

IMPORTANT!

Dance

MARCH 2026



DANCE IT FORWARD

NEWSLETTER



Welcome to our 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.*

Important Newsletter Contents

- **Summer Program Enrollment** is now open! We have many choices to inspire and progress dancer's skills and Summer dancing memories that will last a lifetime! CELEBRATION WEEK - Wacky Week March 23-28.
- A **Family Dance** will be in our June Show! Details in this newsletter.
- **CLOSED for Spring Break** - Dance It Forward will be CLOSED March 31 to April 10.
- **Flinchbaugh's Easter Dessert Fundraiser** - Deadline March 16. Pickup Thurs, April 2 - 5p-6:30pm.
- Don't forget to order your **DIF Merchandise** to wear proudly, especially during our **Wear Your Dance It Forward Merch! CELEBRATION WEEK**, May 4th - 9th.
- Mark you calendars for **Visitor's Week** - May 11-16. Two visitors per dancer/class.
- June Show Details Info #1 is in this newsletter.
- June Show tickets will go on sale in April.
- Seeking Volunteers for the June Show - a Volunteer Signup link will be emailed very soon.
- Wacky Week Coming this month! March 23-28. Details inside this newsletter.
- Please report dancer absences through the online portal.

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!





Summer 2026!



Summer Training That Moves You Forward

Our SUMMER SCHEDULE GUIDE is available at the front desk, through email on our Website [CLICK HERE](#).

We are bringing you ***the best*** programs for all levels, ages and aspirations.



Enrollment Is Now Open

**Special Early Bird Rates available through April 1st.
ENROLL NOW**

Join Us For THE FAMILY DANCE



Calling all Families!



YOU ARE INVITED TO DANCE IN THE JUNE SHOW!

THE DETAILS

Why Join?

- At Dance It Forward, we are committed to creating positive, memorable experiences that last a lifetime. The Family Dance is one such experience that strengthens family bonds in a fun and engaging way. This year's theme is *Midnight Disco* so dancers and their families may wear anything "**Black & Bling**" - black pants, black tops and anything with sequins, bobbles, metallic or shiny things. We ask that all wear any type of comfortable black dance shoe or sneaker; however, the soles must be wiped cleaned and saved for the dance floor only.

Participation Details

- **Who can join:** Dancers ages 4 and up. Dancing children need to be current students.
- **Rehearsals will be held:** Saturdays - **March 21, April 11, 25, May 9 4:30-5:30pm** at Dance It Forward, 3524 E Market St.
- **Additional Studio Dress Rehearsal:** *Mandatory* - May 30 - 2:30-3:45pm @ Dance It Forward
- **Theatre Dress Rehearsal:** Saturday, June 6 - 1:00-2:45pm @ Appell Center/Strand Theatre (Phila St Entrance)
- **Performance Dates:** Saturday, June 6 (Arrival at 5:15pm) and Sunday, June 7 (Arrival at 3:15pm)
(Must be In Both June Shows)

Cost and Commitment

- The non-refundable **participation fee is \$99**, which covers all rehearsals and preparation in performing.
- It's about making memories with loved ones!

Register Now

- The dance will be set to the upbeat mix of music "Midnight Disco" making it a fun and energetic experience for all involved. There is a class in JackRabbit titled FAMILY DANCE to register for this special dance that will perform in BOTH June Shows. Register all family members participating including adding the adult as a student. We will then charge one charge per family.



A Midnight Disco Theme!



JUNE SHOW 2026 DETAILS #1

Newsletters update the specific details needed for the current production. There is also a section about Performing in the Student Handbook in your portal. > Please plan vacations around these dates to ensure your dancer can participate in all rehearsals and performances.

June Show Tickets

- Tickets for the June Shows will go on sale April 1.
- Purchase through the Appell Center Box Office - a link will be in the next newsletter.
Important! Make sure you're buying tickets for the correct show!
- There are 2 shows: Saturday June 6, 6 pm & Sunday, June 7, 4 pm. Commercial Dancers & Co Dancers will be in both Shows. The EARly Childhood Classes will be in one of the shows.
- Dancers will stay backstage during the show(s) they are in and do not need a ticket.



