

CANADIAN DANCE TEACHERS' ASSOCIATION



Newsletter



Wishing all members of the Canadian Dance Teachers' Association a vibrant and inspiring New Year filled with creativity, growth, and joyful movement. As we step into a fresh season of teaching and artistry, this is the perfect moment to create a mission board that captures your goals, dreams, and intentions for the year ahead. A clear visual focus can keep your energy aligned, your purpose steady, and your path set for success. May 2026 bring you renewed passion, meaningful accomplishments, and countless moments of dance-filled magic

Julie Dionne
Honourary Member
CDTA Website/Media Director
Public Relations



HELLO!

from our

2026 CDTA AMBASSADOR

My name is Georgia Smith. I have been dancing since I was three years old, which basically tells you all you need to know about me as dance is the heart center of my life! I am presently training in every genre at the Melfort Dance Centre and right now preparing for groups, solo's and duets for competition. When I'm not dancing I love to hangout with friends, take walks around our farm, spend time with family, watch movies and travel as much as possible. I'm really honored and excited to be this year's CDTA Ambassador and look forward to all that brings. Happy New Year everyone!



NEW

Webinars available on CDTA's Education Centre



MAXIMIZING YOUR SOCIAL MEDIA PRESENCE

Injury Prevention in the Studio



Dancer Mindset

Tools to Support Dancers who
Experience Performance Anxiety
with Alex Herzog



CLICK HERE

Our New Website

Go to cdtanational.ca



Select
Member
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Username Or Email Address

Password

Remember Me [Forgot Password?](#)

I'm not a robot reCAPTCHA Privacy - Terms

[Log In](#) [Register Now](#)

Select
Forgot
Pasword

Username Or Email Address

I'm not a robot reCAPTCHA

[Reset Password](#)



enter email that is in your CDTA profile

Check "I am Not a Robot"

You will receive an email that will prompt you to create a new password



NEW

NOTIFY YOUR DANCERS

CDTANATIONAL.CA



For Dancers Only

For Dancers Only is a dedicated space designed just for you to support your growth and learning as a dancer. Here, you'll find webinars, articles, and a wide range of valuable information shared by the CDTA, all aimed at helping you further your dance education. Take advantage of this opportunity to expand your knowledge, stay connected with the dance community, and enhance your skills through the resources made available exclusively for dancers.

Enter

WE HAVE A PAGE FOR THEM!

- monthly affirmation
- monthly dance clip
- Did you know?
- Name this famous dancer.
- Upcoming Webinars/Courses
- CDTA Ambassador 2026 Corner

EVENTS
NEWS!



great OPPORTUNITY

FOR OUR MEMBERS

BALLET CLASS FOR TEACHERS

WITH CHELSEA MACEWAN



1 HOUR CLASS

WEDNESDAY, JANUARY 28

10:00 am British Columbia

11:00 am Alberta

12:00 pm Manitoba & Saskatchewan

1:00 pm Ontario & Quebec

2:00 pm Maritimes

3:30 pm Newfoundland



COMPLIMENTARY FOR CDTA MEMBERS

great OPPORTUNITY FOR DANCERS

Fuel Your Fire: Building Resilience in Dance



Mini-Webinar for
Dancers
Presented by
Olivia Grayce



→ **February 22, 2026**
10:30AM BC
11:30 AM AB
12:30PM SK/MB
1:30PM ON/QC
2:30PM ATL

ONLY \$10.00

Visit cdtanational.ca to register!

CDTA Event Coordinator

Winter Recap



From coast to coast, CDTA is bringing teachers and dancers together through engaging, meaningful live webinars!   Many of these sessions are also available to our members in the **Education Centre** on our **NEW CDTA website**—a growing hub filled with learning, inspiration, and so much more. Be sure to check it out! 

