

Summer Dance and Yoga Arts
2017

Session _____

Name _____

Birthdate _____ Grade _____
Entering _____

Parent/Guardian _____

Mailing Address _____

Telephone (home) _____

(work) _____

(emergency) _____

Email _____

Any allergies, restrictions, etc. _____

I agree to hold harmless Jennifer McGowan and her employees from claims or liability related to any accident that may occur, with understanding that the best care and safety precautions will be provided for all participants. I give permission for my child to have his/her photograph appear in dance brochures, flyers, and other publicity for Jennifer McGowan's Creative Dance Center. I understand that my child's name will remain anonymous and that the photographs will be used for Creative Dance Center purposes only.

Signature _____

(Parent/Guardian)

(Date)

www.creative-dance.com

information@creative-dance.com

Would you like to be added to our email list to receive news about upcoming classes and events???

*Sign up today and join in the fun!
Discover the magic of dance!*

Summer Dance Programs for ages 4 and older

Jennifer McGowan
130 Jewett Street
Pepperell, MA 01463



July 17 - August 8



Jennifer McGowan's
Creative Dance Center
With Summer Programs Offered in
Stow and Pepperell, MA
978-433-8349
www.creative-dance.com



2017

SUMMER DANCE ARTS

Summer DAY Workshops:



Dance, Art, and Yoga

If you love to dance, create art, and do yoga, then this is the program for you. Summer DAY workshops invite you to explore dance, art, yoga, music, drama, and more. And, each workshop is designed with different themes so you can attend year after year for lots of creative fun. The summer program combines different age groups which allows for students of all ages to learn from one another. This also fosters confidence in younger students who benefit from watching and imitating the older students, and encourages leadership in older students. In addition to combined age group activities in which all the students work together, dancers have the opportunity to work in smaller groups according to their age level. Workshops are offered for children of all levels of experience. Join in the fun and discover the magic!

The creative arts help students to:

- ★ gain confidence and a positive self-esteem
- ★ learn problem solving skills
- ★ Make discoveries about themselves, their friends, and the world around them
- ★ learn cooperation by working together as a group
- ★ learn to respect each other's unique style
- ★ learn spontaneity, leadership, and self-control
- ★ develop creativity
- ★ gain physical strength, flexibility, and stamina
- ★ develop good posture, balance, and coordination through dance exercises and yoga postures



Workshop Descriptions

Dance, Art, and Yoga Workshop (Ages 4-10)

July 17-July 21 (M-F), 1:15pm-4:15pm

Stow, MA

The day begins with a creative dance class where children express themselves through movement. Students explore dancing to a variety of music and dance styles while developing age-appropriate skills and learning ballet and modern dance vocabulary. Dance class is followed by an art project integrating art and movement concepts. Each day will encompass a different theme. A special activity will follow, which may include drama and theatre games, dance history, yoga games, sing alongs, story time, music for dancers, outdoor play, or costume designing. Our program concludes with yoga and relaxation.

\$180/5 days

An afternoon of Dance

Teddy Bears' Picnic (Ages 4-7)

Tuesday, August 1, 1:15-4:15pm

Pepperell, MA

In this special three-hour workshop, dancers will have fun with teddy bears. We will dance and do yoga with our special friends, enjoy a snack together, make Teddy Bear t's, and create teddy bear themed arts and crafts. Dancers may bring their favorite teddy bear (or stuffed animal) to the workshop if they would like. However, it is not necessary to bring a teddy bear to join in the fun.

\$36/workshop

Dazzling 70's (Ages 7-13)

Tuesday, August 8, 1:15-4:15pm

Pepperell, MA

In this special three-hour workshop, dancers will travel through time and place, inspired by the story of one of our favorite dolls from the USA. We will travel to California in the 1970's. Think disco lights, peace signs, tie dying, and flower power. Dancers may bring their favorite doll to the workshop if they would like. However, it is not necessary to own a doll to join in the fun.

\$36/workshop



General Information



Where

Dance programs are held at the First Parish Church of Stow and Acton, and the Community Center in Pepperell, MA.

Registration

For Stow Workshops, please complete the form provided and mail with payment. Full payment along with registration is preferred. Please make checks payable to Jennifer McGowan, 130 Jewett Street, Pepperell, MA 01463.

For Pepperell Workshops, please register through the Pepperell Recreation Department.

All sessions will be held with a minimum of eight students. Early registration is recommended as sessions do fill up quickly.

Tuition

Tuition includes cost of all art materials and a snack.

Discounts

Families registering two or more dancers for the week long program receive 10% off the total cost.

Refunds

For Stow Workshops, refunds are given in full minus a \$25 processing fee with advance notification no later than June 1. No refunds will be given after June 1. Please see Pepperell Recreation for their refund policy.

Instructor

Jennifer McGowan, Dance Instructor and Director, has danced since her early childhood years and graduated from Skidmore College with a B.S. degree in Dance and a minor in early childhood education. Jennifer opened the Creative Dance Center in 1995 to share her love of dance with the community. Her philosophy is unique, to teach dance as an expressive art. At the Creative Dance Center we dance from our hearts for the pure joy of it!

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