June Show VOLUNTEERS NEEDED!!!

Volunteers are needed for both the June Shows and Dress Rehearsals.

Here's how it works:

- If you sign up to volunteer in an area listed as Rehearsal & Show, you won't need a ticket for that show.
- If your child is performing in the show and you volunteer as a Dressing Room Assistant (Reh & Show), you'll be able to watch them from a designated side-stage area.
- You can also volunteer at a rehearsal/show where your child is not performing.

Please consider volunteering! Your dancer will love having you involved!

Volunteer Sign Up links will be emailed out soon.

Dress Code Items Needed

Look on the next page for the tights and shoes needed for June Show & be sure you have them ordered. Please go to this [Dress Code link](#) to order. All performing female dancers need the nude cami leo at all times due to changing backstage at dress rehearsals and shows.

HAIR: Performers should wear their hair in a high pony tail, unless performing Ballet should have hair slicked in a bun (No bangs)

MAKE-UP: Optional but encouraged (Co dancers wear full makeup)

If in more than one dance, bring a Quick-change basket

If wearing both pink and tan tights in the show, wear you tan tights under the nude cami (and pull pink overtop when needed).

Volunteer Background Clearances Required

All volunteers must have background clearances on file with Dance It Forward, acquired within the past 5 years. There is NO cost for volunteer clearances.

- If you have recent background checks from other volunteer positions or your workforce, you can email them to cs@danceitforward.org or drop them off at the front desk.
- If you don't have recent clearances, click on the links below to start the process now to ensure your background checks are received before you begin volunteering.

Important: If your background check is over 5 years old, we must have a current one on file.

CLICK HERE FOR > [PA Child Abuse History Clearance](#)

CLICK HERE FOR > [State Police Criminal Background Check](#)

