

September



Welcome to the 2026/2027 Dance Season!!!

We are thrilled you are joining us for another fun filled season of dance!! This year is sure to be extra fun as it is a full recital year; there will be costumes and photography and a full year-end production!!

To those returning to MDA, welcome back, we cannot wait to see you again on the dance floor.

To those dancing with us for the first time, WELCOME!! We are so glad you are here. This year has seen some changes to our teaching staff; we are thrilled to welcome Miss Maya and Ms. Michaela who join Ms. Elizabeth, Ms. Emmaline and Miss Lila who have returned for another year.

NOTE: Saturday classes will begin on Saturday September 12; all other classes start Monday September 14

Is your dancer on the fence about another dance style? Come try it, free!!!

Registered dancers who are interested in adding another dance style to their existing class list, may attend classes in September for no additional charge.

Dancers MUST advise MDA as to which class(es) they will be attending so we can notify the teacher.

Dancers must enroll in any additional classes no later than Friday October 9, 2026.

Multiclass discounts will automatically apply when added via your DSP account.



**DANCE
friends
are the best
friends**

BRING A FRIEND

Does your dancer have a friend who is curious about dance?

Registered dancers may bring a friend to class in September at no cost.

Dancers MUST advise MDA as to which class(es) their friend will be attending so we can notify the teacher as space is limited.

If your friend registers, both you and your friend will be entered into a draw for free swag.

Friends must enroll no later than Friday October 9, 2026.

In the past, the Little Caesar's fundraiser has been very successful; we are doing it again this year!!! As this is a recital year, \$5.00 from every pizza kit sold is applied directly to your DSP account to help offset the cost of your costumes! Sell! Sell! Sell!

Your dancer will be receiving their Little Caesars fundraising package during the week of September 21st, forms will be available in the lobby or speak to a member of the executive team.

Order deadline October 16, NO late orders will be accepted.

Pick up November 6. Location for pick up to be confirmed.

Order forms and payment can be deposited safely into the locked drop box in the lobby.



This month we celebrate our dancers' special day — with twirls, spins, smiles, and a big "hooray!" Keep shining bright with every step you take, and after class, don't forget to enjoy some cake!

Wishing the following dancers a Happy September Birthday!!



Raising funds is easy with FlipGive, Factory Shoe & Mabel's Labels

FLIP GIVE:

Join our team and MDA earns cash rewards when buying gift cards or shopping online at your favourite stores. With over 300 retailers participating there is something for everyone. Invite your family & friends from far & wide!

Team Code: 5QBNQD

FACTORY SHOE:

MDA earns \$5.00 per pair of shoes over \$35.00

Great opportunity to stock up on shoes for the whole family.

See a member of the executive team for our fundraising card that must be presented at time of purchase.

MABELS LABELS:

MDA earns 20% back on every sale at www.mabelslabels.com

Great opportunity to stock up and label everything for dance & school.

From their website, under FUNDRAISING, search for "Minto Dance Academy" and start shopping!



A few reminders as we start a new season:

