

MARCH 2023





- 2** March Calendar/What's Next
- 5** Summer Registration Open
- 7** Sideways Presents Alive: Moments We Share
- 8** Princess Molly Scholarship Partner
- 9** Strong and Flexible
- 13** Core Teen
- 17** Dancing in the Dark with ARTisan Contemporary
- 19** Star Student
- 20** Recipe of the Month



Congratulations to Tuesday's 5s for being class of the month! These dancers are hard-working and bring a great attitude and energy to the studio each week. Keep it up!

## March Calendar

Spring is in the air! Our students and faculty are working hard to prepare for recital season. You will hear a lot more about these performances in the coming weeks, so stay updated by checking your email and Google Classroom. In the meantime, why not see what we have planned for summer? ADC offers a wide array of flexible summer programming for ages 1-18. Spots fill up fast! If you have questions or need help registering, call the office or reach out directly to one of our faculty via email. For a complete list of classes and offerings, check our website at [www.atlantadancecentral.com/summer-2023](http://www.atlantadancecentral.com/summer-2023)



# What's Going On?

MARCH 1-31

## Core/Introductory Students

March 11: Duet Dance Rehearsal (11:30-12:30) \*

## ART Company

March 11: Duet Dance Rehearsal

March 18: Mandatory ART rehearsal

March 22, 23, 24: ART Photoshoot with Chris Coates

March 24: ART headshots

March 25: ART Ballet Rehearsal (Jr/Teen/Sr/ARTisan)

March 26, 27, 28: Ballet Video Shoot

March 30: Throwback Dances Sr/ARTisans

March and April are big months for ART Company! Keep up to date on emails and Google Classroom to make sure you know when and where these events are happening.

# What's Next?

MORE INFO TO COME

## Core/Introductory Students

April 3-9: Spring Break (No Classes)

May 22-24: Recital at Roswell Cultural Arts Center (End of Classes)

## ART Company

April 3-9: Spring Break (No Classes)

