



Newsletter



Welcome to CDTA's Newsletter #2, 2024-25 Season!

Dear CDTA Members,

Here's to a year filled with joy, health, and success! May 2025 bringing us all closer to our goals, surrounded by love and prosperity. Cheers to a positive, healthy, and productive year ahead for everyone!"

As we find ourselves entering the second half of the dance season, take a moment to congratulate each and every one of you for your dedication, perseverance, and passion for the art of dance .

Before the whirlwind of the competition season hits full force, take a moment to prioritize self-care and well-being. It is essential to nurture your mind, body, and soul in order to continue giving your best to your students and your art. Remember, you cannot pour from an empty cup, so make sure to schedule some "me time" amidst your busy schedules.

To help you beat the winter blues and stay connected sign up to participate in our exciting events both online and in person. These events are designed to inspire, educate, and uplift you, providing valuable insights and networking opportunities to enhance your teaching journey.

Let's make the most of the remaining months of the dance season, supporting each other, celebrating our achievements, and spreading the joy of dance far and wide. Together, we are a force to be reckoned with, and I have no doubt that the coming months will be filled with success, growth, and camaraderie.

Wishing you all a fantastic second half of the dance season!

Julie Dionne
Honourary Member
CDTA Website/Media Director
Public Relations

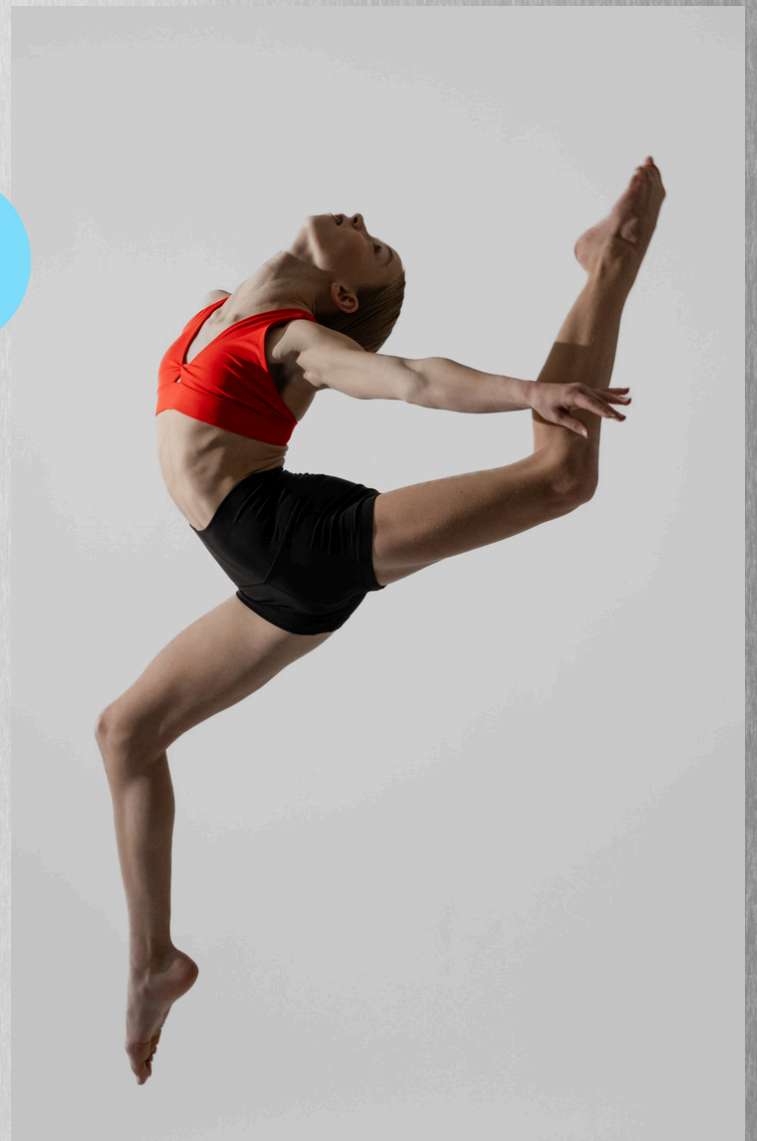


Happy
New Year!



