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Get The Pointe!

Upcoming CDC Reminders:

1/31 - 2nd Term Begins

2/4 - SDPO Meeting

2/18 - 28 - Winter Break Studio Closed

Snow Exercising

With all of the snow outside, we have already had three cancellations this month! Besides shoveling, when dance is cancelled due to snow, what exercises do you do to keep in shape?

Exercises at home are always fun! Some dancers have created their own ideas and routines to stretch and keep their muscles warm like sitting in a split while watching TV. Others put on music and make up exercise routines specific to certain songs.

Dancers need to practice exercises at home to make sure they are ready when the time comes for exams. Even if you are not taking an exam, you still need to take care of your body.

Come to Francesca Guarnieri and tell her what fun types of exercises you do on your snow days so we can put them in future newsletters!

Tutu Tips:

Sitting up straight during school will help work your abs. This can help you achieve better posture gained through core strengthening. And this is what you need while dancing!

"Why do I dance?"

Why do I breathe?"

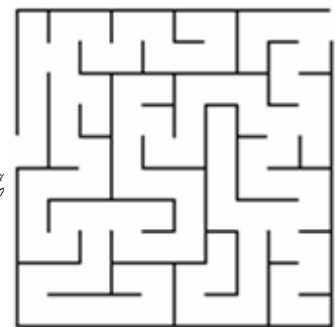
~Anonymous

Birthdays!!!!



Christian Thompson	2/1
Sophia Dughi	2/8
Emma Shalagan	2/11
Cheyenne Santello	2/13
Emma Perry	2/16
Ana Barros	2/23
Laura Smedberg	2/24
Lillian Goerg	2/25

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Help the ballerina get to her pointe shoes!

