

# Move Yourself Dance

AUGUST 2024  
NEWSLETTER



## August Message From Move Yourself Dance

**We are SO Excited for our 2024/2025 Season!!**

We are gearing up for another great dance season. We hope that all of our NEW and old, students & families, are enjoying the last few weeks of summer.

Check out all our information about this upcoming season on our website: [www.moveyourselfdance.com](http://www.moveyourselfdance.com).

We are so excited for the season to start. Please feel free to contact us if you have any questions or concerns that may come up! We are here to help!

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#### Contact Us:

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[office@moveyourselfdance.com](mailto:office@moveyourselfdance.com)  
[www.moveyourselfdance.com](http://www.moveyourselfdance.com)



## Important Dates To Remember

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

- SUNDRE Welcome Back BBQ  
Thursday, September 5th
- OLDS Community Registration  
Thursday, September 5th
- SUNDRE Studio - Grande Opening  
Friday, September 20th
- Classes Start - week of  
Monday, September 23rd

## Registration Closes...

Our registration will close on Sunday, September 8th. This will allow the studio to finalize the tentative schedules for both Sundre and Olds.

Feel free to share our information with you family or friends.

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



## Sundre Studio - Grand Opening

We will be hosting a Grand Opening of our new studio space in Sundre on

### **Friday, September 20th**

All past and present MYD families, students, alumni and instructors are welcome. Please feel free to drop by to check out our new studio space, we have been working very hard this summer making our new studio space awesome!!

Who: Everyone is Invited

Where: Bay 4, 407 Main Ave.  
**Directly behind the BMO Bank in Sundre**

When: Friday, September 20th  
5PM to 7PM

What: This will be a come and go event. We will have cake and refreshments.

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

[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**

PLEASE Take Time to VOTE for Readers Choice

## Awards

The annual Readers Choice Awards nominations are open until the end of August. The link is below:

<http://thealbertan.com/>