HELLO

*from our
CDTA
Ambassador*



Hi! I'm Katie Tofinetti.

I am 13 years old and I live in Thunder Bay, Ontario.

I am a competitive dancer and gymnast and this past fall, I was voted to be the CDTA ambassador for 2025. My studio, Fay Gleeson Dance Centre, helps me achieve all my goals and has made me the dancer I am today. My favourite style of dance is contemporary and my favourite thing to do when I dance are turns and jumps. I am very grateful for this amazing opportunity and I am very excited to get to work with CDTA this year!



Happy Retirement

Joyce Reddy-Sarwi



***a long time CDTA Examiner and
founder of the Alberta Branch***





Intro to Chinese Dance Webinar



Considering Gender Diversity and Inclusion in Dance Spaces Webinar



Walking the Teen Talk Tightrope Webinar



Terminology Tutorials



Ballet Beyond the Barre Webinar



Teacher Development Courses



Canadian Dance Teachers' Association
Teacher Development Courses
PEDAGOGY
(Module 1)
Teaching a Dance Class
(Includes class planning, teaching styles, classroom management, and much more...)



Respectfully Teaching the Culture of Hip Hop Dance Webinar



Syllabus Intensives



Have you paid your
SOCAN fee, if you are an active
dance teacher and your ReSound
Fee if you are a studio owner?



SOCAN

Society of Composers, Authors and
Music Publishers of Canada

Société canadienne des auteurs,
compositeurs et éditeurs de musique



Refer to the emails that were sent
out or forward your questions to
cdda@cddtanational.ca



Canadian Dance Teachers' Association

1. Go to cdtanational.ca
2. Login
3. Under Member tab select Profile
4. Fill in all missing information. Please note that you can enter *Freelance* in studio space and enter your *email* instead of website if you are not a studio owner. Must enter a postal code
5. **Click on Save**



@CDTANATIONAL.CA



The Executive Committee has been diligently working to provide our members with insurance options that suit your personal and/or studio needs. Carrying proper coverage is crucial for your teaching, competitions, workshops, and more. Our goal is to provide tools to assist you, our Members, in making an informed decision regarding insurance coverage.

1. MKS Financial created a health/dental package exclusively for CDTA members. Obtaining coverage before illness is key, as insurance costs surge when pre-existing conditions exist.

The link for [health/dental benefits](#) is provided below. Please keep our email address on hand in case you encounter any issues. We are happy to provide support as needed during this early enrollment period.

[Link to MKS Information](#)

2. For our Members that are teachers but not studio owners, you might want to consider purchasing liability insurance. The Hub has a quick and easy online process that might work for you.

[Link to Hub Information](#)

