

IMPORTANT!

Dance

OCTOBER 2026



DANCE IT FORWARD

NEWSLETTER



OUR HIP NUT LEADS
&
OUR NUTCRACKER
BALLET "CLARA"



Congrats to Paige, Coraline, Ghita & Edie!

October 2026-27 Newsletter

We are thrilled to share with you the latest STUDENT INFO in our mission of making a difference with dance in our community. Each month, we'll provide you with the latest updates and important information. Access ALL MONTHLY NEWSLETTERS through the Student Center. *The information in this newsletter supersedes any previous content.*

- **To everyone!** Be sure to visit the STUDENT CENTER of our website for dress code, calendar and newsletters. The **newsletters are a very important** way for us to keep everyone updated, especially on performance and fundraising happenings.
- **Bring a Friend & Costume Dress-Up Celebration Week** 10/24-10/29 Earn a \$25 credit if your friend joins in October. Email CS@danceitforward.org to follow up. Please no glitter that could transfer to our dance floors and make them slippery.
- **Dress Code** - It is now October and time to have all of our classes be in proper dress code.
- **Nutcracker Ballet & The Hip Nut Tickets** On Sale NOW!
- Purchase Here: [THE HIP NUT](#) [THE NUTCRACKER BALLET](#)
- **Performing Student details** were shared in the September Newsletter...check it out if you missed it. A reminder the Performing Student dues installment will be charged on October 30.
- **Expand your journey:** Add a style or Consider joining a Performing Company!
Add a class or style: The start of a new dance year is the perfect time to try something different!
Performing Company: These class programs are greatly discounted & as a performance-based school, there are additional performance opps.
First up: Our performing companies will be dancing in the York Halloween Parade! Sunday, 10/25.
- **Adult Classes are taking off** this month. Adult Ballet with Erika, Adult Jazz/Tap with Erin & The Kickstars! performing group is starts now.
- **Just added:** Tap Saturdays at 11:15 am Ages 7+
- Last Reminder To Our Season Kickoff Members: Please stop by the front desk for your free DIF dance drawstring bag. An email was sent with all the details.

Office Hours

Mon	4-8 pm
Tues	4-8 pm
Wed	4-8 pm
Thr	4-8 pm
Sat	10 am-1 pm

HOW TO CONTACT US
Call or text us at 717-755-MOVE (6683)
or Email CS@danceitforward.org.
<https://www.danceitforward.dance>

Thank you for reading!



 Pennsylvania
Creative Industries
Powered by Pennsylvania Council on the Arts

Staying Informed - IMPORTANT LINKS

The best way to enjoy your dance experience is to STAY INFORMED. We put everything in writing most often on our website. Be sure to check in with us regularly in the following ways:

[STUDENT CENTER](#)

[MONTHLY NEWSLETTERS](#)

[CALENDAR](#)

[DRESS CODE](#)

[VOLUNTEER OR DONATE](#)

[LINK TO OUR NEW MERCH STORE!](#)

WISH LIST

As York County's 501(c)3 dance organization we appreciate donations. Here is our wish list of items that we need and hope for donations. Donations are tax-deductible per the law. Can you donate? Just drop off at the front desk!

ROLLS OF PAPER TOWELS

2 PLY TOILET PAPER

COPIER PAPER

COFFEE, CREAMERS, FILTERS

PLASTIC UTENSILS

CLEANING PRODUCTS

December Performances

December Performances

THE NUTCRACKER	THE HIP NUT
Saturday, December 12 - 3:00 PM Appell Center for the Performing Arts, Strand Theatre Tickets on sale now!! <u>Purchase Tix Here: THE NUTCRACKER BALLET</u>	Sunday, December 13 - 4:00 PM Appell Center for the Performing Arts, Strand Theatre Tickets go on sale now! <u>Purchase Tix Here: THE HIP NUT</u>

Early Childhood Dancers Need to Enroll in Nutcracker & The Hip Nut

Early Childhood classes were recently sent important info through email. **The deadline to sign up is this week with the first rehearsal starting on October 3 (11:15- 11:45 am) for the Nutcracker Ballet & on Tuesday, October 6 (6:45-7:15 pm) for The Hip Nut.**

Early Childhood Dancers ages 4+ enrolled in performing classes need to enroll their dancer in the rehearsal for one *or both* of our December productions - *your choice*. Because ALL performing classes are charged the Performing Student Package dues - whether you decide to perform or not - *we want to be sure that everyone understands these choices*.

To join the rehearsal class and perform in whichever production you choose. The only charge is the Performing Student Package that is already charged to Early Childhood classes either way. See Performing Student Packages below for details.

