

FALL 2026 NEWSLETTER

PARENT PORTAL



STUDIO CLOSURES

LABOR DAY WEEKEND

Saturday, September 5th –
Monday, September 7th

THANKSGIVING BREAK

Monday, November 23rd –
Saturday, November 28th

WINTER BREAK

Monday, December 21st –
Saturday, January 2nd

SAVE THE DATE!



Mark your calendars
for our 18th Annual
Summer Production

SUNDAY JUNE 27, 2027

Production Week:

Monday, June 21st –
Saturday, June 26th

More details to come
at the end of the year!



Happy September and welcome to our Fall Newsletter!

We hope all of you have had a smooth transition back to school and that your academic year is off to a great start. We are looking forward to another great season as we watch our dancers continue to build technique and grow. Dancers back in school means more germs, so we ask that you keep your dancer home if they have any new or worsening symptoms of an illness. Keep in mind we do have a lenient 30-day makeup policy in the event your dancer has to miss class. Email inquiries@danceandcompany.net to schedule your makeup classes.

Our [fall/winter 2026 schedule](#) is now available. Please take a moment to review both the schedule and our updated [Class Key](#). We have completed our class assessments/progressions and we ask that you review your student's portal for accuracy. Please email inquiries@danceandcompany.net if you have any questions or adjustments to your dancer's schedule.

Thank you for reading our quarterly newsletter which will help you stay up to date with all of our studio news!

Katie & Lisa

NEW ADULT SESSIONS STARTING SEPTEMBER!

ADULT HIP HOP

DANCE & COMPANY

AGES 18+

WITH MISS JANELLE

Returning Students:
Please log-in to your portal to register.

New Students:
Please create a portal to register.



8 WEEK SESSION
\$160

TUESDAYS, 6:50P

STARTING SEP 15

Move, groove, and build confidence in this fun, high-energy hip hop class for adults! Dancers will learn hip hop fundamentals, grooves, and choreography in a welcoming, feel-good environment. Come ready to move, learn, and have fun!

No prior dance experience required!

REGISTER VIA THE LINK IN BIO

BALLATES

DANCE & COMPANY

AGES 18+

WITH MS. LISA

Returning Students:
Please log-in to your portal to register.

New Students:
Please create a portal to register.



8 WEEK SESSION
\$160

WEDNESDAYS,
10:00A

STARTING SEP 16

This 50 minute low-impact dance and fitness class will have 25 minutes of basic ballet barre followed by 25 minutes of classical Mat Pilates exercises. We will focus on musicality, body placement, stretching, stability, and full body strengthening.

No prior ballet or Mat Pilates experience necessary. The class will build from week to week as we continue to learn fundamental movements and exercises.

REGISTER VIA THE LINK IN BIO

Click on
individual
flyers for
class info
and
registration.

STUDIO REMINDERS

- Please review our dress code. Arriving in proper dress helps set the tone for class, promotes focus, and allows instructors to see alignment and movement clearly. Shopping is easier than ever with our new online store!
- Students should arrive to class a few minutes prior to the class start time, with their hair pulled out of their face or in a bun. We want to avoid entering class when it is already in progress, as it is so important for them to get properly warmed up.
- As fall arrives and it begins to get darker earlier, please meet our younger dancers at the front door, so we don't have any crossing the parking lot at night. Thank you!



FALL EVENTS AT DANCE & COMPANY

Week of September 14th: Bring a friend to class! (Combo & Mini levels only)

Saturday, Oct 10th: Breaking Workshop with Bboy Thesis, 12:30-2pm

BRING A FRIEND

SEPTEMBER 14-19 COMBO & MINI CLASSES

BRING A FRIEND AND RECEIVE \$10 OFF D&CO BOUTIQUE



BREAKING WORKSHOP

WITH BBOY THESIS

SATURDAY, OCTOBER 10TH
12:30 - 2:00 PM



\$30 AGES 8+

NO EXPERIENCE REQUIRED!

Reserve your spot today

ABOUT THIS WORKSHOP

THIS WORKSHOP IS DESIGNED TO HELP DANCERS UNDERSTAND THE FOUNDATIONS OF BREAKING THROUGH MUSICALITY AND CREATIVITY. DANCERS WILL EXPLORE FOUNDATION BREAKDOWNS, METHODS FOR DEVELOPING MUSICALITY, AND HOW TO BUILD A SET USING CREATIVE CONCEPTS.

ABOUT BBOY THESIS



THIAS "THESIS" LOPEZ WAS BORN IN TUSCON, ARIZONA AND NOW RESIDES IN SAN DIEGO, CALIFORNIA. HE BEGAN BREAKING IN 1998 AND HAS BEEN PART OF CREWS INCLUDING BREAKING BAD AND FRESH DESCENDANTS. THESIS' STYLE IS A MIX OF MOVEMENTS AND IN THE BEST WAY TO PUT IT, SCIENTIFICALLY COMPACTED WITH FOOTWORK, POWER, STORYTELLING AND MIXING STYLES DECORATED BY ORIGINAL IDEAS AND MUSICALITY.



Week of October 26th: Wear your (danceable) costumes to class!



STUDIO NEWS

INTRODUCING OUR 2026/27 PERFORMANCE CREW!



We are so excited to introduce Miss Annie's new role with us here at Dance & Company! In addition to her role as instructor, Miss Annie will now be our **Performance Crew Coordinator and Marketing Specialist**.

In this expanded role, Miss Annie will work closely alongside Miss Katie on Performance Crew choreography, planning, organization and events!

She has also taken the lead on our social media, helping us highlight classes, dancers and all of the special moments that make D & Co special.

Be sure to follow us on Instagram [@danceandcompany](https://www.instagram.com/danceandcompany) and comment, tag and share your own D & Co moments – don't be shy! We love to interact with you and see our community come to life on social media.

We are so excited for Miss Annie to step into this expanded role and can't wait for all that's ahead!

Thank you for your continued support. Cheers to a great Fall ahead!

Katie & Lisa

CONTACT US!

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