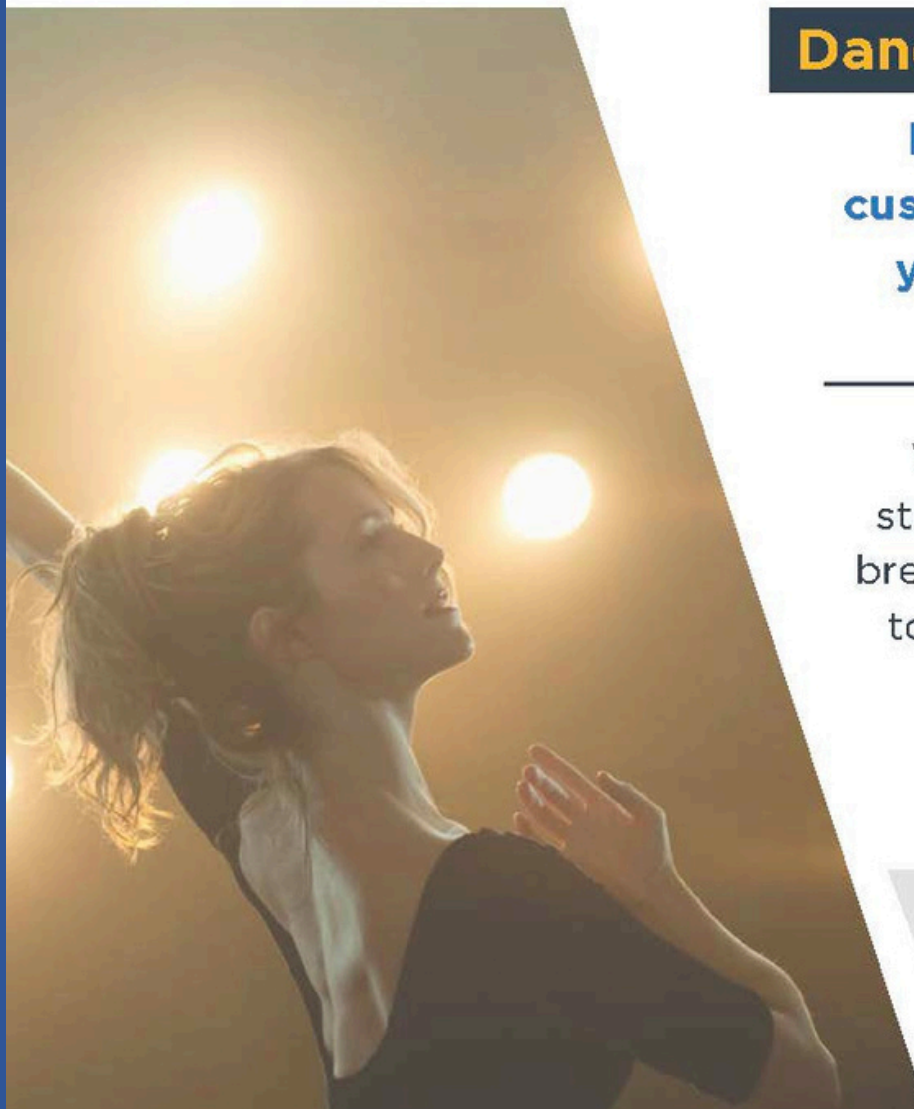
3. For our Members that are studio owners, “The Shepherd Group” is recommended to explore options that could benefit your business and ensure you have appropriate insurance coverage.

toll free number: 1-866-565-6955

email: info@theshepherdgroup.ca



Risk & Insurance | Employee Benefits | Retirement & Private Wealth



Dance Instructor Insurance

Dance without worry - our customized liability coverage is your perfect partner on the floor!

Whether you're teaching your students how to foxtrot, tango or break, liability insurance is essential to ensuring you'll still be leading when the unforeseen hits.

[**Learn More**](#)



For more information, contact:

Ph: 1-416-619-4357

Email: sportsandentertainmentprograms@hubinternational.com



Custom Insurance Solutions for CDTA Members



Studio Owners



Dance Teachers



Recitals



Competitions



Virtual Classes



Year End Events

Commercial General Liability Including:

- Athletic Participants Coverage
- Individual Dance Instructor Liability
- Abuse and Molestation Liability limits up to \$500,000

Business Property including:

- Rented or owned studio space
- Equipment, costumes, props, AV equipment and more

