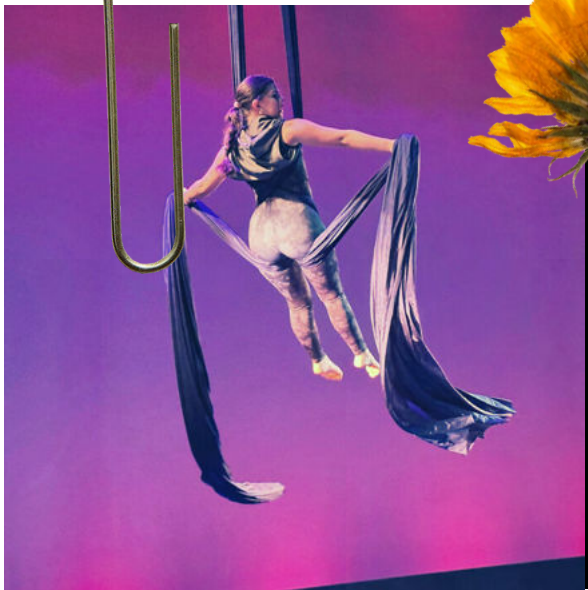


JUNE/JULY
2023



moment you decid



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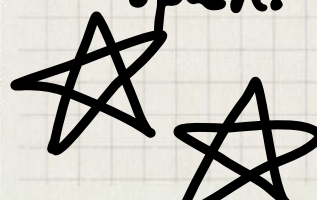


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Fall
registration
open!





July Calendar

Designed to fit your schedule, our ADC summer programming has flexible options for all ages and abilities! Our students stay connected to the studio, growing their creative expression and technique while forming lasting friendships. You can learn more about

each summer camp/class and register at

www.atlantadancecentral.com/summer-2023/

What's Going On?

WEEKS OF JULY 10-AUGUST 4



One-Week Camps

July 10-13: BFF Bon Voyage Camp (Ages 3-7): 9:30 am-12:30 pm

July 10-13: Turns, Leaps, and Technique Camp (Ages 8-18): 4:00-7:00 pm

July 17-20: Feel the Magic Camp (Ages 3-7): 9:30 am-12:30 pm

July 17-20: Create and Collaborate Camp (Ages 8-18): 4:00-7:00 pm

July 24-27: Superheroes in Training Camp (Ages 3-7): 9:30 am-12:30 pm

No older camp (Ages 8-18) for the week of July 24-27 (ART Choreography Sprint)

July 31- Aug 3: (Ages 6-18) Ballet Intensive 4:00-7:00 pm for Core/Intro students ages 6-10 and 5:30-8:30 pm for Core/Intro students ages 11-18 (open to all interested dancers)

Weekly Classes (New July Sessions)

Musical Movers (Ages 15 - 22 months): Tuesdays 10:00-10:30 am

Twirling Toddlers (Ages 22 - 30 Months: Tuesdays 10:30-11 am

July Preschool Dance (Ages 3-5): Mondays and Wednesdays 1:00-2:00 pm

July Foundations Dance (Ages 6-7): Tuesdays and Thursdays 1:00-2:00 pm

July Acro Aerial (Ages 8-12): Tuesdays and Thursdays 3:00-4:00 pm

July Teen Acro Aerial (Age 13+): Mondays and Wednesdays 3:00 - 4:00 pm

Boys Crew (Ages 7-12): Mondays and Wednesdays 1:00-2:00 pm

Progressing Ballet Technique (Ages 6-10): Mondays 3:00-4:00 pm

Progressing Ballet Technique (Ages 11-18): Tuesdays 3:00-4:00 pm

Costume Crew (Ages 8-18): Mondays and Wednesdays 12:30-2:00 pm

Summer Physio Jazz

Adult Physio Jazz Mondays and Wednesdays (Ages 16+) 6:00-7:00 pm

Teen Physio Jazz Tuesdays and Thursdays (Ages 8-15) 11:00 am-12:00 pm

Atlanta Rising Talent (ART Company)

July 25-28: ART Choreography Sprint (see Google Calendar)

July 28: ART Launch Party & Parent Social

July 31 - Aug 3: Ballet Intensive, 4:00-7:00 pm for Ballet 1 and 2, 5:30-8:30 pm for Ballet 3-5 (required for ART)



What's Next?

