

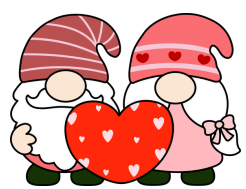





# GRANDE CACHE RECREATION CENTRE DANCE PROGRAMS 2025

# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
		<b>HAPPY FEET</b> 2:00 - 2:30 pm <b>TAP LEVEL 1 &amp; 2</b> 5:15 - 6:00 pm <b>INTERMEDIATE TAP</b> 6:00 - 6:45 pm	<b>BEGINNER LYRICAL</b> 5:15 - 6:00 pm <b>FUNKY JAZZ #1</b> 6:00 - 6:45 pm <b>INTERMEDIATE LYRICAL</b> 6:45 - 7:30 pm	<b>TWINKLE TOES</b> 5:15 - 5:45 pm <b>FUNKY JAZZ / BALLET</b> 6:00 - 6:45 pm <b>HIP HOP</b> 6:45 - 7:30 pm		
9	10	11	12	13	14	15
		<b>HAPPY FEET</b> 2:00 - 2:30 pm <b>TAP LEVEL 1 &amp; 2</b> 5:15 - 6:00 pm <b>INTERMEDIATE TAP</b> 6:00 - 6:45 pm	<b>BEGINNER LYRICAL</b> 5:15 - 6:00 pm <b>FUNKY JAZZ #1</b> 6:00 - 6:45 pm <b>INTERMEDIATE LYRICAL</b> 6:45 - 7:30 pm	<b>TWINKLE TOES</b> 5:15 - 5:45 pm <b>FUNKY JAZZ / BALLET</b> 6:00 - 6:45 pm <b>HIP HOP</b> 6:45 - 7:30 pm		
16	17	18	19	20	21	22
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23	24	25	26	27	28	
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**FOR MORE INFORMATION:**  
**Phone:** 780-827-2446  
**Website:** [www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)  
**Facebook:** [Grande Cache Recreation Centre](#)

**DANCE INSTRUCTOR INFO:**  
 For more information, please contact the  
 Dance Instructor, Miss Sarah at  
[Sarah.Fitzgerald@mdgreenview.ab.ca](mailto:Sarah.Fitzgerald@mdgreenview.ab.ca)



## DANCE SHOW 2025!

I know...its crazy to think that the dancers have already started on their choreography for this years SHOW! For me, Show was always the best part of the year and it is still something I look forward to most. I love seeing the excitement on the dancers faces.

**Please see below for important information:**

- Show Date is TBD. As soon as it is booked I will let everyone know.
- **Attached to this newsletter/calendar, please find your dancers costumes information. Please order the costumes ASAP to guarantee you'll receive them in time and in the correct size.** If you have any questions regarding the costumes please email me.
- Hair & Makeup details will be on a later newsletter

## MISS SARAH'S SPOT

**DANCE RIDDLES:** If you think you have the answers, let Miss Sarah know...there may be a surprise in store.

1. No legs I have to dance, no lungs I have to breathe, no life I have to live or die, and yet I do all three... What Am I?
2. How do you get a tissue to dance?
3. Where do burgers like to dance?
4. Why didn't the Butterfly go to the dance?

*"You dance love, you dance joy and you dance dreams." - Gene Kelly*

## WHY FOLLOWING A DRESSCODE IS IMPORTANT FOR DANCE CLASS

1. IT HELPS YOUR DANCER UNDERSTAND THEY ARE GOING INTO A STRUCTURED CLASS
2. ENSURES THE CLOTHING IS NOT A DISTRACTION DURING CLASS.
3. ENSURES THE DANCER IS PARTICIPATING SAFELY.
4. HELPS FOSTER A POSITIVE ENVIRONMENT.
5. IT IS IMPORTANT FOR THE INSTRUCTOR TO SEE THE FORM OF THE DANCER TO ENSURE PROPER TECHNIQUE IS BEING USED TO PREVENT INJURY.
6. PROMOTES DISCIPLINE.

**\*IF THERE ARE ANY CONCERNS ABOUT THE DRESS CODE, PLEASE CONTACT MISS SARAH.**



### **FOR MORE INFORMATION:**

Phone: 780-827-2446

Website: [www.mdgreenview.ab.ca](http://www.mdgreenview.ab.ca)

Facebook: [Grande Cache Recreation Centre](https://www.facebook.com/GrandeCacheRecreationCentre)

Dance Instructor: [Sarah.Fitzgerald@mdgreenview.ab.ca](mailto:Sarah.Fitzgerald@mdgreenview.ab.ca)