



August 2011

Dear Dancers & Parents:

### **Welcome to Season 3 of Move Yourself Dance!**

After an amazing two years in business, we cannot wait for what this year has in store! We are thrilled to be opening a second studio in Olds this year and look forward to welcoming many new families to our program.

We are so excited to welcome back instructor, Tana Graham to the Move Yourself Dance Team. She will be teaching at both of our studios this year! Tana's warm personality and teaching skills continue to be a huge asset to our studio.

This year, we look forward to introducing many new talented and experienced instructors to the Move Yourself Dance Team. **Welcome Wendy, Annica, Meghan and Angela!**

We would also like to welcome back all returning dance families and warmly welcome all of the new students joining us! We invite you to share in our passion for dance. We encourage all of our dancers through our simple message:

**Be Yourself      Challenge Yourself      Move Yourself**

We look forward to being part of your growth this year...not only as dancers and performers, but as individuals. It is a pleasure and honour to teach you.

We are committed to providing you with a dance program led by **integrity, professionalism and passion.**

Sincerely,

Move Yourself Directors/Owners,  
Christine Rosenberger, Heidi Overguard & Alana Hoever

Box 29, Site 119, RR3, Sundre, AB T0M 1X0 T 403-556-1456 403-638-3448 F 403-638-3464

[www.moveyourselfdance.com](http://www.moveyourselfdance.com)



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## YOUR OWNERS & INSTRUCTORS



### Christine Rosenberger

Christine has studied Ballet, Jazz, Lyrical, Modern and Musical Theatre, completing her R.A.D. Ballet exams from Grade 1 – 8 as well as Pre-Elementary and Elementary. She also completed all levels in CDTA Jazz. In 2003, while living in Grande Cache, she started her own dance studio, "Centre Stage", teaching Ballet, Jazz, Modern, Lyrical and Musical Theatre. In addition to her leadership with Move Yourself Dance, Christine serves as President of the Olds Gymnastics Club. She is a substitute teacher and a member of the Parent Council for École Olds Elementary School. She is also Mom to four children under the age of 10 while her husband works away from home... and soon one more baby will be welcomed to her home! Little wonder we call her Superwoman!



### Alana Hoever

Alana began her dance training at age 5 with Martin School of Dancing in Regina, SK where she studied Tap, Jazz and Ballet. After high school, Alana moved to London England where she worked in the Theatre District and took advantage of every opportunity to see Musicals and Dance Shows. A former RCMP officer, Alana moved to Sundre in 2002, and has taught many different dance and group fitness classes throughout the years. In the first year of Move Yourself Dance, Alana won a Choreography Award for Tap at the Terpsichore Dance Festival in Calgary. Alana is a Certified Personal Fitness Trainer with a private studio in her home. She also runs a year-round Bed & Breakfast just outside Sundre.



### Heidi Overguard

Heidi is a Sundre native who studied Ballet, Jazz, Tap, Lyrical and Acro in Caroline with Dance West and Olds at Divine Dance. During our first season she shared her passion for dance with our *Dance, Dream and Discover* classes, and enthusiastically substituted when called upon. Heidi is also an amazingly talented photographer, whose work has been featured in our calendar and other marketing materials. She also distributes our monthly newsletter. Heidi runs two of her own businesses: HMO Photography and Rural Route Tours. She is an executive member of the Sundre Economic Development Committee and the Sundre & District Chamber of Commerce. A proud new home owner, she and her husband farm in the Sundre area.



### Tana Graham

Tana began dancing 23 years ago and became a professional dancer at the age of 20. She performed for various dance companies, on cruise ships, and appeared on the television show **So You Think You Can Dance**. This summer Tana trained with Tap Legend Jim Hibbard at Harbour Dance Centre in Vancouver. She recently returned from a Hip Hop Workshop 'Groove Wit It' in Edmonton hosted by White Chocolate. In her teens she found yoga to be beneficial for preventing and healing injuries from dancing and discovered the balance, focus and peace that yoga brought to her life. In 2011, she completed the Registered Yoga Teacher 200 course in Vancouver with East to West Yoga. She is thankful to have yoga in her life and for the chance to share the beauty and power of yoga with her students. "I hope that I can inspire you and bring as much strength, joy and well-being to you as yoga has brought to me. Namaste."