MORE INFO TO COME

Core, Introductory, and Physio Jazz Students

August 28-30: Fall Orientation

September 5: All fall classes start

ART Company Students

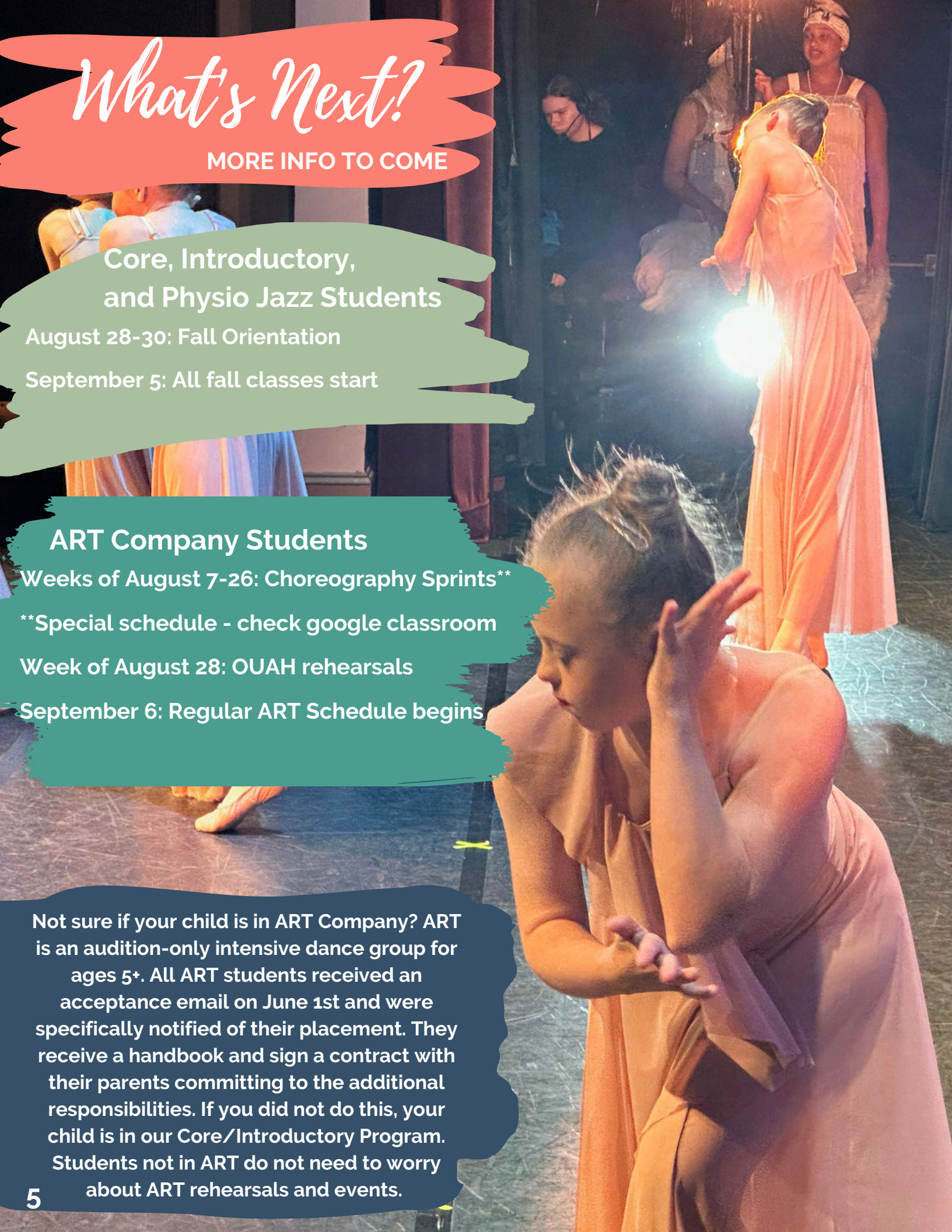
Weeks of August 7-26: Choreography Sprints**

**Special schedule - check google classroom

Week of August 28: OUAH rehearsals

September 6: Regular ART Schedule begins

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 receive a handbook and sign 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.





Congratulations Ella and Lindsey! APC 2022-2023 Students of the Year

Thank you for all your hard work and the wonderful example you set for your peers. You are tremendous dancers and people! We can't wait to see what the future holds!

