

# Move Yourself Dance

MARCH  
2025  
NEWSLETTER

# Lucky!



## March Message From Move Yourself

March is a month of feeling lucky, and with St. Patrick's Day just around the corner, we're reminded of how fortunate we are to share this journey with such an incredible community. From our dedicated instructors to our supportive parents and hardworking students, we are so grateful for each of you and the role you play in making this season a success.

With March in full swing, our instructors are hard at work finalizing and polishing the choreography for all the dances. At this stage of the year, it's especially important for dancers to attend every class. Missing a class can set dancers behind and may even impact the progress of their group's choreography.

We're incredibly proud of our dancers and the effort they've put into each class. As we focus on finishing and perfecting dances, dancers may start to feel a little pressure or stress. Please encourage them with this reminder: "We don't earn our medals on stage; we earn them in practice and just receive them on stage." Their hard work is paying off, and we can't wait to see the results!

If you have any questions, please don't hesitate to contact us at

**[office@moveyourselfdance.com](mailto:office@moveyourselfdance.com)**.

Thank you for your continued support and for being part of our dance family.

Wishing you all a month full of hard work, success, and a little extra luck! 🍀

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### Contact Us:

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MOVE YOURSELF  
Dance  
LTD

## Picture Day 2025

Students and Parents are reminded about Picture Day. Exact Time Schedule is in the picture day information package email that was sent out mid-February. All the information is also posted on our website.

Olds & Sundre Studio Picture Day will take place in Sundre at the Sundre Community Center.

## March 16th for SUNDRE & OLDS STUDIOS

<https://www.moveyourselfdance.com/picture-day/>

## Showcase Ticket Information

Move Yourself Dance Year-End Showcase will be held in Olds, Alberta at the Fine Arts Centre this coming May. **Dress Rehearsal will be held FRIDAY and attendance is Mandatory** for all dancers performing in the year-end showcase.

**Tickets for Showcase Performances can be purchased at Picture Day on a first come, first serve basis.**

**\*\* PLEASE REMEMBER:** Any Families with outstanding FESTIVAL or COSTUME fees will be unable to buy Tickets until their fees are caught up.\*\*

Families have been sent reminders regarding their accounts if you have outstanding fees.

## Important Dates To Remember

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

- Picture Day - SUNDRE & OLDS Studio  
Sunday, March 16th
- Spring Break (No Classes)  
April 21st-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

Festival Information Packages and Schedules will be sent out as soon as we receive them.



# Showcase 2025

Tickets for **Both** Weekend Showcase Performances can be purchased at Picture Day for \$25 each on a first come first serve basis.

Dress Rehearsal will be held Friday, May 9th and attendance is **Mandatory** for all dancers performing in the year-end showcase.

**Dress Rehearsal (Both SUNDRE & OLDS) Friday, May 9 Starting @ 4PM**

This rehearsal is very important for dancers to practice their routine on the stage before the Official performances. Performers get familiar with the stage as well as back stage layout and allow lighting and sound to be set during this time. Our Year End Showcase in Olds, Alberta at the Fine Arts Centre this May.

- **SUNDRE MYD Showcase - Saturday May 10 @ 12pm**
- **OLDS MYD Showcase Saturday, May 10 @ 5pm**

Parents, Please keep in mind that although volunteering is not required with our studio we do ask parents to plan to volunteer at showcase time. If your dancer is in the Olds Showcase we would ask that you volunteer for the Sundre Showcase, while if you dancer is in the Sundre Showcase, we ask that you plan to volunteer to help with the Olds showcase Showcase. Thank you!