

# Variations News

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## Student Spotlight

Congratulations to our Pointe and Variation class. Students completed learning the Bluebird variation from Sleeping Beauty. Great dancing Greta Bachhuber, Georgie Carolla, and Alzette Majerus!



## What's Happening

What a fun end to the month of October. Thank you to everyone for an enjoyable week of Halloween festivities and new friends joining us. We would like to keep the invite open for the remainder of the year. Feel free to bring friends that are interested in dancing with us anytime. Friends will need to register on the portal for a trial class in advance.

**Some house-keeping items.** Recently some students have been wearing Smart watches in class and it has become a distraction. As with cell phones not being permitted in class, Smart watches are also not permitted. Students wearing them will be expected to remove them during classes. Thank you for your support with this.

A reminder about dance attire and hair. No jeans are permitted in classes. Please send dancers in appropriate dancewear. Dance shoes are also required. If you need shoes, we offer 15% off dancewear in the dance store. Hair must be up for every class. We have hair ties and bobby pins available at the front desk at no charge.

In other news, we will be launching Variations clothing line that will be available in the next couple weeks. T-shirts, hoodies, tank tops, and sweatpants coming just in time for the colder weather and holiday season.

## Upcoming Events

### Performance Weekend

May 29-31, 2026

East High School PAC

Dress Rehearsals starting at 5:00pm on May 29th

**Candyland Adventure shows**

1:00pm Saturday and Sunday

**Journey through Emotions shows**

6:00pm Saturday and Sunday.

Tickets available April 1, 2026

### Costume Payment due

November 15, the remaining balance for costumes will be processed.

### No Classes

November 26-28

Have a wonderful Thanksgiving!

### Makeup Classes

November 15, 10:00 - 2:00

**Must RSVP by November 13th**

## Miss Juliette and Miss Elizabeth

Our Level 3 and 4 dance Instructors bring a wealth of knowledge and experience to every class. Dancers have developed immensely over the past two years thanks to the dedication to strong technique and love from our staff and hard work from our dancers. Great job all around!





## The More You Know

### Dance and Depression

Dance can significantly reduce symptoms of depression, anxiety, and stress through its physical, cognitive, and social benefits. Studies show that dance interventions, whether structured or improvisational, are associated with improved mood and psychological well-being for both younger and older adults. It can be incorporated as a beneficial addition to traditional treatments or health promotion activities.



**Lost and Found**  
**Our box is overflowing.**  
**Please look through it over**  
**the next couple weeks.**

## This Month in Pictures



**Strength and Conditioning**  
**class.**  
**Thursdays 6:00 - 6:45**  
**adults welcomed to join this**  
**beneficial class.**



**Little Ballerinas; Mondays**  
**3:30. Ages 3 -5**  
**Tiny Dancers; Tuesdays at**  
**3:30 Ages 2 - 3**



**Teamwork Games in Jazz 2**  
**Monday's 5:45 - 6:45**



**Adult Ballet, Monday at 8:30.**  
**Adult Tap, Tuesday 7:15**  
**Adult Jazz, Tuesday 8:00**  
**Come join the fun!**



Club & Activity Corner

### Raizes do Brazil, Capoeira group

We are thrilled to share space with Raizes do Brazil. This group of lovely people offer teaching of Capoeira every week.

Monday's 5:45 - 8:30 and Friday's 6:00 - 8:30

If you are interested in checking it out, let us know or drop in for a class.

They would love to have you.

**"Dance first, think**  
**later. It's the**  
**natural order."**  
**Samuel Beckett**



### Little Tappers

We are looking for more Little Tappers for Miss Celina's class. Monday's at 4:00 - 4:30. Dancers ages 3-5 years old.