



October 2010

Performances Galore!

Kingdom Dancers and Dance Elite

Debbie Schwartz

Office Administrator

The **Dance Elite Performance Company** has been busy rehearsing for the upcoming performances. First event for the season is the Gilbert Halloween Carnival at Freestone Park – October 30th. Come and see our dancers perform! Upcoming shows include Gilbert Days Parade and Glendale Glitters.

Kingdom Dancers rocked the house with OPEX Christian Rock Band. Kingdom Dancers has ongoing open auditions. If your child is interested, please see Miss Denise or watch us rehearse Mondays at 5:00.

Visit Our Website

Stay up to date with what's going on at the studio and see our new videos under class descriptions at:

www.wagnerdanceandmusic.com

FALL BREAK *Studio is closed*

Monday, October 11 – Saturday, October 16

COMING SOON

- 1 Students measured for costumes – fees due Nov. 5
- 2 **Open House** All dancers perform **December 13-18**
- 3 Shop for your dancer's Christmas gifts!

Tips for Healthy Dancing

Let's talk knees

Denise Wagner

Artistic Director

The knee is a fragile joint, and anyone who's twisted or turned theirs the wrong way knows how painful it can be. Here's what you can do to strengthen your joint and avoid injury:

...**Pump up the hamstrings.** These muscles on the back of the leg help stabilize the knee joint, so do exercises that make them stronger.

...**Use that plie.** Keep your knees tracking over your toes!

...**Carry your own ice pack.** Dancers with knee injuries should keep an ice bag in their bag at all times.

Dancing Duos



Group Partner Dance lessons at Wagner Dance and Music Saturday Nights.

Only \$15 per couple!

**Salsa/Ballroom/
Cha Cha....Classes
Saturday Nights 7:00**