1. Dancers should arrive to class on time and ready to dance. This means, they are dressed appropriately for the dance class style. They should have their hair done and shoes on ready to go into class when the teacher opens the studio door to welcome them. Bodysuits and tights should be clean and free from holes.
2. Younger dancers are encouraged to become self-sufficient in putting their dance shoes on and off, however, the lobby is open for parents who need to assist their dancers; please label each of your dancer's shoes; this ensures shoes left behind can be returned to the correct dancer. With a dress code, everything looks the same!
3. Parents please do not watch through the studio door; this can be very distracting to younger dancers. The "window" should be used for parents who are wanting to see how their dancer is progressing. This year, we will have opportunities for parents to view their dancers' class; please watch your email for more information.
4. Please ensure shoes are kept on the trays/mats provided and coats are hung up. Shoes and coats left on the floor are trip hazards for dancers, teachers and parents.
5. Dancers are encouraged to use the washroom prior to coming to class so they will not need to leave during class. However, there is a washroom available in the theatre lobby. Students are reminded to use washroom etiquette and flush the toilets and wash their hands before returning to class.
6. Dancers are reminded to practice good personal hygiene. Dancers should be bathing regularly and using deodorant (where age appropriate). Acro/Contemporary dancers need CLEAN & DRY feet.
7. There is to be NO OUTDOOR SHOES in the studio. If you are needing to enter the studio, please ensure you have removed your shoes first. This rule also applies to parents who are entering the studio to use the washroom.
8. Water is welcome in the studio. Dancers are encouraged to bring a water bottle labelled with their name to class especially if they have multiple classes on the same night. Absolutely no food is permitted inside the studio; snacks between class must be eaten in the lobby.
9. *****CRITICAL INFORMATION***** MDA is volunteer run studio, and we cannot run without the help of our parent volunteers. Your \$100.00 volunteer fee is due no later than **November 1, 2026**, via cash or post-dated check (June 1, 2027). Your dancer will not be permitted to participate in the Christmas Showcase if payment is not received. Watch your email for ways which you can help with the studio this year. As a reminder, families are requested to participate/volunteer for at least 2 events; 1 of which must be the Spring recital. Families who complete their volunteer requirements will have their fee returned.



Our first event for the 2026/2027 season is the Harriston Fall Fair Parade. The theme this year is "Harvest Wishes & Pumpkin Kisses"

MDA wants to fill the street with dancers!!!

We are looking for 2 adult volunteers to help decorate the parade float, 4 adult volunteers to walk along the parade route tossing candy and as many dancers as possible who will be dancing the parade route and/or riding the float.

Please watch you email for additional information and let's fill the streets of Harriston with MDA dancers.

Please use SignUp.com to let us know you're coming - <https://signup.com/go/DUNkUrK>

As part of Culture Days, MDA is pleased to offer 2 free dance/movement workshops. With funding provided in part by Minto Cultural Round Table, these are free to attend. Saturday September 26 & Saturday October 3 | 2:00pm – 3:30pm at the studio. Pre-registration is requested via EventBrite however, drop-ins are welcome. Come and get your heart rate pumping in these all-ages event.



No previous dance experience is required.

Be sure to bring your water bottle!! Clean socks or bare feet only, no shoes permitted inside the studio.

A full list of Culture Days events can be found at www.culturedays.ca

September 26 - <https://www.eventbrite.ca/e/1999062976175?aff=oddtcreator>

October 3 - <https://www.eventbrite.ca/e/1999063525819?aff=oddtcreator>

Did you watch our Facebook live?

Our raffle winners from the 2025/2026 raffle were drawn and have been notified.

Proceeds from the sale of the raffle tickets and other fundraising efforts in 2025/2026 are being put towards the purchase of sound equipment and studio operations.



Congratulations to our 2025/2026 Raffle Winners.

1. (\$150.00) Julie S, Fordwich, Ont | ticket #0608
2. (\$200.00) Danielle R, Ayton, Ont | ticket #0472
3. (\$350.00) Rachel E, Moorefield, Ont | ticket #0216
4. (\$500.00) Amanda S, Harriston, Ont | ticket #037

Thank you to everyone who purchased tickets during the 2025/2026 season!! Tickets for the 2026/2027 raffle will be distributed in February 2027, and the draw will be held at our AGM in August 2027. Funds raised this year will be used towards the year end recital.



Meet your 2026/2027 Executive team! Parents can bring questions or concerns to any member of the executive team.

For the 2026/2027 season, we have a need for a secretary; if you are able to assist, please join us at our September monthly executive meeting.

President: Lisa Booth

Secretary: Vacant

Registrar/RAD: Amy Dow

Fundraising Coordinator: Cheryl Jennings

Social Media/Advertising: Shannon Faulkner

Festival Coordinator: Holly Armstrong

Vice President: Holly Armstrong

Treasurer: Katie Predon

Volunteer Coordinator: Miriam Bougard

Recital Chair: Rachel Eschlboeck

Facility/Maintenance: Lisa Dodd

Our monthly executive meetings are open to all parents.

