



GRANDE CACHE RECREATION CENTRE  
DANCE PROGRAMS 2025

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	<div>4</div> <div>HAPPY FEET 2:00 - 2:30 pm</div> <div>TAP LEVEL 1 &amp; 2 5:15 - 6:00 pm</div> <div>INTERMEDIATE TAP 6:00 - 6:45 pm</div>	<div>5</div> <div>BEGINNER LYRICAL 5:15 - 6:00 pm</div> <div>FUNKY JAZZ #1 6:00 - 6:45 pm</div> <div>INTERMEDIATE LYRICAL 6:45 - 7:30 pm</div>	<div>6</div> <div>TWINKLE TOES 5:15 - 5:45 pm</div> <div>FUNKY JAZZ / BALLET 6:00 - 6:45 pm</div> <div>HIP HOP 6:45 - 7:30 pm</div>	7	8
9	10	<div>11</div> <div>HAPPY FEET 2:00 - 2:30 pm</div> <div>TAP LEVEL 1 &amp; 2 5:15 - 6:00 pm</div> <div>INTERMEDIATE TAP 6:00 - 6:45 pm</div>	<div>12</div> <div>BEGINNER LYRICAL 5:15 - 6:00 pm</div> <div>FUNKY JAZZ #1 6:00 - 6:45 pm</div> <div>INTERMEDIATE LYRICAL 6:45 - 7:30 pm</div>	<div>13</div> <div>TWINKLE TOES 5:15 - 5:45 pm</div> <div>FUNKY JAZZ / BALLET 6:00 - 6:45 pm</div> <div>HIP HOP 6:45 - 7:30 pm</div>	14	15
16	<div>17</div> <div>HAPPY ST. PATRICK'S DAY</div> <div></div>	<div>18</div> <div>HAPPY FEET 2:00 - 2:30 pm</div> <div>TAP LEVEL 1 &amp; 2 5:15 - 6:00 pm</div> <div>INTERMEDIATE TAP 6:00 - 6:45 pm</div>	<div>19</div> <div>BEGINNER LYRICAL 5:15 - 6:00 pm</div> <div>FUNKY JAZZ #1 6:00 - 6:45 pm</div> <div>INTERMEDIATE LYRICAL 6:45 - 7:30 pm</div>	<div>20</div> <div>TWINKLE TOES 5:15 - 5:45 pm</div> <div>FUNKY JAZZ / BALLET 6:00 - 6:45 pm</div> <div>HIP HOP 6:45 - 7:30 pm</div>	21	22
23	24	<div>25</div> <div>HAPPY FEET 2:00 - 2:30 pm</div> <div>TAP LEVEL 1 &amp; 2 5:15 - 6:00 pm</div> <div>INTERMEDIATE TAP 6:00 - 6:45 pm</div>	<div>26</div> <div>BEGINNER LYRICAL 5:15 - 6:00 pm</div> <div>FUNKY JAZZ #1 6:00 - 6:45 pm</div> <div>INTERMEDIATE LYRICAL 6:45 - 7:30 pm</div>	<div>27</div> <div>TWINKLE TOES 4:45 - 5:15pm</div> <div>FUNKY JAZZ / BALLET 5:15 - 6:00 pm</div> <div>HIP HOP 6:00 - 6:45 pm</div>	28	29



# GRANDE CACHE RECREATION CENTRE DANCE PROGRAMS 2025

## MARCH NEWSLETTER

### DANCE SHOW 2025!

The Show will be held at the Grande Cache Recreation Centre in the Hockey Arena! There will be plenty of seating. All your family and friends are welcome to come support the dancers!

**Rehearsal: Friday May 2nd 6pm -8pm**  
**Show: Saturday May 3rd 1pm start**

\*More information regarding rehearsal and hair & makeup for each class will be in the April calendar/newsletter.

### COSTUME DAY:

Please bring costumes to class the week of **APRIL 8th - 10th**. Come to class in regular dance attire. Change in to the costume when arrived. This is to give the dancers a chance to practice their dance in costume. Please note that the dancers will be changing out of their costume and back in to regular attire after.

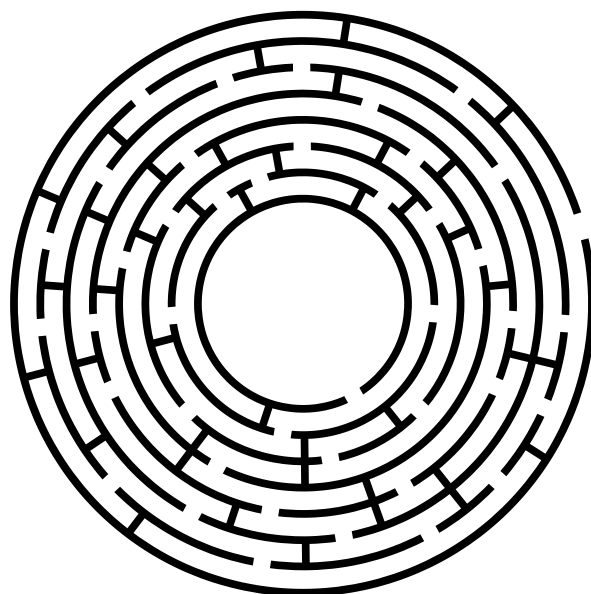
### UPCOMING DAYS OF NOTE:

**Kids Conference:** April 1st - 2nd  
**April 8th -10th:** Costume Day  
**April 11th** - Miss Sarah's Birthday!  
**April 15th -17th:** Last week of dance classes  
**April 29th:** International Dance Day!  
**MAY 2nd:** Rehearsal for show 6-8pm  
**MAY 3rd:** SHOW! 1pm start

### ***Happy St. Patrick's Day!***

In honor of St. Patrick's Day month here are some fun facts about Irish Dancing!

- The shoes are different than modern dance shoes. Irish dance shoes are called "Ghillies". They are typically black, are similar to ballet shoes but they have laces. There is also a "hard shoe" which are almost exactly like tap shoes except the front of the shoe is hollow and made of fiber glass.
- Traditionally Irish Dance is done to bagpipe like music, but can be preformed with modern music as well!
- They don't use their arms! The footwork is very intricate and usually done in a small space. Therefore it is difficult to incorporate arm movements.

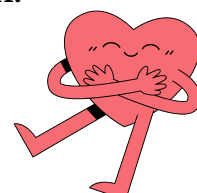


### MISS SARAH'S SPOT...

This past February, I put 3 sheets up on the dance bulletin board for dancers to write down "Why I Love Dance." I was expecting to get a couple of answers.. I received over 30! I'll be honest, some of these made me teary eyed. I thought I would share with you a few of the responses I got...

- A good way to know music.
- A great way to exercise!
- Because music has always been a part of my life and being able to dance to it is like magic.
- Because Sarah makes me feel good.
- Because dance makes me forget all the bad in the world!
- Because it clears my mind and I love Sarah.
- Love the outfits.
- It's all I've ever wanted!
- It's fun and I love dancing with Sarah and friends.
- Sarah is super awesome and slay.
- Dance is amazing and Sarah is awesome.
- I love playing freeze dance.
- Sarah is fire.
- Dance is cool.
- I love the dance shows.
- Sarah is rizz.
- I love dance it is the best yay!
- Dance is a good way to get out of the house.
- I love dance because it is fun.

**These made my heart happy.**



#### FOR MORE INFORMATION:

**Phone:** 780-827-2446

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

**Facebook:** Grande Cache Recreation Centre