<i>What Happens After Midnight</i> JUNE SHOW - SHOW #1 Saturday, June 6th - 6:00pm Strand Theatre, Appell Center for the Performing Arts	<i>What Happens After Midnight</i> JUNE SHOW - SHOW #2 Sunday, June 7th - 4:00pm Strand Theatre, Appell Center for the Performing Arts
ACT 1 - Show #1	ACT 1 - Show #2
NHSDA Ensemble - Black Slip On Jazz Shoes, Suntan Tights	
GYB - Pink Stretch Canvas Ballet Shoe (or Pointe), Pink Tights	
Variations (Mon 6:30pm) Ballet - Pink Stretch Canvas Ballet Shoe, Pink Tights	
INT Cont/Modern (Tues 4:45pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	
PREP Cont/Modern (Thurs 6:15pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	
ADV Cont/Modern (Thurs 5:30pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	
JR Musical Theatre (Tues 7:00pm) - Black Slip On Jazz Shoes, Suntan Tights	
SR Musical Theatre (Tues 6:15pm) - Black Slip On Jazz Shoes, Suntan Tights	
Grandparents Dance -Black Sneakers, Jazz or Ballet Shoes, Black Performance Bootleg Pant or Yoga Pant, Black &/or Silver Long Sleeve Top (think Disco like, sequins, etc)	
INTERMISSION	
ACT 2 - Show #1	ACT 2 - Show #2
Youth Ensemble (Thurs 7:45pm) - Black Slip On Jazz Shoes, Suntan Tights	
FWD Dance Company (Thurs 6:15pm) - Black Slip On Jazz Shoes, Suntan Tights	
Showtime Combo 4-6 (Tues 6:00pm) - Black Tap Boot Shoe, Pink Tights	Showtime Combo 4-6 (Mon 4:40pm) - Black Tap Boot Shoe, Pink Tights
Showtime Combo 3-4 (Mon 5:30pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	Showtime Combo 3-4 (Tues 4:45pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights
—————	Showtime Combo 3-4 (Mon 10am) - Pink Stretch Canvas Ballet Shoe, Pink Tights
Pop Hop Combo (Tues 4:40pm) - Black Slip On Jazz Shoes, Suntan Tights	Pop Hop Combo (Mon 6:15pm) - Black Slip On Jazz Shoes, Suntan Tights
Discover Ballet 3-4 (Wed 5:45pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	FWD Musical Theatre (Tues 6:50pm) - Black Slip On Jazz Shoes, Suntan Tights
Pre-Primary Ballet 4-6 (Wed 6:15pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	Primary Combo (Wed 5:00pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights
Primary Ballet (Mon 4:45pm) - Pink Stretch Canvas Ballet Shoe, Pink Tights	FWD Pom Squad (Mon 5:30pm) - White Sneakers, Suntan Tights
JR Jazz (Tues 5:30pm) - Black Slip On Jazz Shoes, Suntan Tights	
SR Jazz/Tap (Thurs 4:45pm) - Black Slip On Jazz Shoes, Suntan Tights	
JR Pom Cheer (Thurs 7:00pm) - White Sneakers, Suntan Tights, Black Boy Cut Shorts, Pom Squad Uniform Top	
SR Pom Cheer (Thurs 7:45pm) - White Sneakers, Suntan Tights, Black Boy Cut Shorts, Pom Squad Uniform Top	
Breakdance (Wed 6:30pm) - Black Classic High Top Sneaker, Black Bootleg Performance Pants	
PREP Hip Hop (Wed 5:45pm) - Black Classic High Top Sneaker, Black Bootleg Performance Pants	
INT Hip Hop (Wed 7:15pm) - Black Classic High Top Sneaker, Black Bootleg Performance Pants	
Adv Hip Hop (Wed 4:30pm) - Black Classic High Top Sneaker, Black Bootleg Performance Pants	
JR Crew (Wed 8:00pm) -Black Classic High Top Sneaker, Black Leggings, DIF Crew Crop Top	
SR Crew (Wed 5:15pm) - Black Classic High Top Sneaker, Black Leggings, DIF Crew Crop Top	
REMINDERS: > Wear Hair in Ponytail, unless in Ballet dance, must have hair slicked and burned (No bangs) >>ALL DANCERS MUST WEAR a Nude Camisole Leotard. >>> If in multiple dances requiring both Suntan & Pink tights - Wear Suntan Tights under Nude Camisole Leotard, pull Pink Tights Overtop. Will need Quick Change Basket.	



June Show 2026

Yearbook Program Messages

Support Dance It Forward and your dancer!

Outside Back Cover (Full Color)	8" h X 5" w	\$400
Inside Cover Front or Back* (Full Color)	8" h X 5" w	\$350
<i>*Inquire for availability.</i>		
Full Page	8" h X 5" w	\$190
Good Luck Charm** + 1/2 Page	4" h x 5" w	\$135
1/2 Page	4" h X 5" w	\$100
Good Luck Charm** + Message Box	2" h x 2.5" w	\$65
Message Box to a dancer	2" h x 2.5" w	\$30
1-line "Shout Out" to a dancer*	10-word max*	\$10

Artwork add'l fee \$20 > *If you need assistance creating your message in the acceptable format (JPEG, TIFF or PDF files) please add \$20.*

*1 line "Shout Out" message - please write your "Shout Out" below however, ALL Messages must be emailed to MFritz@danceitforward.org, including the 10 word "Shout Outs". This is to ensure there are no spelling errors.
The dancer's name is added prior to the Shout Out and doesn't need included in the 10 word total.

_____ *
DANCER NAME

** **Good Luck Charm** is an additional option that will include sharing your message to Dance It Forward's social media leading up to the June Show. (must be in a JPeg, PDF or Tiff file)

Submission Form

Please submit completed message by EMAIL to: MFritz@danceitforward.org.

