

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**

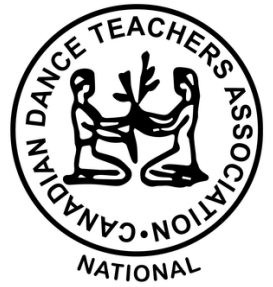
**My name is Georgia Smith. I have been dancing since I was three years old, which basically tells you all you need to know about me as dance is the heart center of my life! I am presently training in every genre at the Melfort Dance Centre and right now preparing for groups, solo's and duets for competition. 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](http://cdtanational.ca)



> Member Login

Select  
Member  
Login

NESS AFFILIATES SHOP ▾ COURSES ▾ MORE... ▾



Username Or Email Address

juliedionne@icloud.com

Password

☐ Remember Me [Forgot Password?](#)

☐ I'm not a robot



reCAPTCHA  
Privacy - Terms

Log In

Register Now

Select  
Forgot  
Pasword

Username Or Email Address

Username or Email Address

☐ I'm not a robot



reCAPTCHA  
Privacy - Terms

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







# 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](https://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
<b><i>Nutrition for Dancers: Building Strength, Stamina &amp; Resilience</i></b> presented by Allison Tannis, MSc RHN	November 23/25	Mini-Webinar
<b><i>Maximizing Your Social Media Presence</i></b> Presented by Tyrell Witherspoon	January 5/26	Webinar – free to members
<b><i>Injury Prevention in the Studio – for Dance Teachers</i></b> presented by Lindsay Harpham	January 11/26	Webinar for Teachers
<b><i>Understanding Your Body: Pain, Strength &amp; Longevity for Dancers</i></b> 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](http://www.cdtanational.ca)*

#### 🔥 Fuel Your Fire: Building Resilience in Dance

**Presenter:** Olivia Grayce

📅 **Sunday February 22, 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](http://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](mailto: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!

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



# 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](mailto: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](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](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**





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**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

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



  
Stardom Dance Costumes

**dance  
champions**

 **KICK IT UP**

THE  
**SOCIAL**  
APPROACH



**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](http://LaylasDanceCostumes.ca)

email: [Laylas@laylasdance.ca](mailto: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



Empress

Gaia

Don't forget  
your  
Stardom  
Tights!



Apolla!





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!  
Visit **[pilatesfordancers.ca](http://pilatesfordancers.ca)** for more!



# YOUR ONE STOP SHOP



## FINANCIAL PLANNING & RETIREMENT PLANNING

GROUP BENEFITS

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](mailto:MKS.Financial@sunlife.com)**



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# KICK IT UP

## DANCE COMPETITION

Dance with us in 2026!

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

**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**

**Space is limited!  
Register online at:**

**[www.kickitup.ca](http://www.kickitup.ca)**



# 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](https://www.EdgeBusinessConsulting.ca)

 [debra@edgebusinessconsulting.ca](mailto: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](mailto:tyrell@thesocialapproach.net)**

**[@\\_thesocialapproach | thesocialapproach.net](https://www.thesocialapproach.net)**



# 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 1<sup>st</sup>

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**