

DANCE XPLOSION

JANUARY 2021 NEWSLETTER

STUDIO CALENDAR

IMPORTANT DATES

January 18

Closed for MLK Day

February 12 - 15

Closed for Mid-Winter Break

March 1

3rd Session

Tuition Due

March 28 - April 3

Closed for Spring Break

April 11, 17 & 18

Recital Photos

May 19

Dress Rehearsal

May 21 - 23

Recital



HAPPY 2021 & Costumes Galore!!

Welcome back and Happy New Year! With the turn of the new year, that means the annual recital is just around the corner. Costumes will be arriving soon and the excitement is building!

Costume invoices will be **EMAILED** later this week. You will not receive a hard copy in the mail. Invoices will reflect all additional costume costs including tights.

NEW THIS YEAR: Costume payments are due **FEB. 1st** for all recreational classes. With the uncertainties surrounding Covid-19 and new policies implemented by costume companies, we will need the invoices to be paid in full to finalize costume orders.

Thank you so much for your understanding!

We are truly grateful for each and every one of you. We simply cannot adequately express our gratitude for the support you have continued to provide throughout these uncertain times.

thank you!

REMINDER...

The studio will be closed on Monday, January 18th, in observance of Martin Luther King, Jr. Day

How to Take Care of Your Body As A Dancer

The winter months mean less sunlight, colder temperatures and often, dampened moods. It's common for people to feel more tired and less motivated in the winter — which can make it difficult to stay focused in your dance training. Below are a few tips of how to take care of your body so you can continue to enjoy dance as your creative outlet!

1. Replenish Your Body With Nutrients – Regularly!

Dancing, while not exclusively an athletic activity, is still extremely physically demanding. During class, rehearsals, and especially competitions, it's important for dancers to replenish the nutrients they lose throughout the day. Take care of your body by nourishing it right!

2. H2O! Hydrate! Hydrate! Hydrate!

Water is a must-have during any type of physical activity, but dancers need to hydrate much more frequently. Make sure to steer clear of carbonated drinks and fruit juice. Drinking tons of fluids is a simple, easy way to take care of your body as a dancer.

3. Warm Your Body Up – And Stay Warm

Teachers start rehearsals and classes with warm-ups for a reason. A good warm-up helps get your muscles ready to move so you're less stiff and less prone to pulling or straining something.

4. Don't Skip Strength Training

Though dancing is a strenuous physical activity on its own, other forms of exercise can supplement your training.

5. Relax And Stay Focused.

Sleep is important for memory, energy, and concentration. After a good night's sleep, you're sure to get the most out of class or rehearsal with the focus and power to perform at your best.

6. Listen To Your Body.

Sometimes, a dancer's passion is so powerful that they will do anything to dance, including ignoring their pain and sickness to keep dancing. You can know how to take care of your body best, by simply paying attention to it.

