



Let us first teach little children to breathe, to vibrate, to feel, and to become one with the general harmony and movement of nature. Let us first produce a beautiful human being, a dancing child.

Mark Your Calendar for these Important Dates

September

- 4<sup>th</sup> - First Day of classes at Watauga & Hurst
- 24<sup>th</sup> - Florence Elementary First class & parent info session
- 25<sup>th</sup> - Parkview Elementary First class & parent info session
- 27<sup>th</sup> - Whitley Road Elementary First class & parent info session

October

- 26<sup>th</sup> - KISD Holiday
- 31<sup>st</sup> - Halloween!

## Back To School!

Are you ready to get back to the books? We all need three things to start the school year, some cool new clothes, some cool new shoes and a footworkz dance class to go back to! There are lots of places you can take footworkz dance classes. You can take them at the Hurst Recreation Center, The Watauga Community Center or even at your school! If you don't already have footworkz dance classes at your school ask your teacher or principal about getting dance classes there and hopefully we will be able to work together to get dance at your school.



## DANCE SNACKS

What is the first thing you like to do in the afternoon as soon as you get home from school? Have a sack, right? When we dance right after school it is very important to keep our minds and bodies alert with proper nutrition. Below I've listed some healthy quick snack ideas you can pack to eat just before dance class. If you have proper nutrition to stay healthy awake and alert you will learn more and become a better dancer.

Edemama  
Grapes  
Dry cereal  
Yogurt  
Baby carrots

Nuts  
Celery & peanut butter  
Crackers & cheese  
Milk Jug  
Juice Box

Cereal Bars  
Mixed fruit  
Homemade Muffins  
Trail Mix  
V8

## About Performances

One of the great things you will enjoy about being a footworkz dancer is the opportunity you will have to perform. Giving my dancers an opportunity to showcase what they have learned is a very rewarding part of dance. All footworkz dancers will be able to perform more than once a year. Schools and recreation centers are all on different schedules with different performance requirements and performance dates. As a standard,

We will perform at the end of each session and our costume will be our Footworkz T-shirt. Please be sure to “stay tuned” and get all the information about our upcoming performances. All performance information is also available on our website [www.footworkz.com](http://www.footworkz.com).



## T-Shirts

Do you have your footworkz t-shirt yet? Get yours today! We have children's sizes extra small – large and adult sizes small through extra large. We currently have Hot pink and Turquoise Blue in available in Children's sizes, Hot Pink, Turquoise Blue and Black available in Adult sizes. All Only \$15!



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