Note: Early Childhood classes work on skills and not just dances the first half of the year, and that is why there is a separate rehearsal to sign up for if you choose to participate.

[NUTCRACKER BALLET](#)

[THE HIP NUT](#)

Children's Performing Company Ages 4-7 FORWARD COMPANY

Open to all Early Childhood students ages 4-7. Join our Early Childhood Dance Company and be a leader!

- 30-minute rehearsal class added to any other Early Childhood class
- Build performance skills in Pop Jazz/Hip Hop, Contemporary styles
- Performs in the June Show, plus community invitations such as York Revs in spring/summer

Stay Connected



BE SURE TO FOLLOW US!

[Instagram](#)
[Facebook](#)



HOW TO CONTACT US | 717-755-MOVE(6683) | CS@danceitforward.org | 3524 E. Market St., York, PA 17402

Website: www.danceitforward.dance

DRESS CODE REMINDERS

Your child should always be in the dress code for class. This includes hair. If you need to order any dance wear items, please do so by going to our website and clicking on the Student Center tab then Dress Code. It will take you directly to our official dress code which is Nimbley. Stop by the front desk if you'd like to have your dancer try on sizes of shoes before ordering.



HOW TO CREATE THE PERFECT BALLET BUN!

ITEMS TO HAVE ON HAND:

Brush, Small Tooth Comb, Spray Bottle Water, Gel,

Hair spray, Hair Net, Bobby Pins, Hair Pins

(Hair pins - These U shaped hair pins are most commonly used to hold a bun or updo in place.

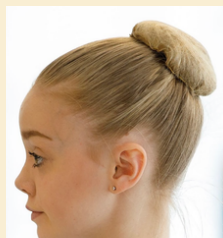
Bobby pins are generally used for pinning hair down to the head,

~ GREAT 2 minute BALLET BUN VIDEO ~

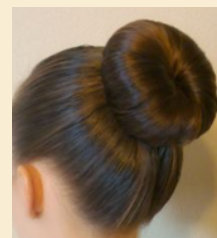
<https://www.youtube.com/watch?v=3yG7Hcozrf8>

1. Brush hair back into a tight ponytail in a diagonal line with the top of the ears. (It may work best on damp hair w/gel).
2. Twist ponytail and then start circling around the ponytail holder, hair pinning (or bobby pinning) as you go.
*Depending on the thickness of the dancers' hair will determine whether hair pins or bobby pins, or a combination of both, will work the best.
3. Finish by placing a hair net over the bun then hair spray all wispies down well. The bun should be flat.

CORRECT



WRONG



THE NUTCRACKER

Saturday, December 12, 2026 • 3 PM

THE HIP NUT

Sunday, December 13, 2026 • 4 PM

TWO HOLIDAY PRODUCTIONS • ONE SPECTACULAR WEEKEND



Appell Center for the Performing Arts

Tickets: www.appellcenter.org • 717.846.1111
www.danceitforward.dance



Volunteers Wanted! We need Y-O-U!

In order to provide our community with our large scale productions, we need YOU!

SIGN UP TO VOLUNTEER BELOW!

Please consider volunteering for our Nutcracker Ballet and Hip Nut productions. There are also opportunities to donate items that will be used at these performances. We cannot do it without you!

Please Volunteer! You can find all active online signups on the **Support Us** Tab and scroll down to the Volunteer Section on www.danceitforward.dance. Or you may click on the boxes below.

VOLUNTEER for
NUTCRACKER
BALLET

VOLUNTEER for
HIP NUT

VOLUNTEER for Check
In of Dancers/Volunteers
for both
Nut Ballet & Hip Nut

DONATE Miscellaneous
Supplies for both
productions.

DONATE Food or Drink
for both productions.

Volunteers must have Background Clearances

All Volunteers must have their background checks on file with Dance It Forward **before** they volunteer.

These background check links are available on the STUDENT CENTER Tab at www.danceitforward.dance or you may click on the links below.

- Please submit at the Front Desk or email to cs@danceitforward.org.
- Apply for them now so you have them on time.
- We **MUST** have your background checks on file before you volunteer. IF you have these from other volunteer work you do, we can accept copies of them if they are not more than 5 years old.

You may drop your clearance certifications off at the front desk or email an electronic file to cs@danceitforward.org.

CLICK ON THE LINKS BELOW!

- 1) [Child Abuse History](#)
- 2) [State Police Criminal Background Check - New Record Check - Volunteers ONLY](#)

BRING A FRIEND/DRESS UP WEEK!