Deadline: Thursday, May 7, 2026

Student Name: _____ **Phone** _____ **Email** _____

If Applicable:

Business Name: _____ **Contact** _____ **Phone/Email** _____

CHOOSE SIZE:

1 line "Shout Out" (\$10) _____ Message Box (\$30) _____
 Good Luck Charm + Message Box (\$65) _____
 1/2 Page (\$100) _____ Good Luck Charm + 1/2 Page (\$135) _____
 Full Page (\$190) _____ Inside Cover(s) (\$350) _____
 Outside Back Cover (\$400) _____ Artwork Assistance fee (\$20) _____

- Checks payable to Dance It Forward. Checks may be dropped off at the studio during Office Hours or mailed to Dance It Forward, 3524 E. Market St., York, PA 17402
- Cash is NOT accepted.
- All messages are black & white, except the cover pages.
- Messages must be submitted to MFritz@danceitforward.org no later than May 7 in a JPEG, TIFF, or PDF files only.
(1 line Shout Out, Please email the text (10 words))

JUNE SHOW 2026 REHEARSAL SCHEDULE

Early Childhood indicated in Green

Saturday, May 30- STUDIO DRESS REHEARSAL

Act 1 & Commercial section in Act 2 for **BOTH 6/6 & 6/7 SHOWS**

- 11:45am** Arrival: GYYB & NHSDA
12-12:45pm Warm-Up: GYYB & NHSDA & Meeting: Volunteer Informational Meeting for anyone volunteering at the June Shows (Studio B)
1pm Arrival: Act 1 Dancers (Full run-through with quick changes)
> Act 1 Dancers: NHSDA, GYYB, Variations, Contemporary/Modern (Adv/Int/Prep), Musical Theatre (Jr/Sr)
1:15-3:45pm Act 1 Dress Rehearsal: All Act 1 Dancers
2:30pm Arrival: Grandparents Dance for Rehearsal 2:45-3:45pm
3:45-4:15pm Break: (Dancers in both Acts will have a break to "fuel up & hydrate": bring non-messy snacks & clear drinks)
4:15pm Arrival: Act 2 Commercial Dancers (Only those NOT in Act 1)
4:30-6:30pm Act 2 Studio Dress Rehearsal (Commercial Classes Only - NO Early Childhood classes)

Monday, June 1 STUDIO DRESS REHEARSAL

Early Childhood Section for Show # 1 **6/6 Show ONLY**

- 4:45pm** Arrival: NHSDA & Student Assistants (Warm-Up and prepare EC arrival)
5:15pm Arrival: **Show #1 Early Childhood Classes**
Show # 1 Dancers are:
> Youth Ensemble (Thurs 7:45pm), FWD Dance Company (Thurs 6:15pm), Showtime Combo 4-6 (Tues 6:00pm), Showtime Combo 3-4 (Mon 5:30pm), Pop Hop Combo (Tues 4:40pm), Discover Ballet 3-4 (Wed 5:45pm), Pre-Primary Ballet 4-6 (Wed 6:15pm), Primary Ballet (Mon 4:45pm)
5:30-7:30pm Dress Rehearsal: **Early Childhood Section for 6/6 Show ONLY**
(If you are a Student Assistant for EC classes please be here to assist. All NHSDA members should be present also)
7:45-8:15pm Meeting: All Student Assistants, Faculty, and NHSDA Mandatory following this Rehearsal

Tuesday, June 2 STUDIO DRESS REHEARSAL

Early Childhood Section for Show # 2 **6/7 Show ONLY**

- 4:45pm** Arrival: NHSDA & Student Assistants (Warm-Up and prepare EC arrival)
5:15pm Arrival: **Show #2 Early Childhood Classes**
Show # 2 Dancers are:
> Youth Ensemble (Thurs 7:45pm), FWD Dance Company (Thurs 6:15pm), Showtime Combo 4-6 (Mon 4:40pm), Showtime Combo 3-4 (Tues 4:45pm), Showtime Combo 3-4 (Mon 10:00am), Pop Hop Combo (Mon 6:15pm), Primary Combo (Wed 5:00pm), FWD Pom Squad (Mon 5:30pm), FWD Musical Theatre (Tues 6:50pm)
5:30-7:30pm Dress Rehearsal: **Early Childhood Section for 6/7 Show ONLY**
(If you are a Student Assistant for EC classes please be here to assist. All NHSDA members should be present also)
7:45-8:15pm Meeting: All Student Assistants, Faculty, and NHSDA Mandatory following this Rehearsal

