask the front desk questions about payments and balances. Contact myself or any parent volunteer regarding any other dance related questions. They are parent volunteer and are here to help me with parent communications. They are usually available during your child's dance class time. I look forward to a fabulous year as we get ready for ...

Into the Woods We Dance



May 2017

22nd Consecutive Performance Under the Direction of Cindy Williams

Meet Miss Cindy...

Cindy Williams teaches dance in 7 locations in Houston and the surrounding areas.

She is currently on staff at:

- ◆ Ann Moody Sill Dance Studio - Sugar Land (24 years)
- ◆ Cypress Elite Dance Studio - Cypress (7 years)
- ◆ Robins Dance Studio - Missouri City (18 years)

She is the Director / Choreographer at:

- ◆ Alief Family YMCA (21 years)
- ◆ Grace Presbyterian (18 years)
- ◆ Langham Creek Family YMCA (7 years)
- ◆ Fort Bend YMCA (New program!)

Miss Cindy has numerous years experience instructing students from tot level through high school and adults. She teaches ballet, tap, jazz, lyrical, pointe, cheer/Pom.

For more information please contact Cindy Williams at:

Phone: 713-302-7001

Email: Clark_Sandy@sbcglobal.net

Text messages are welcome!

www.dancewithmisscindy.com



Contact Information

Miss Cindy

713-302-7001

misscindy4dance@yahoo.com

Miss Sandy

281-513-1676

Clark_Sandy@sbcglobal.net

YMCA Front Desk

281-495-9100

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facebook

Please do not ask the front desk questions regarding dance class. Address all questions to Miss Cindy or Miss Sandy. The front desk can assist you with questions regarding payments and balances. If you are going to be absent or are running late for class you may leave a message for Miss Cindy with the front desk.

Please sign up for our
Information Alert System. It
is an easy way for you to get
up to date information.

Alief YMCA



with Miss Cindy

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remind 

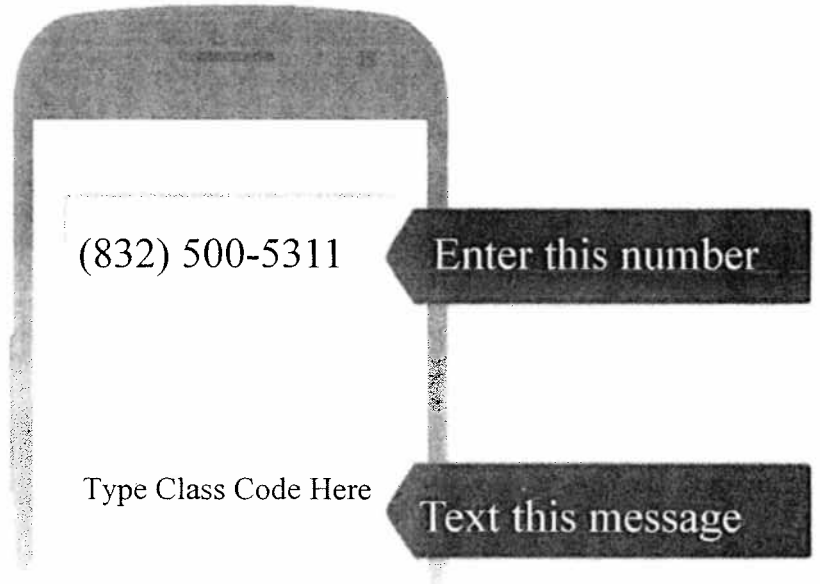
To receive messages via text, text
CLASS CODE to (832) 500-5311. You
can opt-out of messages at anytime
by replying, 'unsubscribe @classcode'.

Each class has a special code. If you have
dancers in separate classes you will need to
sign up for each class separately.

