

This document contains information about:

1. Toddlers & kids
2. Teens
3. Ballet selection groups
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5. Classes for adults
6. Important information

Start of the season: September 9th

Contact:

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Get your information in the studio at September 7th, 9:00-11:00.

1. toddlers & children's lessons

We thought it would be useful to receive a newsletter specifically about your child! Here you will find the first. This newsletter is entirely focused on the nursery and children's lessons and what we have in store for them at the start of this season. Read it through and you will be perfectly informed!

Start of the season: September 9th

Contents:

1. lesson times for toddlers & content
2. children's lesson times & content
3. take a trial lesson
4. special lessons (times & content)
5. dress code

Lesson times for toddlers '24-'25

Wednesday 2:00 PM - 2:45 PM Angelina Ballerina
group 1 & 2

Friday 1:00 PM - 1:45 PM Angelina ballerina
3.5 years & 4+

Friday 2:00 PM - 3:00 PM
Mini Funky kids
group 1 & 2

Saturday 9:00-9:45
Angelina ballerina
group 1 & 2

Angelina Ballerina

The Angelina Ballerina toddler lessons are intended for children in groups 1 and 2 of primary school and aimed at their first introduction to ballet. These lessons are full of sweet music, movement and dance expression.

In various themes, the young children push themselves to their limits and dance a dynamic lesson in which the development of motor skills and coordination is central. Great ballet stories are presented and they are introduced to music from Swan Lake, the Nutcracker and Sleeping Beauty. We also tackle themes such as the zoo, the circus and winter fun to introduce the children to their first steps in the world of dance.

Lesson times for children '24-'25

Wednesday 2:45-3:45 PM

Kids Mix

group 3, 4 & 5

Thursday 3:30 PM - 4:00 PM Classical ballet

group 5, 6 & 7

Thursday 4:30 PM - 5:30 PM Street dance

groups 5, 6, & 7

Friday 3:00 PM - 4:00 PM

Pre-competition group

group 5, 6 & 7

Saturday 10:00-11:00

Classic ballet

group 3, 4 & 5

Saturday 11:00-12:00

Lyrical Jazz

group 5, 6 & 7

Saturday 12:00-13:00

Classic ballet

group 6, 7 & 8

Funky kids is a precursor of street dance and hip hop. The children dance through the lesson with recognizable and appealing music. We work on the development of motor skills, coordination and first dance techniques. Dancing fun remains paramount, that remains the core of the lesson. We skip sexy dance elements from children's lessons: although important in this discipline, this does not fit with who we are.

This Funky Kids lesson for minis (groups 1 and 2) and children (groups 3 and 4) is great as a second lesson. This provides variation during the week and we therefore strongly recommend it for broader dance development.

Trial lesson & ages

Everyone starts with trial lessons in September. You can participate in as many classes as possible between September 9 and 14. Then we know which class is full and what age and level nuances there are. If in doubt, we would like to receive an email and you will receive lesson advice in return.

Ages are tricky: age groups stay together and children don't dance in an older age group or at a higher level.

Lessons in focus:

Monday 4:00 PM - 5:00 PM

Yoga for kids

6-12 years

Monday 5:00 PM - 6:00 PM

Private classical ballet lessons

at least 1 year of experience

Wednesday 9:30-10:00

Tutu Class

2-4 year olds + parent

On Mondays Pleunie gives **children's yoga** to children up to 12 years old. In the lesson you will learn to stand firm and gain more self-confidence. Children who have difficulty concentrating also benefit from children's yoga. All kids experience this lesson as wonderful! Take a trial lesson on September 9 at 4:00 PM.

On Monday Nicole starts a **special classical ballet class** for children. This class is considered a private lesson and has a minimum of 4 children, a maximum of 6. These children develop their own training schedule and work harder to advance levels. Pre-registration is necessary.

On Wednesdays, Annemiek gives the 8-week **Tutu course** for children between 2-4 years old. This course consists of 4 lessons before the autumn holidays and four weeks afterwards (October and November). You can register per course, not per lesson.

Dress code

Angelina Ballerina: Bloch tutu as desired, pink ballet tights and pink canvas ballet shoes. Go to the store in Haarlem and make your choice from all the beautiful things!

Classical ballet: black Faustine leotard, pink ballet tights and pink canvas ballet shoes. Pink cardigan/skirt according to your wishes. Send an email and order, your bag will be ready in the studio in September.

