

Move Yourself

Dance

SEPTEMBER
2025
NEWSLETTER



September Message From MYD!

Welcome to Season 17 at Move Yourself Dance!

We're thrilled to kick off another incredible season and extend a warm welcome to all of our new and returning dancers. The official class schedule is now finalized and available—if you have any questions about your dancer's schedule, please don't hesitate to reach out at office@moveyourselfdance.com.

Be sure to take a moment to review the **"Year at a Glance"** section in this newsletter and mark your calendars with all the important dates for the season.

We can't wait to see the energy, growth, and joy this year will bring. If any questions or concerns arise, our team is always here to

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Contact Us:

403-556-1456 or 403-507-6590
office@moveyourselfdance.com
www.moveyourselfdance.com



Stay Hydrated, Bring Your H2O!

All students are strongly encouraged to bring their own water bottles to dance classes. Hydration is important for dancers' health & safety. We also like to be kind to our planet, so the less disposable containers we use, the better! Stay hydrated while dancing, remember to bring your water bottle to each class!

Important Dates To Remember

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

- Classes Start - week of
Monday, September 22nd
- MYD Promotional Shoot
Sunday, October 20th
- Parent Viewing Week
November 17th-20th
- Class Withdrawal Date
December 1st
- Christmas Break
December 19th - January 4th
(No Classes)



Reminder About Parent Viewing Policies & Our Waiting Areas

We would like to remind parents that parent viewing is not permitted until the Official Parent Viewing Week. Dance Studios enlist this policy to provide quality dance instruction without distractions to students. Particularly in younger age groups, parents watching the class causes students to be distracted as they see their parents &/or siblings in the studio or waiting room and lose focus in class. This usually makes it difficult for them to keep attention on their instructor and what steps they are working on.

For families attending our **OLDS Studio**, once your dancer is settled and comfortable in the class we ask that parents and siblings wait in the front waiting room. This will allow the teachers to close the studio doors to eliminate any distractions.

For families attending our **SUNDRE Studio**, with our waiting room being very small and not have a sound barrier between the studio space. We do ask that once your dancer is settled and comfortable in the class that parents and siblings leave the waiting area to prevent any distractions for our dancers.

Our studio has fall parent viewing from **November 17-20, 2025**. Please mark this date in your calendar. We will also try very hard to have one more parent viewing day at the end of January or beginning of February.

What Should My Child Wear To Class?

Many new dance parents are unsure of what is proper dancewear for their child to wear to class. Here are a few rules to remember.....

1. Hair Should Always Be Back

Hair must be up and away from the face to ensure safe execution of movements. Ballet students must have a bun. Short hair must be kept off the face by a headband or barrettes. Longer hair must be in a ponytail.

2. Have Proper Footwear

Proper Footwear is required for each class. Consult your instructor if you're unsure what type of footwear your child should wear.

3. Dance Attire

Proper dance wear is required every week. We have a dress code in place for each discipline. This enables your instructors to see body-lines and posture; therefore they can make proper corrections to all students. All dancers are expected to have the required attire by the end of October.

4. Studio Etiquette

- Cell phones are not permitted in class
- Gum is not permitted in class
- The studio is a non-smoking facility
- Zero tolerance policy for bullying
- Jewelry is not permitted in class

Need Dance Supplies?

Check Out.... Our website for specific attire for each class.

[https://
www.moveyourselfdance.com/class-
descriptions/](https://www.moveyourselfdance.com/class-descriptions/)

Fantasy Costumes & Actionwear Ltd.

#6, 6200 - 67A Street A
Red Deer, AB
T4P 3E8
403.343.6500

City Dancewear

#106-5403 Crowchild Trail NW
Calgary AB
T3B 4Z1
403.288.3060

THANK YOU VERY MUCH

to everyone who voted Move Yourself Dance Studio
'Best Dance/Music Instruction' 1st Place GOLD
in the Annual Readers Choice Awards last month!



Year-at-a Glance Schedule 2025/2026

Dance Classes Begin	Monday, September 22, 2025
Festival Information Night at our Olds & Sundre Studio	November... Exact DATE TBA
Parent Viewing Week	November 17-21, 2025
Deadline for withdrawal from Classes	December 1, 2025
Christmas Break (NO CLASSES)	December 22, 2025 to January 4, 2026
Dance Classes Resume	January 5, 2026
Family Day Holiday (NO CLASSES)	February 16-19, 2026
Picture Day (IN SUNDRE)	Exact DATE TBA
Spring Break (NO CLASSES)	April 20-23, 2026
Dance Classes Resume	April 27, 2026
2025/2026 TENTATIVE Festivals Dates	
CARS I - Camrose (Intermediate & Advance Groups ONLY)	March 19 th -21 st , 2026
Diamond & Dance – Olds	April 10 th -12 th , 2026
Fabulous Feet Dance Invasion – Bears paw	April 15 th -18 th , 2026
Nova I – Olds	May 1 st -3 rd , 2026
Dress Rehearsal (Attendance Mandatory)	May 8, 2026 Booked
Recital Day	May 9, 2026 Booked
OLDS Showcase 12:00 – 3:00PM	
SUNDRE Showcase 5:00 – 8:00PM	
Year-end Party	TBA

Solos, Duets & Small Group Requests

Are you interested in doing a Solo? A Duet? or being part of a competitive Small Group? Students interested in performing solos, duets, trios or small groups for festival(s), community events, and/or our year-end Showcase are invited to complete an Application Form.

Please note that this is only an application and it will need to be approved by the Move Yourself Dance Team. Approval is based on technical ability, work ethic, attitude, attendance, commitment shown in class, maturity, the desire to challenge yourself to be a 'performer', and willingness to participate in community events

Fees are as follows:
Solo - \$ 375.00
Duet - \$275.00 per student
Trio - \$225.00 per student
Small Group (4-5) - \$200.00 per student

Fees include 4 hours of private instruction and rehearsal time. Dates and times for practice sessions will be arranged at a later date. The majority of choreography instruction will be scheduled on Saturdays and Sundays at the MYD Sundre & Olds Studios. Students involved in these sessions will be responsible for practicing the material between sessions and **MUST** be well prepared for the next session. It is a privilege to be accepted for extra choreography and it is expected that students will put in several hours on their own time (or with their partners).

Instructor/Choreographers' time is very limited, so applicants cannot cancel or miss rehearsals.

The Deadline for extra Choreography Applications is October 30, 2025.

Extra Choreo Application : <https://www.moveyourselfdance.com/wp-content/uploads/EXTRA-CHOREOGRAPHY-APPLICATION-2025.2026.pdf>

KING OF NEW YORK LINE... COMING SOON!!



🌟 EXCITING OPPORTUNITY: EXTRA LARGE GROUP / LINE PERFORMANCE! 🌟

We are thrilled to announce a brand-new opportunity this season – our **Combo Line**, a high-energy performance that will combine **Jazz, Tap, and Hip Hop** all in one dynamic piece! This is your chance to be part of something big, bold, and unforgettable.

This year's **Extra Choreo Large Group/Line** will be choreographed by **Miss Wendy** and **Miss Paige**.

Open to dancers 9 and up. This will be an exciting, fast-paced, and super fun performance that highlights the talent and versatility of our dancers. Watch your emails for more information in October.