

DECEMBER 2011



SYNERGYNEWS

DANCE · DRAMA · VOICE



It's A Holiday Bash... To You From Synergy!



Ho, Ho, Ho... Everyone Should Go!!!

SYNERGY HOLIDAY GATHERING



SPECIAL POINTS OF INTEREST:

Company Hip Hop Workshop with "Bosco" 12-2-11

- Synergy Holiday Gathering December 17th, 5-8pm.
- Studio Closed in observance of the Christmas and New Year Season, December 23rd through January 8th, 2012.
- Classes resume Monday, January 9th, 2012.

Hello Synergy Families... We are very excited to invite you to our **Holiday Gathering on Saturday, December 17th, at Plymouth Cultural Center from 5:00-8:00pm.**

Santa and Mrs. Claus will be making a special appearance to visit with the kids and watch some of them put on a great show. They will also be available for pictures so bring your cameras!

We provide all the food, music and fun so bring your holiday cheer and your appetite! Have your dancers dress in dance clothing so they can "boogie down" all night long.

We know this is a busy time of the year so if you can't make it please have a warm, safe and prosperous holiday season and a very happy new year. If you can make it please RSVP at the front desk or via email at It@synergy-dance.com

Peace.....

Synergy Staff

Healthy snacks from Ms Patti:

Make smart healthy food choices throughout the day and your body will thank you: Try these...

- Air popped popcorn
- Nonfat cottage cheese
- Grapes
- Protein Bars
- Hard Boiled Eggs
- Orange Slices
- Sugar Free Jell-O
- Toast with Peanut or Almond Butter
- Nonfat Yogurt
- Sliced Apples



"December Free Workshops at Synergy"

We've have 2 free workshops this month at Synergy. Saturday, December 10th Ms Melanie will host a Hip Hop workshop for ages 6-9 from 1:00-2:00. After that Ms Patti will host a Gymnastics workshop for ages 6-9.

Both workshops are free and open to any dancers, bring a friend even if they don't dance at Synergy, the classes are sure to be packed full of fun!



Synergy Welcomes Our Newest Competition Members!

We are proud to introduce to you the newest and youngest members to our Competition Team: Katie Akahoshi, Eliana D'Angelo, Jessica Hunt, Miette Karell, Victoria Kerr, Tori Liptow, Lexi Macyda, Ava Mallon, Emily Ward, Jaden Wines and Ava Woolf. These young dancers are being directed by Ms Patti in their first competition season performing tap to the song "Lollipop"! The rest of the Company will be there cheering them on next Spring. In the meantime they are working hard to perfect their moves! If your dancer has an interest in competition dance please let us know so we can provide you with all the information you'll need to make a good decision for your dancer and family....

Cheers Girls! Tap On!

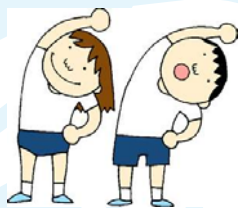




Bon Voyage to the Newman Family.....



Cara and Elizabeth Newman have been dancing at Synergy for over a year and have been spending the Fall in Ms Patti's 5-7 Combo class on Saturday's. We were sad to learn we will be losing them soon as the family will be re-locating to Thailand. We wish them all the best in their new adventure and hope they will keep in touch with us. Thanks for the great times we've had... we'll miss you!



Ms Patti Says.....

Stretch it out! Although often overlooked, stretching plays a vital role in keeping muscles and joints strong and pliable so they are less susceptible to injuries. This goes for dancers and parents too! It's an important part of warming up before a physical activity and cooling down after. So take 5 minutes a day to give your muscles a good stretch and your body will thank you!

Adult Ballet Coming in January.....

Drop in classes—\$10.00 for an hour
No prior ballet experience is necessary
The focus will be on stretching and proper body alignment in addition to learning some basic ballet terminology and moves..



Sign up at the front desk beginning in January!

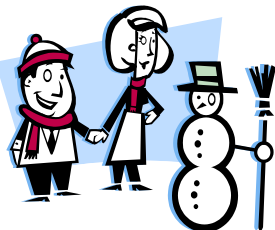
Does The History of Dance Interest You?

I love to see the growing interest in the art of dance. I think all the media attention from So You Think You Can Dance and Dancing With The Stars has brought dancing off the stage and into our living rooms. But do you know where it all started, who were the innovators, who were the artists that gave up their lives to promote their craft. Starting in January Synergy will be offering free Dance History Workshops. These workshops will promote various styles of dance and show the kids the origin of it's beginnings, from Tap to Hip Hop. We'll explore the pioneers in each genre and learn some valuable facts to take back to class with us!



From all the staff at Synergy we would like to say **Thank You to you, our extended dance family.** Thank you for entrusting your dancer's education with us and thank you for supporting our local "small town" studio. Synergy is truly a warm inviting place to be and you make it possible for us to continue to share our love of dance with you!

HAVE YOU SEEN THE SYNERGY WEB SITE LATELY?



Merry Christmas to all!!
Don't forget to deck your halls!

Synergy has a cutting edge website. Not only do we keep you up to date on everything going on at the studio but we also offer you movies and dance history. All of this is due to my amazing brother and his company Taylor Design Studios. Jeff does all the artwork, logo's, flyers and any other marketing documents I need for Synergy. He's always coming up with new ideas for the site to keep it fresh and informative. We are so lucky to have him... Thanks Jeff!