CDTA Events Recap (November 2025-January 2026)

Event	Date	Type of Event
<i>Nutrition for Dancers: Building Strength, Stamina & Resilience</i> presented by Allison Tannis, MSc RHN	November 23/25	Mini-Webinar
<i>Maximizing Your Social Media Presence</i> Presented by Tyrell Witherspoon	January 5/26	Webinar - free to members
<i>Injury Prevention in the Studio - for Dance Teachers</i> presented by Lindsay Harpham	January 11/26	Webinar for Teachers
<i>Understanding Your Body: Pain, Strength & Longevity for Dancers</i> presented by Lindsay Harpham	January 11/26	Webinar for Dancers

Upcoming Webinars - January & February 2026

Ballet Class for Teachers

Presenter: Chelsea MacEwan

 **Wednesday January 28, 2026**

 **1-Hour Live Zoom Class**

 **Complimentary for CDTA Members**

This live class offers teachers the opportunity to take class, reconnect with their own ballet practice, and experience thoughtful, practical instruction in a supportive environment.

 **Registration is open now at www.cdtanational.ca**

Fuel Your Fire: Building Resilience in Dance

Presenter: Olivia Grayce

 **Sunday February 26, 2026**

 **30-Minute Mini-Webinar (Live on Zoom)**

This session is designed to support dancers as they navigate the heart of exam preparation and competition season, with a focus on motivation, confidence, balance, and sustainable momentum.

 **Registration is open now at www.cdtanational.ca**

 **This webinar will be available to purchase through the CDTA Education Centre following the live session.**

Thank You & Stay Connected

Your continued participation makes our programming possible and purposeful.

 **Suggestions or presenter ideas? Email: events@cdtanational.ca**

 **Follow and like us on Facebook & Instagram**

 **Watch your inbox for registration links, reminders, and professional development updates**

Yours in dance,

Melissa Wallace, CDTA-L, ARAD, RAD RTS
CDTA Event Coordinator



From the Desk of our Exam Registrar...

Happy 2026 everyone! Welcome back to dance and a new and exciting year. We are thrilled that our new website is up and running! Unfortunately, the new Exam Portal isn't quite ready yet, but you will definitely be notified when it is.

Until then, please access our current exam forms and info as usual.

Soon our January 15 - March 14 exams will be in full swing with over 800 exams from 25 CDTA studios. It will be a very busy couple of months for many of you!.

Mark your calendars! Our next two exam entry deadlines are:

February 1 (for exams to be held Mar 15-May 14)

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

To access Exam info and forms:

Login

If you haven't set up a new password on the new website, you will have to do that first.

Then at the top of the Home page, there is now an icon entitled EXAMS.

So easy! Click on that. You will see 3 options pop up:

“Exam Portal”

Do not click on this yet, as it is not ready.

“Examination - Professional”

You will find all the info you need underneath for professional Acro, Ballet, Jazz, Modern, and Tap exams:

the CDTA Professional Examination Handbook, the Entry Form, and all Manuals.

(** Please note, If you are wanting info on professional Ballroom exams, please click at the bottom of the Home page on Quick Link - “CDTA Exams”, then click on “Ballroom Information”. That will lead you to all the Handbooks and Entry Forms you need.)

“Examination - Student”

Here you will find everything you need for ALL Student exams:

2025 “CDTA Student Examination Handbook” (for Tap/Jazz/Ballet/Acro/Modern),

2025 “CDTA Ballroom Student Medal Test Examination Handbook” (for Standard/Latin), all Part A & B Entry Forms for ALL student exams (including for Ballroom Medal Tests),

a PDF of “How to Register for Student Exams”, and

the new 2025 CDTA Adaptive Assessment information and forms.

We are thrilled that you continue to support our examination system, but remember...CDTA has a lot more to offer you - for example,

attend our informative webinars whenever you can (they are awesome!); take advantage of courses and tutorials in our Education Centre; and right now, sign and share our petition to fight the GST charged on dance classes!

Until next time...”Keep on Dancing!” Wishing all of you a fabulous dance year!

