Good afternoon Char-Mar Families,

We are so excited to see all of our dancers again! Virtual dance classes will begin this week and can be accessed easily through your Parent Portal. **Please see the attached ‘How-To’ document for instructions and important information regarding virtual classes.** All classes will continue following our original season schedules, which can be found on our website (<https://www.char-mar-dance.com/>) under the **Schedules** tab.

**Classes for Peter Pan Preschool will resume Monday, March 30th (tomorrow).**

Tap/Jazz Combo: Mondays, 2:15pm - 3:00pm

**Classes for the Studio will resume Monday, March 30th (tomorrow).**

See the studio class schedule on our website (<https://www.char-mar-dance.com/studio-1>) for class days/times.

\*\*All studio classes will be reduced to 55 minutes to allow students and teachers time to transition between classes\*\*

**Classes for Faith Lutheran Preschool will resume Tuesday, March 31st.**

Tap/Jazz Combo: Tuesdays, 12:30pm - 1:15pm

**Classes for Jupiter Farms Elementary will resume Tuesday, March 31st.**

Hip Hop Level 1: Tuesdays, 2:30pm - 3:15pm

Hip Hop Level 2: Tuesdays, 3:30pm - 4:15pm

Tap/Jazz Combo Level 1: Thursdays, 2:30pm - 3:15pm

Tap/Jazz Combo Level 2: Thursdays, 3:30pm - 4:15pm

**Classes for Storybrooke Academy will resume Wednesday, April 1st.**

Tap/Jazz Combo A: Wednesdays, 10:15am - 11:00am

Tap/Jazz Combo B: Wednesdays, 11:15am - 12:00pm

**Classes for Beacon Cove Elementary will resume Wednesday, April 1st.**

Tap/Jazz Combo: Wednesdays, 2:30pm - 3:15pm

Hip Hop: Wednesdays, 3:30pm - 4:15pm

**Classes for Lighthouse Elementary will resume Wednesday, April 1st.**

Tap/Jazz Combo Level 1: Wednesdays, 2:30pm - 3:15pm

Tap/Jazz Combo Level 2: Wednesdays, 3:30pm - 4:15pm

Hip Hop Level 1: Fridays, 2:30pm - 3:15pm

Hip Hop Level 2: Fridays, 3:30pm - 4:15pm

**Classes for Academy for Little People will resume Thursday, April 2nd.**

Tap/Jazz Combo: Thursdays, 10:00am - 10:45am

**Classes for Marsh Pointe Elementary will resume Thursday, April 2nd.**

Tap/Jazz Combo Level 1: Thursday, 3:00pm - 3:45pm

Tap/Jazz Combo Level 2: Thursday, 4:00pm - 4:45pm

We want to stress how important it is that you and your family DE-STRESS during these hectic times. **Regular exercise has been proven to have incredibly positive effects on an individual’s mental and physical health - decreased blood pressure, heart rate, and muscle tension and improved immune system functioning and quality of sleep.**

We would like to encourage all of our students to continue with their regular dance classes in order to de-stress and create a sense of normalcy throughout this odd time. We would also like to encourage all of our Char-Mar family members to take part in our **reduced-rate Hip Hop Fitness Class on Monday nights at 7:30pm.** If (and hopefully when) this class generates enough interest, we will look into adding additional classes to help our families make it through this period with ease (i.e. meditation, yoga). Instructions on how to join this class can be found on the ‘How-To’ document attached to this email.

Again, please see the attached ‘How-To’ information sheet for additional information on signing in to online classes, creating a safe dance space, and more.

If you need anything or have any questions, please reach out to us at charmarschoolofdance@yahoo.com. FOR ANY QUESTIONS REGARDING ACCESS TO ONLINE CLASSES PLEASE EMAIL charmarschoolofdance@gmail.com.

As always, we wish you and your family the best.

* **The staff at Char-Mar School of Dance**