

STUDIO 100

DANCE AND FITNESS

First Friday Newsletter

SEPTEMBER 2024



Welcome to Season 2 at Studio 100 Dance and Fitness!!!



A warm welcome back to all returning dancers and to those that are just joining us! I hope everyone had a wonderful summer. My family and I thoroughly enjoyed our summer but are all excited to get back into the swing of things.

A quick reminder that I will be sending out monthly newsletters on the first Friday of each month that will be chockfull of studio information and important dates.

Please be sure to check your email for these as the months roll on!

Important Upcoming Dates Jot these down!



September 2nd - Studio **CLOSED**, Labor Day

September 3rd - **First day of dance classes!**

October 31st - Studio **CLOSED**, Halloween

November 4th-7th - Parent Viewing Week

**You can find these and other dates [HERE](#)
(found at the bottom of the Studio 100 website)

New This Year...

Studio 100's Swap and Shop!

Please visit the rack in the lobby of the studio for any gently used dance gear that your dancer may need. You are also welcome to donate any gently used items as your dancers outgrow them. Items are all free and you do not need to swap to shop!

Dress Code and Studio Lobby

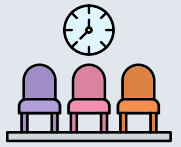
Expectations



Dress Code

It is important that dancers adhere to the dress code provided HERE to minimize class distractions and create a cohesive team atmosphere.

Dancers have until October 1st to get the necessary items needed for each class. First take a look at the swap rack in case there is something there that they might need!



Studio Lobby

The studio lobby is meant to be a calm and relaxed space for dancers awaiting their next class. The noise level of this space can become distracting to the class in session if it gets too loud. If dancers are unable to maintain a calm and quiet demeanor while there, they will be asked to wait elsewhere. Thank you for your help in passing this message along to your dancers!

Studio 100 Birthday Club

Happy birthday to our dancers and staff celebrating this September!



Ms. Alyssa - September 3
Willa V. - September 10
Sariah T. - September 11
Eleanor S. - September 14
Max T. - September 18
Leslie R. - September 22
Addie P. - September 28
Vera Mae A. - September 29
Sloane F. - September 29



Studio 100 is not just for kids!

Check out our Adult dance and fitness classes

Mondays, 12-1pm - Barre
Tuesdays, 6:45-7:45pm - Adult Ballet w/ Danielle (9/10 - 10/1)
Wednesdays, 8-9am - Barre
Fridays, 8-9am - Barre-bata



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