(Mini-) Funky Kids, Showdance, kidsdance & lyrical Jazz: black Faustine leotard, black pants/leggings without print and Criss Cross Pink sneakers. Send an email and order, your bag will be ready in the studio in September.

We like it when all children have a T-shirt from the dance school. Order this quickly and you will receive it in September. If you order by email before September 9, you pay €15. In the studio the individual T-shirts cost 17.50.

2. Teenagers

Contents:

1. lesson times & content
2. trial lesson & BFF week
3. dress code

Start of the season: September 9th

Classical ballet 12+

For students with years of background, this classic lesson is next level. In this lesson they are challenged to go deeper, higher, longer and further. This lesson is intended for children who come once a week or several times a week. Monday 6:00 PM, aimed at: 12/14 years, (re)starting on pointe shoes.

Hip Hop/Dance Hall on Wednesdays is given by Madelen and is intended for teenagers 12+.

Contents of the lesson are different styles. By looking for those differences in music and movement, a varied season is created. Madelen likes to embrace the more urban styles such as Dancehall and hip hop.

Lesson time: 5:00 PM but can be postponed for half an hour.

On Thursday Phebe will teach **hip hop/street dance** to new groups. Just like Madelen, she develops her own style and mainly explores the female side in the contemporary scene. Lesson time: 5:30 PM 12+ (group 8 & 1st VO) and 6:30 PM 15+ (VO3+).

Trial lesson

Everyone starts with trial lessons in September. You can participate in all classes for teenagers between September 9 and 14. Then we know which class is full and what age and level nuances there are. If in doubt, we would like to receive an email and you will receive lesson advice in return.

Ages are tricky: Age groups stay together and children don't dance in an older age group or at a higher level.

In addition to the important core of classical ballet, the Dance & Ballet Company has many contemporary lessons for young and old. Choice consists of street dance, hip hop, contemporary and modern dance. If you have no idea what the difference is between one and the other or perhaps cannot clearly express what you are looking for, try all possible lessons so that you can consciously make your own choice. That choice will depend on the teacher, his/her style, the group you are in, the level of the lesson, fellow students and the day/time.

The street dance and hip hop lessons are fast, trendy and fit in well with the experiences of teenagers of the day. Adults also experience street dance as a great body workout. There is a new lesson choreography regularly, so that in addition to the time to study the steps, there is also time to go crazy.

The warm-up is an important part of the lesson and we work with muscle-building exercises as well as muscle-lengthening exercises. Then we quickly move on to actually dancing to the latest hits.

Will you be **bringing your BFF** to class between September 16-21? We are happy with enthusiastic teenagers!

We think **the dress code** is important. Here you will find them at a glance:

Classical ballet: black Faustine leotard, pink ballet tights and pink canvas ballet shoes. Pink cardigan/skirt according to your wishes. Send an email and order, your bag will be ready in the studio in September.

Street dance/hip hop ect 12+: black, high dance sneakers. Send an email and order, your bag will be ready in the studio in September.

We like it when all teens have a T-shirt from the dance school. Order this quickly and you will receive it in September. If you order by email before September 9, you pay €15. In the studio the individual T-shirts cost 17.50. (For hip hop/street dance please nice and oversized)

3. Ballet Selection groups

Contents:

1. schedule
2. last year, so now?
3. do you invite yourself?
4. new selection class for 6-9 year olds
5. flow policy
6. dress code
7. Monday 7:00 PM

Schedule Ballet Selection groups

Monday 7:00 PM - 8:15 PM

sel ****, 15+

Tuesday 4:30-5:30 PM

sel *, 9+

Tuesday 5:30-6:30 PM

sel **, 12+

Tuesday 6:30-7:30 PM

sel ***,

Last year... so now?

The selection groups from last season remain as they are: if you danced in sel * at 4:30 PM last year, you will also start there this year. Do you feel like you've gotten a year older? So does the rest of the group.

New students were invited to the sel * & ** at the end of last season. During the first two weeks we will check whether the balance in level and age is still good.

Students in the classical ballet selection classes are invited to this. The only time at which you can choose to attempt to join is in the first week of classes during the selection hour for sel asterisk *. That is on Tuesday 10 & 17 September, 4:30 PM. Classes ** and *** are therefore closed to new students, unless you have been expressly invited by the teacher.

