



## STUDIO NEWS...AND ALL THAT JAZZ

A DANCIN' PLUS NEWSLETTER

JANUARY/FEBRUARY 2024

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 2024!

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. With the Fairmont Opera House closing for repairs we have shifted our recital plans slightly and we are moving our dance production to the stage at Fairmont Junior Senior High School Performing Arts Center. Please be sure you have recital weekend updates marked on your calendar.

**\*\*NEW VENUE..REVISED DATES..NEW VENUE..REVISED DATES\*\***



**ALL EVENTS HELD AT:  
FAIRMONT JUNIOR/SENIOR HIGH  
SCHOOL PERFORMING ARTS CENTER**

**Dress Rehearsal:  
Friday May 17 - 6:00PM  
All Dancers Must Attend**

**Dance Productions:  
Saturday, May 18 - 7:00PM  
Sunday, May 19 - 3:00PM  
All Dancers Perform In All Shows**

## **INSTALLMENT PAYMENT REMINDER**

**January tuition is due no later than January 10<sup>th</sup>.**

**February tuition is due no later than February 10<sup>th</sup>.**

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 1<sup>st</sup> Street Fairmont MN 56031
3. Pay online at [www.dancin-plus.com](http://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 we 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? We 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. We 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 us know if you have any other suggestions. We would love to hear them.

## **CLASS SCHEDULE**

Regular attenDANCE is so important. Days off from school are not always days off from dance. 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 IT .....NO!**

To keep it simple, if Fairmont public schools 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.

## **SO YOU DON'T MISS A BEAT**

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](mailto:Tammy@dancin-plus.com) Thank you!

## **DRESS THE PART TO RESPECT THE ART**

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](http://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 26 - March 10 For Spring Break,  
Also Known As "Dance Production Prep Marathon" For Our Teachers. 😊  
Classes Resume The Week Of March 11th. 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](http://www.dancin-plus.com)



THANK YOU!