Move Yourself Dance

NOVEMBER 2026 NEWSLETTER



November Message From Move Yourself

As we enter November, we take time to remember and honour our Veterans and all those currently serving in the Canadian Armed Forces. We are truly grateful for their courage, dedication, and the sacrifices they make each day to protect our safety and freedom. We are proud to live in such a wonderful country and appreciate the many freedoms we enjoy.

Over the past few weeks, our dancers and instructors have settled beautifully into their class routines at both studios. Classes are now finalized, and we are loving the excitement and positive energy our dancers bring each week!

November also brings one of our favourite events—**Parent Viewing Week**, happening **November 16th to 19th**. This is always a special time for dancers to proudly share what they've been learning with their families. We can't wait to welcome you into the studio to celebrate their progress!

Our **November Newsletter** is full of important updates and reminders, so please take a few moments to read through it carefully to ensure you don't miss any details.

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Contact Us:

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MOVE YOURSELF Dance LTD.

Festival Information & Costume Prices Update

We will be sending out an update on Festivals 2027 by the end of the month. If you have any questions about festivals once you receive the info please don't hesitate to contact Christine at christine@moveyourselfdance.com or office@moveyourselfdance.com

Festival Fee Cheques and/or payments will need to be submitted by Dec 15, 2026.

Costume Fees will not be due until January 15th however dance families will have the cost added to their JackRabbit account by the beginning or middle of December and can pay at anytime prior to the due date. Costume updates & emails will also be send by the end of the month.

Please Remember - If Dancers Drop Out of classes by DECEMBER 1st, families are responsible for ALL Costumes that have been ordered by December 1st



Important Dates to Remember

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

- Parent Viewing Week
  Mon, Nov 16 - Thurs, Nov 19
- Deadline To Withdraw From Classes
  Fri, Dec 1, 2026
- Christmas Break
  Dec 18th - Jan 3rd (No Classes)
- Classes Resume
  Monday, January 4th

Did you ever dance as a kid and want to try it out again?

Contact Wendy for adult class drop in information
403-636-0060

First Steps Music & Movement Classes Starting in January....

Interested in dance for your 3 or 4 year old?

Try a Winter Sessional For First Steps Music & Movement!

This is where it all begins!! Skills are introduced in their most basic form, which helps build a solid foundation helpful in future dance study. Concentration is on developmental skills needed to execute primary dance steps. While this class is gently structured for the younger students, it focuses mainly on building gross and fine motor skills, coordination, while encouraging creativeness and imagination. Maintaining a structure of Basic Ballet, the class will also occasionally venture into the world of treasure box dress up. Children must be 3 yrs. old by the start of the class.

ATTIRE:
~comfortable clothing the child can move in
~bare feet

***First Steps Music & Movement Winter Sessional Registration OPENS on December 1st our WEBSITE.*
https://www.moveyourselfdance.com/sessionals/

Sundre MYD Studio FSM&M Wednesday 4:30-5:00 PM with Miss. Abby - $120

Olds MYD Studio FSM&M Thursday 4:30-5:00 PM with Miss. Tyllar - $120

Questions Or To Register: Contact office@moveyourselfdance.com