Students in the selection classes dance classical ballet twice a week. Almost all students also dance for one or two extra hours. This is also common in other sports: in hockey the youngest start twice a week, in competitive swimming you train 4 to 5 times to be able to participate in competitions. The asterisked selection hours are therefore only offered as a 2nd classical lesson.

New selection class 6-9 years

We will first start the regular class schedule in September. A new selection hour will then be quickly chosen for students aged 6-9. When it starts, each lesson is given an asterisk. The current classic sel * then becomes sel **. The selection groups therefore grow from the bottom up.

Selection ** Monday 7:00 PM**

Selection *** and adults are also welcome in this class. The lesson is then a textbook example of a regular lesson in big cities: you do what you can, lessons are offered in levels and your fellow students are an important source of inspiration.

How to become a professional

The star selection classes form a perfect basis for moving on to one of the many vocational training courses in the Netherlands. Some children also move on abroad, such as Antwerp and London. You can progress in groups 7 and 8 of primary school or after secondary education. All teachers have experience with vocational training, auditions, opportunities and disappointments. This has resulted in our progression policy, which simply means that every student has to find his or her own way. So there is no pushing from the teaching team.

When we know that a student would like to attend a dance training course, we are happy to discuss options.

When we see talent and capacity, we survey the entire group for interests. At that moment, specific attention is paid to the student who stands out; does he/she indicate that he/she wants to move on?

For example, students have been promoted on the advice of our teachers and their own parent, so that they can safely return to their own primary school after the Christmas holidays. There are students who return to regular dance education after several years; This is not without severe disappointments at a young age. There are students who have many possibilities but realize during vocational training that more is needed than just dancing. Perfect tip from an old colleague and icon within the world of dance: 'Only if you have gone in your hands, you forward.'. In other words, access to unprecedented talent, passion and motivation to work should not go unseen.

Our star selection classes accommodate a limited number of children who get more out of their hobby: vocational training as a result is certainly not the goal, but it is a good connection. The students stand out for their flexibility, musicality and love for dance. These are students who can and want to learn more, be challenged more and thoroughly enjoy dance. If you want to progress to a vocational training course, there must be talent, a passion within the child, physical capabilities for dance and the working attitude is very important.

We think the dress code is important. Here you will find them at a glance:

sel *: blue Faustine leotard, pink ballet tights and pink canvas ballet shoes. Blue cardigan/skirt as desired. Send an email and order, your bag will be ready in the studio in September.

sel **, *** & ****: black Faustine leotard, pink ballet tights and pink canvas ballet shoes. Black cardigan/skirt/shorts as desired. Send an email and order, your bag will be ready in the studio in September.

Pointe shoes: from group 7/8 in consultation, we recommend checking by the physio.

We like it when all children have a T-shirt from the dance school. Order this quickly and you will receive it in September. If you order by email before September 9, you pay €15. In the studio the individual T-shirts cost 17.50.

4. competition groups

Contents:

1. lesson times
2. start of the year
3. how often do you dance?
4. communication via group apps
5. competition schedule
6. images
7. dress code

Start of the season: September 9th

Wednesday 6:30-7:30 PM
Group 3 Modern, 16/17+

Friday 3:00 PM - 4:00 PM
pre-competition group, groups 5, 6 & 7

Friday 4:00 PM - 5:00 PM Group 1
Modern, 12+

Friday 5:00 PM - 6:00 PM Group 1
Hip hop, 12+

Friday 6:00 PM - 7:30 PM Group 2
Hip hop, 14+

Friday 7:30-7:30 PM Group 2
Modern, 14+

Friday 8:30 PM - 9:30 PM Group 3
Modern, 16/17+

Last year... so now?

The competition groups have already had an audition and are almost clearly composed for the teachers. One group is very full, another group actually wants one or two more participants. We are trying to crack this down within the first two weeks of September. The older you get, the more important the level. So we may put a 14 year old in group 3. That is why the first two weeks of September are important.

Did you miss the audition and would you still like to join? You can also participate during the first two weeks of September. It is therefore important for us to wait for the first two weeks of September and then we will have a clear final group composition.

How often?

The pre-competition group dances once a week on Friday plus at least 1 other lesson.

Group 1 and group 2 do two lessons in a row. These lessons are taught by two different teachers and have a 5-minute break. The students therefore participate twice in the competitions. Group 3 does the competition group on Wednesday and possibly also on Friday. They are not obliged to participate twice as they already do so many other lessons. We assume that they will participate on Fridays for two weeks in September, after which we will have discussions and make decisions.

