



TO THE POINTE



Happy August!



Congratulations to all of our dancers that competed at Dance to Inspire Nationals in July! It was a memorable weekend dancing together and team bonding especially with our seniors who will be heading off to college soon. Best wishes to Teagan Altman, Gabriella Calitri, Sophia Gentile & Julia Sheehan in your first semester at college.

JOIN US FOR OPEN HOUSE REGISTRATION NIGHTS

AUGUST 10TH 4:30—5:30 PM, SEPTEMBER 1ST 4:00 –5:30 PM

THIS IS A GREAT TIME FOR NEW AND RETURNING STUDENT TO COME VISIT!

Check out our updated schedule and register today.

ATTENTION AGES 9-18 DH DANCERS WOULD YOU LIKE TO PERFORM AT THE FARMERS MARKET 8/20? RSVP TO MISS JILLIAN NO LATER THAN 8/5

NOW BOOKING BIRTHDAY PARTIES FOR THE UPCOMING SEASON VISIT <https://thedancehaven.com/birthdays> for more information.

WE ARE BRINGING BACK OUR MINI JAZZ COMP TEAM AGES 6-8. - Schedule TBD Students interested must have 2 years of Ballet/Jazz to participate and can execute choreography fully on their own and be registered for an additional Ballet/Jazz and Tap class. Please reach out to see if interested. It is a teacher recommended class. We must feel a student is ready. Students will compete in 1 local competition this season. Practices will be 1/2 hour to 45 min depending on enrollment.

DIGITAL DOWN LOADS OF THE RECITAL CAN STILL BE ORDERED AT <https://vwstudios.com/shop> (SEARCH THE DANCE HAVEN) ANYONE WHO ORDERED SHOULD HAVE ALREADY BEEN EMAILED THEIR DIGITAL DOWNLOAD

SUMMER DANCE HAS BEEN SO MUCH FUN—WE HAVE TWO WEEKS LEFT IF ANYONE WOULD LIKE TO JOIN IN CONTACT MISS RACHELE

ADULT DANCE & FITNESS CLASSES: Would you like to get your dance fix or interested in group fitness classes. Try a class for FREE! Visit: www.dhfitcrew.com

Tid Bit: National Wellness Month is celebrated every August to focus on **self-care, healthy routines**, and overall well-being. Dance strongly contributes to overall wellness by improving physical fitness, boosting mental health, and enhancing social connection

FYI: August is one of the best months for stargazing because of the bright Perseid meteor shower, which peaks mid-month

Happy Birthday to all of our August & September DH friends!

Important Dates To Remember

August 5th— deadline for farmers market participation

August 10th—4:30-5:30
Registration Night

August 12th—Summer Dance Fest Ends

August 20th—Farmers Market Performance



379 Salem Street, Medford MA 02155
www.thedancehaven.com