



August 16, 2017

Weekly News

Important links to studio information

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>

Studio Monthly Theme for August and 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.

Weekly News

Every Wednesday (sometimes Thursday) we will be sending out our weekly news! This is a VERY important email to read each week. The staff and Miss Nina rely on this avenue of communication to spread the word about most studio events and deadlines. If you miss the email, we also post the newsletter on our website under Newsletters.

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>

Nutcracker Auditions

Our Annual Nutcracker auditions are right around the corner! Mark your calendars for Saturday, August 26th

9-10am: 7-12years old taking ballet once a week

10:00 -11:30am: 8 – 11years old taking ballet twice a week

11:30 - 1:00pm: 12+ years old taking ballet at least twice a week

All dancers who are auditioning must be enrolled in a ballet class (at ECPAC or any studio). We welcome all ballet dancers in our community to audition - please spread the word. As we get closer to this audition date check our ballet website for audition paper work and information.

www.Brentwoodballet.org

National Honor Society

Calling all Jr high and high schoolers – join the National Honor Society thru ECPAC

New application required EVERY year – applications due August 31 by 6pm at the Front Desk – no extensions will be granted.

<https://www.dropbox.com/s/9kg78bixn7w1es6/nhsda%20student%20parent%20handbook.pdf?dl=0>

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>