

FEBRUARY/MARCH

IDFA EXPRESS

International Dance & Fitness Academy Newsletter



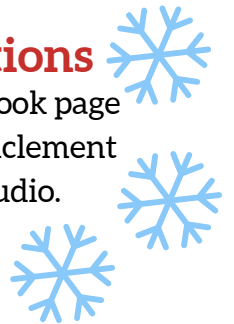
Tuition

Payments are due by the 1st class of each month. A late fee of \$10 will be charged for any class not paid by the 10th of the month. Payments can be made online or in person.

**Wear your red, pink
and hearts to class
Feb 8-14**

Weather Conditions

Please check studio Facebook page for cancellations due to inclement weather or call the studio.



IDFA ON THE GO

For instant access to class schedules, announcements and more download the Wix app and join IDFA code: **KG3HAD**

In person classes will continue and we will be offering virtual classes for anyone who isn't ready for in person classes. More information for virtual classes will be available on our website and Facebook

IDFA MERCHANDISE

IDFA face masks

\$10 kids

\$10 adults

cash or check

styles available:

1. red letters no rhinestones
2. white letters no rhinestones
3. red letters w/ rhinestones
4. white letters w/ rhinestones

****order forms available at front desk**



****information will be posted on website and social media when available**

COMING SOON

IDFA APPAREL

T-shirts

Hoodies

Sweatpants

Leggings

COMMUNICATION



It is important dancers are present and on time to class. All dance classes for children and adults you must call the studio to inform us of any absences. This does not apply to dance fitness classes. Please address all questions and concerns by calling (860) 910-2584.

You will receive a call as soon as possible within 24 hours.

REMINDERS

- Parents please put your dancer's names in all dance shoes, dance bags and label water bottles. All their belongings will go into a basket for safe keeping and precautions. Each basket will be sanitized after each use for the next group of dancers.

- All dancers will exit through the back door which leads directly into the parking lot. Parents you have been doing a great job of being there to receive your child after classes, so that the instructors can get back inside to sanitize and get the next class started.

COVID PROCEDURES

Thank you Parents & Students for following our Covid Procedures. We will continue to keep them in place for everyone's safety.

According to the CDC, dance is considered a rigorous activity, so masks are not required for students to dance, they will need to enter and move about the studio with a mask on.



SNOW DAY MAKEUP CLASSES

Classes canceled due to weather will be rescheduled on Fridays before the end of the season. We will notify you prior to that date.



DANCE EDUCATION

Boys' Hip Hop
Monday 5pm

Adult Modern
Day/Time TBA

**contact the studio directly for more information



DANCE FITNESS

The next 6 week dance fitness session (Mon Feb 15 - Sat Mar 20) will have 3 COMMIT classes in the weekly lineup:

Monday 6pm COMMIT
Tuesday 7pm Stability Ball
Wednesdays 10 am Dance Tabata
Wednesdays 7pm COMMIT
Thursdays 6pm Zumba
Thursdays 7pm Barre
Saturdays 9 am COMMIT

Dance Fitness Fees
Drop-in \$10
Double time (2 classes per week) \$75
Triple time (3 classes per week) \$112.50



SPECIAL EVENT

COMMIT VIRTUAL DAYS OF COMPASSION THROUGH ACTION

AMERICAN HEART ASSOCIATION MONTH

FEBRUARY 2021

Join CT Instructors on

SATURDAY

FEBRUARY 13TH

9:00AM (EST)

Live from the COMMIT Dance Fitness **BAND** Page.

In-person class at International Dance and Fitness Academy 774 Long Hill Rd, Groton, CT 06340

State guidelines for COVID-19 will be followed.



DID YOU KNOW?
 African-Americans have more severe high blood pressure than Caucasians, and a higher risk of heart disease. Heart disease risk is also higher among Mexican-Americans, American Indians, native Hawaiians and some Asian-Americans. This is partly due to higher rates of obesity and diabetes.

Our goal is **\$2000**

With your help this will be an easy task. Stay updated about the live classes, campaign goals, and more by joining our event pages. For our AHA Campaign go to:

[HTTPS://CHARITY.GOFUNDME.COM/O/EN/CAMPAIGN/COMMIT-VIRTUAL-DAYS-OF-COMPASSION-THROUGH-ACTION-AHA-2021](https://charity.gofundme.com/o/en/campaign/commit-virtual-days-of-compassion-through-action-aha-2021)

Round Of Applause

Thank you to our students and families for choosing IDFA for your dance education and to our dance fitness participants for supporting our programs.

Thank you to our incredible staff. Let's keep them on the dance floor, we got this!

- Tracee Jackson