

Move Yourself

Dance

MARCH
2025
NEWSLETTER

Lucky



March Message From Move Yourself

March has arrived, bringing longer days, fresh energy, and a renewed sense of motivation in the studio! As we head toward spring, we're reminded how grateful we are for our amazing dance families. Our studio thrives because of the commitment of our instructors, the encouragement from parents, and the dedication of our dancers. Thank you for being such an important part of our community.

This is an exciting and important time of year. Choreography is nearly complete, and classes are now focused on cleaning, refining, and strengthening every routine. Consistent attendance is essential during this stage. Each class builds on the last, and when a dancer misses, it can affect not only their confidence but also the formation and progress of the entire group.

We are so proud of the growth we're seeing in every class. As routines become more detailed and expectations increase, dancers may start to feel challenged—and that's a good thing! Growth happens when we step outside our comfort zone. Remind your dancer that confidence is built in the studio, one correction and one practice at a time. The applause on stage is simply a celebration of the work they've already put in behind the scenes.

If you have any questions as we move through this busy and exciting season, please reach out to us at office@moveyourselfdance.com.

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Contact Us:

office@moveyourselfdance.com
www.moveyourselfdance.com

MOVE YOURSELF
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Picture Day 2026

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 15th 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 15th
- Spring Break (No Classes)
April 20th-24th

Festivals 2026

Galaxy Festival – Brooks, AB
Friday, March 27th– Sunday, March 29th

Diamond & Dance - Olds, AB
Friday, April 10th - Sunday, April 12th

Dance Invasion – Bearspaw, AB
Thursday, April 16th - Saturday, April 18th

Nova 1 – Olds, AB
Friday, May 1st - Sunday, May 3rd

Festival Information Packages and Schedules have been sent out. If you have not received them visit our website:

<https://www.moveyourselfdance.com/festivals>



Showcase 2026

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 8th and attendance is **Mandatory** for all dancers performing in the year-end showcase.

Dress Rehearsal (Both SUNDRE & OLDS) Friday, May 8 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.

- **OLDS MYD Showcase - Saturday May 9 @ 12pm**
- **SUNDRE MYD Showcase Saturday, May 9 @ 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!