



“To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking.”

~ Charles Caleb Colton



Mark Your Calendars!
With these important dates

March 2008

- 9th - Daylight Saving Time begins
- 10th - 12th Hurst & Watauga Spring break
- 15th - Watauga Fest 2008
- 17th - St. Patrick's Day
- 17th - 21st KISD Spring Break
- 20th - First day of Spring
- 23rd - Easter Sunday



April 2008

- 1st - April Fools Day
- 22nd - Earth Day
- 25th - May 4th National dance Week.



Footworkz Newz & Upcoming Events

- ✦ *What a winter we've had* – I'm so glad that it is almost over! With the first of the year brought many severe illnesses as well as some fascinating weather so there were days that class was cancelled. Please be sure to check the website for your make-up dates and remember to practice as much as you can at home.
- ✦ *National Dance Week* is just around the corner and there are tons of ways for you to get involved right now including an essay contest, poster contest and photo contest. Check out their website often for information, updates and evens in your area
- ✦ *Watauga is celebrating 50 years!* Celebrate Watauga's 50th Anniversary at Wild West Watauga Fest Saturday March 15, 2008 From 10:00 a.m. – 8:00 p.m., 7901 Indian Springs Road (the Watauga Rec. center) See their website for more details
- ✦ *Davi* is a former dance student of mine who is now going to be assisting me in my kids' classes at the Hurst recreation center. I am thrilled to have her helping me and be sure to say hello and make her feel welcome in our upcoming classes. As my pregnancy continues it's getting harder and harder for me to dance so Davi will be a great help.

For more information about performance dates, makeup dates and other footworkz events please see our website:

www.footworkz.com

The Many Benefits of Dance Education

Academic benefits

- * Dance teaches discipline
- * Improved concentration
- * Improved listening skills
- * Application of skills mentally and physically
- * Improved self-discipline
- * A new form of motivation
- * Ability to work in a group
- * Basics of performance

Emotional benefits

- * Self confidence
- * Fun (a happy place)
- * Possible discovery of a talent
- * Movement allowed and praised
- * An enjoyable process
- * Even shy children become confident
- * A new way to express feelings and outlet for emotions

Physical benefits

- * Increased muscle tone
- * Improved flexibility
- * Improved coordination
- * Improved posture
- * Increased endurance
- * Increased strength
- * Improved balance
- * Improved hand/eye coordination

To me, as a dancer for the past 26 years of my life I have felt no greater joy than dance. My only hope is along with the numerous benefits listed above is that my students can feel even a fraction of the joy I feel every time they dance.

Baby Update



We are having a BOY and Dan and I are both thrilled. His name will be Ethan William Kim and he is due July 20th. My tummy is huge and growing dancing is becoming much harder, but we couldn't be more excited.



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