

STUDIO 100

DANCE AND FITNESS

First Friday Newsletter

OCTOBER 2026

Lobby Reminders

With our new space, two studios running, and more dancers this season, we are continuing to make adjustments to help our lobby run as smoothly as possible.

Katie R. is helping us at the front desk this year and has been asked by me to help implement our lobby policies and keep things running smoothly. Any reminders from her are coming directly from me and are simply meant to help us manage our busy shared space. We appreciate everyone's understanding as we adjust to what works best in our new studio.

A few important reminders:

- For the privacy and safety of our dancers, parents should remain out of the changing area.
- Our lobby is primarily a space for dancers waiting for or transitioning between classes, and space for parents is very limited.
- If you would like to stay during your dancer's class, we ask that you wait outside whenever possible. If there is room in the lobby, you are welcome to wait quietly so we can minimize distractions for classes in session.

Thank you for helping us keep the studio comfortable and welcoming for everyone!

Important Upcoming Dates



October 12 - **CLOSED**, Indigenous Peoples' Day

October 26-29 - Costume week

November 9th-12th - Parent Viewing Week

November 20 - Nutcracker tickets

ON SALE

November 23-27 - Studio **CLOSED**, Thanksgiving



Costume Week October 26-29



Dancers are welcome to wear a costume during the week of October 26-29 in celebration of the upcoming Halloween holiday.



Dress Code and Hair

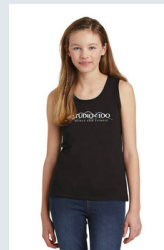


Students should now have all of their required shoes/attire, if not, please make this a priority as having the right gear is an important part of class. Click [HERE](#) for info.

Please make sure that dancers have their own hair elastics, etc to be able to pull their hair back during class. Hair can be a huge distraction so it's important to make sure it's secured and out of their faces.

Studio 100 Online store

It's hard to believe that the holidays are just around the corner and what better gift to give than some Studio 100 apparel! This is a custom order website that takes about 3 weeks (4-5 as we near the holiday season) once the order is placed to ship to you.



Click [HERE](#) to
start
shopping!



Studio 100 Birthday Club

Happy birthday to our dancers and staff celebrating this October!



Hewitt R. - October 4
Wilder R. - October 6
Ness B. - October 7
Mila D. - October 8
Geneva W. - October 8
Zypporah M. - October 13
Waverly P. - October 14
Ona T. - October 16
Addie S. - October 17
Sadie M. - October 25
Doze B. - October 29



Studio 100 is not just for kids!

Check out our Adult dance and fitness classes



Wednesdays, 8-9am - Barre
Fridays, 8-9am - Barre-bata

For more info or to sign up, visit
www.studio100vt.com