April 17-21: ART Gala

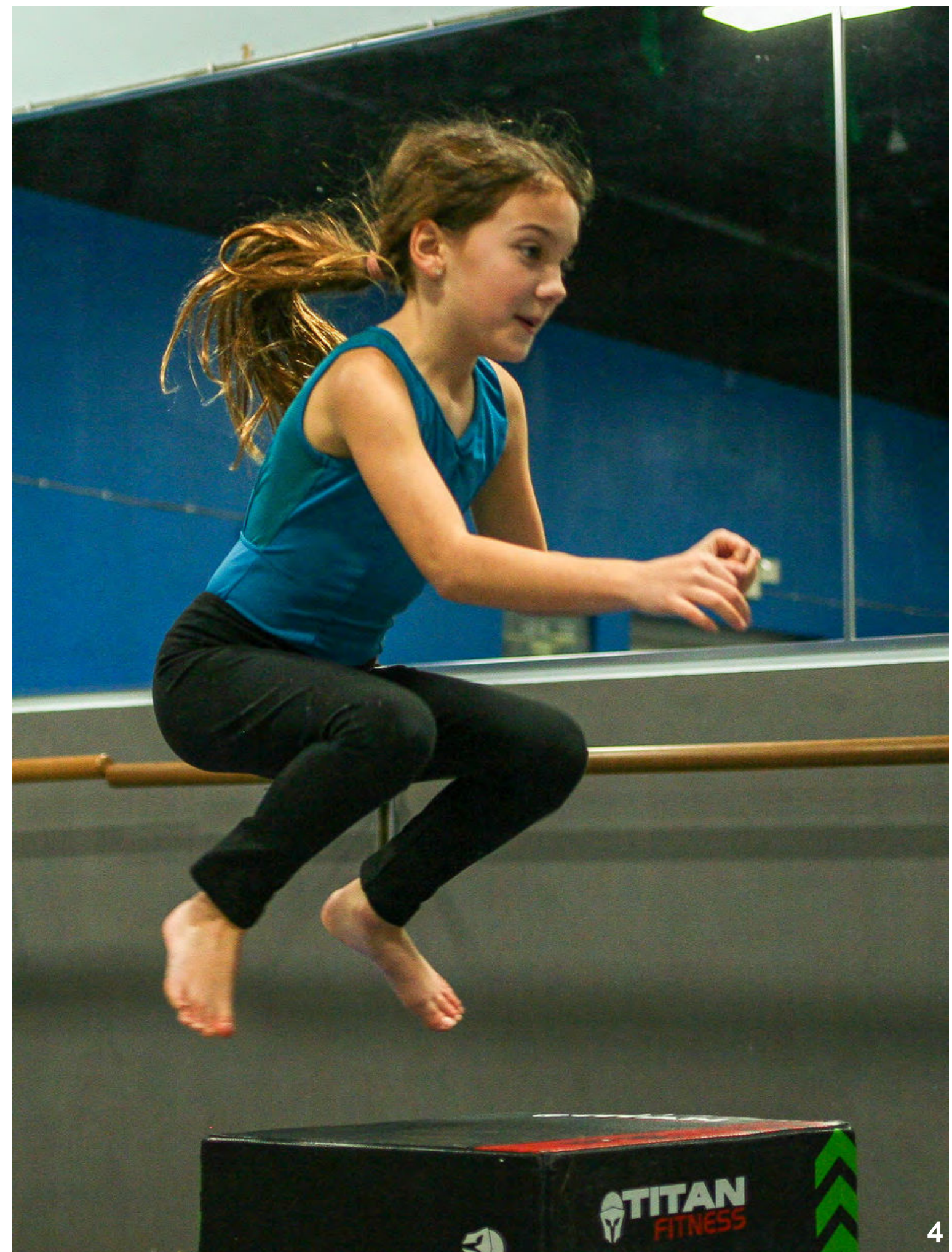
May 6: Red Carpet Night

May 21: ART Encore

May 22-24 Recital at Roswell Cultural Arts Center (End of Classes)

Not sure if your child is in ART Company? ART is an audition-only intensive dance group for ages 5+. All ART students received an acceptance email on June 1st and were specifically notified of their placement. They received a handbook and signed a contract with their parents committing to the additional responsibilities. If you did not do this, your child is in our Core/Introductory Program. Students not in ART do not need to worry about ART rehearsals and events.

\* Duet Dance is an optional ADC tradition where students can learn some choreography with a partner (think parent/guardian/grandparent/older sibling). These pairs come onstage during recital for a big group dance number!





FIND YOUR  
FLOW  
THIS  
*summer*



SAVE  
\$25

ON UP TO THREE  
SUMMER CAMPS  
FOR CURRENT  
CLIENTS!

## WHY WE LOVE SUMMER...

- options for ages 1-18
- flexible programming for every schedule
- themed summer camps
- weekly camp showcases
- acro/aerial classes
- laid-back learning environment
- specialized technique weeks

REGISTER ON  
OUR WEBSITE  
OR SCAN THE  
QR CODE





# ALIVE

moments we share



PRESENTED BY

*Sideways*

MARCH 4: 5 PM & 7 PM

MARCH 5: 12 PM & 2 PM

ALPHARETTA ARTS CENTER

ALPHARETTA, GEORGIA

DO YOU ENJOY **LIVE THEATER**?

ARE YOU LOOKING FOR WAYS TO SUPPORT **LOCAL ARTISTS**?

DO YOU WANT TO LEARN MORE ABOUT **PROFESSIONAL DANCE**?

