

# STUDIO 100

DANCE AND FITNESS

## First Friday Newsletter

**MAY 2025**

### The **RECITAL HANDBOOK** is Here!

If you read anything  
this year,  
please let this be it!

[Click  
here](#)

Here you will find all you need to help guide you through the upcoming recital season complete with schedules, hair and make-up tips, volunteer sign-ups and much, much more. You will also be able to find this on our website under the "[Recital](#)" tab.

Please let me know if you have any questions by emailing me at [alyssa@studio100vt.com](mailto:alyssa@studio100vt.com)

### Important Upcoming Dates

May 26 - **CLOSED** for Memorial Day

June 1 - Nutcracker auditions

June 8th - Dress Rehearsal

June 14th - RECITAL!

July 4th - 4<sup>th</sup> of July parade

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

### Volunteer Sign-up

It takes a village! I am looking for some help during the recital in the following areas:

Ticket Scanners (5)

Check-in/Check-out table (2)

Bitty Ballet/Pre Ballet dressing room (6)

Girls dressing room (2)

Boys dressing room (1)

Quick change dressing area (2)

Volunteers will either receive 1 free ticket or a chance to watch their dancer perform backstage!

**SIGN UP [HERE](#)!!**



Summer camps are now open for registration and spots are filling up fast! Sign your dancer up for one of our fun-filled themed dance camps. Camps run M-F from either 9am-12pm or 1pm-4pm (9am-11:30am for PK camps) and are filled with dance classes, outdoor activities, fun crafts, and more!

**To register, click [HERE](#)!**

## Studio 100 Online store

Click [HERE](#) to  
start shopping!



## Studio 100 Birthday Club

Happy birthday to our dancers and staff celebrating this May!



Amelia W. - May 3  
Etta E. - May 6  
Maya B. - May 9  
Ruth N. - May 18  
Magnolia T. - May 19

Layla O. - May 21  
Ivy W. - May 21  
Etta L. - May 27  
Elsie S. - May 28  
Ellie K. - May 29



## Studio 100 is not just for kids!

Check out our Adult dance and  
fitness classes



**Mondays**, on pause, new time TBD  
**Wednesdays**, 8-9am - Barre  
**Fridays**, 8-9am - Barre-bata

For more info or to sign up, visit  
[www.studio100vt.com](http://www.studio100vt.com)