



October 2020

NEWSLETTER



ADULT BARRE RETURNS

Adult Barre is returning to FACES Friday, Nov. 6 for six weeks leading up to the Winter break. Join Miss Beth in a Ballet Barre inspired workout to tone your quads, glutes, calves and core. Improve your posture and gently strengthen your upper body in this weekly hour long class.

Adult Barre is on Fridays from 7:15 to 8:15 pm. Cost of the program is \$75 for 6 weeks of classes. To register please visit the website at www.shuswaparts.com.



PARENT/CAREGIVER PROTOCOLS & GUIDELINES DURING COVID

Knowing that the cooler and inclement weather is now upon us, this policy is being introduced effective October 15th and will be in effect until further notice. We are relying heavily on our parents and caregivers to self-police yourselves & others to meet these guidelines. If, at any point, these new guidelines cause any discomfort or pose risk to others, we will have no choice but to refer back to our previous guidelines of no parents or caregivers on site, no questions asked. Parents or caregivers of students taking art, dance or music classes may wait inside for their child(ren) to finish classes as long as:

- All who enter MUST be symptom free;
- All who enter MUST sign in on the Contact Tracing Sheet found on the front glass table at the entry to the studio;
- All who enter MUST wear a mask at all times while inside;
- All who enter MUST sanitize their hands at the station provided at the entrance doors to the studio;
- All who enter MUST maintain a distance of at least two (2) metres or six (6) feet from one another at all times
- ART PARENTS please sit in the foyer area maintaining 6 feet;
- DANCE PARENTS please sit in the art room maintaining 6 feet;
- MUSIC PARENTS please sit in the art room maintaining 6 feet

Siblings of those taking classes should remain at home with another caregiver when at all possible. If you need to bring a sibling, he or she MUST remain by your side during the lesson. We are doing our best to mitigate any risk to others and having small children touch many surfaces within the space simply cannot happen. We encourage you to meet other parents and enjoy each others' company. Please keep conversation levels low so as not to interfere with any classes. Thank you for your understanding. Stay safe everyone!



“Where words fail, music speaks.” - Hans Christian Anderson

”

REGISTRATION IN DANCE, MUSIC, AND ART

Thank you FACES families for a fantastic start to the 2020/2021 year! Registration in many of our dance, music, and art lessons have filled up. We've added additional classes to accommodate more students in our community! Just a friendly reminder session 1 of art and music lessons will be wrapping up in a few weeks. If you'd like to secure a spot for session 2, please visit our website to register - www.shuswaparts.com.



UPCOMING LESSONS & WORKSHOPS

We've been working hard over the last couple weeks to create opportunities for community engagement at the FACES studio. We've reached out to local teachers and instructors in the hopes of offering a wide range of workshops and classes for adult learners in our community. Keep an eye on our Facebook page or website for more details to follow.

Some class offerings we're exploring include healing yoga, watercolour basics and drawing, calorie torching belly dancing, and silk scarf painting. Stay tuned for more info!