



Where Kids Get a
Jump on Life!

METRODANCE
ACADEMY
LEARN • TRAIN • GROW

February, 2024

NEWSLETTER

Upcoming News & Events

Rec Girls Gymnastics
Evaluations
February 19-22, 2024

Spring Break Camp
NO Camp for 2024

Dance Showcase
Class Picture Day
May 4, 2024

Rec Boys & Girls
Gymnastics
Mini Nationals
June 1, 2024

Dance Spring
Showcase
June 8, 2024

Ice Closure Class Make-Ups



Our first round of make-up options for the ice closure dates have almost filled up. Look out for more options in upcoming emails. Thanks for your patience as we work on scheduling and staffing.

February 7th is National Ballet Day

From your first plié to your first time on pointe, celebrate all levels of dancers who find their foundation at the ballet barre!



Gymnastics & Dance Competition Season is Here!

Hard work and dedication are about to unfold as the gymnastics and dance competition season begins!



The immense effort these athletes put into perfecting their craft is about to be put to the test. Behind the movement, strength, and artistry lies countless hours of practice and determination.

In the gym and dance studios, these competitors have spent months honing their routines and refining their skills. It's a testament to their devotion and commitment to themselves and their teams.



So, get ready to witness not only the beauty of their performances but also the dedication that fuels their journey. From bearing winter weather practices to late-night rehearsals, these athletes are putting their hearts and souls into their routines, making the upcoming season a celebration of hard work, passion and love for their sport!

February & March Gymnastics & Dance Competition Schedule:

GYMNASTICS

**FEB 8-11: Top Gun Team Challenge
Hillsboro, OR**
**FEB 16-18: Azarian Team Challenge
California**
**FEB 23-25: Gasparilla Invitational
Florida**

DANCE

FEB 2-4: Spotlight
FEB: 9-11: ACT 1
FEB 17-18: Tremaine
MAR 1-3: JUMP
MAR: 8-13 Hollywood Con.
MAR 22-24: Velocity



Recreational Girls Gymnastics

Quarterly Evaluations - February, 19th-22nd

Evaluations are an opportunity to showcase the full spectrum of skills your gymnasts have acquired in their current level and assess their readiness for advancing to the next level of our gymnastics program.



Coaches will provide constructive feedback to each gymnast, highlighting their strengths and suggesting areas for improvement.



Each gymnast will be evaluated during class and will receive an eval card. An additional "move up" slip will be given if it's time for your gymnast to move up in class level.

Our evaluations are designed to be positive and encouraging, creating an atmosphere where every gymnast feels motivated to give their best. Our next evaluation will take place in May.

METRODANCE
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LIVE YOUR
Dream



Save the date for Metro Dance Academy's 2024 Spring Dance Showcase: Live Your Dream!

Mark your calendars for **Saturday, June 8, 2024 at Lake Oswego High School**. Our annual spring showcase is our signature event of the year and is an opportunity for all of our dancers to perform on stage and show off what they've learned throughout the season. You won't want to miss it! Details on showtimes and tickets coming soon!

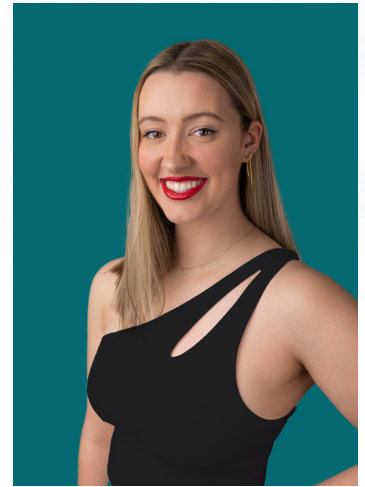
Showcase Class Picture Day:

All dancers are invited to participate in our studio-wide **Showcase Class Picture Day on Saturday, May 4, 2024**. Our recital photos will be taken by **Hults Photography**. Dancers will wear their Spring Showcase costumes for each routine they are in. Even if your dancer will not be participating in the show, we'd love to have them have their photo taken!

See complete showcase details including costumes, fees, opt-out dates and much more at: MetroDanceAcademy.com/springshowcase

New Strength & Tech Class Added With New Dance Instructor, Courtney!

At Metro Dance Academy, we are always looking for ways to enhance our offerings and ensure our dancers are receiving the best training possible from the most high quality instructors. We are thrilled to announce the addition of an **all-new Strength & Tech class on Thursdays at 6:30pm with our new instructor, Courtney Sprouse!** Courtney is also teaching our current 5:30pm Strength & Tech class.



Join us in welcoming Courtney to the Metro Dance Academy team! Courtney grew up dancing in Oregon and has a B.A. in Dance from Loyola Marymount University. Courtney comes with an impressive dance background and she is also a Barre3 instructor and gives a killer class!

Enroll online today!

Thursdays

5:30pm - 6:15pm

6:30pm - 7:15pm



February Tuition:

- Tuition Billing Cycle : 1/29 - 2/24
- Tuition Auto Charge: 2/6 (Teams/Dance) 2/7 (Gymnastics)
- OPEN 2/19 President's DAY

March Tuition:

- Tuition Billing Cycle: 2/26 - 3/23
- Tuition Auto Charge: 3/6 (Teams/Dance) 3/7 (Gymnastics)
- CLOSED 3/24 - 3/30: Spring Break

For complete details on Tuition and our cancellation policies, please visit the **Customer Portal & Policies** pages at MetroDanceAcademy.com and MetroGymnastics.com.

Parking Lot Safety

Parking is challenging during busy class times. Please be patient and considerate, especially in the afternoons. Watch out for children in the parking lot and help keep everyone safe.

Lost & Found

Lost and found items are stored in the top cubbies until month-end. Afterward, we keep them for a few weeks before donating. Please check for any left items immediately .



A Note From Meka & Luna



Metro Gymnastics Center & Metro Dance Academy

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Office Hours:

Monday - 11:00am - 6:00pm | Wednesday - 9:45am - 6:00pm | Tuesday & Thursday - 8:45am - 6:00pm
Friday - Office Closed | Saturday - 9:00am - 12:00pm

www.MetroGymnastics.com | www.MetroDanceAcademy.com



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