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### **Wendy Read**

Wendy started dancing at age 5 with Starlite in Calgary, and continued on with MacDonald Wilson Dance Academy (Tap, Jazz and Ballet). As she was growing up Wendy juggled a busy schedule that included dance, soccer, gymnastics, volleyball, track and field, badminton and basketball. In her 20's she continued her dance training in Tap, Jazz & Ballet with Kel Soloway in Calgary. Wendy rediscovered dance again when she moved to Sundre in 2006, taking Adult Tap & Jazz classes with Julie Coleman, then Ballet & Jazz with Randi Larway in the inaugural year of Move Yourself Dance. Wendy is an administrator for Read Controls & Energy Services Inc. She is a soccer coach in the spring and is a member of the Sundre Gymnastics Board. She enjoys spending time with her husband, 2 kids and 44 animals on her property near Sundre.



### **Annica Larsson**

Annica began dancing at the age of 4, starting in Ballet before finding passion for Jazz, Lyrical, Tap, Modern, and Musical Theater at Miss Joanne's School of Dance in Breton, Alberta. She began assistant teaching at age 15; after graduation she continued to teach while getting her ADAPT Teaching Certificate in all levels of Jazz and Tap. Annica has completed her Grade 6 studies in R.A.D. and Cecchetti, and studied dance in Sweden for a year. She is now living in Calgary and working as an Educational Assistant at Foothills Academy. She loves working with kids and dance – both inspire her to teach, have fun, and above all, keep dancing! Annica is a big music fan who will travel the world to get to a great concert! She is currently completing her Educational Assistant Certificate at the University of Calgary.



### **Angela Sandberg**

Angela grew up in Sundre and attended university in Calgary and Edmonton, as well as Red Deer College. Her love of the small town atmosphere called her home to raise her family. She has a Degree in Recreation Administration and has been the Recreation Therapist at the Olds & Sundre Care Centres for the past 13 years. Angela has been certified with the Alberta Fitness Leadership Certification Association (AFLCA) for 12 years holding her Group Exercise and Resistance Training Specialties. She has taught a variety of group fitness classes, including Step, Ball, and Aerobics. She recently discovered a new passion for Zumba™ Dance Fitness classes and has her Level 1 and 2 Instructor Certifications. When Angela's not working or teaching, she enjoys spending time with her husband and 3 children aged 8, 6 and 3.



### **Meghan Boyczuk**

Meghan started dancing at the age of 3 with Vandance Studio in Lethbridge, Alberta and has been dancing ever since. She studied R.A.D. Ballet and Al Gilbert tap syllabus and holds advanced certificates. She has trained in New York, Toronto, Los Angeles, Las Vegas, Vancouver and other cities throughout North America. She is trained in a number of styles and has been awarded numerous awards and scholarships at various competitions and conventions. Meghan has done many dance performances, including the Vancouver 2010 Olympics and aboard Royal Caribbean Cruise Lines. She has taught at many studios across Canada, and adjudicated for Champions Dance in Hamilton Ontario. She is committed to continuing her training by attending various workshops and classes throughout Canada and the USA. Meghan is very passionate about dance, and she loves sharing her knowledge with students of all ages.

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# CLASS DESCRIPTIONS & DANCE ATTIRE

## *First Steps Music & Movement* ~ 3 to 4 years old (8 week Sessional)

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
- ~proper attire will be discussed at registration

## *Dance, Dream & Discover* ~ 4 to 5 years old (30 minute class)

This class is a continuation of First Steps Music & Movement with more emphasis on understanding the basic concepts of classical Ballet. Students are introduced to the positions of the feet and arms while touching on basic Ballet vocabulary. The instructor will introduce basic level combinations and exercises, while using simple props to promote creativity and artistic expression.

