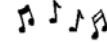




To watch us dance is to hear our hearts
speak. ~Hopi Indian Saying



Mark Your Calendars!
With these important dates

May 2008

- 12th – Parkview Variety Show Try-outs
- 16th – “Little Taps & Little Toes” Watauga
- 24th - Hurst Dress Rehearsal
- 29th – “Can’t Stop The Beat” Hurst Recital
- 30th Parkview Variety Show Dress rehearsal
- 31st Parkview Variety Show

June 2008

- 3rd- KISD Last Day of School
- 11th - Miss Mindy’s 30th Birthday
- 21st – Miss Mindy’s Baby Shower

Hurst make-up dates:

- ✦ Kids tap 1
5-21-08 Normal class time
- ✦ Tap 4 Tots
5-22-08 Normal class time
- ✦ Adult Tap
5-22-08 Normal class time
- ✦ Hip-Hop
5-23-08 Normal class time

Recital Season Is Here!

For many of you this may be your first performance ever, for others maybe your first dance performance ever, even some of my most seasoned dancers can become very nervous and scared when it’s recital time. Because of this I’ve put together this list of things you can do to help prepare and calm your nerves – Good Luck!

1. Practice practice practice – the more you know your dance the more comfortable you will feel and the better your performance will be.
2. Perform for anyone at home – this will help you get ready to be before an audience and they will give you lots of helpful feedback.
3. Listen to the music, over and over and over this way you will always know what comes next in case you miss a step and you’ll feel more comfortable with the song and the beat.
4. Keep your body moving – stay healthy by eating right, getting enough sleep and keeping your body performance ready so there are no injuries or surprises on stage.
5. Warm up & stretch – before the show, make sure you are prepared by warming your body up (you can do the warm-ups we do in class) and stretch so your muscles are ready to do the moves perfectly on stage.
6. Prepare your mind – when back stage BREATHE, close your eyes take a few deep breaths and tell yourself you are going to do great – staying calm will help you do your very best on stage.

Summer is here – Now what?

I feel terrible that I won't be having any classes this summer for all my students however; there are other dance classes being offered and tons of other fun things to do this summer to keep your body and mind in shape for dancing with me again in the fall. Listed below are some of the fun activities you can participate in this summer:

At The Hurst Recreation Center:

Tiny Dancer 1 (3-5 years)

Your tiny dancer will learn tap, ballet and rhythmic movements. (Ballet and tap shoes are required.)

Instructor: Kendra Grieco

13060-A T 10:15-11:00 AM 4WKS 6/3 \$11

13060-B TH 10:15-11:00 AM 4WKS 6/5 \$11

Yoga For Kids (6-12 years)

Come work on your flexibility and balance while learning fun yoga poses like the cobra, eagle and cat. (Please bring a blanket to class.)

Instructor: Julie Harper

23400-A W 11:00-11:45 AM 4WKS 6/4 \$16

24400-A W 11:00-11:45 AM 4WKS 7/9 \$16

Beginning Jazz and Tap (5-7 years)

Here is your chance to get a taste of both tap and jazz in one class. You will learn the basic tap and jazz steps to today's modern music. (Tap and Jazz shoes required.)

Instructor: Kendra Grieco

23120-A T 11:00-12:00 PM 4WKS 6/3 \$13

23120-B TH 11:00-12:00 PM 4WKS 6/5 \$13

See page 3 for fun summer activities at the Watauga Community Center.

Baby Update



We are having a **BOY** and Dan and I are both thrilled. He is due on July 20th.

A baby shower will be held **June 21st** and we are registered at Target & Babies "R" Us.

For shower info and to RSVP call

Heather at 469-396-8793

THANK YOU!

I have really enjoyed dancing with all of you this year and I will miss you so much over the summer. Keep on dancing and moving and staying fit and I hope so much to be able to dance with you again in the fall. This summer I am being blessed with a new little baby and as excited as I am dance is a huge part of my life and I will miss it very much and I will miss all my students you all have a special place in my heart. I hope to see you dancing when I return to teaching. Have an amazing summer – laugh, play, be free & dance.



Mindy C. Kim is an Approved Keller ISD Fine Arts Enrichment Dance Instructor

National Dance Education Organization Member

Footworkz Dance Company

817-584-1096

missmindy@footworkz.com

www.footworkz.com

New!! Children's Classes At Watauga Community Center



Beginning May 6, 2008

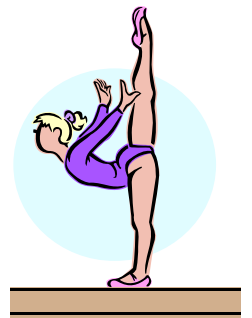


Baby Bears: (walking thru age 3) Tues at 9:15 a.m.

These Classes are primarily for fun and child/parent bonding. Music and movement exploration is a major part of the curriculum. Hand/eye coordination and ball handling skills are developed along with small motor development. Children will also work on gymnastics skills on bars, beam, rings, and trampoline.

Kinder Bears: (ages 4-5) Tues at 10:45 a.m. or 3:00 p.m.

This class uses circuits to further develop fine and gross motor skills. Kinder Bears concentrate predominately on gymnastics skills with an emphasis on over-all fitness. Students will learn skills on vault, bars, beam, floor, and rings. The rock wall with slide, trapeze, and multi purpose shapes will be favorites with your child.



Cheer Bears: (ages 4-7) Tues at 10:00 a.m.

Your daughter will enjoy being taught cheer motions, chants, pom-pom routines and tumbling for our youngest cheerleaders.

Fun & Fit Gymnastics: Tues at 3:45 p.m. (6-8 yrs)

Tues at 4:45 p.m. (9-14 yrs)

The Fun & Fit Gymnastics Program is a nationally recognized teaching system that is very popular with kids and parents. This class not only teaches gymnastics on vault, bars, beam, tumbling, and trampoline. But also increases self confidence and self esteem, giving your child valuable goal setting skills.



Little Ninjas (ages 3-6) Tues at 11:30 a.m.

This age specific program emphasizes life skills, such as balance, coordination, self control, focus, discipline, memory, fitness and teamwork, preparing your preschooler for success as they enter school and continue in the martial arts.

