



GRANDE CACHE RECREATION CENTRE DANCE PROGRAMS 2026

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 ***** NATIONAL TUTU DAY ! *****	3 LITTLE LEAPS 5:00-5:30 pm JAZZ 5:30 - 6:15 pm	4 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM LYRICAL 6:15 - 7:15 pm	5 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45 - 6:30 pm	6	7 ***** NATIONAL BALLET DAY *****
8	9	10 LITTLE LEAPS 5:00 - 5:30 pm JAZZ 5:30 - 6:15 pm	11 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM LYRICAL 6:15 - 7:15 pm	12 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45 - 6:30 pm	13 	14
15	16 	17 LITTLE LEAPS 5:00 - 5:30 pm JAZZ 5:30 - 6:15 pm	18 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM 6:15 - 7:15 pm	19 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45 - 6:30 pm	20	21
22	23	24 LITTLE LEAPS 5:00 - 5:30 pm JAZZ 5:30 - 6:15 pm	25 ELEVATE LYRICAL 5:00 - 6:00 pm MOMENTUM 6:15 - 7:15 pm	26 BEAT BREAKERS 5:00 - 5:45 pm GC CREW 5:45 - 6:30 pm	27	28



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DANCE SHOW 2026!

I know... we JUST started dance, but yes we have to start planning for this years SHOW! For me, Show was always the best part of the year and it still is something I look forward to most. I love seeing the excitement on the dancers faces, and reminisce about my own childhood dance shows.

PLEASE SEE BELOW FOR IMPORTANT INFORMATION.

- This years Show will be on **FRIDAY APRIL 24**.
- Rehearsal will be on **THURSDAY APRIL 23**.
- Whispering Pines Performance will be **WEDNESDAY APRIL 22**.
- COSTUME DAY will be the week of **MARCH 23**. Please bring your costume to practice your dance in.
- **Attached to this newsletter/calendar is your dancer's costume information. Please order the costumes ASAP to guarantee you'll receive them in time and in the correct size and colour.** If you have any questions regarding the costumes, please email Miss Sarah.
- Hair and makeup details will be on a later newsletter.

FEBRUARY IS BALLET MONTH!

- **February 2 National Tutu Day**
- **February 7 National Ballet Day**

On February 7, we celebrate National Ballet Day!

In 1661 King Louis XIV of France founded the Académie Royale de Danse, the first institution to create the five basic positions of the feet and the use of French as ballet's technical language were established and are still used worldwide today.

Because ballet technique and vocabulary were formalized at the French court and in Parisian institutions like the Académie Royale de Danse and the Paris Opera Ballet, French terms—**plié, arabesque, pas de deux**—remain the standard professional language of ballet, even in companies far from France.

Modern research treats professional ballet dancers as “performing athletes”: compared with non-dancers they have exceptional flexibility and motor control.

Every style of dance incorporates aspects of ballet.

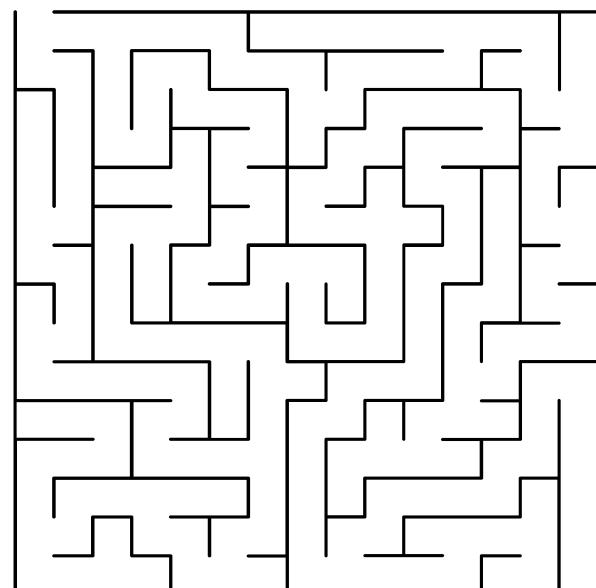
Wear your tutu to dance all month to celebrate National Ballet Day.



FEBRUARY

PIROUETTE YOUR WAY THROUGH THE MAZE!

Start Here



Take a curtsey!



MISS SARAH'S SPOT

**TAKE SOME TIME TO WRITE ON THE BULLETIN BOARD
WHAT YOU LOVE ABOUT DANCE.**

**HERE ARE A COUPLE OF THINGS I LOVE ABOUT
DANCE...**

- Dance allows you to escape all your worries, and just focus on the music and movement.
- Dance is a great way to exercise without it feeling like exercise. You can strength train, flexibility train, balance train, coordination train, and it helps train your brain with memory... and so much more!
- Dance helps you to understand your body and allows you to become body aware. (which will help you as an adult 😊)
- Dance is something that you can bring with you throughout your whole life. I started dancing at 3 and 30 years later I'm still dancing!
- Dance teaches you team work and how to be in a structured environment.
- You learn confidence when it comes to performing. This helps you with school presentations, even job interviews!

FOR MORE INFORMATION:

Phone: 780-827-2446

Website: www.mdgreenview.ab.ca

Facebook: Grande Cache Recreation Centre