

HEALTHY AND HAPPY NEW YEAR

As training athletes, dancers are familiar with the pains of striving for improvement and training at such a high level. They are also aware that potential injuries can happen to any athlete. But there are ways to minimize the risk of injury.

Ballet West dancers spoke with KSL about the risk of injury and how professional dancers work to stay healthy. Part of that process is working with the BW PT team from Intermountain Health on a holistic approach to injury prevention which includes cross training for physical strength while focusing on mental health and nutrition. You can read the story [here](#).

How does this translate to students pursuing a ballet career? Well, it is the same. You need to prioritize keeping your body strong by cross training and warming up before class or rehearsal and stretching afterwards, by properly fueling and eating enough healthy foods, by prioritizing rest, and also by giving your mind a chance to be calm and unwind from the things that take place in the studio.

Whether you are a professional or student dancer, you can prioritize your health while training. Let's make this a happy and healthy year!



Head PT Dr. Jennifer Bentley with BW Dancer Amy Potter

HAPPY NEW YEAR AND WELCOME BACK

Welcome back to all of our out-of-state dancers who were able to travel home during the holidays, and to all of our BWA family. We are thrilled to be back at dance and ready to make 2024 our best year yet! What are your dance goals for the year? Whatever they are, hopefully having fun while working on your goals makes the list. Enjoy the process and appreciate the progress!

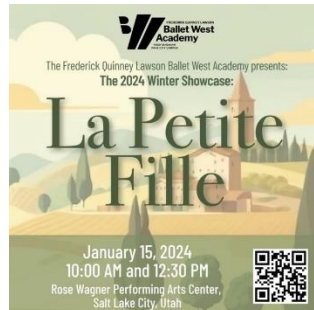
ME AND MY GROWNUP



We are so excited to offer a new class for teeny tiny dancers and their special grown-ups. This class is for little ones, age 18 months to 2 years. Dancers explore movement and music with our class especially geared to their age and prepares them for an independent class when they turn 3 years old! Dancers should wear comfy clothes that are easy to move in, and will dance barefoot. Their grownups should wear socks or ballet slippers. We are excited to welcome the youngest dancers into the studio to dance! This 8-week class is held January 16th -

March 5th from 10:00-10:45 am, at our Utah County Campus in Pleasant Grove. [Sign up here!](#)

LA PETITE FILLE



The Beginning and Elementary Levels of Trolley Corners Campus are proud to present *La Petite Fille*, January 15th at The Rose Wagner Performing Arts Center. This interpretation of a famous classical ballet been adjusted for our littlest dancers. They might be our youngest students but they don't lack for passion! [Purchase tickets here](#).

UPCOMING EVENTS AND PERFORMANCES

- **Children's Audition Swan Lake/Beauty and the Beast** - January 6, 4:00 pm at Ballet Centre, for ages 8 years+ Register by January 5 [here!](#) Audition cost \$12 - Must be a BWA student to audition.
- **Starter Series - PARK CITY** - Starts Jan 8, Mondays from 7-8:15pm, **TROLLEY CORNERS** - Starts Jan 9, Tuesdays from 7-8:15pm, **UTAH COUNTY** - Starts Jan 12, Fridays from 7-8:15pm. Sign up here: <https://balletwest.punchpass.com/classes>
- **Trolley Corners Primary Winter Showcase** - January 15, 10:00 am or 12:30 pm showtimes at Rose Wagner Theatre. [Tickets available here.](#)
- **Closed for Martin Luther King, Jr. Day** - January 15, Ballet Centre Salt Lake, Utah County Campus, and Park City Campus - NO CLASSES
- **SLC Upper School Winter Performances** - January 26, 7:00 pm - January 27, 2:00pm and 7:00 pm at the Mid-Valley Performing Arts Center. [Purchase tickets here!](#)