

## General Information



### Where

Dance programs are held at the Pompositticut Community Center in Stow, MA, and the Community Center in Pepperell, MA.

### Registration

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

For Pepperell Workshops, please register through the Pepperell Recreation Department and make checks payable to the Town of Pepperell. (<https://pepperellma.myrec.com>)

**All sessions will be held with a minimum of eight students. Early registration is recommended.**

### Tuition

Tuition includes cost of all art materials.

### Refunds

In the case of an emergency, refunds will be given in the form of credit for a different workshop/class in full minus a \$25 processing fee. Credits must be used within a year.

### 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!



978-433-8349

[www.creative-dance.com](http://www.creative-dance.com)

[www.creative-dance.com](http://www.creative-dance.com)

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

**Summer Dance, Arts & Yoga Programs for ages 5 and older**

Jennifer McGowan  
130 Jewett Street  
Pepperell, MA 01463



*July 10 - July 21  
2023*



Jennifer McGowan's  
Creative Dance Center  
With Summer Programs Offered in  
Stow and Pepperell, MA  
978-433-8349  
[www.creative-dance.com](http://www.creative-dance.com)



## Summer DAY Workshops:



### Dance, Arts, & 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!

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



### Creative Dance, Arts, & Yoga Workshop (Ages 5-11)

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. Then, we will enjoy a nut-free snack brought from home. 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. At the end of each day we will close our program with yoga and relaxation.

**Pompositticut Community Center, Stow, MA**

**Week 1 -**

**AM Session: July 10 - July 14 (M-F), 9:30am-12:00pm**

**PM Session: July 10 - July 14 (M-F), 12:30-3:00pm**

**Pepperell Community Center, Pepperell, MA**

**Week 2 -**

**AM Session: July 17 - July 21 (M-F), 9:30am-12:00pm**

**PM Session: July 17 - July 21 (M-F), 12:30-3:00pm**

**Tuition:**

**\$150/5 days morning/or afternoon session**

**\$300/5 days morning and afternoon session**

**(please bring nut-free lunch if attending both sessions)**



### Dance Choreography Workshop (Ages 9-13)

Each session begins with a dance class where students will learn dance steps and combinations to a variety of music styles and dance techniques, including modern, ballet, jazz, and world dance. Then they will work together to create a piece of choreography based on the style of dance. After, students will have the opportunity to explore other areas of dance performance including costume and set designing, dance history, theatre, and music, and visual art. Building on the belief that all children are artists, students will explore a wide variety of media including drawing, painting, collage, and sculpture. Dancers will conclude the day with relaxation and yoga. All levels welcome.

**Pompositticut Community Center, Stow, MA**

**Session 1: July 10 - July 14 (M-F), 3:15-5:30pm**

**Pepperell Community Center, Pepperell, MA**

**Session 2: July 17 - July 21 (M-F), 3:15-5:30pm**

**Tuition:**

**\$150/5 days**



### Create Your Own Summer Dance Program

If you wish for a unique program that is designed especially for you, I am happy to work with you to create a program that meets your needs. Please contact me for details.