

THE KALON CHRONICLES

ISSUE 09 - SEPTEMBER 2022



TRICKS 'N TUMBLE FAQ

Some of the most frequently asked questions at the Front Desk are about TNT (Tricks 'n Tumble). Here, we provide answers to common questions to help get your student tumbling!



WHAT DO STUDENTS LEARN IN TNT CLASS?

Kalon's TNT classes teach proper hand placement and body alignment, and focus on developing the muscle control and flexibility required to perform the tricks with correct technique. Our TNT levels progress from basic skills such as bridge, forward pike roll, and tuck jumps, to more advanced skills including bridge kickover, round off, chin stands, walkovers, and aerials.

WHAT TNT CLASS IS RIGHT FOR MY CHILD?

Classes for our youngest Kalon Kuties are by age:

- ◆ **Tiny Tumble 1:** Ages 18 months-2 years
- ◆ **Tiny Tumble 2:** Ages 3-4 years
- ◆ **Basics of TNT:** Ages 4-6 years

Classes for older students are by skill:

- ◆ **TNT 1 Pre-Requisite Skills:** None. Just a willingness to listen, learn and have fun!
- ◆ **TNT 2 Pre-Requisite Skills:** bridge, running forward roll, backbend, cartwheel, round off, backbend kickover
- ◆ **TNT 3 Pre-Requisite Skills:** TNT 2 Pre-Requisite skills + handstand forward roll, cartwheel on both sides, one-hand cartwheel, front over, front walkover, front handspring, back over, back walkover

Still not sure which class is right? Try a TNT 1 class for evaluation, and our trained instructors will recommend a class. Stop by the Front Desk for your Trial Class pass!

WHAT SHOULD MY STUDENT WEAR TO TNT CLASS?

Tumblers wear black shorts, leggings, or boy shorts, with their red Kalon T-shirt either tucked in or with a black sports bra or black leotard underneath. No shoes or socks – students tumble barefoot for safety.

Hair should be pulled back securely off the face, and no jewelry please. Remember to bring your water bottle!

CAN MY CHILD MOVE UP IF THEY MASTER THE SKILLS?

Yes! We strive to ensure that all of our Kalon students are challenged in class! If your child masters their skills and outgrows the class, either the instructor or the Front Desk will contact you to discuss the next step!

I HAVE MORE QUESTIONS!

Visit us at the Front Desk or email us at frontdesk@kalondanceco.com

CONGRATULATIONS TO OUR STUDENT OF THE MONTH RECIPIENTS

Miss Heather initiated the Student of the Month program to showcase student accomplishments in class, exemplary character traits both inside and outside the classroom, and overall kindness towards others.

Recipients are announced in the Chronicles and receive an exclusive "I am Kalon" t-shirt and one free class of their choice for the following month.



AUGUST: MADELYN COSTELLO ♦ SEPTEMBER: HARPER TROPEANO

KALON DANCE CO IS CLOSED:

THANKSGIVING

Wed—Fri, November 23rd - 25th

WINTER BREAK

Mon Dec 19th-Tues Jan 3rd
Classes resume Wed Jan 4th

SPRING BREAK

March 13th-17th

MEMORIAL DAY

Mon, May 29th

FEE DUE:
\$25/STUDENT
CHRISTMAS SHOW FEE
October 15th



SHOW DATES:

A VERY KALON CHRISTMAS
Holiday Show
Saturday, December 17th

KALON TAKES THE STAGE
5th Annual Recital
Saturday, June 17th

COLLECTIVE ANNUAL GALA
Season 16 Repertoire
Performance
Saturday, June 17th

Friendtober at Kalon Dance Company

Mark your Kalondar!

Throughout the month of October, we invite our Kalon students to bring their besties to Kalon for a free trial class! If they sign up, you will be entered in a raffle to win a fall fun basket!

Questions?

Visit the Front Desk Monday – Thursday 4p – 7p for more info.

FRONT DESK HOURS: M-TH 4PM-7PM ♦ FRONTDESK@KALONDANCECO.COM ♦ CALL/TEXT: 321-360-2103
CASH, CHECK, ZELLE (BILLING@KALONDANCECO.COM) AND VENMO (@KALON-DANCE) ACCEPTED

COLOR THE KALON KUTIES



**FAMOUS DANCER BORN IN
SEPTEMBER**

Misty Copeland, born September 10th 1982, was the first African American female principal dancer with the American Ballet Theatre (ABT).

**BALLET TERM OF THE MONTH
PAS DE DEUX**

a dance duet in which two dancers, typically a male and a female, perform ballet steps together