

# Weekly Update from O'Shea Irish Dance

January 7, 2023

## Important Dates - Mark Your Calendars

- Target Training Starts 1/8
- Classes Resume 1/9
- Celtic Junction Winter Feis 2/11 & 2/12

## Welcome Back to Class!

All OID classes resume Monday, Jan 9 as we start our Winter Term. We're excited to get back into the studios and start getting ready for performances around St. Patrick's Day. It's coming sooner than you think!

## Target Training for OID Dancers - Register by Noon Saturday

The new year is here and your dancers might be thinking about their goals for 2023. With this in mind, we'll be hosting another session of the Target Training 10 Week Workout at the Junction just for O'Shea dancers taught by Ella Pomplun. TargetTraining, created by Ellen Waller, is a strength and conditioning program designed by Irish dancers, for Irish dancers. You can read more about Ellen's background [HERE](#).

The 10 Week Workout is a progressive weekly workout designed to improve dancer's strength, mobility, and endurance to improve Irish dance techniques. These classes build upon each other each week to provide a challenging (but rewarding!) workout. To see the full class schedule and to register, click [HERE](#). **Please register by noon on Saturday, 1/7**

Please feel free to reach out to Ella at [ella.pomplun@gmail.com](mailto:ella.pomplun@gmail.com) with any questions about the 10 Week Workout or Target Training's programs!



## Celtic Junction Winter Feis - Feb 11 & 12

The Celtic Junction Winter Feis taking place at the Celtic Junction Arts Center on February 11/12, 2022 is still open for registration on [www.feisworx.com](http://www.feisworx.com). The Feis has very limited caps so if you haven't signed up yet, get registered before it's full.

**REMEMBER TO VISIT THE [OID DAMHSA SITE](#) FOR IMPORTANT SCHOOL INFO.  
LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, JANUARY 13, 2023**