Coverage for studios providing instruction in all areas of dance PLUS

- Aerobics, Pilates and Yoga

Additional Coverages Offered

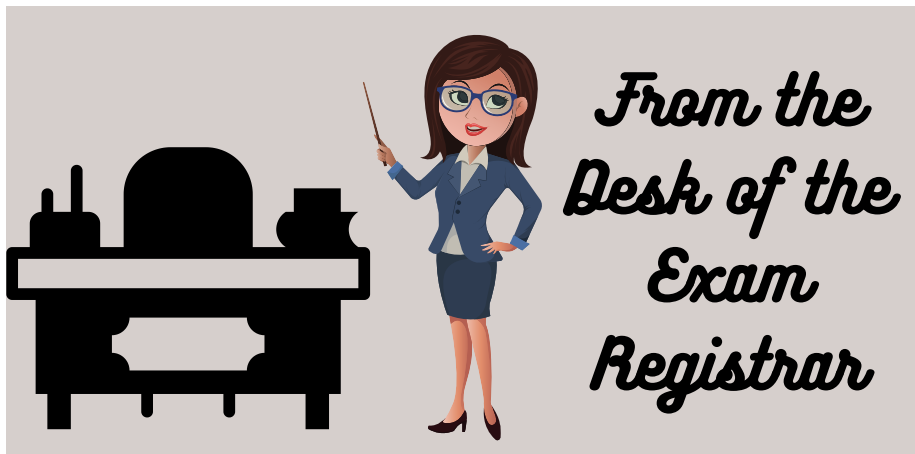
- Crime
- Cyber Liability
- Business Interruption
- Errors & Omissions

More Services Offered By The Shepherd Group

Home & Auto Insurance • Disability Insurance • Life Insurance • Critical Illness Insurance • Health & Dental Benefits for Individuals and Groups • Travel Insurance



Approved By The CDTA



Mark
YOUR
Calendar

Happy New Year to all!

I hope you enjoyed your holiday and took some time to rest and rejuvenate.

Today officially begins this session of exams from January 15 to March 14.

A huge thank you to all teachers that have entered and to the examiners that will be marking them. I am still assigning examiners to studios so stay tuned if you haven't heard from me yet.

The next two deadlines for examination entries are:

February 1 - for exams to be held March 15 - May 14

April 1 - for exams to be held May 15 - June 30

As before, sessions can be held in-person (if you meet the requirements), by video submission, or over zoom. We are happy to be able to offer these three options.

Just a few important reminders...

* Teachers, please send in your exam entries (both Parts A and B forms), with e-transfer payment, by the deadline. Please check that the Part B forms you are using are dated "Aug 2024" at the bottom (some exam prices were revised since last year).

* For student exams, please remember to download and read the newly updated CDTA Student Examination Handbook (Aug 2024). So many questions I get asked are actually answered in the Handbook.

* For Professional exams, please remember to download the newly updated CDTA Professional Examination Handbook. As you prepare for your exam, you will also need to download the Manual in the discipline and level you are doing your exam in (Associate or Licentiate). We strongly recommend each professional exam candidate have a CDTA teacher to mentor them and help them prepare for the exam. If you don't have one, please let me know.

* Make sure you are using the most recent syllabus, or have downloaded any syllabus revisions from the website. If you aren't sure, please send me an email. Utilize the videos as well, especially if you haven't entered exams before or haven't taught a certain grade in a while. They are there to help you!

A reminder...Up until now candidates receiving the National Achievement Award have received a certificate and pin. Beginning January 2025, recipients will receive the certificate only (it is in blue tones with a silver seal, embossed with official CDTA logo).

Please don't hesitate to contact me if you have questions.

I am always here to help and answer any questions you may have.

Wishing all of you a fabulous year ahead! Until next time..."Keep on Dancing!"

Melody-Lynn Drewitz-Van Veen, CDTA-HM, B.ED, RAD RTS
CDTA National Past President, Exam Registrar, and Examiner
exams@cdtanational.ca

Atlantic Annual
Regional
Informal
Meeting
Jan. 26

ABC's of Hip
Hop Dance
Jan. 22

Basics of
Breaking
Feb. 5

MKS Webina
Feb. 8

Mentally
Preparing
Dancers for
competitive &
examination
season
Feb. 12

Nutrition for
Dancers
Feb. 26



EVENTS
NEWS!



CDTA Event Coordinator Report

January 2025



Happy New Year!!

After a fabulous 2024 of CDTA events, both online and in-person, we are kicking off a “year of learning” in 2025, by bringing our members some amazing webinars this January and February.