### **ATTIRE:**

- ~any color and style of bodysuit
- ~pink seamless tights
- ~pink leather Ballet slippers
- ~any color of Ballet skirt is allowed in class but not required

## *Tip-ity Tap-ity Toes* ~ 5 to 6 years old (30 minute class)

This is a very noisy class that any child will thoroughly enjoy!! Students will learn the basics of Tap dancing as the instructor introduces basic Tap terminology, steps and counting. This class is intended for learning rhythm, balance, and coordination; as well as learning simple, age appropriate dance combinations. This fun-filled class is great for both boys and girls.

### **ATTIRE:**

- ~any color or style, cotton/lycra bodysuit
- ~pink seamless tights
- ~black patent Tap shoes with elastic ties (not ribbon) & Tele-tone taps

## *Ballet* ~ 6 years old to adult

Ballet is the foundation of all dance styles and is recommended for all dancers. Ballet classes will utilize the Royal Academy of Dance's method of Ballet. The R.A.D. is a set syllabus of work based on classical technique and free movement; the structure and discipline in these classes allows students to develop in areas that are necessary for all dance forms. Students are educated throughout their lessons as to muscle strength, grace, posture, expression and the beauty of the art of dance. Some free movement and character will be introduced throughout the year.

### **ATTIRE:**

- ~black or navy tank-style, cotton/lycra bodysuit
- ~pink seamless tights
- ~pink split-sole Ballet slippers

## **JAZZ** ~ 6 years to adult

Jazz dance incorporates stylized dance moves and dynamic steps such as jumps, turns, and kicks. Jazz is a very high-energy class that teaches students essential dance skills including body coordination, flexibility and self-expression. As students emerge as dancers, Ballet technique becomes an important supplement to Jazz training.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~black leather, seamless preferred, split-sole Jazz oxfords

## **TAP ~ 6 years old to adult**

This is a fun, popular class for dancers; boys, girls or adults!! It's like drumming with your feet. Tap dancing is an energetic dance style where students learn rhythm, style and technique through percussive footwork. Tap develops strong coordination and a sense of timing and musicality.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~consult dance teacher before purchasing Tap shoes.

## **Hip Hop ~ 6 years & up**

A funky dance class filled with the latest popular dance steps and music. Hip Hop is an umbrella term as there are many styles and techniques of Hip Hop such as locking, funk, krump, house, and whacking. Students will get a taste of several styles and be able to use basic steps to create explosive Hip Hop moves and find their own unique style as a Hip Hop dancer. All these elements make the dance exciting, energetic and inspiring.

### **ATTIRE:**

- ~anything that is comfortable but not restricting
- ~sweats and baggy t-shirts are suitable
- ~absolutely no jeans are allowed
- ~clean indoor running shoes

## **Boys Only Hip Hop ~ 6 years & up (This class maybe sessional)**

B-Boy takes street moves to the dance floor with a positive influence and flavor. B-Boy is a style of dance commonly known as "break dancing" where most of the steps are done on the floor using a combination of upper body strength and lower body agility. This class will work on top rock and transitioning to the floor, as well as strengthening upper body and core to prepare students for down rock (floor work), freezes, and power moves.

### **ATTIRE:**

- ~anything that is comfortable but not restricting
- ~sweats and baggy t-shirts are suitable
- ~absolutely no jeans are allowed
- ~clean indoor running shoes

## *Lyrical* ~ 10 years & up

Lyrical combines the best of Ballet with the raw energy of Jazz and a dash of modern. It is one of the most expressive forms of dance. It requires excellent technique to perform, as the moves are often difficult and precise. The goal is to help dancers learn to convey the emotions of a song by making them aware of their facial expressions, and body movements. In order to take Lyrical, dancers must have at least one year of Ballet or Jazz experience and be concurrently enrolled in either.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~black leather, seamless preferred, split-sole Jazz oxfords

