

# DECEMBER NEWS

Dance Works Nutcracker Excerpts & Holiday Showcase | Fall Dance News | Winter Session  
National Love Your Body Week | Halloween | Student Choreography Showcase Registration

**Winter Session begins January 3rd! See full schedule & calendar at [danceworks.us/classes](http://danceworks.us/classes)**

**Winter Break Dance & Craft Mini Camp 2/22-24**

**SPACE IS LIMITED AND ON FIRST-COME-FIRST-SERVE BASIS**

We will wear face masks, maintain social distancing, continue temperature checks and follow all NYS and local municipal guidelines for a safe and fun experience.

### Adult Dance Classes

**Adult Beginner Hip Hop Class with Geheny Rivera on Tuesday, January 11th 7:15pm-8:15pm!**

Other **Adult Dance and Fitness** classes held Wednesdays at Crawford Park.

**Wishing our entire**

**Dance Works Family**

**A**

**Happy, Safe & Healthy Holidays!**



## Dance Works dancers lit up the stage with Nutcracker Excerpts and Holiday Showcase.

A year of uncertainty has a happy ending! On December 5th, we gratefully performed on a stage with lights, in a theater before a live audience for the first time in 2 years! We then presented this performance virtually for the patients at Blythedale Children's hospital on December 11th. A portion of proceeds will be donated to the hospital. Performance Re-cap: <https://youtu.be/ryTqxsVMGmg>



**Celebrating National Love Your Body Week**

As a chapter of the National Honors Society of Dance Arts (NHSDA), Dance Works recognizes **Love Your Body Week**, a National campaign to encourage **body positivity** and celebrate all the wonderful things our bodies can do!

*When we **love** something, we treat it with respect and take care of it.*

**Dance Works is a Body-Positive Dance Environment**

- We value progress, skills, and effort over appearance and thinness.
- We *do not* discuss weight loss or the achievement of an “ideal” **body** leading to greater success in dance.
- We *do not* share “dieting tips” or discuss specific foods to eat or avoid. Only that we encourage “healthy” snacks to those taking two classes in a row or in the studio a long time.
- We do embrace and support of a diverse range of **body** shapes and **body** sizes.
- We strive to serve as role models for healthy self-esteem and positive self-talk.
- We are mindful of language used in corrections, and in other interactions with students.
- We do not discuss dancer’s weight, weight loss or weight gain in front of others.
- We encourage dancers to recognize and honor their own strengths and abilities instead of comparing themselves to other dancers.

**Halloween Week Fun While We Learn!**



**Dance Works celebrates body positivity**



**Announcements**

Registration is open for the Dance Works Student Choreography Showcase! Register early to secure your young choreographer’s spot. Space is limited.

Visit <https://www.eventbrite.com/e/register-to-participate-in-dance-works-2022-student-choreography-showcase-registration-157551634179> to find out more and to register.

**2022 January to August Calendar**

1/3 Classes Begin, 1/23 Student Choreography Showcase, 2/22-2/24 Dance & Craft Mini Camp, 3/6 Formal photos, 3/19 Annual Recital, 3/20 18th Annual Dance Works Fundraiser Showcase, 4/12-4/14 Spring Break Dance & Craft Mini camp, 4/18 Spring 8 Week workshops begin, June-August Summer Dance & Fall Registration.

**We thank our Instructors and guest artists including: (Left to Right): Jen Lancaster Matus, Jazz, Hip Hop, Modern & Contemporary Instructor, Prima Ballerina and Instructor Etrita Abdullahu, Devyn Ciccio-Rauf Hip Hop, Broadway Jazz!**

