



**Volume 11, Issue 5**

**May, 2009**

*Message from John....*



*Feeling a little warmer? May should be a beautiful month, and with two months remaining in our school year, we have a lot going on. The cast of Aladdin is ready to bring you outstanding performances at Mount Baker Theatre and McIntyre Hall this month, and our students will be also preparing to entertain our parents and families next month for the Year End Performance in Studio A. We hope everyone will be able to attend our two season ending events and give warm praise to our dancers, teachers, staff and volunteers. Thank you for all the support you have given Northwest Ballet this year.*

*John*



***PNB's Swan Lake***

A total of 54 of our ballet students attend the April 18<sup>th</sup> performance of *Swan Lake* at McCaw Hall in Seattle. For some, it was the first time to see this ballet masterpiece. It was truly an unforgettable experience for all who attended. We were very excited that so many students from our school could go. It is also encouraging that many of our younger dancers could also attend. Seeing so many graceful swans (24 + Odette) in white tutus made quite an impression on them! Big thanks to Nancy Hamilton, who organized the field trip.

***Aladdin Update***

*Aladdin* performances are about to begin. Everyone who has contributed to this production deserves a big hand. Adding new sets, costumes and another

backdrop have really added to the production. The ballet has also developed dramatically and our dancers have been given an even bigger challenge than last year. For those who saw it and loved it last year...hold on to your seats! Let's not let anyone that we know miss this production! They'll thank us for it!

### ***Year End Performance***

Northwest Ballet's Year End Performance will be held on **Saturday, June 20<sup>th</sup>** in Studio A. Please bring your relatives and friends to this enjoyable afternoon of delightful ballet, modern, lyrical and jazz pieces by our students choreographed by Miye Bishop and Diane Williams. The event will last from **1pm to about 2:30pm.**

### ***Summer Intensive and Summer Workshops***

Last month everyone should have received the sign-up materials for our summer dance programs. ***Please respond back ASAP if you are intending to have your child/children/yourself attend one of these programs so that we can prepare more easily.*** As usual we will have a summer performance on the last day of the Intensive, but which ballet to be performed is undecided at this time. The director's decision will be based on number and ages of dancers attending the summer programs. Please let the office know your dancer's intentions as soon as possible! Thank you for your support and cooperation.

### ***Calling All Library Books and Videos!***

If you have checked out one of the Northwest Ballet Library books this past year, please return it as soon as possible. We are currently undergoing an

inventory and clean up of the materials available for checking out.

### ***WANTED: Donations for the NWBS Library***

If you have books, videos, music cds that you would like to donate, our school library will be happy to take them. Also, if you happen to see at garage sales used copies of books on classical ballets, techniques, etc., please feel free to help us supply our shelves.

### ***Preventing Back Pain for Dancers Workshop***

**When:** Saturday, May 30, 12:45 to 2:15 p.m.

**Cost:** \$5 per for one, \$8 per family. (Parents are encouraged to attend this important seminar with their student!)

This seminar will cover the topics of anatomy, common back injuries of the dancer and their causes and treatment, how to prevent back injuries including basic preventative exercises and concepts. Bring your questions!! *Please Pre Register if possible so we have enough hand outs for everyone!!*

This workshop will be presented by Sidney Anderson P.T., Dancer and Certified Pilates Instructor and Erika Olson, Dancer and Certified Pilates Instructor. Sidney Anderson is owner of *Oasis Physical Therapy and Pilates* and specializes in the treatment of the injured dancer and private Pilates conditioning sessions for the dancer. Erika Olson is the owner of Esteem Pilates and specializes in post-rehabilitation Pilates and private Pilates conditioning for the dancer.

## *Upcoming Opportunities*

May 9, 2009—NWBS *Aladdin*, 7:30 pm at Mt. Baker Theatre, Bellingham

May 10, 2009—NWBS *Aladdin*, 2:00 pm at Mt. Baker Theatre, Bellingham

May 16, 2009—NWBS *Aladdin*, 7:30 pm, McIntyre Hall, Mt. Vernon

May 17, 2009—NWBS *Aladdin*, 2:00 pm, McIntyre Hall, Mt. Vernon

July 20 to August 14—NWBS *Summer Intensive*, Intermediate through Professional. 1-4 weeks. See brochure.

June 20, 2009--*Year End Performance*, 1:00 pm in Studio A

December 4-6—NWBS *Nutcracker*, McIntyre Hall

December 9-13—NWBS *Nutcracker*, Mount Baker Theatre

## *Have a Friend Try a Class!*

*Please cut on dotted line*

### *Take the First Step!*

This coupon entitles you to

### **One (1) Free Lesson**

*Classes available in Classical Ballet, Jazz,  
Modern, Hip-hop, Irish Step, Tap, Creative  
Dance*

*Call to reserve, or bring before class.*

Northwest Ballet  
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(360)714-1245  
[www.Northwestballet.org](http://www.Northwestballet.org)

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## *Aladdin Performance Important Information*

### *Dress Rehearsal*

#### May 2, Studio C

|              |  |
|--------------|--|
| 1:00-3:00 pm | <b>Technical Run-through</b> without costumes. All acts. Will explain make-up later. |
| 3:00-4:00 pm | <b>Technical Meeting</b> and break for dancers.                                      |
| 4:00-6:00pm  | <b>Dress Rehearsal</b> – Full costume, accessories, and make-up.                     |

### *Performance Itinerary*

#### May 9(Sat) MBT and May 16(Sat) McIntyre

|               |  |
|---------------|--|
| 8am-???       | John & Crew Load-in  |
| 12:00 pm      | Dancers & Volunteers arrive                                  |
| 12:00-1:00 pm | Warm-up on Stage for Intermediate II and up. Break for Crew. |
| 1:00-4:00 pm  | Tech & Dress Rehearsal on Stage                              |
| 4:00-6:00pm   | Break for Dancers, Crew and Volunteers                       |
| 6:00-6:30pm   | Stretch with Miye on Stage                                   |
| 7:30 pm       | Curtain  |

#### May 10 (Sun) MBT and May 17(Sun) McIntyre

|              |                  |
|--------------|------------------|
| 12:30-1:15pm | Warm-up on Stage |
| 2:00pm       | Curtain          |
| 4:00pm       | Load-out         |

**Important Note:** *Please check School Handbook (page 14) about Rehearsal and Performances and the Performance Handbook on what to prepare, bring, etc. If you don't have these please get from Judi or Mieko. I know, some of you have it memorized by now!*

