



MCFETRIDGE DANCE



Newsletter October 2022



NEW TEACHERS AND NEW CLASSES!

We have new teachers and new classes for an 8-week session!

FALL 2 2022 AVAILABLE TO VIEW

Some dance classes are available to view and put on your Wishlist NOW!

FALL 2 ENROLLMENT

If you need to enroll, Online enrollment begins October 25th at 9am. Set a reminder!

MEET MISS ANA PAULA!

Ana Paula (she/her) was born and raised in Mexico, she came to the United States to get her Bachelor of Arts degree in theatre and dance from Saint Mary's University of Minnesota, graduating in May 2022. Upon graduation she has done professional dancing and acting work in North Carolina and now in Chicago. Currently she is a trainee with Visceral Dance Chicago Company.

She has experience teaching dance in Mexico and in the United States from youth to adults in styles such as ballet, pointe, contemporary, jazz, and musical theatre, as well as different dance fitness classes.





HALLOWEEN COSTUMES!

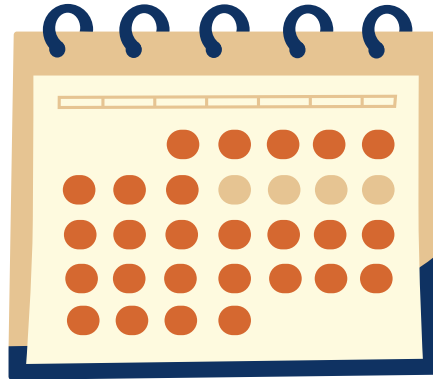
Students who celebrate Halloween are welcome to wear their costumes to dance classes the week of **10/24 to 10/30**.

Please keep in mind that dancers need to be able to move around in their costumes!

- Dance clothes should be worn underneath if costume is not fitted
- Dance shoes are still required
- No Helmets or Costume Face Masks
- No Face paint/body glitter
- Headbands/wings/ and tails are welcome but must be removable
- No costume is necessary to enjoy dance class!
- MSC Dance Staff are not responsible for any breaks or rips in costumes during class



EXPANDING OUR CLASS OFFERINGS!



New Classes for Kids and Preteens!

- Ballet Tot 1 - Fridays - 9:00 am
- Ballet Youth 1 - Thursdays - 6:00 pm
- Dance Conditioning - Tuesdays - 6:00 pm

New Classes for Adults!

- Ballet Adult - Fridays - 10:00 am
- Ballet Adult - Sundays - 12:15 pm
- Dance Conditioning - Tuesdays - 7:00 pm



WHAT IS DANCE CONDITIONING CLASS?

This cross training class works the muscles used by dancers and helps them achieve efficient and healthy movement by facilitating conscious use and correct application of musculature. Similar to Pilates, this class is focused on dancers, but open to anyone looking to find strength, length, dynamic flexibility, and muscular endurance.