WELCOME TO OUR

NOVA Newsletter

we're so glad you're here!

I am Strong, Brave, and Chosen.
I am a masterpeice.
Comparison and perfection are not my master.



NOVA'S NOVEMBER NEWSLETTER

Happy Fall!

Tickets on sale TODAY! BUY TICKETS

Become inspired and come see the show!!

Join in on the show prep fun by volunteering! See the sign up sheet at the front desk.

Reminder: All classes, except Tiny Dancer, are cancelled during show week. Studio closed for everyone thanksgiving week.

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Important Dates

November - December

Mark Your Calendars!

Studio Closures

Nov 16th-22nd Classes Cancelled for show week
Nov 22nd - 28th Thanksgiving Break
Dec 23rd - 26th Christmas Break
Dec 31st - Jan 2nd New Year's Break

Adult Dance & Wellness

Nov 16th - 28th No Classes
Dec 11th NOVA Night, Sugarplum fairy pop-up

Starry Night (Fall Showcase)

Nov 7th In studio Rehearsal
Nov 14th In studio Rehearsal

Nov 18th Student/Adult Tech
Nov 19th Children's Tech, Dress Rehearsal
Nov 20th Fall Show

**View performace packet for details specfic to your dancer.*

Tiny Dancer Academy

November

NOV 2nd Spring Enrollment opens (returning students)
Nov 6th Deadline for Tiny Dancer show registration
Nov 16th-19th Tiny Dancer *does* have classes during show week

A LOOK AHEAD

Dec 12th Tiny Dancer Show @ 10 am
Jan 3rd Spring A Starts

Children's & Student Academy

NOVEMBER

Nov 2nd Spring Enrollment opens (returning students)
Nov 16th - 28th No Classes
Nov 30th Spring Enrollment opens (new students)

A LOOK AHEAD

Dec 5th Deck the Chairs (Lvl 1+)
Dec 7th - 11th Christmas Dress Up Week!
Dec 11th Last day of Fall B
Jan 3rd Spring A starts



Schedule Changes & Updates

ADULT DANCE AND WELLNESS

IMPORTANT UPDATES:

Int Pointe class is now by approval only. Please contact us to access booking if interested!

Any pointe class can only be taken if you've attended the full ballet class before. A proper warm up is crucial to prevent injury en pointe.

Come see our STARRY NIGHT SHOW, NOV 20TH! Join in on the fun by volunteering! See the sign up sheet at the front desk.

STUDIO CLOSED
NOV 16th - 28th

CLASS SCHEDULE CHANGES

NEW CLASS! Open Intermediate Adult Ballet, on Tuesday mornings. For dancers looking to challenge their technique with a faster paced class, by Jenna Lett!
POSTPONED: Ballet 301 will be offered in the Spring.
CLOSED FOR FALL: Adult Contemporary Ballet.



BOOK NOW

NOVA Night

SUGAR PLUM FAIRY POP UP!

FRIDAY, DECEMBER 11TH
6:45 - 8:00 PM

Dust off your tutus and enjoy learning the Sugar Plum Variation in a new rendition by Sarah Holbert! Dressing on theme is encouraged but not required. For all levels.

Pointe shoes allowed.

Academy Programs

DOWNLOAD THE MOMENCE APP!

- View class & rehearsal schedules
- Contact our front desk
- Never miss an update

Stop by during desk hours to get help navigating the app

TINY DANCER ACADEMY



Sarah Kettritz
Tiny Dancer
Program Coordinator

LEARN MORE

LAND OF SWEETS PERFORMANCE

SAT, DEC 12TH @10 AM
REGISTRATION DEADLINE IS NOV 6TH

SCHEDULE REMINDER:

- Tiny Dancer *DOES* have class during show week.
- NO classes Thanksgiving week.

NOVA's Fall Show tickets are on sale!
The show is Friday, Nov 20th @ 6:30pm.

This is a great way for you and your tiny dancer to see what they can participate in in the coming years!

CHILDREN & STUDENT ACADEMY

SHOW INFORMATION:

- Please view the **performance packet** that was emailed & download our app.
- **Tickets are on sale today!** Purchase on our website.
- **Interested in volunteering?** Please see the sign up sheet at the front desk.

PERFORMANCE PACKET

BUY TICKETS

UPCOMING:

- Spring Enrollment for returning students is open Nov 2nd! Visit our website for more information

SCHEDULE REMINDERS:

- **Drop-in Freestyle Breaking is postponed until spring**
- No Classes during show week.
- Studio Closed Thanksgiving week

A Partnership Rooted in Purpose

CELEBRATING THE HEART BEHIND NOVA DANCE & WELLNESS

We have some exciting news to share with our NOVA family!

Over the past two years, Aubrey, Joanna, and Natalie have had the joy of working together to nurture, lead, and care for NOVA Dance & Wellness. What began as three women coming together with a shared vision has grown into a meaningful partnership built on trust, friendship, and a deep commitment to our community. Each of these talented women bring a unique perspective, set of skills, and passion to NOVA that strengthen the shared vision.

Today, we are delighted to officially announce Aubrey, Joanna, and Natalie as partners in the ownership of NOVA Dance & Wellness!



A letter from us...

At the heart of NOVA is a simple desire: to create a space where every person feels seen, known, and loved. Whether through movement, a life-giving conversation, or a moment to pause, breathe, and be present, we hope NOVA continues to be a place where individuals and families experience genuine connection, belonging, and whole-person wellness.

As we make this partnership official, we want to reassure our NOVA family that the heart, leadership, and daily rhythms of the studio remain the same. This is not a change in management or direction, but rather a joyful acknowledgment of the partnership that has already been guiding NOVA.

We are incredibly grateful for the journey that brought us together, the community that continues to grow around us, and the opportunity to steward something we all care about so deeply.

We look forward to all that is ahead and are grateful to share this next chapter with you!

With love and gratitude,

Aubrey, Joanna & Natalie

NOVA
DANCE & WELLNESS ACADEMY

Integrated Wellness

NOURISHMENT FOR DANCERS

Did you know? Yahweh Rophe means "**The LORD Who Heals.**" This name of God reveals His heart for restoration and wholeness.

At NOVA, we believe nourishing our bodies is an important part of caring for the whole person. This month, we're focusing on what we eat **before and after dance**.
Before class, food provides the energy our bodies need to move, think, and learn. A simple snack with carbohydrates and some protein—like a banana with peanut butter, yogurt with fruit, or crackers and cheese—can help dancers feel fueled and ready to move.

After class, nourishment helps the body replenish energy and supports muscle recovery. This doesn't need to be complicated. A balanced meal or snack and plenty of water can help the body restore what it has used.
Rather than focusing on eating "perfectly," we can learn to notice what helps our bodies feel nourished, energized, and cared for.

As you eat, pause with gratitude:
"Yahweh Rophe, thank You for caring about our whole selves. Help us nourish and care for the bodies You've given us."

Integrated wellness includes giving our bodies what they need to move, recover, and grow.

Tips!

1) Fuel before you move
Choose a simple snack with carbohydrates and some protein before dance.

2) Nourish after class
A balanced snack or meal can help replenish energy and support recovery.

3) Keep it simple
Nourishment doesn't have to be perfect or complicated. Listen to your body, eat regularly, and choose foods that help you feel energized and cared for.

Take Class Today!

HAVE ANY QUESTIONS ABOUT OUR PROGRAMS?

Our desk staff is always eager to assist you with your dance journey!
EMAIL: info@novadanceandwellness.com
CALL: 904-966-4892

LET'S CHAT!