

"EMpowered En Pointe"

EMpowered Dance Center
13818 Jarrettsville Pike, Phoenix, MD 21131

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Emily's Corner

EMpowered is happy to welcome March and hopefully see the end of winter weather. March will be the studio's winter weather make-up month. Please try to make up any snow cancellation classes in the month of March, after

our spring break we will begin to work on choreography in all performing classes. EMpowered is also excited to announce the EMotion dance team will be performing at Hersheypark again this year. This opportunity is not only fantastic for the talented team members but for the EMpowered family. We are able to offer Hersheypark tickets at a group rate for the entire studio and our family and friends. The tickets are good for one admittance into the park for any day all season long. If you are interested in ordering Hersheypark tickets at the group rate, please see the front desk. The studio will be asking students 5yrs. old and above to participate in our Spring concert finale dance!! This is a great opportunity to get to know other students and perform in another dance in the show! The only cost to participate is a finale t-shirt and approximately five Saturday rehearsals before the concert. If you are interested in participating, the sign-up sheet will be placed at the desk following Spring Break. We are also looking to hold an intermediate intensive dance camp this summer as well as our drop in classes, more details to follow soon. Go EMpowered, see you at the barre!



EMpowering Things to Know...

- **Vocabulary Word of the Month**
 - Allegro- Brisk, lively. A term applied to all bright and brisk movements. All steps of elevation such as the entrechat, cabriole, assemble, jete. The most important qualities to aim at in allegro are lightness.
- We have a small selection of ballet, jazz and tap shoes (not oxfords) as well as leotards and tights for sale. This year we are excited to announce we are carrying Capezio brand!
- If using Discount Dance Supply website, search for our studio name or use code **TP75306** when placing your order to enjoy 10% off your 1st order & 5% each purchase after!
- Please remember to come to class with the proper attire and your hair in a bun.
- Please remember EMpowered is peanut free. We have several students with severe allergies and they cannot be around peanut dust. Please refrain from bringing peanut snacks to the studio. Thank you!
- *EMpowered will NOT add water or snacks to the bill, please send dancers with cash, thank you.*

Emily@empowereddance.com

March Calendar

March 2 nd	Josie Parsons Birthday
March 7 th	Juliette Parsons Birthday
March 10 th	Julia Lipchin Birthday
March 21 st	Liesl Krauss Birthday
March 25 th	Hannah Schline Birthday Good Friday
March 27 th	Easter
March 21 st -April 3 rd	STUDIO CLOSED- Spring Break



March Madness

Athletes should drink between 3-4 liters of water a day, depending upon activity levels. Dancers fall into this category and often don't rehydrate enough to support good muscle recovery and keep up with the demands placed on the body. EMpowered will hold a March Madness Water competition among our dancers to encourage them to stay hydrated in the month of March. This hydrating habit will be sure to stay with them during the months to follow. A chart will be on the retired shoe wall for those who choose to participate, parents are also welcome to join!! Enter the number of ounces you drank while at dance, and during the day. The winner will receive an EMpowered water bottle!!

Benefits of drinking enough water: Increased energy, healthier skin, weight loss, aids in digestion and detoxification, rejuvenates the body healing systems, reduces your risk of headaches and cleanses the entire body.



Group Tickets Available:

Regular (Ages 9-54): \$40.00 (reg price \$62.95)
Junior (Ages 3-8)/Senior (Ages 55-69): \$30.00
Senior + (Ages 70+): \$23.00

Ticket Orders are Due by 3/15/16, see the front desk for an order form. Checks should be made payable to EMpowered. Tickets may be used once during the 2016 regular season: May-Sept. 2016.



Upcoming Events...

- **March 12th**- Ticket orders due for Hersheypark Group Rate
- **March 21st-April 2nd**-Studio is closed for Spring break
- **April 4th**- The studio Re-Opens
- **May 1st**-EMotion Dance Team at Towsontown Festival 1pm
- **May 22nd**- EMotion Dance Team at Hersheypark- 12:30pm
- **May 30th**-Memorial Day, Studio Closed
- **June 18th**-EMpowered Dance Center Spring Concert Dress Rehearsal-details to come
- **June 19th**-EMpowered Dance Center Spring Concert Performance-details to come
- **July 11-15th** -EMpowered Intermediate Intensive Summer Camp-more details to follow, let us know if you are interested

www.empowereddance.com