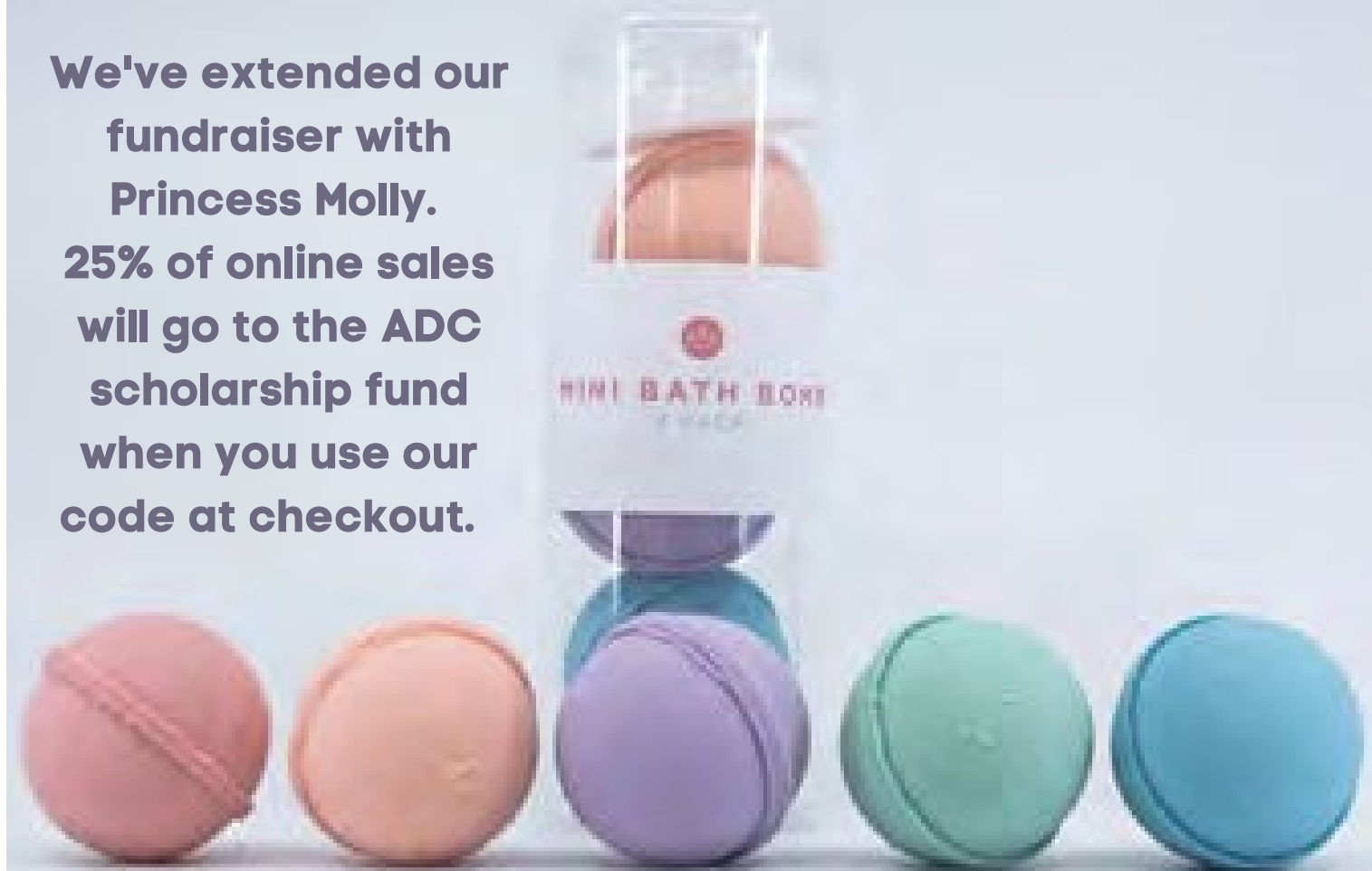
**WE'LL SEE YOU THERE.**



*Princess Molly*

BATH & BEAUTY

We've extended our fundraiser with Princess Molly. 25% of online sales will go to the ADC scholarship fund when you use our code at checkout.



