



Studio News



Hello from Sherry

Past Items to Inspire

Present Students!

While rereading some old Newsletters, the following

bits from previous editorials caught my eye:

“Changing personalities”

I've seen beginning dancers change personalities from introverted to extroverted after only a few months of dancing. Women, men and children changed into outgoing people after they decided to take the plunge and turn to dance. They changed into dynamite people who enjoyed being with others who enjoyed the same activities, and others who discovered the courage to perform on a stage in front of an audience.

Reprinted from Feb. '97 Newsletter.

Dance is an individual art form and children need to be allowed to achieve at a pace that's comfortable. No two students will progress at the same rate, even if they experience the exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments.

Rhee Gold, dance studio life editor 2016

So now the “pros” want to let all those “novices” know just how much fun is in store for them as the excitement begins to build for our June 2021 production. Only 4 months to show time.... but we'll be ready and we'll be great, but, most of all, we'll have fun doing the thing we discovered we love TO DANCE!!

Sherry

A Garden 'Variety' Show

DATES TO REMEMBER!!!!

“A Garden ‘Variety’ Show” will take us to Alice’s Garden which will showcase all the flowers doing a variety of songs and dances. Lines to be learned and stage choreography for our June production have begun! Show time is as follows: June 12th. We will be presenting our annual Spring Performance as we did with Tap-Cracker by streaming our movie to you.

Please be aware that we have approximately **11 weeks until video time**. This is a crucial time in dance class and if each student will take it upon themselves to **make sure they don't miss any classes**, the class as a whole will be much more comfortable with their routines as the big day arrives.

Please check your closets to make sure your costumes still fit and, if any alterations need to be made, please let me know.



ON-GOING CLASSES OFFERED AT STUDIO

Children, Teen and Adult Tap Classes
with Sherry
Mondays through Saturdays

Children Musical Theatre
with Sherry
Friday

Breakdance
with Danny
Thursday

MARCH SCHEDULE REMINDER

Monthly fees are due the first week of March. The **Special Class Rate** only applies to payment made in advance the first week of the month. Otherwise the \$25.00 per class rate will apply. Any missed class may be made up to compensate any absence. Also, please note if you haven't paid your annual Administrative fee of \$50.00 for the beginning of the new school year, you are required to do so **THANK YOU**.

SPECIAL NOTE: TO THOSE FAMILIES WHO HAVE THREE (OR MORE) MEMBERS TAKING CLASSES, ONE STUDENT'S REGISTRATION FEE WILL BE WAIVED AND A SPECIAL RATE WILL BE GIVEN TO THAT THIRD (OR MORE) STUDENT'S WEEKLY RATE. PLEASE BE AWARE THAT IF YOU FAIL TO MAKE UP A CLASS THAT WAS MISSED IN THE MONTH PAID FOR, THAT CLASS FEE WILL BE FORFEITED. -

If you cancel a private lesson too late to fill that spot (less than 24 hours), you will be charged for the unused time!

DANCE SHOE SWAP: Tap and Jazz shoes for kids and adults are available in the reception area. If you are planning on purchasing a new pair, check out these "for free" shoes first. You can then donate your old shoes when you outgrow them.

HAPPY BIRTHDAY!

3/14 Brooke Note

3/15 Barbara Buckley

3/24 Daniela Britton

3/28 Claire Dumas



FYI: Yearly Schedule of Holidays Jan. 1st
 Feb. President's Day (we are open for all ski weeks!)
 Mar. -0-
 Apr. -0-
 May Memorial Day
 June -0-
 July - Independence Day
 Aug. two weeks
 Sept. - Labor Day
 Oct. -0-
 Nov. Thanksgiving weekend
 Dec. holiday weeks after TapCracker



REMINDER

Please update your information with the studio when you move or get a new phone number. We are trying to update the student roster to include everyone's email address, so give us that information, too.



FUN PAGE!!

Eighteen Questions.... Without Answers.

1. Can a dog have dog days?
2. What do you say when someone says you're in denial, but you're not?
3. If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?
4. Why are things typed up but written down?
5. If the universe is expanding, what is it expanding into?
6. If you take a shower, where do you put it?
7. What does okay really mean?
8. Why do you have to 'put your two cents in' but it's only a 'penny for your thoughts'? Where's that extra penny going to?
9. What disease did cured ham actually have?
10. Why are you IN a movie, but you're ON TV?
11. Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?
12. Don't you find it worrying that doctors call treating you their "practice"?
13. Why is it called a "drive through" if you have to stop?
14. Why are SOFTballs hard?
15. Why are they called goose bumps? Do geese get people bumps?
16. Why is it that rain drops but snow falls?
17. Why is it called pineapple, when there is neither a pine nor an apple in it?
18. Why do people never say "its only a game" when they're winning?

Abbreviations

(From Tapworks Dictionary)

Feet:

R=right, L=left, B=back, F=front, X=cross,

RXBL=right crossed back left, LXBR=left crossed back right,

RXFL=right crossed front left, LXFR=left crossed front right

Steps:

BC = ball change

BR= brush

Cramp=cramp roll;

CC cramp=counterclockwise cramp; C cramp=clockwise cramp

FL= flap

HI= heel

SH= shuffle (i.e. sbc = shuffle ball change)

SP= spank

Winners vs. Losers

A winner says, "It may be difficult, but it's possible."

A loser says, "It may be possible, but it's too difficult."

Only two groups of

people fall for

flattery --

Men and Women!

Prescription for Health: Dance Class

Researchers have now discovered what thousands of participants in dance classes everywhere already know--dancing makes you feel good.

A randomized trial by the Center for Health Care Sciences in Orebro, Sweden, followed a group of stressed-out teenage girls for eight months. The girls who took dance classes during this time reported improvements in their mental health and "overwhelmingly deemed the dance classes as a positive experience (91 percent)," according to the Swedish researchers.

"[Dance] can provide a supportive environment and an opportunity to enhance low body attitudes and physical self-perceptions," the researchers wrote in *Archives of Pediatrics & Adolescent Medicine*. "Exercise is considered an active strategy to prevent and treat depression and anxiety for school-aged youth. It has been shown to promote positive thoughts and feelings, enhance confidence to cope with problems, and provide increased confidence and self-control."

The girls also benefited from the dance classes' social aspects and the opportunity to have input into choreography and music.