Upcoming Events in January

This month, we have two exciting webinars lined up:

- **FREE-to-Members Webinar: 'Make Your Finances a Priority for 2025'** with **Mike Spicer** of MKS Financial Services, which took place on January 8th.
- **'The ABC's of Hip Hop'** Webinar with **Jim Han** of the 519 School of Hip Hop on **January 22nd**.
 - \$40 for members, \$50 for non-members. Register through our website: www.cdtanational.ca

Upcoming Events in February

Next month, we have four more exciting webinars lined up:

- **FREE-to-Members Webinar** with **Mike Spicer** of MKS Financial Services on **February 4th**, focusing on discovering how you can utilize your business to help build tax free savings to secure your future.
 - Check your email for the link to register.
- **'The Fundamentals of Breaking'** with **Jim Han** of the 519 School of Hip Hop on **February 5th**.
 - \$40 for members, \$50 for non-members. Register through our website: www.cdtanational.ca
- **FREE-to-Members Webinar** with **Lina Lewis** of Elevate Dance Centre & Elle Squared Consulting on **February 12th**, focusing on mentally preparing dancers for competition & exam season.
 - Check your email for the link to register.
- **'Nutrition for Dancers: Building Strength, Stamina, and Resilience'** with **Allison Tannis, MSC RHN** on **February 26th**.
 - (\$40 for members, \$50 for non-members). Register through our website: www.cdtanational.ca

Throwing back to December, we held a webinar on **'Growth Plate Issues in Young Dancers'** with **Dr Gray** from Made to Move. The webinar was very beneficial and was well attended. We look forward to holding future webinars with Dr Gray!

Join Us!

We're thrilled to see so many new and returning members participating in our events, both in-person and online. We're committed to offering a diverse range of courses for you! If you have suggestions for future courses or webinars, please reach out to us at events@cdtanational.ca.

Stay connected! Follow us on **Facebook** and **Instagram** for the latest updates, and don't forget to check your email for news and events from CDTA!

Yours in dance,

Melissa Wallace, CDTA-L, ARAD, RAD RTS
CDTA Event Coordinator, CDTA Regional Director (SK)

Professional Development and Health & Wellness Committee Updates
The CDTA committees have been actively working on new educational opportunities and wellness initiatives for our members. We encourage everyone to sign up for these valuable events, which are either free or competitively priced. Continue to learn and grow with us! Here's what's coming up:

Upcoming Webinars & Workshops

Jim Han is back with The ABC's of Hip Hop - Bounce, Rock & Groove on Wednesday, January 22, and again on Wednesday, February 5 for The Fundamentals of Breaking, both at 1:00 pm ET.

Mentally Preparing Dancers for Competitive/Examination Season: Lina Lewis will lead this webinar on Wednesday, February 12, at 1:00 pm ET.

Nutrition for Dancers: Allison Tannis will present on building strength, stamina, and resilience. Join us Wednesday, February 26, at 1:00 pm ET.

Wellness Initiatives



The New Year, Fresh Start Activity Challenge on the Band app is going strong and we love that more members have joined and are participating! Join today to connect with and encourage fellow dance teachers while working towards your wellness goals.

Both committees are excited to offer resources and opportunities to help you thrive professionally and personally in 2025. Don't miss out—register for upcoming events today!



Upcoming Events

THE ABC'S OF HIP HOP DANCE – BOUNCE, ROCK & GROOVE
 WITH JIM HAN
 FROM 519 SCHOOL OF HIP HOP

1 HOUR WEBINAR
WEDNESDAY, JANUARY 22

10:00 am British Columbia
 11:00 am Alberta
 12:00 pm Saskatchewan & Manitoba
 1:00 pm Ontario & Quebec
 2:00 pm Maritimes
 2:30 pm Newfoundland

\$40 MEMBERS, \$50 NON-MEMBERS

MENTALLY PREPARING DANCERS FOR COMPETITIVE & EXAMINATION SEASON




WITH LINA LEWIS OF ELEVATE DANCE CENTRE & ELLE SQUARED CONSULTING

1 HOUR WEBINAR
WEDNESDAY, FEBRUARY 12

10:00 am British Columbia
 11:00 am Alberta
 12:00 pm Saskatchewan & Manitoba
 1:00 pm Ontario & Quebec
 2:00 pm Maritimes
 2:30 pm Newfoundland

**COMPLIMENTARY FOR CDTA MEMBERS
 ON BEHALF OF THE HEALTH & WELLNESS COMMITTEE**




Date & Time:
 Sunday, January 26th, 2025
 4:00 PM AST
Location:
 East Coast Dance Academy
 5665 St. Margaret's Bay Rd
 also streaming the via Zoom

The CDTA is Inviting all
**Dance Teachers, Teacher's Assistants,
 Senior Students, and Studio Owners**

Join us for **Pizza** and a chat!