OCTOBER 24-29

**Bring a Friend to
Costume Dress Up
With You & if they
Join, earn \$25!**

**Friends need to
sign up for a TRIAL
CLASS in advance.**



*For account credit, email
cs@danceitforward.org.*

**Please NO glitter that could transfer to our dance floor making it slippery.*

SCHEDULE OF IMPORTANT DATES FOR THE NUTCRACKER BALLET & THE HIP NUT

Follow all important dates on the Dance It Forward Online Google Calendar - <https://www.danceitforward.dance/student-center#Calendar>

Hip Nut 2026 In-Studio Full & Dress Rehearsals & Costume Fittings

>The Hip Nut Schedule is on the Dance It Forward Google Calendar found on the Student Center tab of our website. www.danceitforward.dance

October - Hip Nut Costume Fittings	October 10 - All fittings that are not in class *Times on Calendar	Clara, Dismal, Mother Earth, Fairies, Gangsters, Good girls, France
Sunday, November 15 Full Hip Nut Dress Rehearsal @ DIF Studios*	12:15-12:45pm	Act 1 Arrival & Warmup- Hip Hop Crew & GYYB (with Hair/Makeup) (All non company arrive and get dressed)
	1-2:30	Act 1 Dress rehearsal (Me Too, School Scene, Toy Scene, Fairies, Ready or Not, Chick I'm Dismal, Battle)
	2-2:30	Act 2 Arrival and Dress (ALL COUNTRIES INCLUDING: America, Egypt, S. Korea, Nigeria, Japan, Ireland, Russia, Cuba, India, Germany, Mexico, France, Finale)
	2:45pm	Brazil/Early Childhood Arrive at 2:45 (instead of 2pm) - and Dismiss 4:30pm
	3-5pm	Act 2 Dress Rehearsal (Brazil/Early Childhood dismissed at 4:30 pm)
Wednesday, Dec. 2 Full Hip Nut Dress Rehearsal @ DIF Studios* **Always check the online calendar for any updates to the time	4:15-5pm	Act 1 Arrival & Warmup- Hip Hop Crew & GYYB (with Hair/Makeup) (All non company arrive and get dressed)
	5-6pm	Act 1 Dress rehearsal (Me Too, School Scene, Toy Scene, Fairies, Ready or Not, Chick I'm Dismal, Battle)
	5:30-6pm	Act 2 Arrival and Dress (ALL COUNTRIES INCLUDING: America, Egypt, S. Korea, Nigeria, Japan, Ireland, Russia, Cuba, India, Germany, Mexico, France, Finale)
	5:45-7:00pm	Brazil/Early Childhood Arrive at 5:45pm, Dress, and dismiss 7pm
	6-7:30pm	Act 2 Dress rehearsal and problem spots
Wed, Dec 9 @ DIF, 3524 E. Market St Hip Nut Run Thru (NO Costumes)	6:15-8:15pm Hip Nut reh	Entire Hip Nut rehearsal run thru (NOT IN COSTUME). *The studio itself is closed for Regular classes. Brazil /Early Childhood 6:45-7:45pm ONLY

2026 Schedule for *Nutcracker Ballet*

9.24.26

In-Studio Full & Dress Rehearsals & Costume Fittings

>The entire Nutcracker Ballet Schedule is on the Dance It Forward Google Calendar found on the Student Center tab of our website. www.danceitforward.dance

