

Link to Performances Auditions and Communication

Welcome back to Locust Performing Arts Center!

We are so excited to welcome new and returning families for the 2018 – 2019 dance season. The teachers and staff of LPAC have been working all summer long to plan what is bound to be an incredible season together! Please enjoy our NEW monthly newsletter packed with information designed to connect us to our community within and outside of the studio!

<i>Performances</i>	<i>Auditions</i>	<i>Communication</i>
<p>Stamford Symphony</p> <p>Tickets for the Stamford Symphony's Sunday afternoon Orchestra Classics concerts are free to anyone under 18 (one ticket per accompanying adult).</p> <p>Kids are invited to attend MusiKids, their pre-concert interactive program that starts at 2pm in the upstairs lobby of the Palace theatre (recommended for children 7-12)</p> <p>Tickets can be purchased at the Palace Theater box office in person or by phone at 203-325-4466.</p>	<p>Shakespeare in Love</p> <p>"Shakespeare in Love" is a comedy based on the Academy Award winning movie of the same name.</p> <p>Leads and featured players do <u>not</u> have to sing. There are two occasions where dancers are need. All auditioning will be given some movement to try. Those wishing to be considered for the singing parts should prepare an audition song.</p> <p>Auditions: Monday, November 5th and Tuesday, November 6th 2018 – 7PM to approximately 10PM</p> <p>Visit the Curtain Call website for more information and audition forms.</p>	<p>All billing, notifications, news and event information are sent through email and/or posted on our websites. Please make sure your email on file is up-to-date and check our website and Facebook periodically for reminders and notices.</p> <p>Members may submit any questions or concerns via email to LPACstamford@aol.com</p>

Dancers, keep calm and stretch on...

Want to gain flexibility? Don't know what stretches to do? Here are some helpful tips to make your muscles long, lean and most importantly, strong:

- Warm up 5 to 10 minutes before stretching for class. Try jogging in place or doing jumping jacks.
- Before class, do not hold a stretch longer than 15 seconds.
- After class is when you will gain the most flexibility. You can safely hold stretches for no more that 60 seconds while being warm.

Flexibility is that length in the muscle that we all want to achieve but functional flexibility is having the muscular support and the joint stability to hold that position. –Leigh Heflin of Harkness Center for Dance Injuries at NYU Langone Medical Center