

Hi everyone! Happy October!

Our season is off to a fantastic start! Classes are well underway and everyone is working hard and having lots of fun. We have already accomplished so much in less than 4 weeks!

Here are a few notes and reminders for the month ahead:

## THANKSGIVING

REMINDER! There are NO regular classes running from Saturday, October 11th-Monday, October 13th inclusive.

## HALLOWEEN

From Friday, October 24th to Thursday, October 30th, dancers are welcome to come to class dressed in a costume. We just ask that they are still able to move easily in whatever they choose to wear **AND that costumes are family friendly - no scary masks or gory costumes please!**

**The studio will be closed on Friday, October 31st - including morning adult class.** Experience over many years has shown us that most families prefer to have this night to trick or treat or attend parties and get togethers (and adults seem to be extra busy that day, which is why morning class is also cancelled!)

## THEME OF THE MONTH

Each month we run a new theme for our dancers, adding to our feeling of community and providing everyone the opportunity to learn skills that will carry through into life, both inside and outside of the studio.

In September, our theme has been 'CREATING COMMUNITY THROUGH DANCE!' Dancers received play-doh and colouring sheets, started our 'Words of Grace Wall', and participated in a draw for one of our Grace Academy t-shirts. We talked about how each dancer is an important part of our dance family and how we should always strive to encourage each other and come to class with a positive attitude.

October's theme is 'DANCE FAMILY CUP'. Our dancers in Grade 1 Ballet 1st Year, Grade 2 Modern, Grade 2 Tap, Junior Hip Hop Level 1 and ABOVE have been divided into 'studio houses', named for our 4 original students who started as wee ones with us in our first year. Points will be awarded to each house for a variety of reasons (dancers coming to class in uniform with their hair done neatly, for hard work and focus, for

showing a positive attitude, for being kind and helpful to others, for practicing new steps). Fun mini challenges will also be featured each week for extra points (this week is a gratitude colouring sheet that can be returned to us to decorate the studio ). At the end of the month one of the houses will be awarded the honour of being this year's cup winner.

## **RUN FOR THE CURE**

We will be participating in the CIBC Run for the Cure on Sunday, October 5th - our 15th year!! It is not too late to join or support us.! Visit [runforthe cure.com](http://runforthe cure.com) and search for our team WALK WITH GRACE. Thank you in advance for your support in helping our fight against breast cancer!

## **HAIR/UNIFORMS**

We would like to remind everyone that dancers should attend class with their hair neatly tied back off of their face. Ballet students in grade 1 and above should have their hair in a bun – using a hair net and pins. A pony tail or braid is appropriate for modern jazz, hip hop and tap.

Dancers should also attend classes in the correct uniform for all classes. A uniform list was sent out with our 'back to dance' newsletter and can also be found in your portal under 'files' and then 'monthly newsletters'. Coming to class in the appropriate dance attire is an important part of their training. Older dancers should wear clear strap bras or black sports bras with their dancewear.

Hip hop dancers in grade 4 and above are reminded that they should only wear INDOOR SHOES to class. Please leave all outdoor shoes on the racks in the front entranceway.

## **CLASS AVAILABILITY**

Is your dancer interested in adding another class to their schedule? Or do you know someone who is keen to join our dance community? We are still accepting registration for some of our classes! Reach out to us for more details! Here are some suggestions:

Discover with Me - Saturdays 9-9:30am (18 months to 3 years with an adult participating)

Primary Tap - Mondays 4:15-5pm (age 5 and completed pre-primary ballet, or 6 and 7 year olds)

Primary Ballet 1st Year - Wednesdays 4:30-5:15pm

Grade 1 1st Year Ballet - Wednesdays 5:15-6pm

Junior Hip Hop Level 1- Fridays 4:15-5pm

Adult Ballet on Thursdays 9:15-10:15am

Adult Stretch and Tone/Jazz on Fridays 9:15-10:15am

**Ballet dancers in GRADE 1 2ND YEAR AND ABOVE are also reminded that taking 2 classes a week is strongly recommended to assist in building strength and technique. It is not too late to add a 2nd class!**

## **YEAR END PERFORMANCE**

**Our year end performance for this season is scheduled for May 24th-May 30th 2026 inclusive.** Please be sure to mark this week on your calendar. Details will follow on how the week will run and which day(s) each dancer will be involved. Costume deposit information and commitment forms will be emailed out later this month.

As always, please do not hesitate to reach out to us at any time for any questions that you may have. We are always happy to help!

Heidi Knapp - Academy Director