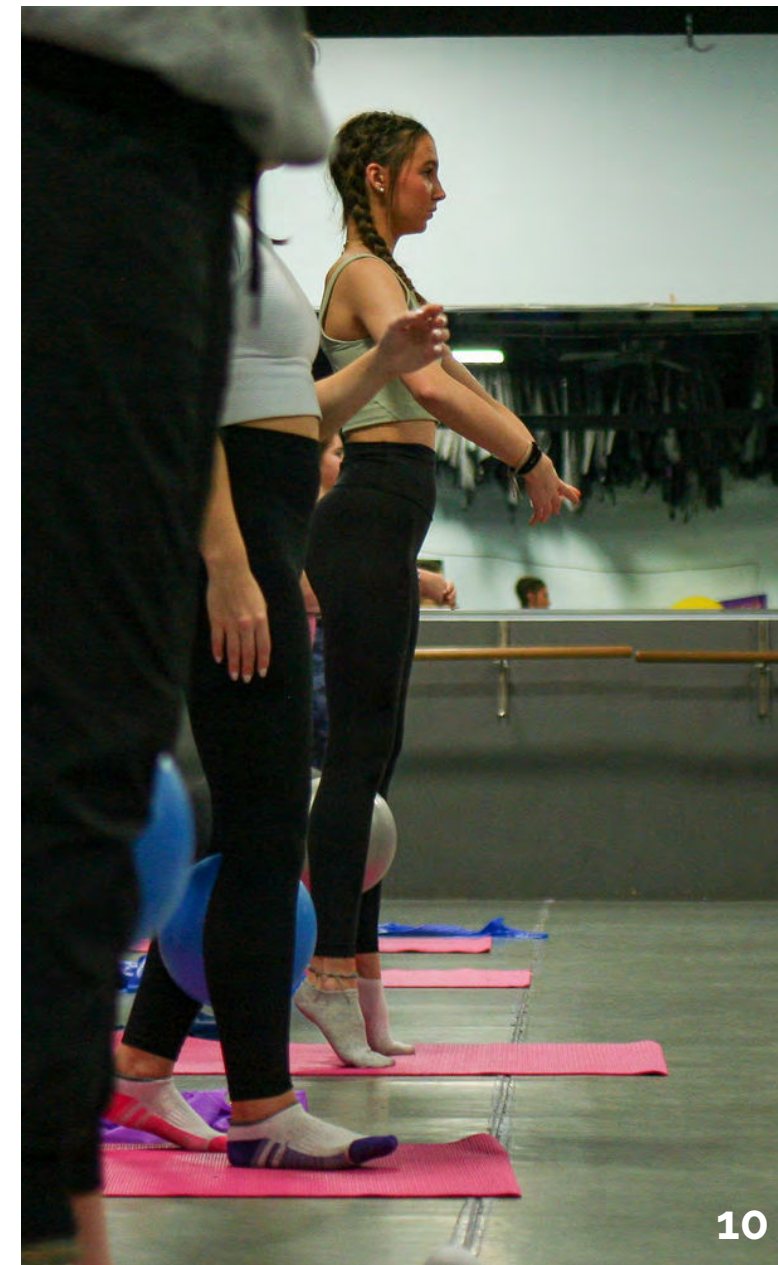
SHOP ONLINE AT [PRINCESSMOLLYBATH.COM](https://princessmollybath.com)

AND USE CODE **ADCdance** AT CHECKOUT

FREE SHIPPING ON ALL ORDERS OVER \$20



# STRONG AND flexible











# CORE

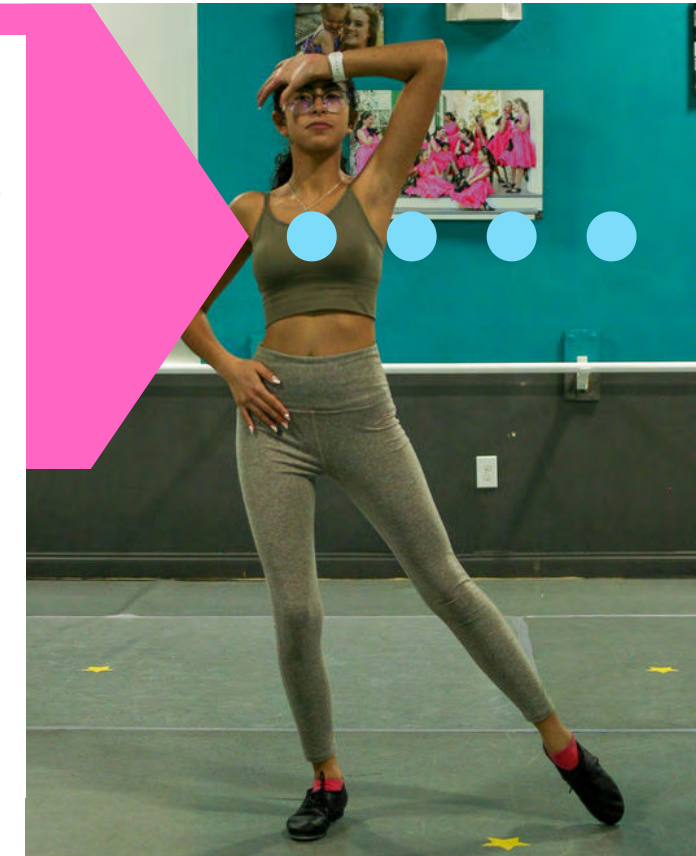
*teen*

**We've built our most flexible, individualized programming yet. And we're bringing it to dancers ages 11-18 next fall!**