CLASS CODES:

- Buttercups: @aliefbc
- Bluebonnets: @aliefbb
- Stars: @aliefst
- Daisies: @aliefda
- Roses: @aliefrr
- Sugar Plums: @aliefsp
- Angels: @aliefan
- SPJ Saturday: @aliefss
- SPJ Tuesday: @aliefst

**Please note, you have to include @ before class code*



*Standard text message rates apply.

Or to receive messages via email, send
an email to
"Your class
code"@mail.remind101.com.
(or yourclasscode@mail.remind101.com)
To unsubscribe, reply with 'unsubscribe'
in the subject line.

Recipients "Your class code"@mail.remind101.com
Subject (You can leave the subject blank)

WHAT IS REMIND101 AND WHY IS IT SAFE?

Remind101 is a one-way text messaging and email system. With Remind101, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

Visit www.remind101.com to learn more.



with Miss Cindy

"Bringing the dance studio experience to you!"

Alief YMCA Class Schedule

Roses 12:00 pm-1:00 pm	<i>You may not register for this class without permission of Miss Cindy.</i> Preteens to 18 years old (graduating seniors) Ballet/Tap/Jazz/Lyrical/Pointe* *Pointe upon approval
Buttercups 1:00 pm-1:45 pm	Ages: 3 or 4 Ballet/Tap
Sugar Plums 1:40 pm-2:25 pm	Ages: 5, 6 or 7 Ballet/Tap
Stars 2:15 pm-3:15 pm	Ages: 9, 10 or 11 Ballet/Tap
Stretch, Pom and Jazz Saturday 3:15 pm-4:00 pm	Ages: 6-12 Jazz with dance poms
Bluebonnets 4:00 pm-4:45 pm	Ages: 7, 8 or 9 Ballet/Tap
Daisies 4:30 p.m. - 5:30 p.m.	Ages 11-13 Ballet/Tap/Jazz
Stretch, Pom and Jazz 4:15 pm-5:00 pm (Tuesdays)	Ages: 6-12 Jazz with dance poms
Angels 3:30 pm-4:15 pm (Tuesdays)	Ages 4-7 Ballet/Tap

SATURDAY CLASS DESCRIPTIONS

BUTTERCUPS (Saturday, 1:00 pm–1:45 pm) Class Time: 45 minutes

Students in this class should be ages 3–4 by the first dance class. During the school year, students in this class will be taught ballet and tap. They will learn a routine in both subjects, which they will perform at our end of the year performance in May. Please make sure to purchase the assigned dancewear and shoes for the Buttercups class.

SUGAR PLUMS (Saturday, 1:40 pm–2:25 pm) Class Time: 45 minutes

Students in this class should be ages 5–7 by the first dance class. During the school year, students in this class will be taught ballet and tap. They will learn a routine in both subjects, which they will perform at our end of the year performance in May. Please make sure to purchase the assigned dancewear and shoes for the Sugar Plums.

BLUEBONNETS (Saturday, 4:00 pm–4:45pm) Class Time: 45 minutes

Students in this class should be ages 7–9 by the first dance class. During the school year, students in this class will be taught ballet and tap. They will learn a routine in both subjects, which they will perform at our end of the year performance in May. Please make sure to purchase the assigned dancewear and shoes for the Bluebonnets class.

STRETCH, POM AND JAZZ (Saturday, 3:15 pm–4:00 pm) Class Time: 45 minutes

Students in this class should be ages 6–12 (a 5 year old should not register for this class). Students will be introduced to proper stretching technique. Hand poms will be provided for beginning instruction in ripples, formation changes and unison work. Also, basic jazz terminology will be introduced and referenced throughout the entire year. This class will perform one routine at our end of the year performance in May. Please purchase the assigned dance wear and shoes for the Stretch, Pom, and Jazz class.

STARS (Saturday, 2:15 pm–3:15 pm) Class Time: 1 hour

Students in this class should be ages 9–11 by the first dance class. During the school year, students in this class will be taught ballet and tap. They will learn a routine in both subjects, which they will perform at our end of the year performance in May. Please make sure to purchase the assigned dancewear and shoes for the Stars class.