If you are curious and want to learn more about MDA or help plan future events, we'd love for you to join us.

Meetings are typically held the last Monday of the month; our first meeting of the 2026/2027 season will be:

MONDAY SEPTEMBER 28 | 7:00pm at the Harriston Legion (Games Room)



Bank Transfer

Did you know, MDA accepts E-transfers for all payments (tuition, fundraising, t-shirts etc..).

E-transfers can be sent to mdapayment@gmail.com

Be sure to include your dancers name & the reason for the payment

(i.e. photography, tuition, costume etc.) so that your account can be updated accordingly.

Parents wishing to continue paying on DSP via credit card will be charged a 2.5% convenience fee to cover the fees charged by the credit card company to MDA.

MDA T-Shirts:

Does your dancer require an MDA t-shirt per the dress code?
Please ensure to pick up the order form in the lobby.
The cost per shirt is \$15.00 and due at time of order.
Payment can be made by cash, check or e-transfer to mdapayment@gmail.com (subject line must be your dancer's name – Shirt Order).
Forms/Payment can also be deposited safely into the locked drop box in the lobby.
Please allow 1 – 2 weeks for delivery.



KEEP IN TOUCH

Be sure to like and follow Minto Dance Academy on all our social media platforms.
We will post updates and reminders to our website, Facebook and Instagram.
Please be sure your email address is kept up to date on your Dance Studio Pro account; this is used to contact you and send the monthly newsletter.

INTERMEDIATE & SENIOR DANCERS: if you would like to be included in the class information, announcements, newsletters etc... please send us your email and we will have you added to the distribution lists.

We are thrilled to offer full-day PD Day Camps for the 2026/2027 dance season.
Camp is open to ages 5 – 12. Campers will spend the day engaging in indoor & outdoor play. Making crafts & memories with their friends, at their favourite place.
Camp is open to everyone; you do not need to be enrolled at MDA so invite your friends!!
Only \$40.00 per day and includes healthy snacks.
Early drop off & late pick up available for an additional charge.
Registration is now open. You will need to register for each PD Day separately via Google Forms. Please use the links below:



- OCTOBER 26** - <https://forms.gle/YeGQPrqeX4huLQcm7>
- NOVEMBER 27** - <https://forms.gle/yX9uvjZSb1yN8nwd8>
- JANUARY 29** - <https://forms.gle/okbvfNtZC3EgDqLz5>
- JUNE 4** - <https://forms.gle/5tiUnaMiqUJZufXc9>
- JUNE 30** - <https://forms.gle/Rj4HDErowNmFHLWz5>

There is a lot going on this year, and we cannot wait to see you back at the studio and hope that you are looking forward to getting back on the dance floor.
If you have any questions or concerns, please feel free to reach out to any member of the executive team.

Happy Dancing,
Lisa Booth | President

PLEASE SEE THE NEXT PAGE FOR KEY DATES THIS SEASON!





This year is jammed packed from start to finish!!

To have a successful dance season, please keep the following important dates and events in mind.

Additional information will be sent as the dates get closer.

SATURDAY SEPTEMBER 12, 2026 - Classes Start

SATURDAY SEPTEMBER 19, 2027 - Harriston Fall Fair Parade

SEPTEMBER 26, 2026 – Free Dance/Movement Workshop (Culture Days)

OCTOBER 3, 2026 – Free Dance/Movement Workshop (Culture Days)

OCTOBER 26, 2026 – PD Day Camp

OCTOBER 26, 2026 – SATURDAY OCTOBER 31, 2026 – Halloween Dress Up Week

FRIDAY OCTOBER 30, 2026 - Harriston Haunts

NOVEMBER 9 - 14, 2026 – Parent Viewing Week

NOVEMBER 21, 2026 – Harriston Santa Claus Parade

NOVEMBER 27, 2026 – PD Day Camp

NOVEMBER 28, 2026 – Clifford Santa Claus Parade

DECEMBER 14 - 26, 2026 - Christmas Showcase Rehearsals

DECEMBER 18 & 19, 2026 - Christmas Showcase

DECEMBER 20 – JANUARY 1, 2027 - Christmas Break NO CLASSES

SATURDAY JANUARY 2, 2027 - Term 2 Classes Start

JANUARY 29, 2027– PD Day Camp

MARCH 6, 2027 – Recital Photography

MARCH 8 – 13, 2027– Parent Viewing Week

APRIL 2027 – Festival Performances

MAY 24 - 26, 2027 - Year End Rehearsal Week

MAY 28 & 29, 2027- Year End Recital “Elements”