ART RED CARPET NIGHT



RECITAL FAVS

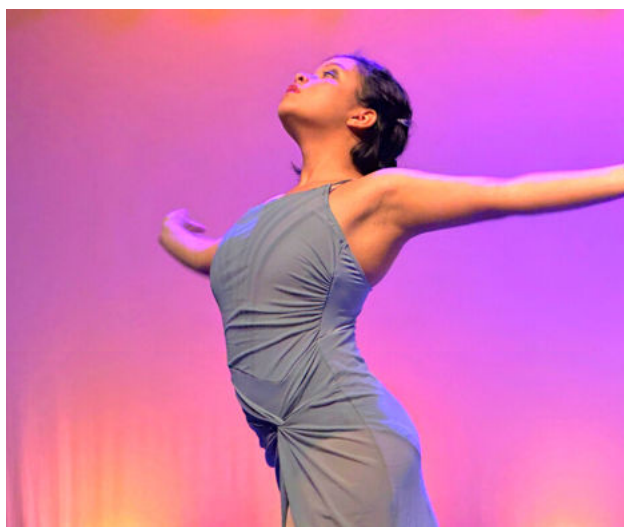


CONNECT 2023













Breakfast with Mr. Serdar



Oatmeal:

1 cup steel cut oats
Add oat milk
Cook on stove top 8-10 minutes
Add 2 T of oat milk to make creamy
1/2 cup of blue berries
1-2 t of cinnaomon
1/2 t nutmeg
1/2 t vanilla extract
1-2 T hemp seeds
1/2 T ground tumeric
Dash of black pepper
Sweeten with honey or date syrup

Cup of Fruit - Strawberries &
Blackberries

Add Bagel if you want

Tofu Scramble:

Firm Tofu, water drained - cut into cubes

Cook on skillet with avocado oil
Cover with T each of nutritional yeast, smoked paprika, onion power, garlic power

Lightenly pan fry on Medium heat 4-6 Minutes (Medium Heat)



Recipe of the Month

June Highlights

We had so much fun at ADC this month! Here are a few of our favorite memories

Week Long Camps

Our week-long camps introduced lots of first-time ADC students! During their time at the studio, these dancers have accomplished new skills, made friends, and built confidence in an unfamiliar setting. Our teachers and student teachers have loved getting to know these new faces, and want to continue that journey. Registration for July camps and fall classes is open, and our faculty would be thrilled to help you find classes or programs that fit your schedule and your child's interests.





Summer Physio Ages 8 - Adult

We've grown our Physio Jazz program! Since launching our summer Physio classes, we've seen some much-missed dancers and made brand new connections. Adaptive dance has been a part of ADC's history since we first opened our doors, and it continues to shape the direction of the studio's future. We remain committed to providing a long-term community for individuals with special needs and their families. Keep up the great work, dancers!

July Adult Physio Jazz: Mondays and Wednesdays 6-7 pm (July 10-26) July Teen Physio Jazz : Tuesdays and Thursdays 11-12 pm (July 11-27)

Progressing Ballet Technique Ages 8-18

We are so excited to offer PBT classes under Ms. Eli, a certified PBT instructor. These workout classes are fun, creative, and challenging, helping our dancers build muscle memory and activation they can then bring to whatever ballet level they are at.