Wednesday, June 3 STUDIO COMPANY REHEARSAL & LOAD UP, 3524 E Market St. Company & Volunteers

- 5:30pm** Arrival: Company warmup and rehearsal
Dancers are:
> (Company: GYYB, Hip Hop Crew, NSHDA)
6-8pm Studio Rehearsal: Company (not a dress rehearsal)
6-7:30pm LOAD UP Truck at Studio
Load Up Box Truck - dance floor, floor tape, lent costuming and rolling racks, donations, detailing items, lobby display, etc

Thursday, June 4 LOAD IN & SET UP @ APPELL CENTER, 50 N. George St. Staff & Volunteers

- 5:30pm-8:30pm** Staff & Volunteers LOAD in at APPELL Center
Load In at Theatre - unload Trucks > No Drops, Projection used in these shows
> Load costuming to Lower Level & MPR Dressing Rooms > Load Flooring/tape/etc > Post signs on Dressing Rooms, etc

JUNE SHOW 2026 SCHEDULE at APPELL CENTER

SHOW #1

Appell Center, Strand Theatre - 50 N. George St. York, PA

SATURDAY, JUNE 6 SHOW #1 **THEATRE DRESS REHEARSAL FOR SATURDAY SHOW @ APPELL**

STAFF & VOLUNTEERS

9:30am-10:30am - Any final SET UP Volunteers, Admin/Faculty (Hang Signs Setup Phila St Lobby/Check In or anything not finished at Load In on Thurs, June 4th)

10 am GYYB & NHSDA DANCER ARRIVAL & Check In at Phila St door

Place belongings in Dressing Rm and report to warmup

10:30 am-11am GYYB & NHSDA Warmup Class in Theatre Inner Lobby

11-11:15am Quick changes set

11:15am-12:30pm GYYB Company & NHSDA Dress Rehearsal, Staging/Spacing *Setting Light Cues / Projection

12pm ACT 1 DANCER ARRIVAL & Check In at Phila St door -

> Act 1 Dancers - Cont/Modern & Variation classes (Grandparent Dance arrives at 1:00pm)

*Get into costumes and settled into dressing room. *Variations - report to stage immediately to space/stage their piece.

12:45pm-2:45pm - Act 1 Dress Rehearsal - Straight thru with Quick Changes

1pm ARRIVAL & Check In at Phila St door - Grandparent Dance, performs end of Act 1

2pm ARRIVAL & Check In at Phila St door - Act 2 Dancers, some may already be at theatre (NOT Early Childhood Classes, they arrive 5:15pm.)

2:45 pm DISMISSAL of Grandparent Dance DISMISSAL (Adults and Early Childhood class age dancers may dismiss and return for the show 5:15-5:30pm)

2:45-3pm CREW & DANCER BREAK

3pm-5pm - Act 2 Dress Rehearsal - Straight thru w/Quick Changes

(without EC age dancers. EC Entrance/Exits will be rehearsed with Student Asst/NHSDA)

5-5:15pm - Main Close, Clean Dance Floor - Reset all for Show at 6pm

5:15pm ARRIVAL & Check In at Phila St door - **Early Childhood Classes** and Grandparent Dance at Theatre

5-5:30pm CREW & DANCER BREAK

Dancers should Hydrate, eat a snack, rest, etc. (All Dancers - NOT EC - should pack a bagged lunch with disposable drink bottle, healthy snacks/fruit/sandwiches - Not Messy subs or greasy foods)

5:15pm Theatre Opens *(Clean Dance Floor behind Main)

6 pm - Show # 1

8:15-8:30pm - Show Dismissal (this time is approx)

> All Early Childhood Dancers will be dismissed from Main Level/Check In Area near Phila St Door. (from House Right). Same as June Show 2025 dismissal.