CDTA Exam Entry



DEADLINE



**Monday February 1st
(for exams March 15 - May 14)**



**If you have any questions
contact Melody-Lynn
Drewitz-Van Veen
exams@cdtanational.ca**

September 1 (for exams October 15- November 14)
October 15 (for exams November 15 - December 20)
December 1 (for exams January 15 - March 14)
February 1 (for exams March 15 - May 14)
April 1 (for exams May 15 - June 30)

Health & Wellness & Professional Development Committees Update

We're excited to share an upcoming opportunity designed to support both your personal practice and professional well-being.

Upcoming Event: Complimentary Virtual Ballet Class for Dance Teachers

Wednesday, January 28 @ 1:00 ET

CDTA members are warmly invited to join us for a complimentary Virtual Group Ballet Class created especially for dance teachers. This intermediate/advanced class is designed to support your own physical practice while reconnecting you with the joy and artistry of dancing for yourself.

The class offers a welcoming, pressure-free environment where you are encouraged to participate in whatever way feels best for you, with the option to have your camera on or off. Led by Chelsea MacEwan, an experienced dance educator and musical theatre performer, the class will follow a structured ballet format including barre, centre, and travelling work.

We hope you'll join us for this special opportunity to move, reconnect, and feel inspired.

Register here: https://cdtanational.ca/cdta_online_courses/virtual-ballet-class-for-dance-teachers-virtual/?mc_cid=fcdeee6373&mc_eid=c470225858

In addition, if you haven't yet joined our monthly Health & Wellness challenges on the BAND app, we warmly invite you to do so. It's a wonderful way to stay connected, motivated, and engaged with our community:

<https://www.band.us/n/adafb7HcBbQ87>

Finally, we encourage members to continue nominating a CDTA teacher for our monthly Member Spotlights. These small recognitions go a long way in supporting and celebrating member wellness:

https://docs.google.com/forms/d/e/1FAIpQLSdBYdRnj8QlpnQwMnbWssFgjRPLkhYZQaf1aWyKCiY14FZz-Q/viewform?mc_cid=63182351b0&mc_eid=c470225858

We look forward to connecting with you and continuing to support our vibrant teaching community.



CONGRATULATIONS

Eliisha Ens

our
Band App
Contest

Winner



Did You Know? Dance Edition

Ballet

Did you know ballet began as a way for Italian nobles to show off their status—more like elegant walking than dancing? King Louis XIV of France even performed ballet himself and founded the first ballet academy.

Hip-Hop

Did you know breakdancing started in the Bronx as a peaceful way for street crews to battle each other? Instead of fighting, they used spins, freezes, and footwork to outshine their rivals.

Flamenco

Did you know flamenco is a fusion of Roma, Arabic, Jewish, and Spanish cultures? It began in intimate settings like kitchens and courtyards, expressing deep emotion through clapping, stomping, and soulful singing.

