



STUDIO NEWS...AND ALL THAT JAZZ

A DANCIN' PLUS NEWSLETTER

JANUARY/FEBRUARY 2023

Happy New Year! Warm wishes for the new year to all our dance families! We thank you for making Dancin' Plus your dance home and we are honored to provide you and your child with quality dance instruction in 2023!

Once we turn the page on Christmas break, we all have dance recital on the brain! With dance production season waltzing closer, the dance studio will be buzzing with excited performers digging deeper into our production numbers, putting on the finishing touches and polishing their performance abilities as well as learning new skills every week. So recital dates do not take you by surprise, we have them marked in your studio handbook and on your class schedule. Reminders are posted on our website/newsletters as well as on our Facebook page. Please be sure you have recital weekend dates marked on your calendar.

ALL EVENTS HELD AT THE FAIRMONT OPERA HOUSE



Dress Rehearsal:
Wednesday, May 17 - 6:00PM
All Dancers Must Attend.

Dance Productions:
Friday, May 19 - 7:00PM
Saturday, May 20 - 7:00PM
Sunday, May 21 - 3:00PM
All Dancers Perform In All Shows.

INSTALLMENT PAYMENT REMINDER

January tuition is due no later than January 10th.

February tuition is due no later than February 10th.

For your convenience, all payment totals and due dates are listed in your copy of the studio handbook. There are three easy ways to make your payment.

1. When they come for class, dancers can deposit payments (cash or check) in our locked payment drop box on the wall near our front desk. If paying with cash, please place it in an envelope marked with dancer's first and last name.
2. Mail it to our mailing address: Dancin' Plus 403 E 1st Street Fairmont MN 56031
3. Pay online at www.dancin-plus.com with debit/credit card or Paypal. Fees apply

Please note....We DO NOT have an outdoor drop box to drop payments in after hours. People often ask if we do. When we did, our mail always disappeared. ☹ Think of our online payment system as the after hours drop box. :)

TAKING CARE OF YOUR DANCER IN THE WINTER

The cold winter months bring challenges to our bodies. Staying energized and healthy is important but tricky, especially for dancers. If we do not have the energy to move, how can we dance? It is difficult to exert and dance at your best level if you do not take care of yourself. I think we can all admit that during the winter we would prefer to stay in a nice warm house on the couch with a pillow and blanket. We can also admit that this is not going to happen. ☺ So, to keep dancers energized, here are a few helpful hints we have tried that seem to work.

☺ Get plenty of sleep at night. Going to bed early is NOT a bad thing.

☺ For those with classes before meal time or later in the evening, have a small, healthy snack before heading to dance class. String cheese, fruit or crackers... anything healthy that can help you keep "fuel" in your body so you have energy to move in class. Have a car picnic on the way to dance class!

☺ Stress will wear you out. Avoid it. Be organized.

One thing I notice happening at least once in every class, every week, is a dancer coming in stressed from trying to find their dance bag before leaving for class. They end up late to class and then that is stressful to them too. Avoid it! Put the dance bag on the door knob the night before or better yet, put it in the car. It will be there waiting for you.

☺ Set realistic schedules. We know folks are busy and often running at top speed. Try not to overbook yourself or your child. Running from activity to activity results in below average performance. Participating in an amount of activities healthy for one day allows for average or better yet, above average, performance and results.

☺ During the winter people of all ages often complain about going to an activity but once they are there, they have a great time. Can you relate? I can! Understand that it is not actually the activity being complained about but the thought and process of having to bundle up and go out in the cold to get to the activity, especially if your current activity has you on the couch with the before mentioned pillow and blanket. Dancers may need extra encouragement to get to class in the winter. This is normal. No matter how active your child is during other times of the year, their bodies tend to be in hibernation mode not “lets go move around a lot and over exert mode.” This is normal too. I have found that there is one age group exempt and that would be the preschoolers. Bless them and their limitless energy levels.

☺ These are just a few things that we have tried and found to be helpful. Let me know if you have any other suggestions! I would love to hear them!

CLASS SCHEDULE

Thank you for following the dance class schedule we mailed you with your studio handbook. We like to give our students as many class days as possible.

LET IT SNOW...LET IT SNOW...LET ITNO!

To keep it simple, if Fairmont public close due to weather, we will be closed as well.

We will post closure announcements on our Facebook pages. We also announce it on our outgoing message on the studio phone line 507.235.6114

If the weather turns nasty AFTER the studio has opened in late afternoon the studio will remain open for those that can make it.

When we figure our rates, we deduct for two classes assuming we will have a snow day or two.

If we don't have snow days, you are receiving FREE classes! Classes with more than two snow days, we will reschedule in the spring.

CHANGES?

If you have had a change in home address, email or phone number be sure to call and update - 507-235-6114 or send an email to Tammy@dancin-plus.com Thank you!

DRESS THE PART TO RESPECT THE ART

Thank you for following our studio's dress code as listed in your copy of the studio handbook. You can also see photos of required attire on our website. Our attire requirements allow dancers to move freely, warm up properly and learn correctly. Instructors can make corrections to bent knees and sloppy arms when dancers are dressed correctly. Help your dance student get the most out of his/her class by dressing correctly. **Visit www.dancin-plus.com to view proper class attire.**

IMPORTANT DATES TO REMEMBER

Fifth Tuition Payment Due No Later Than January 10

Final Tuition Payment Due No Later Than February 10

Dancin' Plus Will Be Closed February 27 - March 12th For Spring Break,
Also Known As "Dance Production Prep Marathon" For Our Teachers. 😊
Classes Resume The Week Of March 13th. This Is Marked On Your Class Schedule.

The Next Newsletter Will Be Galloping Your Way The End Of February.
DON'T MISS A BEAT! Visit us at www.dancin-plus.com



THANK YOU!