> All other dancers will be dismissed from Lower Level Dismissal Area (House Left Hallway). Same as June Show 2025 dismissal.

JUNE SHOW 2026 SCHEDULE at APPELL CENTER

SHOW #2

Appell Center, Strand Theatre - 50 N. George St. York, PA

SUNDAY, JUNE 7 SHOW #2 **THEATRE DRESS REHEARSAL FOR SUNDAY SHOW @ APPELL**

10:30 am GYYB & NHSDA DANCER ARRIVAL & Check In at Phila St door
Place belongings in Dressing Rm and report to warmup

11-11:30 am GYYB & NHSDA Warmup Class on stage

11:30-11:45 am GYYB Company & NHSDA Rehearsal, Quick changes set

11:30am - ARRIVAL & Check In at Phila St door - Act 1 & Act 2 Dancers (NOT Early Childhood Classes or Grandparent's Dance, they arrive 3:15pm.)

12 pm-3 pm - ENTIRE SHOW Dress Rehearsal (Both Act 1 & Act 2)- straight thru w/Quick Changes (Not EC Dancers or Grandparents Dance, but we will rehearse EC Entrance/Exits with Student Asst/NHSDA)

3-3:30 pm - BREAK - Dancers should Hydrate, eat a snack, rest, etc.

(All Dancers - NOT EC - should pack a bagged lunch with disposable drink bottle, healthy snacks/fruit/sandwiches - Not Messy subs or greasy foods)

3:30pm-Dancers touch up hair and makeup and be in First Costume (if in multiple dances, reorganize Quick Change bin/ bucket to ensure ready for show)

3-3:15pm - Main Close, Clean Dance Floor - Reset all for Show at 4 pm

3:15pm - ARRIVAL & Check In at Phila St door - Early Childhood Classes and Grandparent Dance at Theatre
3:15pm - Theatre Opens (Clean Dance Floor behind Main)

4 pm - Show # 2

6:15-6:30pm - Show Dismissal (this time is approx)

> All Early Childhood Dancers will be dismissed from Main Level/Check In Area near Phila St Door. (from House Right). Same as June Show 2025 dismissal.

> All other dancers will be dismissed from Lower Level Dismissal Area (House Left Hallway). Same as June Show 2025 dismissal.

6:30-8:30pm Load Up/Load Out immediately following this Show, return all items back to Dance It Forward.
WE NEED VOLUNTEERS. Please Sign Up Online.

Easter Treats from Flinchbaugh's Orchard is about to begin. This fundraiser will go directly to the dancer's account. The start of the fundraiser will begin on Monday 3-2-26 and end Monday 3-16-26. All orders and money (check only made to Dance it Forward) due to the studio Monday 3-16-26. Pickup date is Thursday 4-2-26 just in time for Easter! Pickup at the studio from 5:00pm to 6:30pm. **Reminder that the studio is closed that day so there will be NO late pickups, the studio is doing a favor by opening up for this!** Please make arrangements to pick up your items that day during the time frame. We cannot leave any food items at the studio!

What you could earn:

Apple Pie- \$4.00

Cherry Pie- \$2.50

Strawberry Pie- \$2.50

Carrot Cake Whole- \$6.00

Carrot Cake Half- \$4.50

Whoopie Pies- \$0.40

Lemon Loaf- \$1.25

Strawberry Cake Roll- \$1.05

Apple Dumpling- \$0.65



Wacky Week

March 23- 28



Students may wear crazy socks, in their appropriate dance shoes, and/or wear their hair the wackiest way they know how to participate in this Celebration Week. *Please no Glitter, as it makes the dance floor slippery.*



DANCE IT FORWARD	717-755-6683 (MOVE) CALL OR TEXT
www.danceitforward.dance	3524 E Market St., York, PA 17402