Group apps

There will be 1 group app with parents for the pre-competition group. We also focus on children, so expect videos and birthday wishes in these apps.

There will be 2 group apps for groups 1 and 2: one for the kids with videos and fun, one for the parents with more to-the-point information.

There will be 1 group app for group 3 and it will be both fun and businesslike. If parents also want a group app, we would like to hear from you. Then we'll put another one up for you!

The competitions

We are already registering for the various competitions. It is therefore possible to provide a competition schedule very soon after the start. We hope to do about 4 competitions from January.

Imagery

Visual material is made during the lessons. We would like to share this without reservation in the group of apps. We also like to share on social media. We then look carefully at whether it is 'neat' material, whether it is advertising for the level or the atmosphere in the group.

Images are also taken at the competitions. The competition organizations also share this on their channels.

Dress code:

Pre-competition group: Criss Cross sneakers PINK. Furthermore, possibly modern clothes, that is not yet entirely clear. Also: costume for the competitions. You will want to wear your DBC shirt to the matches (order below).

Group 1, 2 & 3: Black high dance sneakers for class. Modern shoes and a basic leotard. Also: costume for the competitions. You will want to wear your DBC shirt to the matches (order below).

Costume for the competitions: these are newly put together every year and often purchased again. Costs amount to a maximum of €35 per student.

All students in the competition groups and selection classes are the calling card of the dance school. It brings unity and group feeling when everyone actually has a DBC shirt. Color is as desired and may (does not have to) be the same per group.

Order this quickly and you will receive it in September. If you order by email before September 9, you pay €15. In the studio the individual T-shirts cost 17.50.

5. classes for adults

This newsletter focuses on dance, yoga and sports for adults.

Contents:

1. lesson times
2. disciplines
3. yoga & Aerial Yoga
4. take a trial lesson
5. clothing advice

Start of the season: September 9th

Lesson times for adults

Monday 7:00 PM - 8:15 PM

Classical ballet

Monday 20:15-21:15

Aerial Yoga, max 5 students

Tuesday 7:30-8:30 PM

Barre workout

Tuesday 8:30-9:30 PM

Yoga

Wednesday 7:30-8:30 PM

Classical ballet

Wednesday 8:30 PM - 9:30 PM

Modern dance

Thursday 7:30-8:30 PM

Yoga

Thursday 8:30 PM - 9:30 PM

Jazz dance

Friday 8:30-9:30 PM

Modern dance

Classical ballet

Two classical ballet lessons consisting of different groups and with two different teachers. This is nice because you choose your preferred day, teacher, group and level. We let go of ages in these

lessons. We would like to emphasize that doing both classes is preferable, especially when dancing on pointe.

Jazz dance is a contemporary dance form with appealing music and nice exercises. Of course you work on a choreo and you really get to dance. This lesson is a great introductory lesson, but if you have some background, you can quickly go crazy!

The barre workout is a popular class with dance, yoga and Pilates influences. In addition to a tough BBB training, we keep the description as minimal as possible; This way the content of the lesson can be varied.

Modern for adults on Wednesday is a given, we will start on Friday. We leave it up to the students how the group forms. We also leave open whether the group wants to participate in competitions. Start first and then discuss.

Trial lesson

Everyone starts with trial lessons in September. You can participate in all classes between September 9 and 14. Then we know which class is full and what nuances there are. If in doubt, we would like to receive an email and you will receive lesson advice in return.

The yoga classes on Tuesdays and Thursdays are performed on the mat. Every month there is a different theme, so you come to a fixed lesson and group but still find variety.

What can yoga do for you?

Deep relaxation.
Greater body awareness
Better sense of boundaries (that you push)
More space in your body
Breaking patterns
To trust
Bundling
Goal orientation
Energy
Completeness
Silence
Satisfaction

Aerial yoga is a form of movement that works more with force and gravity. So more challenge but also more flexibility and strength. Courses last 6 weeks, there is room for a maximum of 6 participants.

These are our clothing recommendations:

Classical ballet: black leotard, pink ballet tights and pink canvas ballet shoes. black cardigan/skirt as desired. Send an email and order, your bag will be ready in the studio in September.

Modern dance: black leggings or tights, toes. Send an email and order, your bag will be ready in the studio in September. A ballet suit is usually available to the participants, but otherwise be sure to take the time to try it on in the store.