DAISIES (Saturday, 4:30–5:30 pm) Class Time: 1 hour

Students in the Daisies class should be ages 11–13 by the first dance class. During the school year, students in this class will be taught ballet, tap and jazz. They will learn a routine in all three subjects, which they will perform at our end of the year performance in May. Please make sure to purchase the assigned dancewear and shoes for the Daisies class.

***ROSES (Saturday, 12:00 pm–1:00 pm) Class Time: 1 hour**

You may only register for this class with the approval of Miss Cindy. This class consists of preteens through graduating high school seniors. Students are taught ballet, tap, jazz, lyrical and pointe (upon approval). They will learn routines in all subjects, which will be performed at the Alief YMCA performance in May. This class will also perform at the Alief Healthy Kid's Day. Detailed information concerning these performances can be found in the Roses Handbook.

The jazz routine will be taught on Martin Luther King Jr. Day from 10 am—2 pm. You must be in attendance for the entire time to be included in this routine unless Miss Cindy has been notified prior to your late arrival. The lyrical routine will be taught at a lock-in in either February. To be in this routine, you must be in attendance the entire time.

For more information, visit website www.dancewithmisscindy.com or email misscindy4dance@yahoo.com.

TUESDAY CLASS DESCRIPTIONS

ANGELS (Tuesday, 3:30 pm-4:15 pm) Class Time: 45 minutes

Students in this class should be ages 4-7 by the first dance class. During the school year, students in this class will be taught ballet and tap. They will learn a routine in both subjects, which they will perform at our end of the year performance in May. Please make sure to purchase the assigned dancewear and shoes for the Buttercups class.

STRETCH, POM AND JAZZ (Tuesday, 4:15 pm-5:00 pm) Class Time: 45 minutes

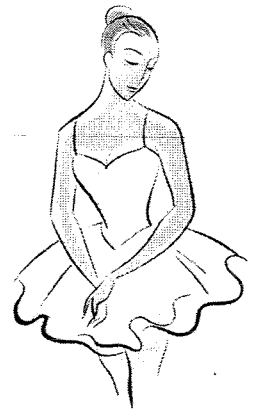
Students in this class should be ages 6-12 (a 5 year old should not register for this class). Students will be introduced to proper stretching technique. Hand poms will be provided for beginning instruction in ripples, formation changes and unison work. Also, basic jazz terminology will be introduced and referenced throughout the entire year. This class will perform one routine at our end of the year performance in May. Please purchase the assigned dance wear and shoes for the Stretch, Pom, and Jazz class.

For more information, visit website www.dancewithmisscindy.com or email misscindy4dance@yahoo.com.

Dance Instruction

with

Miss Cindy Williams



Registration for the School Year Dance Program is on going until classes are full. Each class has a maximum limit (please check with the front desk.)

Dancers should wear the correct assigned class leotard so that everyone looks the same for weekly classes. This dancewear will be worn for class, pictures and our performance.

THE FOLLOWING ARE CLASS GUIDELINES

1. All students are asked to wear a cover-up and street shoes to and from class.
2. NO gum or candy during class or in the dance room. Parents please check.
3. Hair must be pulled back before class begins and pinned out of the face. I would like all dance students to have a bun for class.
4. NO jewelry.
5. It is not necessary to wear anything else under your leotard except your dance tights. Tights are the proper undergarment for a dancer to wear. The exception is a pull up. This is the standard for all dance studios.
6. NO soft satin house shoes or bed slippers in place of PINK LEATHER SOLE BALLET SHOES.
7. Black tap shoes must have elastic, instead of laces. The elastic can be purchased at fabric and craft stores (1/4" flat black elastic). I will discuss this in class. You may take the ties out and keep them.
8. PLEASE LABEL ALL SHOES with your dancer's FIRST AND LAST NAME, (not just his/her initials).
9. Please silence all cell phones and have them out of sight during class. (Your parents know where you are!)
10. Everyone needs to bring a "Dance Bag" to class to hold your shoes and cover-up. You are able to order bags from us with your dancers name on the bag. Order forms are available from Miss Cindy. During the dance year, orders will be only placed twice (October and February).