JUNE 4, 2027– PD Day Camp

JUNE 30, 2027 – PD Day Camp

JULY 2027 - Summer Dance & Dance Camps

AUGUST 2027 - Summer Dance & Dance Camps

AUGUST 2027 – Banana Split Party – see the attached for stretches & tips on getting your full splits

Want to Join the Banana Split Club?

We'd love to have everyone join the Banana Split Club & there is a whole year to get your full split! Remember to demonstrate to a teacher or executive member during the year-end recital rehearsal week (May 2027).

For best results, practice the poses below for 1 minute each.

For poses that require you to stretch one leg at a time, stretch each leg for 30 seconds. For poses where both legs are stretched at the same time, stay in the pose for one full minute.

Younger dancers, ask for a parent to spot you when stretching and to make sure you are doing the stretches correctly.

Always remember to BE SAFE and LISTEN to your body when practising.



Done against the wall.



11 Tips To Master The Splits

1. Warm Up First

If your body is cold, your muscles are not ready to stretch. Think of your muscles like a rubber band. A cold rubber band is brittle and more likely to snap, whereas a warm rubber band is soft and pliable.

2. Start Gentle

Always start slowly. One of the biggest mistakes students make is overstretching. Moving too quickly can result in injury, which sets your flexibility back in the long run. Instead, move into the pose mindfully, and when you start to feel the stretch, pause and breathe. Wait three to five rounds of breath before moving deeper into the pose.

3. Don't Go Too Deep

If you try to move all the way to the very edge of your range, you will most likely injure yourself or experience muscle soreness. Aim to stretch to 70% of your full range of motion.

4. Notice Your Breath

We all have a tendency to hold our breath when something is challenging. Stretching is no different! Try to keep your breaths long, slow, and deep to encourage your body to relax and settle into the posture.

5. Use A Timer

A timer is so important when you're working to improve your flexibility. Make sure that you hold each pose for the same amount of time on each side. We recommend starting with 30 seconds and slowly working up to one minute.

6. Use Props

Props are a great way to bring the ground closer to you. In the poses below, we offer modifications for each pose using props to help you find stability and ease. If you don't have any yoga blocks, get creative! Couch cushions, pillows, and folded blankets can also do the trick.

7. Follow A Routine

Practicing every day will not automatically help you get into full splits. In order to work into a challenging posture like Full Splits, you need to consistently practice poses that specifically target the hamstrings, quads, hip flexors, adductors, glutes, and groin.

8. Stretch Every Day

You've probably heard it a million times, but consistency is key. You will see a huge difference in your flexibility if you stretch for 15 minutes every day instead of 30 minutes three times a week. Try to be consistent with your routine, but even if it's only a long forward fold before bed, stretch your tightest muscle group every day.

9. Don't Skimp On Post-Workout Stretches

A flexibility routine needs to be done in addition to stretching after a workout. If you do cardio, weight training, or body weight exercises, stretch for 5-10 minutes after to stay limber and lessen the tightness that comes from building strength.

10. Micro-bend Your Major Joints

Always keep a micro-bend in your knee when you stretch your hamstrings. The micro-bend might be so small that it's not very visible, but it offers softness and enough give to keep you stable, grounded, and in control. When you lock out your knee, the joint is forced out of alignment. This can damage your knee cartilage, pull your pelvis out of place, and create strain on your lower back.

11. Focus On Full Body Alignment

In order to move into poses with stability, you need to find a balance between strength and softness. As you relax and stretch your lower body for splits, make sure your upper body is strong to support the posture. Think: long spine, active core.