



## Creative Dance News



Fall 2018 Volume 21, Issue 4

### *Welcome!*

Welcome to a new year of dance!

I had a wonderful summer spending time with my family. As it tradition in our family, we went to Hampton Beach in NH. We jump in the waves, walk by the rocks, window shop along the boardwalk, and get a treat from Sanborn's Fine Candies. It brings back memories from my own childhood and summer doesn't even begin until our first trip to the beach. We also went kayaking, played miniature golf, and ate lots of ice-cream! And we ended the summer with a big family BBQ.

Something I've wanted to do for a very long time is to visit Jacob's Pillow in Becket, MA. The Pillow is a Historic Landmark located in the Berkshires in Western Massachusetts and home to America's longest-running international dance festival. Every summer professional dancers and dance enthusiasts visit from around the globe to train, watch performance, and view the dance centers. I finally made my wish come true and visited twice this summer, enjoying two spectacular performances in their outdoor theatre. I can't wait to share all about and hear about your summers, too!

I am looking forward to a great year of dance! Welcome to our dance family!

### *A Peek into Class*

I begin the first class of every year with the element of space. We become comfortable in our own personal space, as we stretch as far as we can reach. We explore moving in many different ways in one spot and then we expand that space and move throughout

the room, traveling through general space. We may notice we are not alone anymore. There are others dancing around us. Sometimes we share our personal space while we work with partners or groups. And, other times we have our own personal dance, staying in our own little space bubbles. We develop spatial and body awareness as we experience what it feels like to be in our own personal space and what it feels like to share our space by interacting with others.

Even though it is the same concept year after year, it is still fresh because each year we bring something new to it. Each year we can try to stretch just a little further, learn a new step to travel through general space, or challenge ourselves by trying something we have never tried before. We can start to understand something that before was difficult for us and we can increase our movement vocabulary by exploring and combining the different elements of dance. We can learn something new by observing and in turn share something new for someone else. We can expand our thinking and understanding and become more aware of our feelings and how they have changed or stayed the same. We can ask the question, "Do we prefer having our own personal movement dialogue or do we like to interact with others at this particular point in time?" or "How much personal space do we need to feel comfortable?" In this way we can also learn to respect other people's personal space. And even the youngest child can answer the question, "Do we like moving in self-space or general space better?"

### Dates to Remember:

- Thursday, September 13, Dance Classes begin in Stow
- Saturday, September 15, Pepperell Fall Festival on the Town Field from 10am-4pm
- Saturday, September 22, Dance Classes begin in Pepperell at the Community Church
- Tuesday, September 25, Dance Classes begin in Groton
- Saturday, September 29, Pepperell classes held at the Community Center due to event at the Community Church
- Tuesday, October 9, NO classes held in Groton
- Wednesday, October 10, Dance Classes begin at the Pepperell Community Center
- Wednesday, October 31, NO afternoon classes held in Pepperell. Family Dance still in session in morning.
- Thursday, November 1, Visiting Day Groton Pre-School class and all Stow classes
- Tuesday, November 6, NO classes held in Groton
- Tuesday, November 13, Visiting Day Groton Kindergarten class
- Saturday, November 17, Visiting Day Tween/Teen class in Pepperell
- NO Dance classes held Thanksgiving week. Happy Thanksgiving!
- Wednesday, November 28, Visiting Day Pepperell afternoon classes
- Friday, November 30, Dancers Workshop Performance (Nursing Home)
- Sunday, December 2, Nutcracker and Holiday Dance & Crafts Workshop at the Pepperell Community Center from 1-4pm (Tentative)
- Friday, December 7, Dancers Workshop performance (Nursing Home)
- Sunday, December 9, Special Dance Workshop followed by the Winter Celebration of Dance Performance at the Stow Town Hall. Details as we get closer to the date.

*Schedule subject to change.  
More events/dates will be added as they  
are scheduled...  
Thanks!*



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With classes offered in  
Stow, Groton, and Pepperell, MA

Follow us on social media:

[www.facebook.com/creative.dance.yoga/](http://www.facebook.com/creative.dance.yoga/)  
[www.instagram.com/creative.dance.yoga/](http://www.instagram.com/creative.dance.yoga/)

Dance is for everyone and  
everyone can dance!



## Please Share...

There is still space in classes.

Please share with your friends about our creative dance program.

