



Dance Debut Inc.

# What's News

## Monthly Schedule

<b>November</b>	Hawaii with Michellie's Journey and her Children's Wish of Healing Swims with the Dolphins
<b>Nov 26</b>	Tai Chi workshop in Judique; see page 3.
<b>January 9, 2012</b>	Winter schedule for school dance programs begins; see page 2.
<b>Classes in your community: See page 3</b>	"Canadian Tai Chi Academy" begins in Judique
	"Taking Care of Me" and "Tai Chi Academy" classes begins in Mabou
	"Razzle Dazzle for Seniors" & "Tai Chi for Seniors" starts in Belle Cote
	"Creative Movement for Preschoolers" starts in St. Joseph du Moins
	"Tai Chi for Seniors", "Dance Club 1", "Music in Motion", & "Boys Club" start in Port Hood
	"Dance Club 1" and "Music in Motion" start in Wycocomagh
<b>April 2012</b>	Spring schedule for school dance programs begins; see page 2.

## Workshops in Your Community

### Tai Chi

\$10 for non-members of the CTCA, CTCA members are Free

**The Power of the Legs** Mabou - Friday, January 6, 6:30 – 8:30 pm

**Turn and Stretch** Judique - Friday, January 3rd, 6:30 – 8:30 pm

**Tai Chi with Intention** Mabou - Friday, March 2nd, 6:30 – 8:30 pm

### Allergy Relief

Rid yourself of the seasonal sniffles, the spring mold and mildew challenges, the avoidance of pets and farm animals. Take home tools to help yourself and your family to eradicate the allergies that have plagued you for years.

Friday, January 20<sup>th</sup>      Location TBA      6:00 – 9:00 pm      \$30 including manual

### Touch for Health Level 1

Give yourself the gift of health this new year. Learn simple techniques to ease muscle pain, energize the body, increase flexibility, decrease stress, balance the muscles in the body, tap away pain and more. This extensive course can be used on yourself, family and friends to help with injuries, healing and overall wellbeing.

Saturday, January 28<sup>th</sup> and Sunday, January 29<sup>th</sup> 9-5 pm each day.

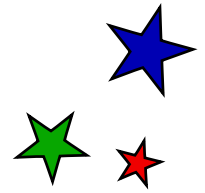
\$235 including Textbook by founder John Thie, and Level 1 Manual.

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# School Dance Programs



**Dance Club 1** is a full season program involving Jazz, Hip Hop, Lyrical, Musical Theatre, Tap, Stepdance, and Song and Dance. Dancers will need shorts or sweat pants, a t-shirt and a flat pair of running shoes.

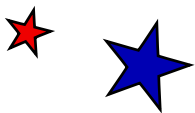
**Music in Motion** is a full season program exploring the development of skills in tap, jazz, highland, ballet, hip hop and musical theatre through special exercises, themed activities, and prop exploration. The dancers will explore dance and music at their developmental level with the goal of building confidence, teamwork and curiosity for self exploration and practice. Dancers will need shorts or sweat pants, a t-shirt and a flat pair of running shoes. If Tap shoes are available, please bring those as well.

**Dance Club 2** is a full season program involving Jazz, Hip Hop, Lyrical, Contemporary, Musical Theatre, and Tap. Dancers will need shorts or sweat pants, a t-shirt and a flat pair of running shoes.

**At Dalbrae Academy**, Dance Club 1 is a full season program involving Jazz, Hip Hop, Lyrical, Contemporary, Musical Theatre, and Tap. Dancers will need shorts or sweat pants, a t-shirt and a flat pair of running shoes.

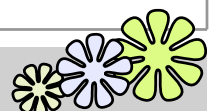
**At Whycocomagh**, Dance Club 1 (8 - 12 yrs) and Music in Motion (5 – 7 yrs)

**All Dance Club Classes:** Based on the interest of the class, each dance style will be explored with a culmination of techniques that will lead to a group choreography for presentation at the end of the season.



