



Dear Parents:

Little People's Creative Workshop is so excited to be teaching **dance** at Good Beginnings School!
We have a wonderful year planned for the students in our program!

I am the Regional Director of Little People's Creative Workshop Northern Virginia, and the instructor at Good Beginnings School for the 2014 – 2015 school year. I dance professionally in the DC Metro Area, and I have a BA in Dance from Mercyhurst University, where I not only studied dance, but also pedagogy (teaching methods). I taught ballet for years to students ages 2 – 18 prior to becoming the Regional Director of LPCW. Our curriculum is time-tested and emphasizes a full range of technique that can be successfully taught to young students.

By the end of this school year, the technique students will have learned includes:

Plié	Grand Battement
Relevé	Pas de Chat
Grand Jeté	Chaîné
Sauté	Tombé
Chassé	Skips
Tendu	First Position
Dégagé	Second Position
Echappé	Curtsey/Bow
Passé	

In addition to the technique, our program will also:

- Strengthen their muscles
- Increase their flexibility
- Better their coordination
- Teach them to identify the major muscle groups of the body
- Offer many opportunities for creative expression
- Teach how to change their quality of movement with changing music

... and have an ENORMOUS amount of fun!

We do everything you will find in your average preschool ballet class, plus much more! And, we are very convenient – bringing the class to you at a wonderful price!

Both BOYS and GIRLS love our classes!

Our **DRESS CODE** for the girls is a black leotard and light pink tights. Tutus and ballet slippers are also welcome! For the boys – black sweatpants and a white t-shirt.

Classes will begin the first week of October! Make sure you register today to reserve your space!!

Kind Regards,

Michelle Conroy

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