ATTENTION PARENTS:

We will collect a performance fee in October(see dance calendar for exact date). It is very important that we collect this money at this time so that we can order and receive costumes in time for our picture day. The fee is combined with the money we raise with our annual fundraisers and is used to purchase all items, costumes, scenery, refreshments, and to fund the stage crew required by Alief ISD. This fee is non-refundable. Costumes and awards are ordered and paid for throughout the school year with this money.

Here is a breakdown of how the fee is used:

- Costume accessories
- Awards
- Stage Materials and Scenery
- Refreshments for after the show

The \$30.00 fee will be due in October. This money will be paid to many different companies or individuals.

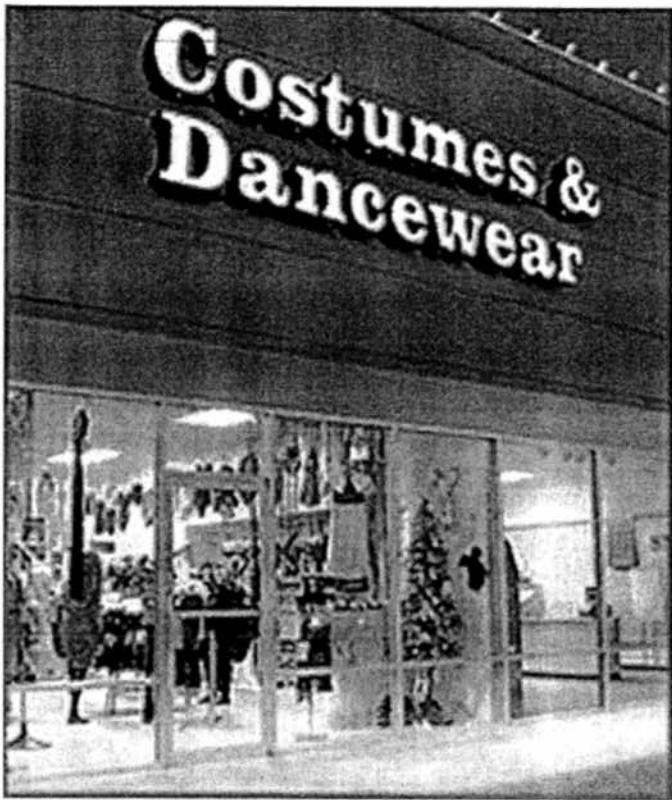
Please make note that this fee is nonrefundable.

THANKS FOR YOUR COOPERATION.

We really appreciate your support and we are looking forward to our 22nd Anniversary Performance!

Gentle Reminders

- Non-refundable performance fees: Performance fees are used for a host of items related to the recital. Recital items are purchased in advance for proper planning and execution.
- Student absences: Another participant will be authorized to take the place of your dancer if she is absent for 3 or more consecutive lessons without any notice to Miss Cindy that you would like to continue.
- Automatic payments: Parents must visit the Welcome Center of the Alief Family YMCA to withdraw a dancer from the class, and to cancel all automatic payments. A 10 day written notice must be submitted to stop automatic payments. Miss Cindy does not have the authorization to withdraw a student, or to stop any automatic payments; as this must be completed by the



Costumes and Dancewear is the name of the store that supplies our dancewear and shoes. I have used this specific store for many years and you will receive a discount because you are my student. Please take this "Dancer's Handbook" with you so that they know you are my student (this allows you to receive your discount).

If you are going to the store to purchase shoes, please do not arrive at closing time. If you need to purchase pointe shoes please call ahead to make an appointment.

