

Move Yourself Dance

SUMMER/
REGISTRATION
2026
NEWSLETTER



August Message From Move Yourself Dance

We're Getting Ready for Another Incredible Dance Season!

The countdown is on, and we can't wait to welcome everyone back to the studio for another exciting year at **Move Yourself Dance**! Whether you're a returning dancer or joining our MYD family for the very first time, we're looking forward to an amazing 2026/2027 season filled with growth, friendships, and unforgettable memories.

Registration officially opens on August 1st! To celebrate, we're offering an **Early Bird Registration** promotion from **August 1st–5th**. Families who register during this time will be automatically entered into a draw to **win one free class tuition** for the season!

Be sure to visit www.moveyourselfdance.com beginning August 1st to view our class schedule, register for classes, and find everything you need to prepare for the upcoming season.

If you have any questions, we're always happy to help. Thank you for choosing Move Yourself Dance—we're excited to dance with you and make this our best season yet!

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Contact Us:

office@moveyourselfdance.com

MOVE YOURSELF
Dance
LTD.

Important Dates To Remember

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

- SUNDRE Welcome Back BBQ

Exact Date & Time TBA

- OLDS Community Registration

Exact Date & Time TBA

- Classes Start - week of

Monday, September 21st

Registration Closes...

Registration will close on **Sunday, September 13th**. Early registration is very important, as it allows us to confirm which classes will run as scheduled and make any necessary adjustments for both our Sundre and Olds locations.

Our current schedule is **tentative** and will be updated once final registration numbers are in. By registering as soon as possible, you'll help us finalize the schedule and ensure you don't miss out on class opportunities.

We'd love for you to share our information with family and friends who may be interested in joining the MYD community.

www.moveyourselfdance.com

Studio Culture & Expectations

At Move Yourself Dance, we believe every dancer—from the tiniest toddler to the most seasoned adult—deserves a place to move, grow, and thrive. Our studio culture is built on four guiding pillars:

1. Dance with Joy.

Celebrate the fun in movement—try new things, enjoy the process, and dance with heart.

2. Be Kind

Support your classmates, encourage one another, and help build a positive studio community

3. Work Hard

Give your best effort, embrace challenges, and focus on progress over perfection.

4. Show Respect

Respect your teachers, peers, and studio space—be on time, be prepared, and be present.

Stay Connected...

Stay in the loop all season long by connecting with us online! We post updates, reminders, class highlights, and behind-the-scenes fun on our social media platforms.

Follow us on Facebook & Instagram

Get the latest news, studio stories, and important announcements right in your feed.

Visit our Website

Everything you need—class schedules, registration info, studio policies, and more—can be found anytime at

www.moveyourselfdance.com

We're excited for the season ahead and can't wait to share it with you—both in the studio and online!

Class Information Emails

To help make registration as smooth and stress-free as possible, all current Move Yourself Dance families will receive a Class Information Email before registration opens on **August 1st**. These emails are intended to serve as a helpful guide, outlining the classes to register for this year.

Please remember that these recommendations are simply a guideline based on your dancer's classes from last season. If you have any questions about class placement please don't hesitate to reach out.

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 bodylines and posture; therefore they can make proper corrections to all students. All dancers are expected to have the required attire by the 1st week in 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.

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