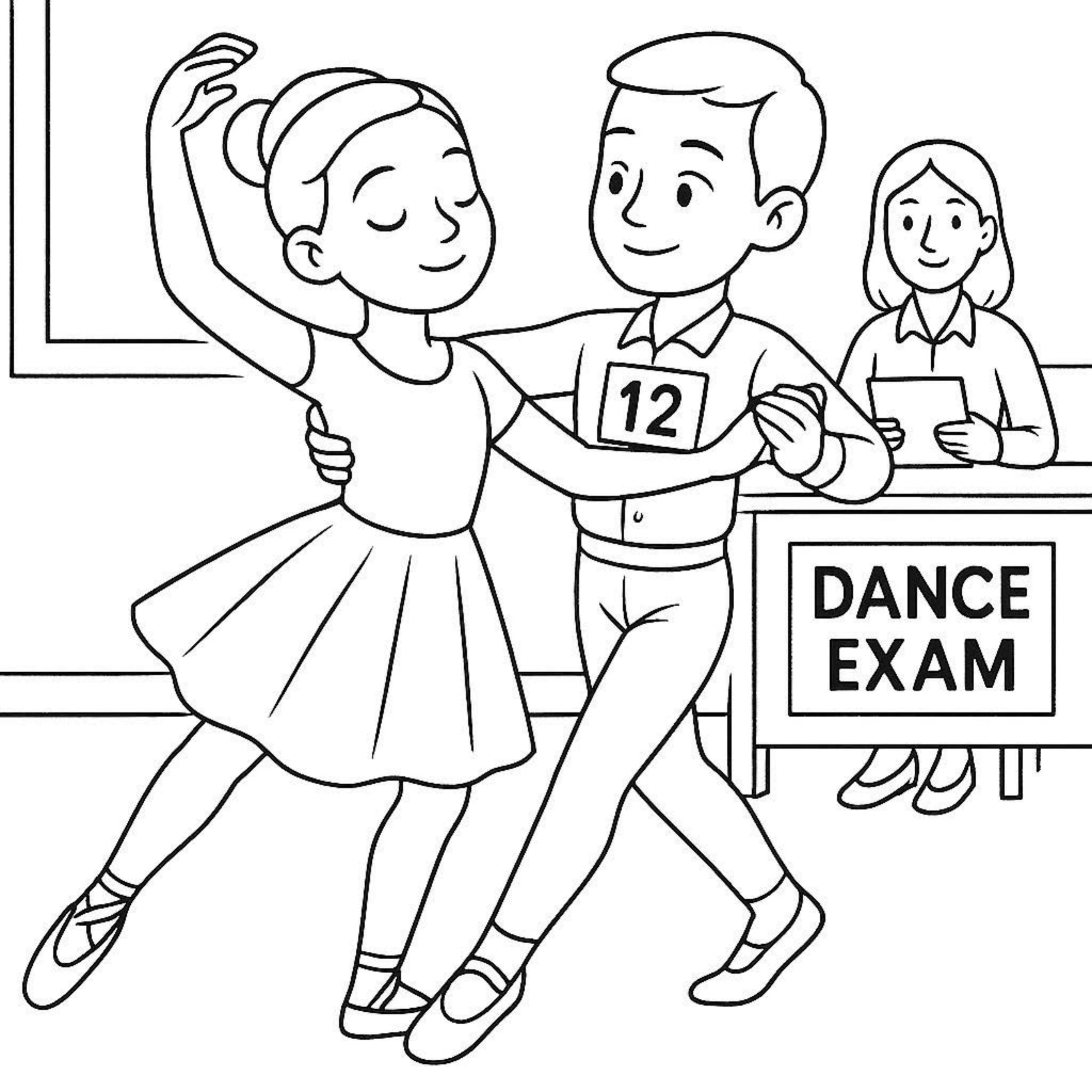
Ballroom (Waltz)

Did you know the Waltz was once considered scandalous because dancers held each other too closely? In the 1700s, it broke the stiff formality of earlier dances and shocked polite society.

Capoeira

Did you know Capoeira was created by enslaved Africans in Brazil as a disguised martial art? They masked combat training with music and dance to avoid punishment, turning rebellion into rhythm.

**Below coloring page to share with
your young dancers**



**DANCE
EXAM**

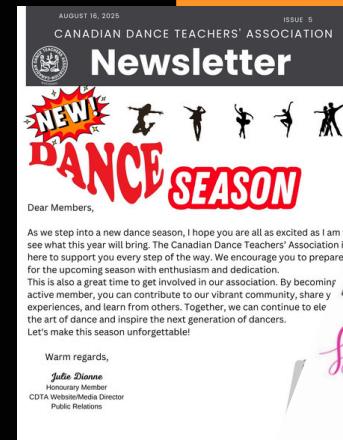
Support our CDTA Business Affiliates

If you wish to have your business join the association, click here.
For only \$115.00 you receive
4 ads per season to help you connect with dance teachers and dancers from coast to coast.



