



## Elisa Monte Dance Workshops!

### Stability and Dexterity Classes for Athletes

Sept. 9, Sept. 14 & Sept. 16 from 6-7:00pm

Dancers aren't just artists they are also athletes. The physical instruction and body conditioning that is required by professional dancers is reflected in many other competitive sports. To be fully successful in these fields the development of coordination and movement training should accompany the already existing strength and endurance training. Elisa Monte Dance offers a class to athletes that spotlights utilizing strength and body mass in movement combinations that development stability and dexterity - skills that translate to most athletic disciplines. (**\$12/per class - held in the Annex Studio. Min of 9 people for class to run**)



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Elisa Monte Dance will guest teach for LPSB:

**BALLET CLASS FOR LEVELS 3, 4 & Adult Combined**

September 14, 15 & 16 (join them after registration!)

5-6:30pm in the Dance Studio

\$12 per class (paid to Company)

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as part of the residency Elisa Monte Dance will offer:

**3 Sneak a Peak Rehearsals -**

September 9, 17, 22

3-5:30pm in the Theatre

Free Admission with a Wine & Cheese Reception with the Artists.

Come to the whole event, or stop by for a bit!

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Elisa Monte Dance - **COMPANY CLASS**

Join the EMD dancers on most weekdays from

10am - 12noon. \$15/class

Call to confirm dates.

Open to community members that have previous dance experience.

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## Lake Placid School of Ballet

### REGISTRATION DATES FOR ALL LEVELS FOR 2010-2011:

**September 14, 15, 16, 2010**

**From 3:00-6:00pm at LPCA Dance Studio**

**Classes levels assigned - uniforms ordered**

[Click here for more information regarding: class levels, meeting dates & times, fees, teachers... basically all things LPSB!](#)

## Nutcracker Auditions!

The North Country Ballet Ensemble will hold open auditions in Plattsburgh and Lake Placid for various dance roles in the 2010 holiday ballet, *The Nutcracker*.

All dancers who audition will be cast.

On Friday, September 17<sup>th</sup> at Guibords North Country School of Ballet, 427 Margaret Street, dancers who are ages 5 to 12 are invited to audition at the following times: ages 5 to 7 from 5:30 to 6:00 PM; ages 8 to 10, from 6:00 to 6:30 PM; and ages 11 and older, from 6:30 to 7:15 PM. Please arrive ½ hour before the scheduled audition time.

**On Saturday, September 18<sup>th</sup> at the Lake Placid School of Ballet.** Dancers who are ages 5 and older are invited to audition at the following times: ages 12 and older from 10:00 to 11:30 AM (dancers should bring pointe shoes);

ages 5 to 7 from 12:00 to 12:30 PM; ages 8 to 10, from 12:30 to 1:00 PM; and ages 11 and 12 (not on pointe) from 1:00 to 1:30 PM.

*Dancers should only audition at one location.*

Performances in Plattsburgh are on Thanksgiving weekend, November 26 through 28 at the Hartman Theatre at SUNY Plattsburgh; and in Lake Placid on December 11 and 12 at the Lake Placid Center for the Arts. Nutcracker rehearsals occur for many roles on Saturdays in Plattsburgh; and for selected roles, on Saturdays in Lake Placid.

Adults are also encouraged to participate in the "Party Scene" and may express their interest at the time of the Auditions. A contact by the Rehearsal Mistress for that scene will be made via email regarding the rehearsal schedule for adults.

Please contact NCBE for more information at 518-534-9870. Families are encouraged to pre-register for the audition. There is an audition fee of \$85.00 for all ages.



### Lake Placid Center For The Arts

17 Algonquin Drive, Lake Placid, NY 12946

Reservations (518) 523-2512

[www.LakePlacidArts.org](http://www.LakePlacidArts.org)