## **Contemporary ~ 11 years & up**

Contemporary is a freer, more expressive and grounded style of movement that uses proper technique to its advantage. This class lifts the restriction from Ballet and has its own technique within it. Contemporary explores the possibilities of human movement and the use of space; up-down, left-right, contraction-release, fall-recover; strengthening the dancer both mentally and physically. The students will be taught to express emotion physically through dance.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~bare feet

## **Song & Dance ~ 8 years & up (This class may be a sessional)**

Welcome to Broadway!! This class incorporates basic dance techniques, with the excitement of singing, acting and dancing. Song & Dance will enhance the stage presence of the dancers and contribute greatly to a well-rounded, multi-disciplined performer.

### **ATTIRE:**

~comfortable clothing that allows for free movement (no jeans or running shoes)

~Ballet, Jazz or gymnastics slipper

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### **Girls'/Ladies' Dance Attire:**

Proper dancewear 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 1<sup>st</sup> week in October. Inappropriate attire or hair may result in the student being asked to sit out of class.

### **Boys' Dance Attire:**

Black shorts or pants, white T-shirt or tank. Discuss footwear requirements with instructor.

### **Hair & Jewellery**

Hair must be up and away from the face., which allows the dancer to have a clear view of others in the room 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. Jewellery is not permitted in class.

### **Behaviour Policy and Etiquette:**

- No cell phones in class
- No gum
- Zero tolerance for bullying.

**Move Yourself Dance instructors are passionate about maintaining positive attitudes and behaviour while encouraging healthy self-esteem. Negative comments and behaviour toward self, peers and instructors will not be tolerated.**

# ADULT DANCE & FITNESS CLASS DESCRIPTIONS

Adult Classes are typically Sessions of 12 Weeks.

*Adult dancers are not required to perform in the year end Showcase Performances.*

*Not all classes listed below are offered at both Studio locations, so please check our website.*

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## Zumba

Ditch the workout, join the party! Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people towards joy and health. No experience necessary! Everyone will be new to this fun class! Get ready to move those hips and have a blast!

## Yoga

Yoga is a practice for optimizing the health of the body and quieting the mind. The class will include a variety of postures and poses that flow together with synchronized breathing. We will begin with Pranayama breathing exercises followed by a series of Sun Salutations for warm-up and grounding, then move into standing, seated and supine postures to build strength, release tension and promote increased balance and flexibility. Ending with a final relaxation and guided meditation, you will leave this class feeling revitalized, de-stressed and centered.

## TAP

Tap dancing is an energetic dance style where participants learn rhythm, style and technique through percussive footwork. Tap develops strong co-ordination and a sense of timing and musicality. This class is a lot of fun and one of the classic dance styles that's seeing resurgence in popularity! Not to mention it's a great for the legs and a ton of fun!

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### **Dance Attire:**

Comfortable fitness wear such as jazz pants, yoga pants and tank style top or t-shirts.

New Adult Sessional Classes may be added throughout the year. Please continue to check our website for more information.