**Our middle and high school students are facing increasingly complex scheduling demands. We want to offer classes that fit their interests, availability, and experience level. Starting fall of 2023, we are expanding our Core Teen program to Core Teen 1 and Core Teen 2. Students from ages 11-18 can**



**sign up for one or more individual classes. Students new or relatively new to a dance style will register for the Core Teen 1 version of that class. Students confident with the fundamentals and terminology of a dance style will register for the Core Teen 2 class. We're excited for Core Teen 1 to be a space for true beginners. Someone with no dance experience will be able to follow along, learn, and excel as they fall in love with that style. Then, when they're ready for the next step, Core Teen 2 will focus on more challenging techniques and choreography. The ADC teen program has grown into a thriving, energetic community, and this feels like the right next step!**

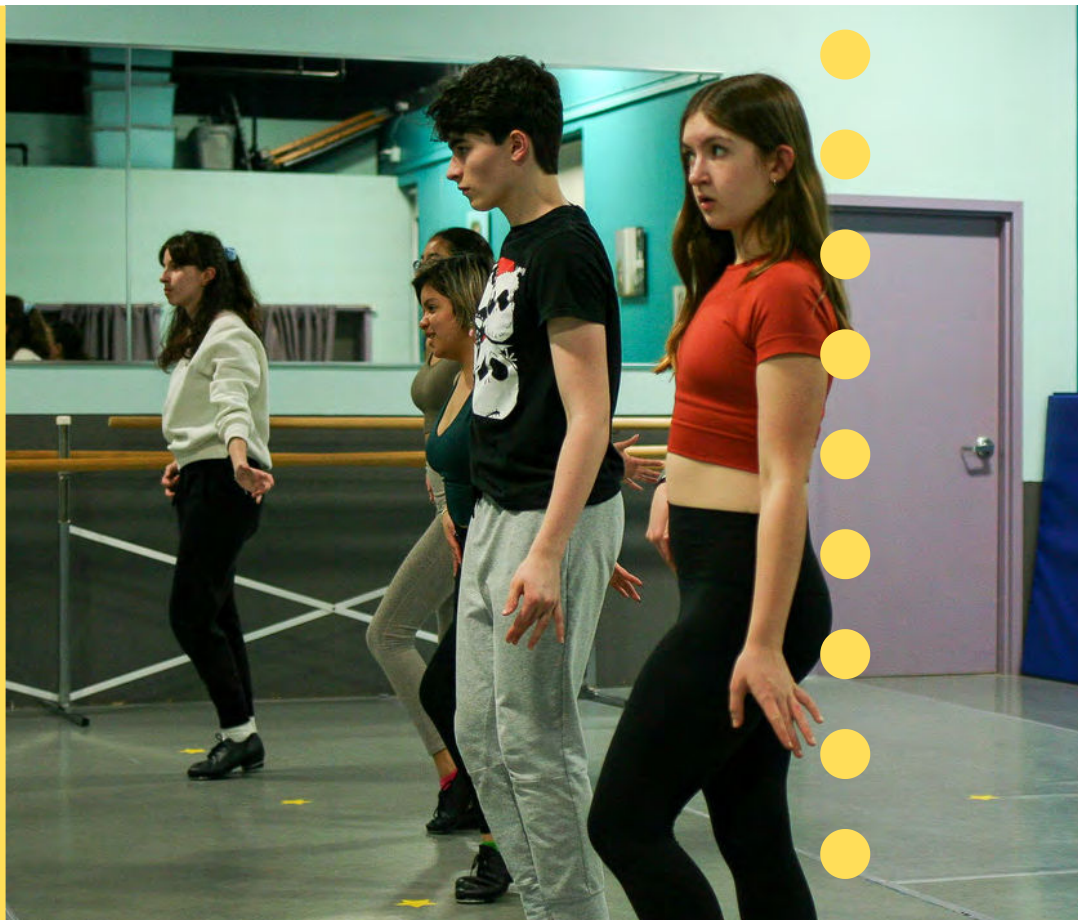






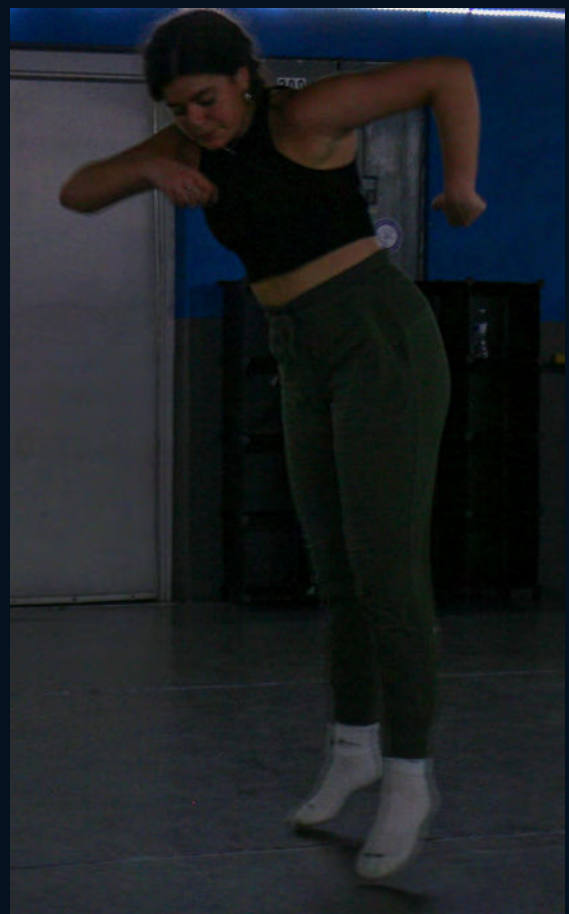
### Fall 2023 Classes

- Aerial 1
- Aerial 2
- Ballet 1
- Ballet 2
- Capoeira 1
- Capoeira 2
- Contemporary 1
- Contemporary 2
- Jazz 1
- Jazz 2
- Tap 1
- Tap 2
- Hip Hop (all levels)
- Aerial conditioning (all levels)
- PBT/Pre-pointe ballet conditioning (all levels)





# DANCING



# *in the* DARK

WITH ARTISAN CONTEMPORARY





