



JANUARY NEWSLETTER

"A New Year, A New Day! Focusing on Contentment & Happiness!"

Happy New Year! Can you believe it's a new year already?! Whether you are new or returning to Raise the Barre, we are thrilled to begin the new year with you and your family! Along with reviewing technique and terminology, we are taking time this month to discuss how we can be kind and share joy with those around us in dance class. This is a skill that's especially powerful at dance, as we are a team that works together! We uplift and help one another at Raise the Barre Dance Academy!

POTTY POLICY - PLEASE READ!

Our goal is to make every class a positive and fun experience for our dancers each and every week. We want our dancers comfortable and focused so they can get the most out of their class time. In order to do this, we need each dancer to take a potty break and to "empty" **before class at the NRH Centre each week.**

Since we do not have a restroom in the dance room this will be a HUGE help in preventing accidents and disruption during class. Thank you so much for doing your part in ensuring your dancer has a great experience in dance class.

DRESS CODE & CLASS REQUIREMENTS

Please stop by our website at **RaiseTheBarreDanceAcademy.com** to review our dress code and class requirements as well as other important information that is essential for a successful dance semester.

SAVE THE DATE

- January 6th:** RTB Spring Semester Begins
- February 1st:** Costume Measurements & Fees Due/Last Day to Register
- March 9th - 13th:** Spring Break (no classes)
- April 25th:** Spring Recital (more details to follow)

MEET MS. SARA

As many of you know, Ms. Ellyn happily welcomed a baby boy to her family last month! While she and her family adjusts to their new adventure, Ms. Sara will be taking over Ms. Ellyn's classes until she returns in February.

Ms. Ellyn and Ms. Sara grew up dancing together and have worked together in the dance space for many years. Ms. Sara has always loved dancing and has been a part of a city recreational program, dance studio, high school dance team, and adult performance group. She has over ten years of teaching experience, specializing in preschool aged classes and jazz.

Ms. Sara's favorite thing about teaching dance is getting to know all of the students and their families! At home, Ms. Sara spends her time with her husband, three daughters, and three dogs. Her favorite place to travel to is Colorado and her favorite pastime is crafting!



DON'T MISS A BEAT!

Follow Raise the Barre Dance Academy on Facebook and Instagram for a peek inside our classes and to stay up-to-date on important information and reminders.