

The Power of Dance

Connection



JANUARY 2024



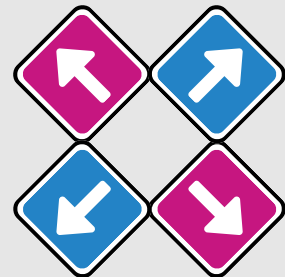
We finished off 2023 with a bang! Our Holiday Giving Tree collected tons of gifts for CASA volunteers to share with the children with whom they work. We are always astonished by the generosity of our POD families! Dancers finished off the last week of classes in their most stylish sleepwear for Holiday Pajama Jam. And we were so excited to take home some new POD apparel, like the hoodie that Jeanne is modeling at CASA!



January is a month to reset, establish goals, and plan ahead. Our studio calendar is back-to-basics this month to allow students and staff to focus on setting up for what's to come! Dancers in performance classes will be putting all their energy into learning more of their recital routine, and our all-star dancers will be finishing up routines as we head into competition season. Costumes have arrived for classes and teams alike, and will be coming home with students once the teacher has had a chance for all dancers to try them on at the studio. Here's a look at January at POD...

JANUARY AT The Power of Dance, LLC

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------------------------------|---------------------------|-----|-----|-----|---------------------------|----------------------------|
| 1 Happy New Year studio closed | 2 classes resume | 3 | 4 | 5 | 6 Acro Target Training | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 Acro Target Training |
| 14 | 15 all classes running | 16 | 17 | 18 | 19 | 20 DANCE FEST |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 Acro Target Training |
| 28 | 29 | 30 | 31 | | | |



Dance Dance Resolution

Is your dancer setting goals this new year? We're here to help with some new year's resolutions for dancers of all ages and levels. Even non-dancers would benefit from many of these ideas! We would love for your dancer to share their "Dance Dance Resolution" with their teacher on their first day back at the studio!

- ➔ **Take care of your body.** It seems simple, but it's something that many of us overlook. Your body tells you what it needs so drink when you're thirsty, eat when you're hungry, and sleep when you're tired. Focus on getting lots of water, loading up on fruits and veggies along with protein, and avoiding foods and drinks that don't actually provide nutrition or energy.
- ➔ **Stretch and move outside of class.** Set aside time at least a few days each week to warm up your body, stretch your muscles, and practice your routine(s). But don't limit yourself to just dance! All exercise is beneficial -- go for a walk with your family, run around on the playground during recess, and shovel the driveway (once we have snow again).
- ➔ **Try something new.** Maybe it's that tumbling skill that seems a little scary, or maybe it's a more challenging turn that you don't think you can do just yet. You'll never know if you don't try! Remember that everyone has to start off by being bad at something before they're good at it.
- ➔ **Focus on being your best you.** It's easy to get wrapped up in comparing ourselves to others, but everyone has different strengths, so celebrate your successes, whenever and however they may come. Those dancers you admire? Don't compare, collaborate! If they've nailed a skill that you're working on, ask them for any tips they have to share. You might find out that there's something you're doing that they really admire as well!
- ➔ **Make a new friend.** Do you know the names of everyone in your classes? What do you know about each of them? Is there anyone who doesn't seem to have a friend in the class? Make it your mission to get to know a different classmate each week, or to be that friend for the student who doesn't know many people and might be too shy to reach out.
- ➔ **Be someone else's cheerleader.** You know that warm fuzzy feeling you get when someone recognizes you for something awesome you did? Be the person who sends that positive energy out into the world! Shower your classmates with encouragement when they need it, compliments when they do something well, and congratulations when they've achieved something hard they've been working on. Be the cheerleader you'd want on your sidelines!

WHAT'S IN YOUR 2024?



Take the Leap -- try a new class!

January is a great time to add a class! There's something for every age...

Toddler & Preschool: Music & Movement (ages 2-3) and Ninja Tumbling (ages 3-5) are two great options for our youngest dancers. Music & Movement uses music and props to introduce children to rhythm and enhance their motor skills and self-expression. Ninja Tumbling works on gross motor skill development and is a great outlet for kids with energy to spare!

Early Elementary: Acro classes (tumbling for dance) develop strength, flexibility and skills. Plus, they're just a whole lot of fun, and great exercise for energetic kids. Our Intro to Acro class is for ages 6-8. Dancers ages 8+ should start in Acro 1 unless they've been evaluated at a higher level.

Late Elementary: Along with Acro, LTJ (Leaps, Turn and Jumps) is a great add-on class for dancers who want to advance their skills. Classes are organized by level rather than age so that all students can be challenged in their skill development. Contact the studio for an evaluation for Acro or LTJ.

Tween/Teen: Acro Target Training is a popular new offering, running most Saturdays. This is a semi-private lesson (no more than 8 students) where students can choose what skills they want to work on, and get a higher level of personalized instruction.

Adult: We didn't forget about you! Tanya teaches Adult Dance 101, a super fun class that introduces a variety of styles of dance in a relaxed atmosphere. This is a great way to work in some weekly exercise along with camaraderie. This class can perform in the spring recital, but hasn't started learning the routine yet, so it's a perfect time to join!



It's a new year, make it count! [Register here](#) for a new class!

FEBRUARY AT The Power of Dance, LLC

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------------|-----|-----|-----|---------------------------|---------------|------------------------------|
| | | | | 1 February tuition due | 2 AMERICUP | 3 AMERICUP |
| 4 AMERICUP | 5 | 6 | 7 | 8 | 9 | 10 Acro Target Training |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 Acro Target Training |
| Parent Participation Week! | | | | | | |
| 18 | 19 | 20 | 21 | 22 WISCONSIN WILD | 23 | 24 All STAR CHAMPIONSHIPS |
| 25 All STAR CHAMPIONSHIPS | 26 | 27 | 28 | 29 Leap day! | | |