

Move Yourself Dance

2026 Stage Rehearsal INFORMATION

Move Yourself Dance will be having our combined studio Stage Rehearsal on:

Friday, May8th from 4:00-8:00pm at the TransCanada Theatre (Olds College)

What is the Schedule for Dress Rehearsal?

Our schedule for Stage Rehearsal will **not follow the actual Showcase order** as we need to run both Olds & Sundre studios' Stage Rehearsals at once so that we can get them done and have dancers and parents back home as soon as possible. We are also having relaxed rules about hair, make-up and costumes for Stage Rehearsal ONLY. Students are **NOT** required to have hair and makeup done for the Stage Rehearsal as it will be for the performances, but please make sure hair is back off the face and they have their proper dance shoes. Costumes do not have to be worn but can be if the parents and dancers wish.

**** Dancers should be ready to go 15 minutes prior to their time slot. This will insure that if we are running early we can keep moving through the rehearsal smoothly instead of constantly stopping and starting. ****

4:00-4:30	KinderAcro/Dance Dream & Discover & Hoppity Hoppity (Both Olds & Sundre Studio Classes)
4:30-6:00	Beginner & Junior Level Groups and Acro (Both Olds & Sundre Studio Classes)
6:00-7:30	Novice, Intermediate, Open & Advance Level Groups (Both Olds & Sundre Studio Classes)
7:30-8:00	Line & Adult Group

****Solos, Duets and Extra Choreo groups can run their pieces in the rehearsal room between 7:30-8:00****

Please see the actual schedule attached to this email for the schedule.

Where to Go When You Arrive at Stage Rehearsal?

When you arrive at the theatre please come directly into the auditorium and take a seat. We will then announce which groups will be performing next and give the dancers instructions as to what they are to do when they are entering and exiting the stage.

What Are the Dressing Room Assignments?

We have included an attachment of the Dressing Room Assignments for both showcases. When you drop off your dancer at Dress Rehearsal, you can take them backstage to their pre-assigned Dressing Room and familiarize them with where the washrooms are and where they will be able to hang up their costumes.

There will be NO Dress Room Assignments for the Dress Rehearsal. PLEASE DO NOT leave any items in the dressing rooms as the cleaners will be in after we are done on Friday night.

What to Wear During Stage Rehearsal?

This year (as we have in the past) we are making an exception so that dancers DO NOT have to wear their costumes at Stage Rehearsal. If the students would like to wear costumes they are more than welcome to; however, it is not mandatory. If dancers choose to wear their costumes to stage rehearsal and they are in multiple numbers they will not have a lot of time to change. We would like to keep the rehearsal running as smoothly as possible so please make sure that all the dancers are aware that they will either need to change very quickly or stay in one costume.

What About Hair & Make-Up for During Stage Rehearsal?

Normal requirements for most Stage Rehearsals stipulate that dancers are in full hair & make-up. To make things easier on our dancers and parents, we are going to provide you with the option of not doing make-up for Stage Rehearsal only. We do ask that all students have their hair pulled back, just as they would for a regular dance class. If you wish to have the extra practice for make-up and hair you are more than welcome to do so for Stage Rehearsal, we just ask that you make sure that you are completely ready for your time slot, so that we are able to run the Stage Rehearsal as smoothly as possible.

Are Parents Allowed to Stay for Stage Rehearsal?

We would respectfully request that parents of the *younger children (dancers younger than 10yrs.)* stay for Stage Rehearsal. The time slots that we have outlined are very short periods of time and therefore the younger children will not have to be at stage rehearsal very long.

Parents may choose to wait in the foyer or come into the theatre with their children. We do ask that children sit quietly while they wait their turn and do not run around the theatre.

Please remember that instructors will be very busy dealing with a wide variety of things (and chaos) and it won't be possible to answer parents' questions during Stage Rehearsal. This will be our only opportunity to set our lighting & sound so that it works for the Shows as well as run the numbers and give corrections about spacing and staging issues.

NO PARENTS will be allowed back stage during the Stage Rehearsal. Instructors will be backstage to organize the classes. Please understand that the Stage Rehearsal will run more smoothly and be finished faster **if parents stay in the audience and allow the instructors to worry about the backstage part of dress rehearsal. If parents don't want to spoil the surprise of the actual show by sitting in the Theatre, they are welcome to wait in the foyer/lobby area. Parents of older dancers can drop them off and do errands, shopping, etc.**

Are Dance Students Allowed to Eat During Stage Rehearsal?

Students will be allowed to drink **ONLY** water in the theatre area. The dancers may eat only 'clean', dry, healthy snacks during Stage Rehearsal; however, they must eat in the foyer of the theatre. For example: granola bars, animal crackers, carrot sticks, grapes, fruit bars, etc.

How Long Do Dancers Have to Stay at Stage Rehearsal?

The dancers may leave once their numbers have been practiced and their instructors are finished with them. However, we would like to strongly encourage the dance students to stay and watch some of their peers. Stage Rehearsal is a great opportunity for our dancers to see all the other classes' dance numbers. During our Showcase performances, students will not be allowed to watch from the audience, which means that the **ONLY** chance for them to see our show is during Stage Rehearsal. This is also a great time for our dancers to get rid of some of their pre-performance jitters by performing in front of their encouraging & enthusiastic peers who also understand how nerve-racking this first run-through can be!

We understand that the weekend is going to be very busy and that our very young students might not be able to stay for the entire Stage Rehearsal. We would like to encourage our dancers to stay for **some** additional numbers, but it is in no way mandatory.

Will there be additional tickets for sale at Stage Rehearsal?

We are hoping that tickets will sell out **before May 9th**, but any unsold tickets will be available at Stage Rehearsal and at the door on the day of the performances.