Saturday, Sept 19	1pm-3pm	1st Party Scene Reh Act 1 (No Adults yet)
Sept 26, Oct 1, Oct 3	See online calendar for each role & times	Costume Fittings
Saturday, Oct 17 <i>Nutcracker Ballet</i> <i>Full Rehearsal @ DIF Studios</i> <i>NOT A Dress Reh</i> <i>*Always check the online calendar for any updates to the times.</i>	11:30am 12-1:45pm 2:00pm 2:15-4:00pm	Act 1 - Arrives (Party, Battle, Snow) (if only in Battle, wait to arrive at 12:30pm) Act 1 - Full Studio Rehearsal - NO Costumes <i>*Surprise Dolls do not attend; just do regular rehearsal at 11:15 am</i> Act 2 - Arrives (Land of Sweets) Act 2 - Full Studio Rehearsal - No Costumes <i>*Angels & Tea may be dismissed earlier.</i>
Saturday, Nov. 7 <i>Nutcracker Ballet</i> <i>Dress Rehearsal @ DIF Studios</i> FULL MAKE UP REQUIRED <i>*Always check the online calendar for any updates to the times.</i>	11:15am 11:30-12:00pm 11:45am 1:00-2:45pm 12:15-3:30pm 3:30pm 4:00-6:00pm 6:00-6:30pm	GYJB & Party Scene girls Arrival Warmup GYJB & Party Scene girls Remainder of Act 1 Cast Arrival (<i>*Surprise Dolls arrive 1:00pm</i>)s <i>Surprise Dolls Arrive, check in and get dressed I se Act 1, dismiss 2:45p</i> Act 1 - Nutcracker Ballet (Party, Battle, Snow) Act 2 - Arrival (<i>If only in Act 1, you are dismissed at 3:15pm</i>) Act 2 - Nutcracker Ballet (Land of Sweets) (<i>Demis, Tea, Angels finish 5:30pm</i>) Finale & Bows/Problem Spots - GYJB (<i>Greater York Youth Ballet</i>)
Sunday, Nov. 22 <i>Nutcracker Ballet</i> <i>Dress Rehearsal @ DIF Studios</i> FULL MAKE UP REQUIRED <i>*Always check the online calendar for any updates to the times.</i>	11:15am 11:30-12:00pm 11:45am 1:00-2:45pm 12:15-3:30pm 3:30pm 4:00-6:00pm 6:00-6:30pm	GYJB & Party Scene girls Arrival Warmup GYJB & Party Scene girls Remainder of Act 1 Cast Arrival (<i>*Surprise Dolls arrive 1:00pm</i>) <i>Surprise Dolls Arrive, check in and get dressed for Act 1, dismiss 2:45p</i> Act 1 - Nutcracker Ballet (Party, Battle, Snow) Act 2 - Arrival (<i>If only in Act 1, you are dismissed at 3:15pm</i>) Act 2 - Nutcracker Ballet (Land of Sweets) (<i>Demis, Tea, Angels finish 5:30pm</i>) Finale & Bows/Problem Spots - GYJB (<i>Greater York Youth Ballet</i>)
Sunday, Dec. 6 <i>Nutcracker Ballet</i> <i>Dress Rehearsal @ DIF Studios</i> FULL MAKE UP REQUIRED <i>*Always check the online calendar for any updates to the times.</i>	12:00pm 12:15-12:45pm 1:00-2:15pm 1:00-3:00pm 2:30pm 3:00-5:00pm 5:00-6:00pm	Act 1 Arrival (<i>*Surprise Dolls arrive 1:00pm</i>) Warmup GYJB & Party Scene girls, all other cast dress in costume <i>Surprise Dolls Arrive, check in and get dressed for Act 1, dismiss 2:15p</i> Act 1 - Nutcracker Ballet (Party, Battle, Snow) Act 2 - Arrival (<i>If only in Act 1, you are dismissed at 3:00pm</i>) Act 2 - Nutcracker Ballet (Land of Sweets) (<i>Demis, Tea, Angels finish 4:30pm</i>) Finale & Bows/Problem Spots - GYJB (<i>Greater York Youth Ballet</i>)
Mon, Dec 7 @ DIF, 3524 E. Market St	6-8pm	Greater York Youth Ballet (GYJB) - Rehearse various Company Nutcracker Roles as needed
		<i>*Regular classes are not be held the week of Dec 7. There may be special Early Childhood classes/events held and will be on the Online Calendar.</i>

