

Move Yourself Dance

OCTOBER
2025
NEWSLETTER

October Message From MYD!

After a busy September, we hope both dancers and parents are starting to feel comfortable in their fall routines. The first few weeks of October are always an exciting time at the studio, as many students take the opportunity to explore different dance styles before making their final class choices. We are so pleased to offer this flexibility, allowing every dancer to discover the style that excites and inspires them most.

Now that we've reached the middle of October, classes are becoming more settled, schedules are confirmed, and our instructors are busy guiding dancers through strong foundations, expanding technique, and helping each student grow in both skill and confidence.

October also brings plenty of seasonal fun—from crisp autumn days to the excitement of **Halloween!** We look forward to celebrating the creativity and joy this time of year brings to our dancers and their families. As you enjoy the costumes, candy, and community festivities, we wish everyone a **safe, happy, and exciting fall season.**

This month's newsletter is full of important updates and reminders. Please take a moment to read through the following pages, and as always, feel free to reach out with any questions or concerns. We're here to help make this a fantastic season for all!



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Contact Us:

403-556-1456 or 403-507-6590

office@moveyourselfdance.com

www.moveyourselfdance.com

MOVE YOURSELF
Dance
LTD.

Just A Reminder: Please Bring A Water Bottle To Each Class!

Important Dates to Remember

The Following Dates Should be Marked in Your Calendars For the Upcoming Months:

- **Festival Information Night Sunde - Wednesday, November 5th 6:00PM**
- **Festival Information Night Olds - Thursday, November 6th 5:15PM**
- **Extra Choreo Forms DUE - Wednesday, October 30th ** Important Date ****
- **Line Forms DUE - Wednesday, October 30th ** Important Date ****
- **Festival Forms DUE - Friday, November 9th**
- **Parent Viewing Week - November 17th - 20th**
- **Deadline To Withdraw From Classes - December 1st**
- **Christmas Break (No Classes) - December 19th - January 5th**



Move Yourself Dance Festival Dates 2025

- *CARS I - March 19th - 21st in Camrose •*
- *Diamonds & Dance - April 10th - 12th in Olds •*
- *Fabulous Feet Dance Invasion - April 15th - 18th in Bearspaw •*
- *Nova Festival May 1st - 3rd in Olds •*

Festival Information For 2026 Season

Festivals are meant to be an exciting and positive learning experience for all dancers. One of the most important aspects of dance is the actual performance; getting out on stage and performing can be both exhilarating and scary for dancers. Festivals give students the opportunity to perform their routines more than once during a regular dance season. Students are able to experience the encouraging atmosphere of a positive dance competition, while being able to showcase their own individual and group talent. It is also a wonderful chance for our dancers to watch other dancers perform, which gives the students the opportunities to encourage one another, as well as inspire or be inspired to push themselves to new limits. At festivals, dancers are adjudicated according to their level of training within the set dance discipline. The comments and marks from the adjudicator can help dancers to improve, through constructive evaluation, which can build the dancers' confidence and skills.

What to Expect?

Festivals are usually held out of town and students will need to travel to them. Students are expected to arrive at the festival 1.5 hrs before their scheduled performance time. Students are encouraged to watch other dances while at the festival. Move Yourself Dance Ltd. would like to strongly recommend that we show support for our other dancers that may be taking part in the festival, and we encourage our dancers to watch each other. Feel free to come early or stay late!!

What is Required From The Dancers?

Attending festivals is a big commitment for both the dancers and the instructor. Dancers must be dedicated to their dance group. Dances have to be ready to perform at a much earlier date in order to take part in the festival, as festival session runs from the end of February through to May. We want our dances to be the best they can be before we take them to festivals so dancers will have to work hard in class and really push themselves. If you decide to participate in festivals you need to make a commitment to come to class every week and work very hard to complete the dance routine. Good attendance is extremely important when preparing for festivals; students need to be present in class so they can learn the new choreography and take in the important corrections from their instructors. Lack of attendance by dancers may result in losing the opportunity to perform at festivals for individuals; it will be at the teachers' discretion as to what will be done about continued absences.

For more information or for the Google Festival Registration Forms please go to our website:

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