# star student Emma Claire

Emma Claire's teachers say she comes to class focused and eager to learn. Because of this, she quickly picks up new techniques. With her work ethic and leadership skills, Emma Claire has so much potential in dance and beyond! Thank you for all you bring to ADC, Emma Claire!

## Recipe of the Month

### Blueberry Lemon Breakfast Quinoa

- Prep Time: 5 minutes
- Cook Time: 25 minutes
- Servings: 2-4
- Credit: allrecipes.com

#### Ingredients

- 1 cup quinoa
- 2 cups nonfat milk or milk substitute
- 1 pinch of salt
- 3 tablespoons maple syrup
- 1/2 lemon, zested
- 1 cup blueberries
- 2 teaspoons flax seed

1. Rinse quinoa in a fine strainer with cold water to remove bitterness until water runs clear and is no longer frothy

2. Heat milk in a saucepan over medium heat until warm, 2 to 3 minutes. Stir quinoa and salt into the milk: simmer covered over medium-low heat until much of liquid has been absorbed, about 20 minutes. There will still be some liquid left, leaving an oatmeal consistency. Keep an eye on the mixture to make sure the milk doesn't scald or boil over.

3. Remove saucepan from heat. Stir in maple syrup lemon zest, and blueberries.

4. Divide into bowls, top with one tsp flax seed and serve.





Thank you for letting us document your dancer's progress! Want a full-size copy of any photo you see in the newsletter? Email me the month, page, and description, and I'll send it your way!

Love,  
Maya Van Wagenen  
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