Nutcracker Ballet & Hip Nut 2026

Week of Show Schedule

9.24.26

Wed, Dec 9 @ DIF	5:45-8:00pm	Load Up Tractor Trailer at Dance It Forward <i>*Please volunteer on Signup Genius.</i>
Thurs, Dec 10 @ Appell Ctr Load In of both shows	5:00-9:00pm	Volunteers are Needed to Load In these productions at the theatre! Signup online on Signup Genius. Links available in September.
Thurs, Dec 10 Studio Rehearsal	5-9 pm	<i>Snow King, Snow Queen, Sugar Plum, Cavalier, Clara, Dewdrop, Arabian, Hip Nut France, Hip Nut Clara</i>
Fri, Dec 11 Nutcracker Ballet Dress Reh @ Appell Center, Strand Theatre	3:00-4:15pm 4:00pm* 4:15-5:00pm 5:00-5:15pm 5:15-7:00pm 6:30pm 7:15pm 7:15-9:15pm 9:15-10:15pm	Guest artists review theirs/learn Ent Finale w/lead GYYB rep Arrival Nutcracker Ballet - Act 1 Cast <i>*Surprise Dolls arrive 4:45pm, Surprise Dolls leave 6:45pm</i> Warmup on Stage - GYYB & Party Scene girls, <i>allow Party to dress at 4:45pm</i> Party Scene on stage, <i>in costume, for blocking of Party Scene</i> Nutcracker Ballet - Act 1 Dress Reh Arrival Nutcracker Ballet - Act 2 Cast (If only in Act 2) Dismissal of those only in Act 1 <i>*Surprise Dolls dismiss 6:45pm</i> Nutcracker Ballet - Act 2 Dress Reh Finale & Problem Spots- GYYB & Guest Artists
Sat, Dec 12 @ Appell Center Nutcracker Ballet Full Dress Run thru Nutcracker Ballet - 3:00pm Show The Hip Nut Dress Reh	10:45-11:45am 11:15am 12:00pm-2:10pm 1:45pm 2:10-2:30pm 2:15-2:30pm 2:45pm 3:00pm SHOW 5:15pm 5:15-5:45pm 5:30-5:45pm 5:45pm 6:00pm 6:30-8:30pm 8:00pm 8:45-10:00pm 10:00-10:30	Arrival & Warmup - GYYB & Party Girls Arrival of Nutcracker Ballet, both Acts <i>*Not Surprise Dolls</i> Nutcracker Ballet, Full Dress Reh Run Thru w/20 Min. Int. <i>*Not Surprise Dolls</i> Arrival of Surprise Dolls, and rehearse onstage Dancer & Crew Break Theatre Opens Nutcracker Ballet - Act 1 Party Scene on Deck Curtain Performance Ends/Dismissal Reset for The Hip Nut Dress Reh, Dancer Break if also in The Hip Nut Crew Break Arrival - Hip Hop Crew and Act 1 cast, if not already at theatre Warmup on Stage IN COSTUME - Hip Hop Crews, Lead Roles Hip Nut Act 1 Full Dress Reh (<i>Me Too, School Scene, Toy Scene, Ready or Not, Fairies, Chick I'm Dismal, Battle</i>) Arrival of Act 2 cast (<i>no Brazil/Early Childhood</i>) Hip Nut Act 2 Full Dress Reh (ALL of Act 2 except Brazil (early childhood)) Problem Spots needing extra rehearsal. (Most likely Lead Roles and Hip Hop Crew)
Sun, Dec 13 @ Appell Center The Hip Nut Dress Run thru The Hip Nut - 4:00pm Show	10:45am-11:45am 11:30am 12:30pm 12:00-2:10pm 2:15-2:45pm 2:45-3:15pm 3:15-3:30pm 3:45pm 4:00pm SHOW 6:15pm 6:15-8:45pm	Arrival & Warmup on stage - Hip Hop Crew, GYYB, & lead roles All other Hip Nut Cast Arrival <i>*All Act 1 & Act 2 cast must arrive and rehearse prior to the 4:00pm performance.</i> Arrival of Brazil (early childhood) and remain til end of show The Hip Nut Full Run Thru w/20 Min. Int. Problem Spots work, if needed Dancer & Crew Break Theatre Opens On Deck - Act 1, The Hip Nut Curtain Performance Ends/Dismissal Load Out of Theatre, Return to unload at Studio <i>* Please Volunteer on Signup Genius</i>

Schedules are subject to change

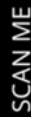
R & K Subs Fundraiser is an **optional fundraiser** to earn \$ to your account. Starts Monday October 5th. Forms and money due to Dance It Forward by Monday October 19th. (Check only no cash) Pick up at Dance It Forward is Thursday October 29th from 5 to 7pm. No late pick up. We cannot store food, so please be sure to make arrangements to pick up subs and sandwiches between that time frame.
Each item sold makes you \$2.25.

[illegible]



Full service fundraising offering Italian subs and sandwiches since 2005

Sub Order Form

TOTAL

Ingredients: Use the QR code to get more ingredient and nutritional information about our subs and sandwiches

- All subs prepared with individual packs of Lettuce, Tomatoes, Onions (optional), and include a condiment packet.
- Spicy Italian Sub is prepared with Hot Capicola, Pepperoni, Hard Salami, and Provolone Cheese.
- Italian Sub is prepared with Cooked Ham, Cooked Salami, Hard Salami, and Provolone Cheese.
- Ham, Turkey, and Roast Beef Subs are prepared with White American Cheese.
- American Sub is prepared with Cooked Ham, Cooked Salami, Bologna, and White American Cheese.
- Subs prepared on **Whole Grain Roll**: Turkey with White American Cheese or an All Cheese Sub prepared with Provolone and White American Cheeses.

Dance It Forward

Cash is not accepted