

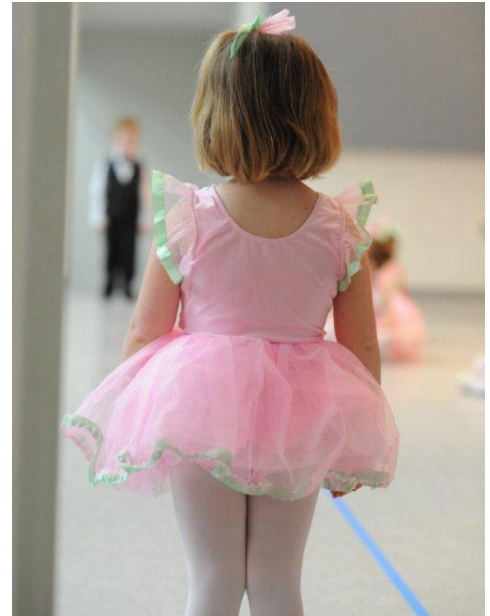


CREATIVE MOVEMENT AND DANCE®

# NEWSLETTER – DECEMBER 2024

## What's New in Pre-Ballet?

We've come a long way since September, and are presently working on technique and rhythm skills that will help us prepare for our Spring Recital. The recital will be held at the Class location. The recital is a presentation to the parents, to demonstrate what the students have been working on since September. More information will be sent out as recitals are scheduled. Posters will be posted at your child's school in early March with the date, time, and location. We will also have all dates posted on our website.



### CREATIVE MOVEMENT AND DANCE®, INC.

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### Inclement Weather

*Creative Movement and Dance® follows the same cancellations for inclement weather as the county in which your child's school is located. One cancellation is accounted for in the cost of tuition. For more than one, classes will be made up within 30 days of the cancelled class. Makeup day and time will be posted in the lobby, and notices will be emailed to all families.*

**BE SURE TO UPDATE YOUR CONTACT & CC INFO**  
Please notify us or update the Portal if you have had any changes in phone, email, or credit card info

### Holiday & Teacher Workdays

County schools throughout the metro Atlanta area have several teacher workdays scheduled which CMD normally does not observe (see note at right). CMD will hold classes as scheduled on all other teacher work days. As detailed in your registration brochure, CMD follows the same holiday closings as the county in which your child's school is located for Thanksgiving, Winter Break, and Spring Break only. Private schools and church enrichment programs may differ – at these schools, we follow their closing schedule.

#### Winter Break - Classes Will Not Be Held

Dekalb, Fulton  
Gwinnett  
Forsyth, Cobb  
Henry  
Cherokee

Dec. 23 – Jan. 7  
Dec. 23 – Jan. 3  
Dec. 23 – Jan. 3  
Dec. 23 – Jan. 7  
Dec. 23 – Jan. 3

Note: CMD normally holds classes on Teacher Workdays – but when they fall at the beginning or end of Winter Break, they're treated as part of the holiday, as noted above.

CMD does not observe closings for Fall Breaks and other County closings at child care facilities. We have no classes for Thanksgiving, Christmas, and Spring Breaks only. Generally (churches can vary), other than those holidays, if the day care is open, we have classes. Obviously, if the school or day care is closed, there will be no class.

#### DANCEWEAR FROM CMD



[CreativeMovementAndDance.com](http://CreativeMovementAndDance.com)

#### Instructional CD's/Download Available

*Ballerinas On The Move* is the perfect accompaniment to classroom instruction. Your child can now practice routines at home for fun, or to reinforce classroom training.

Includes 27 original songs/routines.





# CREATIVE MOVEMENT AND DANCE®

## PRE-BALLET PRACTICE SHEET

### STRETCHING AND STRENGTHENING

#### BODY IDENTIFICATION

#### PRE-BALLET

**1<sup>st</sup> Position** - heels together, toes point out from body

**2<sup>nd</sup> Position** - 1<sup>st</sup> position with feet shoulder width apart

**3<sup>rd</sup> Position** - from 1<sup>st</sup> position, slide 1 foot to arch of other foot

**Plié** - bending the knees while in position

**Tendú** - extend & stretch leg, point foot (no weight on toes, no bent knees)

**Piqué** - tendú (straight knees) and tap floor with toes (lightly)

**Relevé** - while in position, rise up on ball of foot

**Port de bras** - carriage of the arms (through positions)

**Arabesqué** - stand on one foot and extend free leg to back

**Soutenu** - tendú to side, cross front, and turn all the way around

**Sauté** - to jump from a position (start in plié and end in plié)

**Pas de bouree** - tendú side and with same leg, step back (now alternate feet), step side, step back to 1<sup>st</sup> position

**Glissade** - start in plié - extend leg, transfer weight to other leg and slide into 1<sup>st</sup> position

**Rond de Jambé** - circle one leg (extended and stretched) around standing foot (which should be turned out)

**Passé** - standing on one foot, bring other foot to knee of standing leg (knee pointing outward) starting position

### LEFT AND RIGHT SKILLS

Angels

Circle Around

### CHARACTERS AND DANCES

Clowns

Animal Acts

Prancing Ponies

Circus

Tightrope

Circus Parade

Jack in the Box

Kittens

Dinosaur Visit

Wind-up Toys

Fairy Dolls

Care Bears

Tiny the Ballerina

Busy Feet

Teapot

Rag Dolls

Little Ducks

Monkey Town

Teddy Bear

...and more

### COORDINATION (Animal Walks)

Duck

Seal

Bear

Butterfly

Crab

Cat

Inchworm

Caterpillar/Cocoon/Butterfly

Donkey

Raccoon

\* This is a basic outline - Instructor's plans often vary