CDTA BUSINESS AFFILIATES

Promote
Your
Business
Coast to
Coast





*Thank
you*

to our 2025-2026
Business Affiliates

 Stardom Dance Costumes

 KICK IT UP

 THE
SOCIAL
APPROACH

 **E.D.G.E.**
BUSINESS CONSULTING

 Sun Life |  MKS
FINANCIAL

dance
champions

 Laylas
DANCE

 **JAZZAMATAZZ**
DANCE COSTUMES BY DESIGN

Come see us in person, in Toronto!

January 22-23, 2026

Open House

- Explore our entire 2026 costume collection
- See and feel the fabrics
- Discover our new dancewear line
- Don't miss our new NEXT LEVEL competition line
- Specials on costumes, dancewear and clearance

RSVP Today



Where: Laylas Warehouse
60B McGriskin Road
Toronto, ON M1S 5C5
Time: 9-3 Thursday, Friday



Laylas Dancewear

Now Available

Bodywear • Shoes • Tights

Shop Dancewear



Laylas Dance Canada

web: LaylasDanceCostumes.ca

email: Laylas@laylasdance.ca

1.800.956.5128



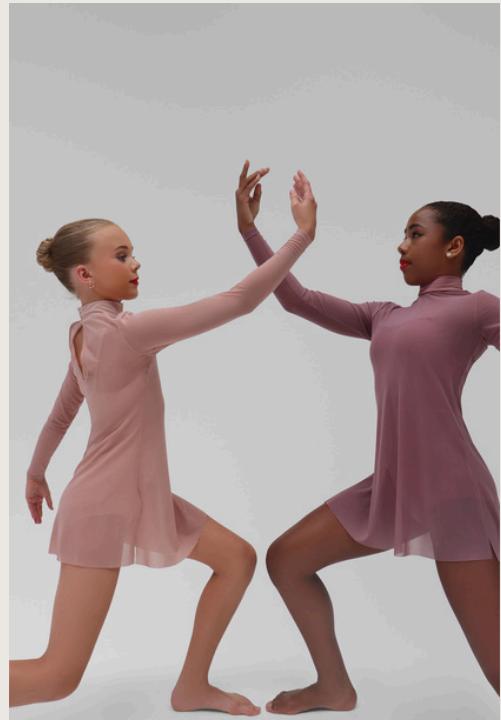
Canadian owned, Canadian values, Canadian focus

RECITAL SEASON WITH

Stardom Dance Costumes

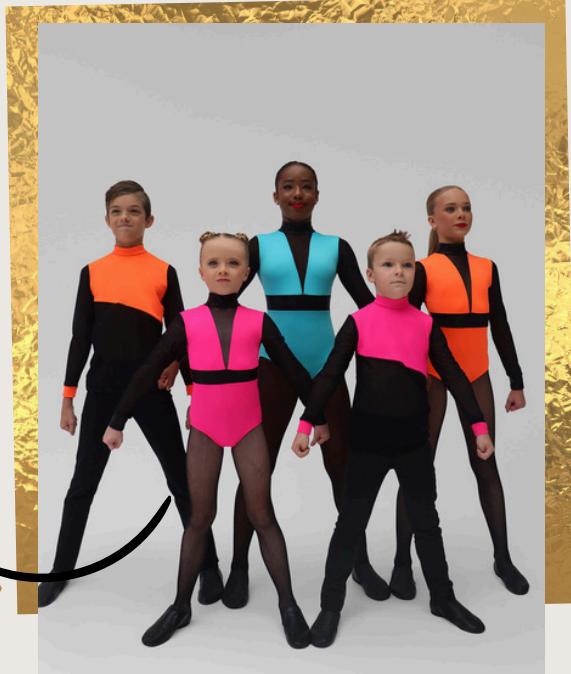


Over 1000 costumes in-stock and ready to ship



Don't forget
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Stardom
Tights!

Apollo!



For a
successful
2026
place your order with

JAZZAMATAZZ

DANCE COSTUMES BY DESIGN



We are 100% Canadian!



