



# C&C NEWS

November 2016

## Important Dates

November 12 – Family Christmas Gift Show  
South Towne Expo Center, **Performing Teams**

November 23-25 – Thanksgiving break, no classes

December 9 – Dickens Festival  
South Towne Expo Center, **Performing Teams**

December 10 - Christmas Performance  
Bingham High School

December 22-January 2 – Winter break, no classes

January 3 – Classes Resume

June 10 – Spring Recital, Bingham High School

## Performance Fee

Performance fees were due by October 30, 2016. It is \$25.00 per student or \$65.00 for a family of 3 or more students. This fee covers the building rental and all other costs for performances.

## HIGH Fitness

HIGH Fitness taught every Wednesday night at C&C Ballet Academy from 8:15 pm-9:15 pm with Kass Wessman. \$6 drop-in/\$50 for a 10x punch pass/First time to a HIGH class is Free! \*Mention you heard about it from this newsletter and pay only \$5 drop-in fee or \$2 off a punch pass. Follow on Instagram at @kasshighfitness

What is it? HIGH Fitness is a hardcore, fun fitness class that incorporates interval training with music you love and intense easy to follow fitness choreography. It combines FUN with INTENSITY (interval, plyometrics and cardio) with CONSISTENCY. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. There's no better way to describe it than "Body Sculpting Fun"! Come and get addicted to being fit!

## December Classes and Christmas Performance

The Christmas Performance is on Saturday, December 10, 2016 at Bingham High School. The Lower School performance will begin at 5:00 p.m. and the Upper school performance will begin at 7:00 p.m.

Classes will continue through Monday, December 21.

## Come Join the Fun!

Bring a friend to dance class. For each student you bring who registers, you will receive \$10.00 off that month's tuition. Also, if you are having so much fun in class and would like to take another one, your second class's tuition is ½ price!

## South Pointe Ballet

The South Pointe Ballet Company will be performing *Four Sea Interludes* and *Les Sylphides* on January 27-28, 2017 at Bingham High School. *Les Sylphides* is a romantic ballet that is performed to music by Chopin. This is the first time that South Pointe Ballet has performed this ballet. A brand new ballet, *Four Sea Interludes* is a beautiful program showing the magical and intriguing world under the sea through dance movement. Put these dates on your schedule for a great family experience.

## Costumes

Because many costumes are arriving and will be passed out to the classes, costume fees are now due. Please make sure all accounts are up to date.