

Move Yourself

Dance

JANUARY
2025
NEWSLETTER

MOVE YOURSELF *Dance* LTD.



January Message From Move Yourself

We hope your holiday season and winter break were filled with warmth, joy, and special moments with family and friends. As we return to the studio, our team is excited to kick off the second half of the dance season and wish you a very Happy New Year filled with happiness and success in 2026!

Our instructors are energized and ready to jump back into classes as we begin choreography for this year's highly anticipated Year-End Showcase. This half of the season is always full of momentum and memorable events, so please take a moment to review this newsletter for Important Dates and the latest updates.

If you have any questions, we're always here to support you. Visit our website for ongoing updates or reach out anytime at office@moveyourselfdance.com.

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Contact Us:

403-507-6590 OR 403-556-1456
office@moveyourselfdance.com



Costume Fees

Costume Fee Invoice have been sent out to all dancers and are DUE **January 15th**.

Any unpaid Costume Fees that have not received prior to or on the above due dates will be subject to a \$20.00 Late Penalty per month.

If you have any questions about costume fees please contact Christine directly by at email christine@moveyourselfdance.com.

Picture Day 2026 - March 15

Students and Parents are reminded to Mark down the Official Date of Picture Day in their Calendars. Exact Schedule TBA.

Olds & Sundre Studio Picture Day will take place in Sundre at the Community Center on *Sunday, March 15th* for both **SUNDRE & OLDS STUDIOS**

Year End Showcase

Move Yourself Dance will again be holding our Year End Showcase in Olds, at the Fine Arts Centre this May. Dress Rehearsal attendance is **MANDATORY** for all dancers performing in the year end showcase. This rehearsal is very important for dancers to practice their routine on the stage before the Official performances, practice quick changes and allow lighting and sound to be set.

- [Year End Showcase Weekend](#)
[May 8th & 9th](#)
- [Friday - Dress Rehearsal](#)
- [Saturday - Olds & Sundre Shows](#)

Mark Your Calendars

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

- [Family Day Holiday \(No Classes\)](#)
[February 16th to 19th](#)

- [Picture Day - SUNDRE & OLDS](#)

Studio

[Sunday, March 15th](#)

- [Spring Break \(No Classes\)](#)

[April 20th to 24th](#)

Festivals 2026

Galaxy- Brooks, AB

Friday, March 27th - Sunday, March 29th

Diamond & Dance - Olds, AB

Friday, April 10th - Sunday, April 12th

Dance Invasion - Bearspaw, AB

Wednesday, April 15th - Saturday, April 18th

Nova 1 - Olds, AB

Friday, May 1st - Sunday, May 3rd

Dance Receipts

2025 Dance receipts are available on your Jack Rabbit Parent Portal, however if you require an emailed receipt please email office@moveyourselfdance.com to have you emailed to you.

Lost & Found Reminder

The Move Yourself Dance Lost & Found will be removed from the all Studios in Sundre & Olds on [January 30th](#). Please be sure to check the Lost and Found prior to this date to be sure none of your missing items are discarded.

Parent Viewing Week

We have decided to host a second Parent Viewing Week this year.

Our NEXT viewing week will be Monday, February 23rd to Thursday, February 26th.



Attire, Hair & Jewelry Policy

To ensure the best learning environment and safety for all students, proper dancewear is required for every class. Each discipline has a specific dress code designed to help instructors observe body lines and posture, enabling them to provide accurate corrections and support students' progress.

The dress codes can be found on our website, under class descriptions. Each dress code is listed under the corresponding discipline

<https://www.moveyourselfdance.com/class-descriptions/>

Hair Guidelines

- Hair must be secured and kept away from the face during all classes to allow for safe and effective movement.
- **Ballet students** must wear their hair in a bun.
- **Short hair** should be kept off the face using a headband or barrettes.

Attendance Policy

This attendance policy applies to all students participating in festivals. From January to May, students may not have more than **three unexcused absences**. Exceeding this limit can result in the dancer being unable to participate in festivals.

Why Attendance Matters

Consistent attendance is essential for the success of all dancers and groups preparing for festivals. Regular participation ensures that:

- Dancers learn and perfect choreography.
- Instructors can provide critical corrections.
- The group performs cohesively, showcasing their best work at festivals.

Dancers and groups participating in festivals must commit to attending class weekly and working diligently to complete their routines.

Definition of Unexcused Absences

An unexcused absence is any missed class for which prior arrangements have not been made with the instructors, Miss Christine, or Miss Heidi.

Please let Us KNOW About Absences.....

Students and Parents are reminded to email the office@moveyourselfdance.com email address if a student is unable to attend their regularly scheduled classes. By informing the instructor of a planned absence, we all ensure the lines of communication remain open and instructors do not have to worry about what happened to a student if we know they are not able to be at class on a specific date.
