



Fall 2023
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The Magic of Creative Dance

In creative dance, we explore our instrument, our body, and all the ways it can move. As we explore, we develop our own personal movement vocabulary. We jump, we twirl, we melt, we contract, we rise, we twist, we stretch, we float, and we leap! So many movements to explore! Each week, we focus on the different elements of dance. All of these elements weave together to create dances rich with variety:

Place	Size	Level
Direction		Pathway
Focus	Speed	Rhythm
Energy	Weight	Flow
Body Parts		Shapes
Relationships		Balance

We learn modern and ballet dance technique, expanding our vocabulary further, practicing locomotor and nonlocomotor movements and combinations. We learn healthy posture, balance, coordination, and problem-solving skills. And, we incorporate all these skills to build amazing dances of our own creation, as individuals and with our friends. Thus, we get to express ourselves, our feelings, and our uniqueness. That to me is what makes Creative Dance magical.

At the end of class, we gather together to share our gratitude and appreciation for each other before we say good-bye, until we meet again next week for more dancing and fun!

Keep on Dancing

Are you or someone you know looking for something fun to do this fall? There is still space in all classes in Pepperell and Stow and new students are always welcome. Tuition will be pro-rated for new students. All levels of experience are welcome. Please share with your friends so we can grow our dance family!

STOW:

- ◆ Preschool Ages 3-5, Thursdays, 2:45-3:25pm
- ◆ Grades K-2, Thursdays, 4:00-4:40pm
- ◆ Grades 3-6, Thursdays, 4:45-5:40pm
- ◆ Grades 7+, Thursdays 6:45-7:40pm

PEPPERELL:

- ◆ Family Dance Ages 2-4 with adult, Tuesdays, 10:00-10:40am
- ◆ Pre-School Ages 3-5, Wednesdays, 3:45-4:25pm
- ◆ Grades K-2, Wednesdays 4:30-5:10pm
- ◆ Grades 3-6, Wednesdays 5:15-6:10pm
- ◆ Grades 7+, Fridays, 3:45-4:40pm
- ◆ Adults, Thursdays, 9:10-10:10am

Dates to Remember:

- Wednesday, September 20, First Day of Kids' classes in Pepperell
- Thursday, September 21, First Day of Adult Creative Dance in Pepperell
- Thursday, September 21, First Day of Kids' classes in Stow.
- Tuesday, September 26, First Day of Family Dance in Pepperell.
- Tuesday, October 17 no dance classes Pepperell
- October 25-October 31, wear a costume to dance class week
- Wednesday, November 14, Last family dance class fall session in Pepperell
- No classes will be held November 21-24, Happy Thanksgiving!
- Wednesday, November 29, Last class fall session in Pepperell. Families are welcome to join in the last 15 minutes of class.
- Thursday, November 30, Last class Adult Creative Dance fall session in Pepperell.
- Thursday, November 30, Stow visiting day for all classes. Families are welcome to join in the last 15 minutes of class.
- Friday, December 1, Dancers Workshop Nursing Home Performance
- Sunday, December 3, Winter Celebration of Dance Performance and Holiday Workshop (Snow date Sunday, December 11) at the old Stow Town Hall. More details soon
- Wednesday, December 6, 1-4pm Nutcracker Workshop Pepperell Community Center (Early Release Day, Pepperell Schools)
- Friday, December 8, Dancers Workshop Nursing Home Performance
- December 21, 2022-January 4, 2024, Winter Break Stow classes
- Thursday, January 4, Dancers Workshop rehearsal Stow
- Tuesday, January 9, Pepperell Winter session begins
- Thursday, January 11, Stow fall session classes resume
- Thursday, January 25, Last day fall session Stow classes. Winter/Spring Session in Stow begin February 1

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



Thanks!



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With classes offered in
Stow and Pepperell, MA

Follow us on social media:

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www.instagram.com/creative.dance.yoga/

Dance is for everyone and
everyone can dance!



Bring a Friend

Currently enrolled students are invited to bring a friend new to the Creative Dance Center to try a class next week, September 26-29. Parents must contact me to reserve a spot and complete a waiver form before their child(ren) try a class. Thank-you!



Teacher News

I had a wonderful summer, spending time with my now grown kids, and husband. We went kayaking at our favorite lake, visited the ocean, and ate lots of ice-cream. I taught some amazing dancers for a couple of weeks in July combining dance, art, nature, and yoga. In addition, I continued my own dance education attending a weekly creative dance class for adults which I have been taking since 1997! Every Monday night, I gather with a wonderful group of people to do somatic work and stretching, dance freely and explore. I call it my "sanity." 😊 It inspires me and makes me feel connected to my love of dance and movement. Then, my friend who leads that class, and I attended a wonderful creative dance retreat in Rockport, MA at the Windhover Center for Performing Arts, focusing on the work of Barbara Mettler. I am grateful for the experience and look forward to sharing with my students. Lastly, we sent Helena off to Mount Holyoke College so she can fly her wings. Her presence in dance class will be greatly missed, but she will visit when she can! ❤️

Important Information: Please Read

- ◆ Parents are invited to watch classes on special visiting days a few times during the year. I find that students focus better and perform their best when there are not observers on a weekly basis.
- ◆ Due to the fact that there is not much space to social distance in our waiting areas, I encourage parents to drop off/pick up students when students feel settled and comfortable.
- ◆ Please provide a note if anyone other than the usual people are to pick up your child from dance class and be prepared to show identification for safety purposes.
- ◆ It is especially important in these times that if your child is sick, please, let your child recover at home for the day and rejoin us when feeling better. And, if you or a family member are experiencing any COVID-19 symptoms or have been in contact with someone who has tested positive, please stay at home for the safety of everyone.
- ◆ In the case of bad weather, I do not always follow the Stow and Pepperell school systems regarding snow days.
- ◆ Any dance classes cancelled due to weather or unforeseen circumstances will be rescheduled for the end of the session or will be held on zoom. I will send an email to each student if class is cancelled/or being held online at least one hour prior to the start of class. Therefore, it is very important that you share up to date contact information and check your emails regularly. If you are unsure if class is being held, please call 978-433-8349.
- ◆ Our dress code is as follows: Dance attire or anything comfortable for moving that allows full mobility and allows the teacher to see the dancer's correct alignment. Dancers may wear leggings/or dance shorts and a fitted t-shirt or leotard. Please no footed tights or socks, as the floor can be slippery. We dance barefoot so we can fully feel our feet on the floor.
- ◆ Dancers may bring a water bottle to class each week. Please label all belongings with name.
- ◆ Photo policy: In participating in any of Jennifer McGowan's programs you give permission for yourself or your child(ren) to have your/his/her photograph(s) appear in dance brochures, flyers, social media, and other publicity for Jennifer McGowan's Creative Dance Center or the Stow and Pepperell Recreation newsletter. Photographs will be used for Creative Dance Center purposes only. Should parents not want their/their child(ren)'s photographs used in the way described in this policy, please give written notification. Otherwise it will be understood that the policy has been read and accepted and consent has been given.
- ◆ Each spring we have an informal performance to conclude our year of dance and to share all we have learned throughout the year. All classes are welcome to participate. This year's performance will be held on Saturday, May 18, 2024 at the Hale Middle School Auditorium in Stow, MA. Save the date!
- ◆ If you need to reach me during class time, my cell phone is 978-869-6168. Please use my home/work phone for all other calls.

Thank-you!