Class Info					
Class	Age	Time	Fall	Winter	Spring
Dance Club 1	7 - 10	2:50 – 4:20	\$80	\$80	\$80
Music In Motion	4 - 6	4:20 – 5:20	\$50	\$50	\$50
Dance Club 2	11 +	5:20 – 6:50	\$80	\$80	\$80

Seasonal/Location Timetable			
Class	Fall	Winter	Spring
<b>Inverness</b> Mondays	<b>October</b> (3- registration and introduction day, 17, 24, 31), <b>November</b> (7, 14, 21, 28)	<b>January</b> (9, 16, 23, 30), <b>February</b> (6, 13, 20, 27) alt. snow days: March 5, 12, 26	<b>April</b> (16, 23, 30), <b>May</b> (7, 14)
<b>Dalbrae Academy</b> Tuesdays	<b>October</b> (4-registration and introduction day, 18, 25), <b>November</b> (1,8,15,22,29)	<b>January</b> (10, 17, 24, 31), <b>February</b> (7, 14, 21, 28) alt. snow days: March 6, 27	<b>April</b> (17, 24), <b>May</b> (1, 8, 15)
<b>Port Hood</b> Wednesdays	<b>October</b> (5-registration and introduction day, 19, 26), <b>November</b> (2, 9, 16, 23, 30)	<b>January</b> (11, 18, 25), <b>February</b> (1, 8, 15, 22, 29) alt. snow days: March 7, 28	<b>April</b> (18, 25), <b>May</b> (2, 9, 16)
<b>Whycocomagh</b> Thursdays	<b>October</b> (6-registration and introduction day, 20, 27), <b>November</b> (3, 10, 17, 24)	<b>January</b> (12, 19, 26), <b>February</b> (2, 9, 16, 23), <b>March</b> (1) alt. snow days: March 8, 29	<b>April</b> (19, 26), <b>May</b> (3, 10, 17)
	For all locations and classes, <b>May</b> = rehearsals for a final presentation, +1 dress rehearsal and a show TBA		



**Inverness** – Mondays

*Class at the Inverness School, new dancers welcome to full year program. Ask for details.*

**Dance Club 1** Grade 1-4 2:40-4:10 pm Full

**Dance Club 2** Grade 4-6 5:10 – 6:40 pm

**Music in Motion** 3-5 yrs 4:10 – 5:10pm

**Mabou** – Mondays, January 9 to February 27

Class at Arena Fitness Center, 8 weeks for \$40

**Taking Care of Me** - 10:45 – 12:00 pm

Join your friends and family for a special class to get the new year off right. Participants will be developing a take home exercise program that will strengthen posture, improve energy levels, clear the brain, get the blood and lymph flowing and help with sleeping and snoring issues to name only a few perks of the class. Each class will have a special theme to develop knowledge and expertise, as well as Tai Chi, Qi Gong and movement patterns to develop a healthy life style. Themes include: Pain Free Feet, Posture Strengthening, Opening the Joints, Pain Relief, Finding Balance, Strength for Stairs, Flexibility tools, Making a Brain/Body Connection for ease of movement. Come join us to get you on the road to feeling good and giving your body a gift for the season too!

**Belle Cote** – Tuesdays, January 10 to February 28

Class at Belle Cote Community Center, 8 weeks for \$40

**Razzle Dazzle Dance for Seniors** 10-11am at

**Tai Chi for Seniors** 11-12 pm

**St. Joseph du Moins** - Tuesdays, January 10 to February 28

Class at the Fire Hall, 8 weeks for \$40

**Creative Movement for Preschoolers “Winter Wonderland”** 12:30 – 1:30 pm

**Judique** – Tuesdays, starting January 3

Classes at the Judique Hall, Monthly dues: \$20 Adults, \$10 for Seniors & Students

**Canadian Tai Chi Academy** 6:30 – 8:00 pm

**Port Hood** – Wednesdays

January 11 to February 29, Location TBA, 8 weeks for \$40

**Tai Chi for Seniors** 10 – 11 am

*Class at Bayview School, new dancers welcome to full year program. Ask for details.*

**Dance Club 1** Grade 1-5 2:50 – 4:20 pm

**Music in Motion** 3-5 yrs 4:20 – 5:20 pm

**Boys Club** Grade 4-6 5:20 – 6:40 pm

**Whycocomagh** – Thursdays

*Class at Whycocomagh School, new dancers welcome to full year program. Ask for details.*

**Dance Club 1** Grade 1-4, 2:40 – 4:10 pm

**Music in Motion** 4-6yrs, 4:10 – 5:10 pm

**Mabou** – Thursdays, starting January 5

Classes at the Judique Hall, Monthly dues: \$20 Adults, \$10 for Seniors & Students

**Canadian Tai Chi Academy** 6:30 – 8:00 pm