3 Collections
to choose
from

[VISIT NOW](#) >



PILATES FOR DANCERS™

Elevate your dance training and self-care with our specialized **Pilates for Dancers™** program! Our curriculum incorporates the principles of the Joseph Pilates and STOTT Pilates method along with functional training to create classes designed to strengthen your dancer head to toe.

By focusing on joint stability, we provide comprehensive support and injury prevention and increase range of motion. Our certified instructors have designed a program that will stretch, strengthen, and bring a better understanding of the muscles needed to support the correct execution of dance technique.

Our program will build and improve technique, strength, execution of jumps, balance for turns, extension & flexibility, mobility, core muscles, body awareness, and more!



BRING OUR PROGRAM TO YOUR STUDIO!
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PERSONAL HEALTH INSURANCE

LIFE INSURANCE

CRITICAL ILLNESS INSURANCE

INVESTMENTS

&

EXCLUSIVE OPPORTUNITIES FOR CDTA MEMBERS

For more information contact us at:

306-347-0090 Ext 2225

MKS.Financial@sunlife.com

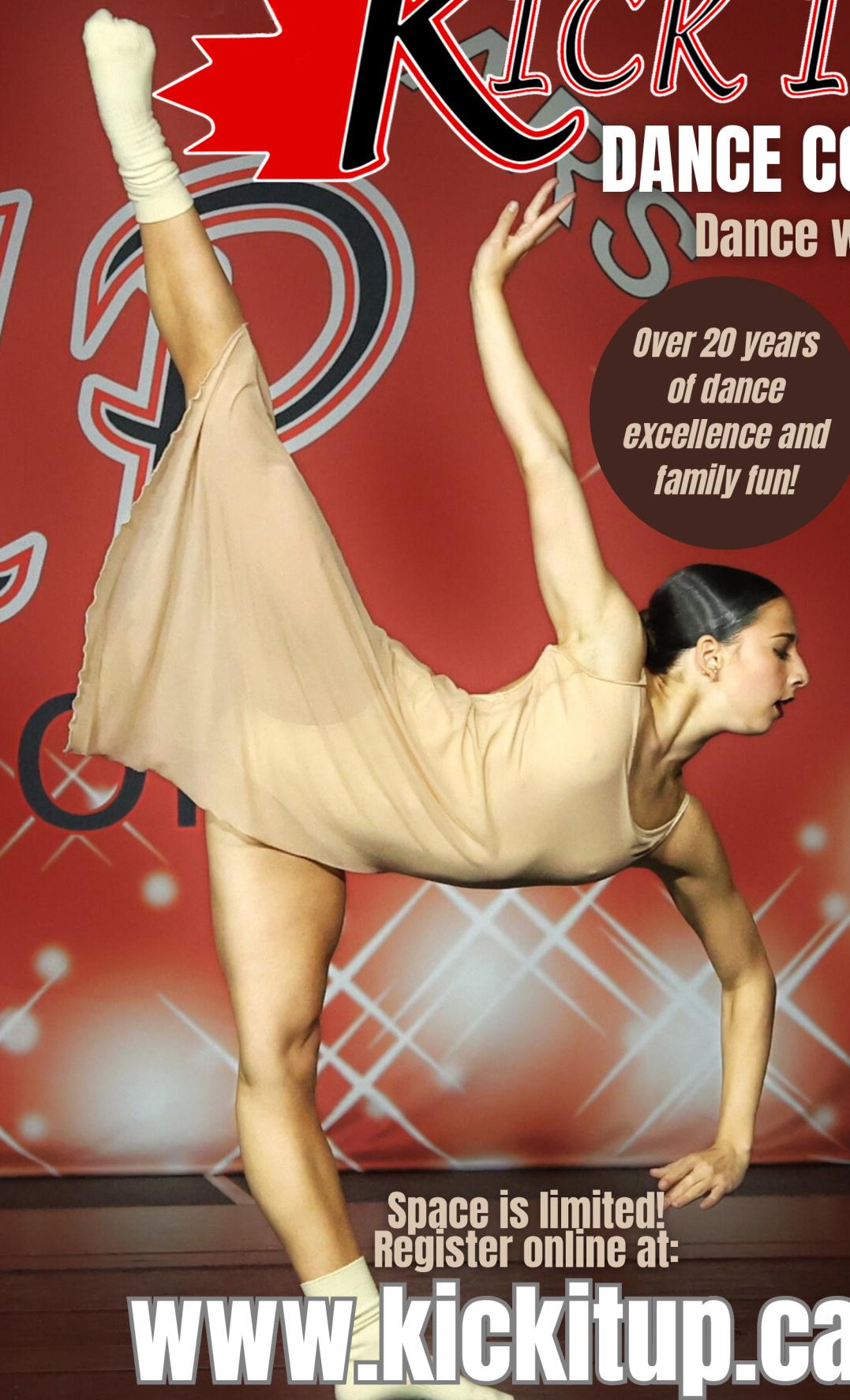
20

KICK IT UP

DANCE COMPETITION

Dance with us in 2026!

*Over 20 years
of dance
excellence and
family fun!*



Space is limited!
Register online at:

www.kickitup.ca

- March 27-29
Niagara Falls, ON
- April 3-4
Blue Mountain, ON
- Niagara Falls, ON
April 9-12
Hamilton, ON
- Gatineau, QC
April 23-26
Calgary, AB
- April 27-May 1
Winnipeg, MB
- April 30-May 3
Blue Mountain, ON
- May 8-10
Niagara Falls, ON
- May 14-17
Calgary, AB
- May 21-24
Blue Mountain, ON
- Winnipeg, MB

E.D.G.E.

B U S I N E S S C O N S U L T I N G

Running a studio takes more than passion.

It takes stamina, adaptability, and the ability to juggle it all, often before lunch.

I'm Debra Cadrain, founder of EDGE Business Consulting. With 25+ years in the dance industry, I help studio owners find clarity, stability, and breathing room in the business side of studio life.