Katy

281-398-1990

515 Mason Road (77450)

Hours of Operation

Monday - Friday
10:00-7:00

Saturday
10:00-4:00

Sunday
12:00-4:00

******Back to School Special******

Costumes and Dancewear

Dancewear*Gymnastic Wear*Accessories

\$10.00 off minimum \$50.00 Purchase

*Sugarland	3595 HWY 6 South @ Settlers Way	281.265.8044
*Katy	515 Mason Rd @ Merrymount	281.398.1990
River Oaks	1503 Dunlavy	713.523.4004
Spring Cypress	17330 Spring Cypress #110	281.758.3536
Kingwood	1534 Kingwood Dr	281.913.0222

Hours: Monday- Friday 10-7

Saturday 10-4

*Sunday 12-4

www.costumesanddancewear.net

Limit one coupon per customer. Offer good through October 15, 2016.
We accept all competitors' coupons.

This coupon can be used at Costume & Dancewear.

It can not be used for leotards and/or tights (they are already sold to you at a discounted price). But it may be used for dance shorts, shoes and any other items that you purchase in the store. The total of your purchase must equal \$50 before discount is applied (this total can not include leotard and/or tights in the purchase).

Coupon is good until October 15, 2016.

** Please note: Prices are subject to change at anytime throughout the year. You will receive a discount off of the actual price at the time of purchase. ** Dance shoes and jazz shorts are not discounted.*

Tips on Tights ...

- ◆ Hand wash or place in a garment bag when you wash in machine

- ◆ Do not dry in the dryer (hang them to dry)

- ◆ Purchase more than one pair of tights
 - A practice pair to wear in class
 - A pair to wear for pictures/recital

It is awfully hard to make it from September-May in the same pair of tights.

Alief YMCA Dancewear updated July 2016

Can be purchased at "Costumes and Dancewear".

NO BEDROOM SLIPPERS OR SOFT SATIN HOUSE SHOES ARE TO BE WORN IN PLACE OF LEATHER-SOLED BALLET SHOES.

Buttercups	Angels	Bluebonnets	Sugar Plums	Stars
Ages 3-4	Ages 4-7	Ages 7-9	Ages 5-7	Ages 9-11

Assigned Leotard	Assigned Tights
Bodywrappers Tank Black Nylon/ Spandex Child Item #BWP015 Price \$17.99 w/ 15% discount \$15.25 Adult Item #BWP215 Price \$19.95 w/ 15% discount \$16.95	Brand: Bodywrappers Color: Theatrical Pink Child Item #C-80 Price \$9.99 w/ 15% discount \$8.46 Adult Item #A-80 Price \$11.95 w/ 15% discount \$10.16
<u>Ballet Shoes</u>	<u>Tap Shoes</u>
Bloch Brand Style #205 Pink Cost \$19.95 **	Child's Patent Leather Cost \$26.95 ** <i>Please no buckle strap taps.</i>

Stretch, Pom & Jazz (Ages 6-12)

**Saturday and Tuesday classes*

Please purchase leotard & tights that is for your correct age/class above.

Jazz Shoes: Black Jazz Shoes (split sole, slip on)

Jazz Shorts: Motionwear Black V Front Style # 7113 Child \$16.95 Adult \$21.95

** Please note: Prices are subject to change at anytime throughout the year. You will receive a discount off of the actual price at the time of purchase. ** Dance shoes and jazz shorts are not discounted.*

Daisies Ages 11 - 13

Assigned Leotard	
Black Princess Seamed Tank Brand: Danshuz Color: Black	
Child #277C Price \$25.95 w/ 15% discount \$22.05	Adult #277A Price \$29.95 w/ 15% discount \$25.45

Assigned Tights	
Brand: Bodywrappers	Color: Theatrical Pink
Child Item #C-80 Price \$9.99 w/ 15% discount \$8.46	Adult Item #A-80 Price \$11.95 w/ 15% discount \$10.16