We will evaluate and discuss current services and activities, as well as explore how we can enhance our initiatives for the Atlantic Dance community.



**also streaming the via Zoom* (sorry no pizza for zoom participants)*



Join us for a free webinar to discover how you can utilize your business to help build tax free savings that can help secure your future and keep more of your hard earned money in your hands for the long term.

Tuesday, February 4, 2025
 10:30 AM CST



Mike Spicer, B.Ed, C.F.P.
 President of MKS Financial



REGISTER NOW!

THE FUNDAMENTALS OF BREAKING
 WITH JIM HAN
 FROM 519 SCHOOL OF HIP HOP




1 HOUR WEBINAR
WEDNESDAY, FEBRUARY 5

10:00 AM British Columbia
 11:00AM Alberta
 12:00 PM Saskatchewan & Manitoba
 1:00PM Ontario & Québec
 2:00PM Maritimes
 2:30PM Newfoundland

\$40 MEMBERS, \$50 NON-MEMBERS



NUTRITION FOR DANCERS: BUILDING STRENGTH, STAMINA, AND RESILIENCE

WITH NUTRITION EXPERT ALLISON TANNIS, MSC RHN



1 HOUR WEBINAR
WEDNESDAY, FEBRUARY 26

10:00 am British Columbia
 11:00 am Alberta
 12:00 pm Saskatchewan & Manitoba
 1:00 pm Ontario & Quebec
 2:00 pm Maritimes
 2:30 pm Newfoundland

**\$40 PER MEMBERS, \$50 PER NON-MEMBERS
 ON BEHALF OF THE PROFESSIONAL DEVELOPMENT COMMITTEE**

CLICK HERE TO REGISTER

Support our CDTA Business Affiliates



If you wish to have your business join the association, [click here](#) or forward us an email cdta@cdtanational.ca

\$115.00 yearly

4 ads per year that reaches dance teachers and dancers from coast to coast.

Stardom Dance Costumes



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**Customizable
To Your Event**

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elev8.dance is created by dance competition owners who have owned and managed dance studios. We understand the complexity of taking registrations, scheduling, managing and running dance competitions.

elev8.dance software is customizable and flexible. The elev8.dance team is approachable, helpful and personable, offering support to organizers of all dance competitions, festivals and events large and small.

Find us on the web at elev8.dance

**Have questions? Email the elev8.dance team
info@elev8.dance**

Empower Your Studio. Elevate Your Leadership.



Empower your team to become confident, credible leaders by defining and leveraging your unique studio culture to build a community everyone loves to be part of.

Why Choose Leadership in Dance?

- Participate in fun, interactive exercises that make leadership easier and more effective.
- Develop practices to keep your students and staff safe.
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- Find ways to turn challenges into opportunities.
- Discover the key to juggling your studio and personal life without burnout.

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Inspire your team.
Lead with confidence.**



www.TheDanceLeadershipInstitute.com

LEARN MORE

As a dance teacher, you help others achieve their dreams. Now it's time to secure your own future! RRSP season is the perfect opportunity to save for retirement while reducing your taxes. Contact us today to see how we can help you maximize your RRSP contributions for 2024.

RRSP Deadline: March 3, 2025

 306-347-0090 Ext 2225

 mks.financial@sunlife.com



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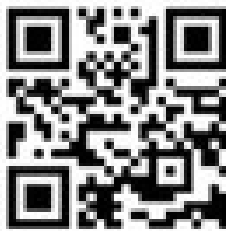
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The perfect complement to in-person dance training, or for anyone with a passion for dance.



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