Word-of-mouth is the best form of advertising.

Thank-you!

### STOW

Pre-K-Grade 1, Thursdays 3:45-4:30pm

Grades 2-6, Thursdays 4:30-5:30pm

Teens, Thursdays 6:30-7:30pm



### PEPPERELL

Ages 2-4 with parent, Wednesdays 10:15-11am

Pre-K-Grade 1, Wednesdays 3:45-4:30pm

Grades 2-6, Wednesdays 4:30-5:30pm

Tweens and Teens, Saturdays 9-10am

### GROTON

Ages 3-5, Thursdays 9-9:45am

Kindergarten, Tuesdays 12:30-1:30pm



## Answers to Frequently Asked Questions

**Q:** When can parents observe class?

**A:** Parents are invited to watch classes on special visiting days a few times during the year. Parents are asked to wait in the waiting area on non-visiting days. I find that students focus better and perform their best when there are not visitors on a weekly basis.

**Q:** Where should shoes, etc. be left during dance class?

**A:** All belongings other than water bottles can be left in the designated area in the hallway. Please no street shoes in the dance area as we want to keep our dance space clean.

**Q:** Where should I park?

**A:** Pepperell Community Center, Community Church of Pepperell, and First Parish Church of Stow have designated parking lots. At the Stow Town Hall, parking is allowed in the parking areas on Hartley Road (above the fire station), Center School (when school is not in session) and the southerly side of Crescent Street next to the Town Hall. Parking in the new town offices parking lot is prohibited. Thanks!

**Q:** What if my child is sick?

**A:** With the start of the school year also comes germs. Please encourage your child to sneeze and cough into their elbows rather than their hands to help prevent the spread of germs. Also, if your child is sick please, for the safety of everyone, let your child recover at home for the day and rejoin us when feeling better. If your child is sick and/or on vacation and is unable to attend class, please call and leave a message on my answering machine. Classes may be made up by attending another class of the same age level during the session if a class is available. Please call in advance if you would like to make up a class. Thanks!

### A Note From Your Teacher:

**I like to think of all of you as part of my dance family. If you, parent or child, have a question or concern, please contact me. I would be happy to talk with you!**

978-433-8349

[information@creative-dance.com](mailto:information@creative-dance.com)

## Looking Ahead...

Join us for the 4th annual Pepperell Fall Festival this Saturday, September 15th from 10:00am-4:00pm! There will be lots of local businesses, live music, performances, food, hayrides, a presentation by Animal Adventures, and activities for the whole family! Come stop by our table to say hi! Also, some of our Dancers Workshop members will be doing a little performance at 12:00pm. Please come and show your support and join in the fun!



For those of you who are new to The Creative Dance Center, each spring we have an informal performance to conclude our year of dance and to share all we have learned throughout the year. This year's performance is scheduled for Saturday, June 8, 2019 at the Hale Middle School Auditorium in Stow, MA. Please save the date.

## What to wear in dance class

Hair up and off face  
(in pony tail, braid, etc.)

No jewelry  
(stud earrings  
are fine)

Any solid color  
leotard



Fitted leggings  
or dance shorts  
or pink/nude  
footless tights  
are optional

We dance  
barefoot  
(nude colored  
footundeez are  
acceptable)

\*For preschool classes anything comfortable for moving is fine  
(ex. Any dance attire or t-shirt and leggings/sweatpants)

\*\*Dancers Workshop Performing Group is required to wear black tank/camisole leotards (no attached skirts) and black full length fitted leggings for performances (as shown)

\*\*\*Boys may wear fitted t-shirt and shorts/pants comfortable for moving in.

*Looking forward to seeing  
you in dance class!*



*Last year Helena had fun  
modeling what to wear in  
dance class.*

*This year she thought it  
would be fun to create a  
picture of what not to wear.*

*Hope this is helpful to you  
or gives you a smile.*

## What Not To Wear To Dance Class



Please no  
leaving your  
hair loose as it  
distracts from  
your dancing

Please no  
jewelry for  
safety  
(earring studs  
are fine)

Please no  
baggy clothing  
as it makes it  
hard to see  
proper  
alignment

Please no  
socks or  
footed tights  
as the floor  
may be  
slippery

# Summer Dance Arts & Yoga 2018



## An Afternoon of Dance Performance 2018

