

SPRING 2008

I.A.D.

DANCE  
FOR THE  
JOY OF IT!



Photography: Richard Chipman

## WARNING! DANCERS WITH ATTITUDE...

At IAD, we always strive for a good attitude! In ballet an “attitude” is the pose pictured above, where the knee is bent and the inner thigh lifted, while the body is held with posture and grace. To the back, it is often the transition to the arabesque. Attitude must be practiced carefully with precision to create a smooth line as the leg elongates. As we are aware, “attitude” also has another meaning. Our attitude about life and how we go about our daily routines are key to our

happiness. A beautiful attitude as pictured above, takes years of practice, stretch and sensitivity to one’s body and alignment. One’s attitude toward life, however, can change in an instant. It affects everyone around us. A bad attitude, usually equals stagnant growth, disdain and overall unhappiness. A good attitude, which is positive and seeks to learn and grow, leads us to improve in our dancing and gain insight as individuals. Attitudes are as contagious as yawns. Beware of negative attitudes. Your attitude

can affect your entire class and your life! Make sure to always pack a healthy attitude in your dance bag along with a healthy snack, proper shoes, tights, leotards and hair accessories. Together, we can grow stronger, happier and more technically proficient! Remember, it is a good approach that sets up a good landing. To land your triple pirouette or your highest grand-jete, a positive approach is the key to success. Learn from everyone’s corrections and seek to apply them. Happy Dancing!



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<b>REGISTER NOW FOR SUMMER PROGRAMS!</b>  Save up to \$100! Register by May 15th	Pre-Ballet	Ballet I-II	Ballet III-IV
	Cinderella	Ballet Intensive	Choreography
	Little Mermaid	Jazz/Modern	Pilates/Yoga
	Music/Dance/Art	Theater For Stage	Character Dance

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### Production Preparations! Save the Date. Sunday, June 8th @ 4:00 Mello Center, Watsonville "Impressions of Water"

This year, our end of the year production is titled "Impressions of Water." There will be little rainbow fishies, beautiful dew-drops, hip-hop rain dancers, ocean storms, beach goers and sailors, to name a few. It's sure to be a lot of

fun! Thank you to everyone involved in the show this year, from the tiniest ballerinas through the adults, to the teachers, choreographers and parents. Costumes are on their way and we have a lot of work ahead to finish choreography and practice, practice, practice! This is our opportunity to show what we have learned throughout the year and share our joy of dance with family, friends and the community! We are excited to be dancing at the Mello Center this year, with a large, lovely stage. Invite lots of friends. It is sure to be a memorable evening!

If you are performing, refer to the performance contract for specifics, but as a reminder, Studio Dress Rehearsal is on Saturday, June 7th and Tech Rehearsal is the

day of the show at the theater. Each dancer performing will receive two tickets to the performance. Order forms will be available at the studio, or just drop your check by the office and specify the number of tickets you would like to receive. We hope to set up ticket purchases from our website. Tickets will be issued at IAD on June 7th or may be picked up at the ticket window on the day of the performance. Place your order early to receive discounted tickets. Advance tickets are \$14 for adults and \$10 for children over 3 and students (with valid ID) and seniors. Children 3 and under FREE. Tickets at the door will be \$17 and \$12. We look forward to an exciting show!

**Outreach Program** IAD announces a new beginner ballet class, starting on Tuesday, April 8th. This class is for scholarship students from low-income families ages 6-9. For some dancers, all expenses are included, even tights, shoes and leotards, based on application status. If you or someone you know would be interested in the program, give us a call or download the application form from the website. Thank you to all who donated to our scholarship fund to make this program a reality for these kids! We look forward to inviting these children to our dance family and sharing the joy of dance!

**Volunteers** There are all kinds of important jobs backstage and in preparation for the big performance. Additionally, we may be in need of some quick, last minute alterations if you are handy with a needle and thread or a sewing machine and ENJOY it, please let us know! If you have a teen that would like to volunteer to help, get community service or work for \$8/hour, let us know. Paid positions are limited.

**Cool Stuff** 1) Pilates class Tues. 4:45-5:30 open to all levels. Great for moms, dancers and dancing moms...and dads!! Can't recommend this class highly enough! 2) Schedule a massage \$30 1/2 hour or \$50 1 hr. at IAD. MWF 9:00-9:30 and 12:00-1:00 & Thurs. afternoons 3:30-5:30. Save \$5 off your first massage by mentioning this newsletter. Open to IAD students and families only. Masseuse is an IAD dancer and certified massage therapist.