## MOVE YOURSELF DANCE TENTATIVE SCHEDULE 2011/2012 SEASON - SUNDRE STUDIO

Monday Angela & Heidi & Wendy	Tuesday Tana	Wednesday Alana & Christine	Thursday Tana	Friday TBA	Saturday
9:30-10:30 am Adult Zumba 6 week Session (Angela)					
1:00-1:30 First Steps Music & Movement (age 3-4) 8 week Session 1:30-2:00 First Steps Music & Movement (age 3-4) 8 week Session (Heidi)	12:30-1:30 Adult Zumba 12 week Session  1:30-2:30 Adult Yoga 12 week Session				
2:00-2:30 Dance Dream & Discover (age 4-5)  (Heidi)	2:30-3:30 Adult Tap 12 week Session				
3:15-3:45 Dance Dream & Discover (age 4-5)  3:45-4:15 Tipity Tapity Toes (age 5-6) (Heidi)	3:30-4:15 Junior Hip Hop Level 1	3:30-4:15 Intermediate Tap  (Alana)	3:30-4:30 Junior Hip Hop Level 2	3:30-4:15 Beginner Tap	
4:15-5:00 Junior Tap Level 1  (Wendy)	4:30-5:30 Advanced Hip Hop	4:15-5:15 Junior Ballet  (Christine)	4:30-5:30 Jazz Level 1	4:15-5:00 Beginner Jazz	
5:00-6:00 Junior Jazz  (Wendy)	5:30-6:30 Contemporary Level 2	5:15-6:15 Intermediate Jazz  (Christine)	5:30-6:30 Contemporary Level 1	5:00-5:45 Beginner Hip Hop	
6:00-7:00 Junior Tap Level 2  (Wendy)	6:30-7:30 Advanced Tap	6:15-7:15 Intermediate Ballet  (Christine)	6:45-7:45 Advanced Lyrical	5:45-6:30 Beginner Ballet	
		7:15-7:45 Pre-Pointe  (Christine)	7:45-9:00 Advanced Jazz	6:30-7:30 Teen Ballet 12 week Session	

## MOVE YOURSELF DANCE TENTATIVE SCHEDULE 2011/2012 SEASON - OLDS STUDIO

Monday Christine	Tuesday Annica	Wednesday Tana	Thursday Annica	Friday Meghan
	2:30-3:00 First Steps Music & Movement (age 3-4) 8 week Session  3:00-3:30 Dance Dream & Discover (age 4&5)	2:00-3:00 Adult Zumba (12 week Session)	2:30-3:00 Dance Dream & Discover (age 4-5)  3:00-3:30 First Steps Music & Movement (age 3-4) 8 week Session	
3:30-4:30 Junior Jazz Level 2	3:30-4:00 Tipity Tapity Toes (age 5-6)	3:30-4:15 Hip Hop Intro (age 8-10)	3:30-4:15 Junior Jazz Level 1 (age 9-12)	3:30-4:30 Intermediate Jazz
4:30-5:30 Junior Hip Hop Level 2	4:00-4:45 Beginner Jazz (age 6-8)	4:15-5:15 Junior Hip Hop (10-12)	4:15-5:00 Junior Tap (age 9-12)	4:30-5:30 Intermediate Lyrical
5:30-6:30 Junior Ballet Level 2	4:45-5:30 Beginner Tap (age 6-8)	5:15-6:15 Intermediate Hip Hop (12-15)	5:00-6:00 Advanced Tap	5:30-6:30 Inter/Advanced Contemporary
	5:30-6:15 Intermediate Tap	6:30-7:30 Advanced Hip Hop (15-18)		6:45-7:45 Advanced Jazz
				7:45-8:45 Advanced Lyrical



## Year-at-a Glance Schedule 2011/2012

Official MYD Registration at our Sundre Studio	Thursday, August 18, 2011 4-8 pm
Official MYD Registration at our Olds Studio (Air Cadet Hall)	Tuesday, August 23, 2011 5-8 pm
SPOG Neighbours Day	Wednesday, September 14, 2011
Dance Classes Begin	Monday, September 12, 2011
Thanksgiving Holiday (No Classes)	October 10-14, 2011
Parent Viewing Week	November 21-25, 2011
Deadline for withdrawal from Classes	December 1, 2011
Christmas Break (No Classes)	December 23, 2011 - January 8, 2012
Dance Classes Resume	Monday, January 9, 2012
Family Day Holiday (No Classes)	February 20-24, 2012
Parent Viewing Week	March 5-9, 2012
Picture Day	TBA
Spring Break (No Classes)	April 2-10, 2012
Dance Classes Resume	Tuesday, April 10, 2012
Dress Rehearsal (Attendance Mandatory)	TBA
Year-end Showcase Performances	May 2012 (Dates TBA)
Year-End Pizza Party	June 2012 (Date TBA)
Summer Dance Camp	August (Dates TBA)