We like it when all participants have a T-shirt from the dance school. Order this quickly and you will receive it in September. If you order by email before September 9, you pay €15. In the studio the individual T-shirts cost 17.50.

6. important information

Contents:

1. activities
2. trial lesson, how do you do that?
3. free ZUMBA for parents & adults
4. Bring a friend
5. Fitting pointe shoes
6. Tuition fees and discounts
7. structure of the season & missed lessons
8. develop and challenge: the DBC path
9. the road to short courses
10. Yoga, Barre & Aerial

Start of the season: September 9th

Activities:

September 7, 9:30-11:30 information & open day

September 9, start of the season

September 15 & 22 Free Zumba classes 9:30

September 16-21, bring-a-friend

September 20, 7:00 PM, fitting pointe shoes @Firenze

28-10 to 3-11, autumn holidays

June 14 & 15, 2025, performances

Trial lesson

Everyone starts with trial lessons in September. You can participate in all classes between September 9 and 14. Then we know which class is full and what nuances there are. If in doubt, we would like to receive an email and you will receive lesson advice in return.

For example:

Are you 14 years old and do you come for hip hop? Then you are welcome on Wednesday, Thursday & Friday. After consultation, you choose the best lesson, content, teacher & day!

Free Sunday morning lessons

On Sunday morning, September 15 and 22 at 9:30 AM, the Italian Claudia will provide two dance fitness lessons for people with and without experience. Do you want to participate? Let us know! Taking someone along is of course great fun. Mail

Bring a friend

Everyone can bring someone with them in the 2nd week of classes. Does your child come home very excited? Do you leave class full of positivity? We would like to use that enthusiasm for word of mouth advertising. Let everyone know they are welcome!

September 20, fitting pointe shoes

On Friday evening, September 20, it is possible for all DBC students to have their pointe shoes measured at Frenze in Haarlem. Make an appointment, Nicole will be there from 7:00 PM.

Tuition fees & discount

The tuition fees can be found on our website. We would like to point out that you receive a 15% discount on the total amount for 3 lessons. Then choices become easy again!

A year of lessons...

Our season runs every year from the start in September until the third week of June. There are 34-35 teaching weeks each season. The tuition fee includes 33 weeks of lessons. The difference is not only in the days that you have lessons (think of canceled Easter and Pentecost Mondays that may not fall on holidays and Ascension Day) but also in the planning leading up to the performance. So there is two weeks' leeway; trial lessons, reserve lessons or simply cancellation because it is Sinterklaas! So you pay for 33 lessons, there are 35 weeks of lessons. This is not new, but has been well organized for 25 years!

Missed lessons can be made up at any time. Think of being sick or having a party, Easter and Pentecost Monday. Absence of the teacher is usually covered by the teaching team or the lesson is rescheduled to another time in consultation.

Develop & challenge!

Dance and ballet is a popular activity and you can't start young enough. Playing together in a group, a sweet teacher and beautiful music are the ingredients for the toddler and children's lessons. Yet this undermines the content and importance of dance education. In addition to the conscious musical development that the teachers use for variety and fun, motor skills and coordination are central in these lessons. There is no form of movement in which the dynamics are

so diverse. The brain is asked to coordinate the movements and to the beat of the music. Every lesson is therefore important for the development of the young brain. There are studies that show that the motor development of young dancers helps with problems such as dyslexia. For this reason, more and more schools are opting for language and math dance or structurally offering dance education during school hours. Add to that steady standing, balance and expression and there is the starting point for the classical ballet lesson, the basis of all dance. Apart from the fact that a child should move with pleasure and enter the studio happily, it is important that not only dances are performed to the music. There are many deeper layers and considerations that should not be forgotten.

For children and teenagers, the lesson is really broadened with exercises in strength and flexibility. By focusing on the possibilities of the body, teenagers in particular learn to develop their physical limits. Those boundaries are explored with kindness: don't cross them or if you do, what happens? The challenge for teenagers can be found in the diversity of exercises, choice of music, participation in competitions and of course pointe lessons. None of that is possible if you have missed the first steps in dance education.

The lesson structure within a lesson hour, lesson series and season is important. A child cannot learn to turn without first learning to stand firmly and maintain balance. No steps can be skipped in this development without getting stuck. My teachers are specifically trained in this: how do you approach this? Where should I go with this student and how do I get that done with that student? It not only results in varied lessons but also in years of dancing pleasure.