July PBT Age 6-10: Mondays 3-4 pm, July 10-24

July PBT Age 11+: Tuesday 3-4 pm, July 11- 25

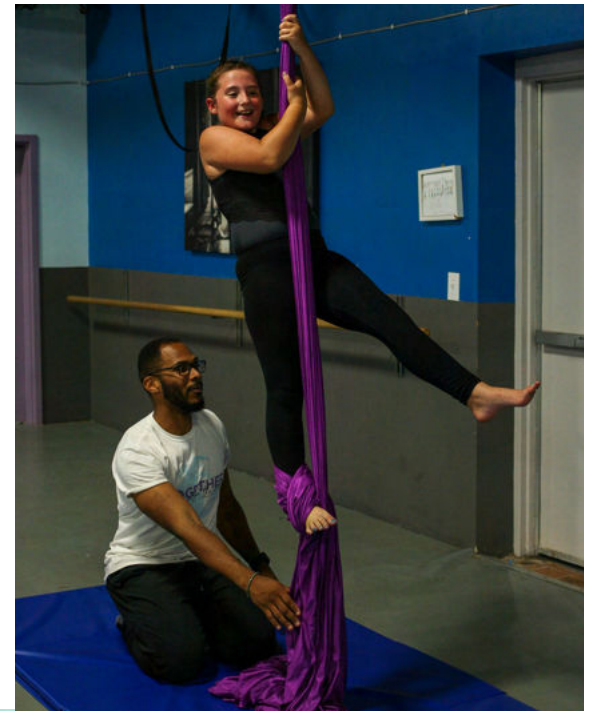




Boys Crew Ages 6-12

Boys Crew has been a lot of fun, and we're super excited to continue this high-energy program into July. Boys Crew places an emphasis on athleticism, mentorship, conditioning, and teamwork. Students improve coordination and fitness through acrobatics, hip hop, and martial arts.

July Boys Crew Monday and Wednesday 1-2 pm, July 10-26



Acro/Aerial Classes

We are amazed at our acro/aerial class and the progress they've made in a few short weeks! This group has been incredibly dedicated, resilient, and focused. They built so much strength, and we can't wait to see what they accomplish going forward!

July Acro/Aerial Age 11+, Monday & Wednesday 3-4 pm, July 10-26

July Acro/Aerial Age 6-10, Tuesdays and Thursdays 3-4 pm, July 11-27

Dance Friendships

ADC'S MISSION TO BUILD LIFELONG CONNECTIONS

If you ask our students what they love most about ADC, there's one answer you'll get over and over, from every program and every age level.: "My friends."

Many of our dancers develop their first real friendships in our primary program. Along with building a strong basis for dance, our youngest students learn vital social skills. ADC faculty work to strengthen children's awareness of others, build their confidence in approaching peers, and challenge them to see things from another person's perspective. The combination of an exciting environment, a shared love of dance, and an empathy-based curriculum create a perfect atmosphere for forming long-lasting bonds.

ADC's focus on retention means that our dancers grow up together from those first primary classes to high school graduation. They share the high of their early performances, navigate spats and disagreements in middle school, and support each other through the struggles of young adulthood. Simply being present in each other's lives through these major milestones builds closeness between our dancers. The shared goal of pushing themselves as artists to create something beautiful develops those friendships even further.



The relationships between our ADC dancers move and inspire us. They speak to a need so rarely met in this increasingly digital, disconnected age—community. Our ADC community is a place where our students find belonging and where they learn to create belonging for others.



Fall Registration Now Open

FOR OUR CORE, INTRODUCTORY, AND PHYSIO JAZZ CLASSES!

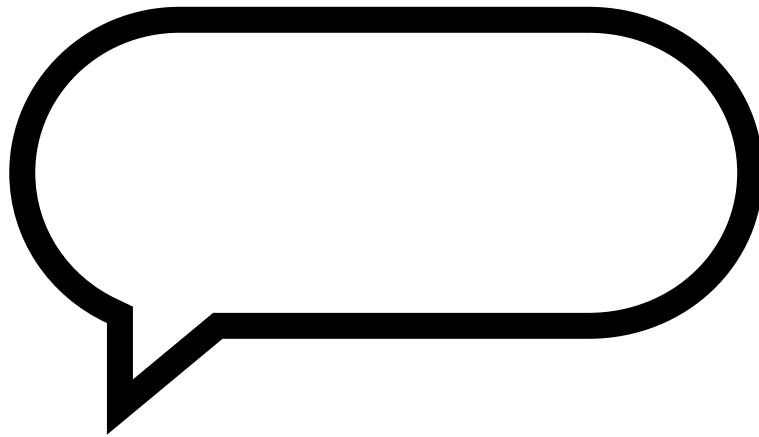
Register at www.atlantadancecentral.com/fall-spring/

Early bird pricing ends July 1.

Register by July 1 & Save!

**Want to see something specific in next month's newsletter?
Is there a dance topic you'd like to learn more about? Photographs you
want to submit? Our goal is to design this newsletter around the needs
of our ADC parents, so send your ideas our way :)**

**With Love,
Charlotte**



**FOR QUESTIONS ABOUT EVERYTHING ELSE, FEEL FREE TO
REACH OUT TO OUR AMAZING TEACHERS DIRECTLY**

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