Jazz Pants	
These may be worn during class & will be worn on stage during their performance.	
Brand: Motionwear Teamwear	Style: 7152-610
Child: \$25.95	Adult: \$29.99

Assigned Dance Shorts:	
These may be worn during class & will be worn on stage during their performance.	
Motionwear Black V Front Style # 7113	
Child \$16.95 **	Adult - \$21.95 **

Dance Shoes	
Block Zenith Split Sole Canvas Ballet Shoes	#SO282L \$26.95 ** #SO282G \$24.95 **
Black Jazz Shoes (split sole, slip on)	
Black Jazz Taps - Preferably Split Sole - You may choose the brand	

** Please note: Prices are subject to change at anytime throughout the year. You will receive a discount off of the actual price at the time of purchase.*

*** Dance shoes and jazz shorts are not discounted.*

Alief YMCA Dancewear updated July 2016

Roses

(You may not register for this class without approval from Miss Cindy)

Assigned Leotard	
Black Princess Seamed Tank Brand: Danshuz Color: Black	
Child #277C Price \$25.95 w/ 15% discount \$22.05	Adult #277A Price \$29.95 w/ 15% discount \$25.45
Assigned Tights	
Brand: Bodywrappers	Color Theatrical Pink
Style A31 - Convertible Tights	Price \$16.95 w/ 15% discount \$14.50
Jazz Pants	
These may be worn during class & will be worn on stage during their performance.	
Brand: Motionwear Teamwear	Style: 7152-610
Child: \$25.95	Adult: \$29.99
Assigned Dance Shorts:	
These may be worn during class & will be worn on stage during their performance.	
Motionwear Black V Front Style # 7113	
Child \$16.95	Adult - \$21.95
Dance Shoes	
Block Zenith Split Sole Canvas Ballet Shoes	#SO282L \$26.95 #SO282G \$24.95
Black Jazz Shoes (split sole, slip on)	
Black Jazz Taps - Preferably Split Sole - You may choose the brand	
Lyrical Paws of your choice - You will need to have a nude pair for performances (may have rhinestones). Practice paws can be any color / design you choose. (must be purchased by January)	
If Miss Cindy puts you on Pointe this year please purchase your shoes ASAP.	

** Please note: Prices are subject to change at anytime throughout the year. You will receive a discount off of the actual price at the time of purchase.*

*** Dance shoes and jazz shorts are not discounted.*

Alief YMCA Dance Calendar 2016-2017

** indicates regular class times*

Miss Cindy will have to attend a dance teacher workshop / competition on a Saturday (date TBA) in the 1st Semester with Ann Moody Sill Dance Studio. Class will either continue that day as usual or we will schedule a make-up day.

<u>1st SEMESTER BEGINS</u>	
September 10	* First Class / Confirm Registration
September 17	* Collect all contact information sheets
September 24	* Check names in all shoes
October 1	* Turn in one bag of individually wrapped candy
October 8	*
October 15	* Performance fee due
October 22	* All candy is due
October 29	* Dress Up Day (Parents will take group pictures)
November 5	* Draw names for Christmas Gift Exchange * Roses Dinner \$ due for Los Perez
November 12	*
November 19	*
November 26	No Class - Have a blessed Thanksgiving.
December 3	Location and times TBA
December 10	Location and times TBA (gift exchange)
January 7	*Resume class
<p>This concludes our First Semester. A calendar for our Second Semester will be available before the last December class.</p>	



"A Dancer's Prayer"

*Dear Angel,
Ever at my side
Be there today,
My feet to guide.
Help me dance high,
Light, and free,
So that everyone will be
proud of me.
May the judges be fair;
And the stage be spacious,
In winning and losing
Let me be gracious.
So that every dance
I'll remember with pride.
And Angel,
Please keep my shoelaces tied.*

