

APRIL 2016

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17 18 19 20 21 22 23

24 25 26 27 28 29 30

Studio Closed April 15th-17th

Competitions / Conventions
Starpower April 15th-17th

BIRTHDAYS

Sarah Sanchez- April 1st (12)
Amanda Sun- April 15th (18)
Lexie Alwood- April 24th (11)

CRAIG'S CORNER

-Please be considerate and pick up after you eat and keep the tables clean so the dancers can do their homework. We want our dancers to excel in their academics too!

-I have new VDC Spiritwear junior and adult size sweatpants and shirts available and also 'BLING' shirts from small to x-large

-Reminder that tuition payments are due by 8th of the month

-If you have any questions about your account please contact me directly or see the front desk

-Thank you for your continued support!

www.visionsdancecompany.com
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VDC "End of the Year" Revue

- *Saturday June 25th at Bill Medley Theater on campus of Santa Ana High School.
- *VDC 2016-2017 Company Interest Forms due **June 1st!**
- *VDC Mini Summer program date changed: June 20-24th (ages 5-10)
- *VDC Summer Program Jr-Seniors: August 8-13th
- *VDC 2016-2017 Company Placement Auditions: Sunday August 14th

***Interested in becoming a member of the VDC 2016-2017 Company?**
Email laura@visionsdancecompany.com for a copy of the information packet

Company News

24/7 Results

Kailyn Yi- Junior Non Stop Dancer Winner
Isha Das-Teen Non Stop Dancer Runner Up
Amanda Sun- Sr. Non Stop Dancer Runner Up
Sage Kowalkowski- Ballet scholarship
Kailyn Yi- 7th overall Solo placement

Congrats to everyone at 24/7!!!

Teacher Change

VDC would like to welcome **Jason Martin** to our teaching staff on Fridays from 5:30-7:00 and Saturdays from 12-2:30.

We would also like to announce the change of **Miss Meg** on Fridays from 7-8:30

Top Technique Tip

*Stretching! What are you doing everyday to improve your flexibility?

***Hamstrings *Quadriceps *Feet *Back**

Use the stretches we do in class on your own time at home 10 min a day and you'll be amazed at how quickly you see results!

Have extra time? Remember- Company members can drop into ANY class of their level!

Laura Russom- Owner / Artistic Director

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