Whether it is a quick check-in or a deeper dive into your systems or finances, support is here when you are ready.



Debra Cadrain, B.Comm., B.A., CIM
Business Consultant
Certified in Management (CIM),
Canadian Institute of Management

Let's talk.
Whether you need a sounding board, support for a decision, or a second set of eyes on your numbers, a discovery call is a great place to start.

 EdgeBusinessConsulting.ca

 debra@edgebusinessconsulting.ca

"Debra's insight and support have helped me grow my business beyond expectations and regain balance in my life." Studio Owner in Ontario

LET'S GET

SOCIAL

Social media strategy, creative marketing, and engagement expertise.

With over 30 years of experience in the industry of dance studios, competitions, and professional live performance, creative director, Tyrell Witherspoon, delivers social media strategies that speak to your audience and clientele.

Book your FREE Meet & Greet consultation today and learn how The Social Approach can be your perfect duet partner this dance season.



tyrell@thesocialapproach.net

[@_thesocialapproach | thesocialapproach.net](https://www.instagram.com/_thesocialapproach)

dance champions

Dance Champions is a new solo, duo, and trio competition in Toronto.

February 16 - March 13 & May 4 - 29 2026

Toronto Don Valley Hotel (DVP & Eglinton).

COMPETITION DETAILS

UNLIMITED ENTRIES

Enter as many routines as you'd like, and perform each up to five times every month.

DIVISIONS

Mini (≤ 8), **Junior** (9-11), **Teen** (12-14),
Senior (15-18), **University/Adult** (19+).

DISCIPLINES

Jazz, Contemporary/Lyrical, Hip Hop, Ballet, Tap, Open. Full Time, Part Time and Novice categories.

**REGISTER FOR THE
PARTNER PROGRAM**
Before December 1st

The Dance Champions Partner Program **compensates dance teachers, choreographers and studio owners**, creating a new and meaningful source of studio ROI.

Dancer registration begins December 17th.

DANCECHAMPIONS.COM