



Fall 2022
Volume 25, Issue 3

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:

- ◆ Grades K-2, Thursdays, 4:00-4:40pm
- ◆ Grades 3-6, Thursdays, 4:45-5:40pm
- ◆ Grades 7+, Thursdays 6:30-7:25pm

PEPPERELL:

- ◆ 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:

- Monday, September 12, First Day of Kids' classes in Pepperell
- Thursday, September 15, First Day of Kids' classes in Stow.
- Saturday, September 17, 10am-4pm, Pepperell Fall Festival. Over 100 vendors and entertainment, including our dancers workshop performing group.
- Thursday, September 22, First Day of Adult Creative Dance in Pepperell.
- Monday, October 10, No dance classes in Pepperell
- Wednesday, November 16; Friday, November 18, and Monday, November 21, Last class fall session in Pepperell. Families are welcome to join in the last 15 minutes of class.
- Thursday, November 17, Stow visiting day. Families are welcome to join in the last 15 minutes of class.
- No dance classes will be held November 23-November 25. Happy Thanksgiving!
- Friday, December, Dancers Workshop Nursing Home Performance TBD
- Sunday, December 4, Winter Celebration of Dance Performance and Holiday Workshop (Snow date Sunday, December 11) at the old Stow Town Hall.
- Wednesday, December 7, 1-4pm Nutcracker Workshop Pepperell Community Center (Early Release Day, Pepperell Schools)
- Friday, December 9, Dancers Workshop Performance, TBD
- December 22, 2022-January 5, 2023, Winter Break Stow classes
- Thursday, January 5, Dancers Workshop rehearsal Stow
- Monday, January 9, Pepperell Winter session begins
- Thursday, January 12, Stow fall/winter session classes resume.

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!



Mailing Address:
Jennifer McGowan
130 Jewett Street
Pepperell, MA 01463
Phone: 978-433-8349
Email: info@creative-dance.com
Website: www.creative-dance.com

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

You are invited to bring a friend new to the Creative Dance Center to try a class next week, September 19-23. Parents must complete a waiver form before their child(ren) try a class. Thank-you!



Pepperell Fall Festival

Looking for something fun to do this weekend?

This Saturday, September 17, 2022, the Pepperell Fall Festival is being held from 10am-4pm on the town field (4 Hollis Street, Pepperell, MA).

There will be hayrides, inflatables, food, music, a pie eating contest, games, lots of local vendors, and a dance demonstration by our two teen dancers workshop members.

Please come support our dancers and visit us at our Creative Dance Center booth to say hello.

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.
- ◆ 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 Sunday, May 21, 2023 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!