



**Sept 6, 2017**

## **Weekly News**

### **Studio links**

ECPAC Calendar of events

<http://www.brentwooddance.com/dance-classes-brentwood-calendar.htm>

ECPAC Welcome Letter/Ballet Handbook/Dress Code

<http://www.brentwooddance.com/dance-classes-brentwood-newsletters.htm>

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### **Studio Themes**

#### **Studio Monthly Theme for September**

will be

#### **ENGAGEMENT**

There are 3 things to do before engaging your core completely.

- 1) needle goes through front the belly button through the spine, pull tight in the back and tie them off.
- 2) fingertips under hip bone, pull up and hold.
- 3) Zip up abs from pelvic bone to belly button like their pants.

NOW ABS ARE READY.

#### **ECPAC Theme for the Year**

will be

#### **Consistency**

The teachers will be using the same lesson plan for the entire month building on one area of work. They will be taking it slow, explaining what exercises are being used for and keep bring everything they teach back to the same area of work they started on.

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# Studio upcoming important dates

Sept 1	Little Stars Holiday Show Costume Fee Due
Sept 4	Closed for Labor Day
Sept 9	Saturday Nutcracker rehearsals begin
Sept 23	Imagine That – Elana of Avalor Day Camp

ECPAC Full Calendar of events

<http://www.brentwooddance.com/dance-classes-brentwood-calendar.htm>

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## Studio Announcements

### \*\*\*IMPORTANT Little Stars Costume orders

#### October 1<sup>st</sup> deadline

Our annual Little stars show is a fun Holiday tradition at ECPAC for those dancers ages 7 and under to perform. This is an optional performance but we highly recommend them to participate. You are required to purchase the costume to have your dancer perform. If your dancer is in more than 1 class they may choose to be in 1 or all class performances but you must purchase a costume for each class.

Tuition must be current to order, to receive your order and to perform

Please complete 1 form per costume and per child

\$45 per costume (Leotard and tutu - tights and shoes not included).

Online ordering only – [Little stars order form](#)

### \*\*\*new Honor Society Induction Date change

Honor Society induction has been changed to Sept 30<sup>th</sup> – please change your calendars!

### Water, water, water – dancers need water!

At ECPAC we want every dancer to stay hydrated as needed during class – we have bottled water available in each classroom but dancers need to bring their own water bottle to fill. Please remember that we do not offer cups or paper towels to help keep our studio waste at a minimum.

### Studio Communication

We ask parents to be proactive and be “in the know” of our studio events. Here is every avenue of communication we offer – we suggest you use many if not all methods to ensure you do not miss out on anything happening

~Wednesday News

~Studio text messaging

~Facebook: Awesome ECPAC Fam

~Twitter: East County PAC

~Instagram: EastCountyPac

### **Gabby's Closet**

Does your dancer need a new leotard, some dance shoes, or dance clothes? If you have answered yes to 1 or more of these questions – please stop by our in-studio dancewear store in the lobby of the Front Desk. We are happy to sell anything we have on hand or order what we do not have in your dancer's size. Gabby's closet open during Front Desk hours please do not disrupt a teacher to help with Gabby's closet

### **ECPAC Spirit wear**

<http://teamstore.gtmsportswear.com/ECPAClogowear>

### **Available classes**

We have many classes that have openings and we would love to invite your child to enroll: Show Choir, Tumbling, Hip Hop, and many more! Log into your account today to add or call the office.

<http://www.brentwooddance.com/dance-classes-brentwood-class-schedules.htm>

### **ECPAC Birthday parties – New AND improved!!!!**

ECPAC is relaunching our birthday party program and packages – Let us create the best party for your child – check out our new packages and then let us know if you have any questions or are ready to book!

<http://www.brentwooddance.com/dance-classes-brentwood-birthday-parties.htm>

### **Imagine Day Camps**

ECPAC will be offering Monthly camps for our younger dancers. To watch our calendar or register use this link -

<http://www.brentwooddance.com/dance-classes-brentwood-camps-and-clinics.htm>