

NOVEMBER 4, 2023

WINTER NEWSLETTER 2023

<http://www.OliviaAllenDanceandFitness.com>

A festive poster for a Nutcracker Tea & Dance Party. The background is light beige with white snowflakes. Two nutcracker figures in red and blue uniforms stand on either side. The title 'THE NUTCRACKER' is in large, bold, black letters, and 'Tea & Dance Party' is in a cursive font. A green banner contains the date and time, and another green banner contains the age group and price. A red banner contains a description of the event. At the bottom, there are illustrations of a stocking, gifts, and a circular logo for Olivia Allen Dance & Fitness.

THE NUTCRACKER
Tea & Dance Party

saturday december 16th from 11:30-1:00pm
ages 3-8
\$22/party

tea & dance parties are seasonal events open to the community!
read stories about the season or holiday; have a dance party with movement and games; enjoy tea (apple juice!) and treats followed by a craft and coloring. in the last few minutes of your magical party; take a photo in front of the seasonal backdrop with props!



TOP 5 THINGS TO KNOW THIS SEASON!

1. Winter Dance Sessions begin December 4th, 2023
2. NEW 2024 Kids Dance Club!
3. Holiday Hoodies, Tees, and Tanks - Order Opens Tues. Nov. 7th *Keep an eye on your email!*
4. New Adult Class Mondays at 5:45pm!
5. Nutcracker Tea & Dance Party - *Sat. Dec. 16th!*



WITH THE SEASON ... COMES CHANGES!

By popular demand, we're offering **MORE** Twirling Twos times!

Tuesdays at 10am or 3:30pm
Wednesdays at 4:20pm

Also note Teen Ballet/Jazz/Tap has been moved to Thursdays at 7:15pm.

Want to share your idea for a day/time for Move & Groove? Or are you looking for a class that isn't offered? Kindly fill out this form!

***Filling out this form is not a guarantee for a class/time. I am simply gathering information from the community to further enhance the offerings on the schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am				Pre-Dance		Pre-Dance
10:00am	Move & Groove	Twirling Twos	Pre-Dance	Move & Groove		Ballet/Tap Combo
3:30pm		Twirling Twos	Pre-Dance	Ballet/Tap Combo		
4:20pm			Twirling Twos (4:20)			
5:00pm		Open Adult Ballet (5:15pm)	Ballet/Tap 1	Pre-Teen Ballet/Jazz/Tap Combo		
6:15pm				Ballet 101: Adult 12 wk course		
6:30pm						
7:15pm				Teen Ballet/Jazz/Tap Combo		

*Schedule subject to change with notice given to any enrolled participants. Schedule may change based on enrollment and/or schedule conflicts.
 **Pop-ups are tentative. If demand is high enough a class may be added to the schedule.



Ready to sign up for class?
 Go to <http://www.oliviaallendanceandfitness.com>
 and click on "Register Today"



KIDS DANCE CLUB 2024!

We are super excited to announce this new CLUB, beginning January 2024!

Open to ages 6-10, dancers will build new friendships, learn fun dance choreography, and engage in team work activities. Dancers will meet 2x per month in addition to their regularly scheduled dance class at OADF. Snacks at club meetings and T-Shirts will be provided for dancers! Together we will work towards the goal of dancing in a Community Outreach Performance Event. No auditions required! All levels of dancers are welcomed to join.

- **Tuition: \$200**
 - Option to pay in full, or pay per month on an automated recurring payment schedule of \$33.33 per month, January - June.
- **Included:**
 - 1 Community Outreach Performance Event (potential for more) TBD
 - T-Shirt (doubles as Kids Dance Club Costume!)
 - Snacks at Kids Dance Club
 - Meet with Kids Dance Club 2x per month (1 Friday, 1 Saturday)
- **Required:**
 - One additional club meeting required prior to a Community Outreach Performance Event (IF a previously scheduled club meeting does not align within 5 days of the scheduled event.)
 - 80% Attendance of Club Meetings
 - Enrollment in an OADF Dance Session for the duration of the club. (Includes Winter Session 2, Spring Session 1, and Spring Session 2)

Sign up today!



GROUP FITNESS & PERSONAL TRAINING IS ONGOING!

Interested in getting your kick start before the holidays? Reach out to me at

OliviaAllenDanceandFitness@gmail.com to begin your personal training journey.

New Class Alert!

Mondays at
5:45pm, join me
for Sunrise Flow!

A graphic for a 'Sunrise Flow' class. The title 'Sunrise Flow' is written in a large, black, cursive font at the top. Below it, the text 'NOW ON MONDAYS @5:45PM' is in a smaller, black, sans-serif font. Underneath that, a paragraph describes the class: '45 minutes of a yoga and pilates inspired workout class to uplifting music, that will leave you stretched, relaxed and motivated to conquer the day.' To the right of this text is a circular logo featuring a white silhouette of a person in a dynamic pose, with the text 'Olivia Allen Dance & Fitness' below it. The background of the graphic shows a sequence of five women in grey tank tops and black leggings performing various yoga and Pilates poses on pink mats against a light yellow and pink gradient background.

Sunrise Flow
NOW ON MONDAYS @5:45PM
45 minutes of a yoga and pilates inspired workout class to uplifting music, that will leave you stretched, relaxed and motivated to conquer the day.

Policy Reminders:

Incident weather: If the schools close, we close! I keep a close eye on the Greenland and Hampton school closings. 5:30am classes will be cancelled the evening prior IF a storm has begun. If not, I will make the call by 4:30am prior to class.

Clean Shoe Policy: PLEASE remember to bring in clean sneakers for group fitness and personal training. The floor is shared with many classes from ages 2-75. Let's be respectful of keeping the floor clean, especially during the winter/salty season.