

Move Yourself Dance

JANUARY
2025
NEWSLETTER

MOVE YOURSELF Dance LTD.



January Message From Move Yourself Dance

We hope your holiday season and winter break were filled with joy, love, and quality time with family and friends. Our team is thrilled to kick off the second half of the dance season and wishes you a very Happy New Year filled with happiness and success in 2025!

Our instructors are eager to dive into classes and begin choreographing for this year's highly anticipated Year-End Showcase. The second half of the season is always a whirlwind of excitement with so many wonderful events on the horizon, so be sure to review this newsletter for Important Dates and updates.

If you have any questions, we're here to help! Check our website for updates or feel free to contact us by email at office@moveyourselfdance.com.

Let's make 2025 an incredible year of dancing together!

Happy Dancing!

In This Issue:

Costume Fee Update	2
Picture Day	2
Year-End Showcase	2
Important Dates	2
Festival Dates	2
2024 Dance Receipts	2
Reminders About Policies	3

Contact Us:

403-507-6590 OR 403-556-1456

office@moveyourselfdance.com

MOVE YOURSELF Dance LTD.

Costume Fees

Costume Fee Invoice have been sent out to all dancers and are DUE **January 15th**.

Any unpaid Costume Fees that have not received prior to or on the above due dates will be subject to a \$20.00 Late Penalty per month.

If you have any questions about costume fees please contact Christine directly at 403-556-1456 or email

christine@moveyourselfdance.com.

Picture Day 2024 - March 16

Students and Parents are reminded to Mark down the Official Date of Picture Day in their Calendars. Exact Schedule TBA.

Olds & Sundre Studio Picture Day will take place in Sundre at the Community Center on Sunday, March 16th for both **SUNDRE & OLDS STUDIOS**

Year End Showcase

Move Yourself Dance will again be holding our Year End Showcase in Olds, at the Fine Arts Centre this May. Dress Rehearsal attendance is MANDATORY for all dancers performing in the year end showcase. This rehearsal is very important for dancers to practice their routine on the stage before the Official performances, practice quick changes and allow lighting and sound to be set.

- [Year End Showcase Weekend](#)
[May 9th & 10th](#)
- [Friday - Dress Rehearsal](#)
- [Saturday - Olds & Sundre Shows](#)

Mark Your Calendars

The Following Dates Should be Marked in Your Calendars For the Second Part of the Season:

- [Family Day Holiday \(No Classes\)](#)
[February 17th to 21st](#)
- [Picture Day - SUNDRE & OLDS](#)

Studio

[Sunday, March 16th](#)

- [Spring Break \(No Classes\)](#)
[April 21st to 25th](#)

Festivals 2025

Danceworks SHINE #1 – Olds, AB
Friday, March 21st – Sunday, March 23rd

Danceworks #1 – Red Deer, AB
Thursday, April 3rd - Sunday, April 6th

CARS – Drumheller, AB
Friday, April 11th - Sunday, April 13th

Nova 1 – Olds, AB
Friday, May 2nd - Sunday, May 4th

Dance Receipts

2024 Dance receipts are available on your Jack Rabbit Parent Portal, however if you require an emailed receipt please email office@moveyourselfdance.com to have you emailed to you.

Lost & Found Reminder

The Move Yourself Dance Lost & Found will be removed from the all Studios in Sundre & Olds on January 30th. Please be sure to check the Lost and Found prior to this date to be sure none of your missing items are discarded.



Attire, Hair & Jewelry Policy

To ensure the best learning environment and safety for all students, proper dancewear is required for every class. Each discipline has a specific dress code designed to help instructors observe body lines and posture, enabling them to provide accurate corrections and support students' progress.

The dress codes can be found on our website, under class descriptions. Each dress code is listed under the corresponding discipline

<https://www.moveyourselfdance.com/class-descriptions/>

Hair Guidelines

- Hair must be secured and kept away from the face during all classes to allow for safe and effective movement.
- **Ballet students** must wear their hair in a bun.
- **Short hair** should be kept off the face using a headband or barrettes.

Attendance Policy

This attendance policy applies to all students participating in festivals. From January to May, students may not have more than **three unexcused absences**. Exceeding this limit can result in the dancer being unable to participate in festivals.

Why Attendance Matters

Consistent attendance is essential for the success of all dancers and groups preparing for festivals. Regular participation ensures that:

- Dancers learn and perfect choreography.
- Instructors can provide critical corrections.
- The group performs cohesively, showcasing their best work at festivals.

Dancers and groups participating in festivals must commit to attending class weekly and working diligently to complete their routines.

Definition of Unexcused Absences

An unexcused absence is any missed class for which prior arrangements have not been made with the instructors, Miss Christine, or Miss Heidi.

Please let Us KNOW About Absences.....

Students and Parents are reminded to email the office@moveyourselfdance.com email address if a student is unable to attend their regularly scheduled classes. By informing the instructor of a planned absence, we all ensure the lines of communication remain open and instructors do not have to worry about what happened to a student if we know they are not able to be at class on a specific date.

Parent Viewing Policies

We kindly remind parents that viewing classes is not permitted until **Official Parent Viewing Week**. This policy ensures that students receive high-quality dance instruction without distractions.

In younger age groups especially, having parents or siblings visible during class can disrupt students' focus and engagement. When students see family members in the waiting room, it can make it more challenging for them to concentrate on their instructor and the steps they are learning.