

WELCOME TO OUR

NOVA Newsletter

we're so glad you're here!

*I am Strong, Brave, and Chosen.
I am a masterpiece.
Comparison and perfection are not my master.*



NOVA'S OCTOBER NEWSLETTER

Happy Fall!

We're so glad you're here and excited to share studio updates, important dates, upcoming events, and ways to stay connected.

As we move into a new season, we're grateful to keep growing, learning, and moving together as one NOVA community.

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Important Dates

October - December

Mark Your
Calendars!

Studio Closures

Nov 22nd - 28th Thanksgiving Break

Dec 31st - Jan 2nd New Years

Dec 23rd - 26th Christmas

Adult Dance & Wellness

Oct 16th NOVA Night

Starry Night (Fall Showcase)

Nov 7th In studio Rehearsal, adults

Nov 14th In studio Rehearsal, children

Nov 18th Student/Adult Tech

Nov 19th Children's Tech

Nov 20th Fall Show

**More details will be provided
closer to show date*

Tiny Dancer

OCTOBER

Oct 4th - 8th Presentation Week

Oct 16th Tiny Dancer Fall B Registration
Closes

A LOOK AHEAD

Nov 1st Tickets go on sale

Nov 15th Deadline for dancer's show
registration

Nov 16th - 17th No Classes

Dec 12th Tiny Dancer Show @ 10 am

Children's & Student Academy

OCTOBER

Oct 4th - 8th Presentation Week

Oct 11th Fall B start

Oct 28th Drop-In Freestyle
Breakdancing

A LOOK AHEAD

Nov 2nd Spring Enrollment opens
(returning students)

Nov 16th - 17th No Classes

Nov 30th Spring Enrollment opens
(new students)

Dec 5th Deck the Chairs (Lvl 1+)

Dec 7th - 11th Christmas Dress Up
Week



New Class Cancellation Policy

ADULT DANCE AND WELLNESS

Sign up with a friend! If a class has 1 student or less by 5pm the day before the class will be canceled. Invite a friend to sign up with you! (use the app and get referral rewards!)

Cancel at least 12 hrs before. Our late cancel window is expanding to 12 hrs. Class reservations cancelled within 12 hrs cannot be refunded.

Canceling close to class? Class reservations cancelled within 2hrs of class cannot be refunded and additionally a \$9 fee will be charged to the card on file.

Got grace? Yes! Please reach out to us for extreme circumstances.

Class Pass? The cancellation policy in class pass is very similar.

NOVA DANCE & WELLNESS ACADEMY

adult
hiphop

NOVA Night

ADULT HIP HOP
FRIDAY, OCTOBER 16TH
6:45 - 8:00 PM



Fall in love with movement as you experience the world of Hip Hop with Miss Crystal. Her style is clean and technical, but also brings you into the story of the movement! We just can't get enough of her choreography!

Simple enough for beginners but a fun class for all levels. *It's never too late to start dancing!*

[BOOK NOW](#)

Children & Student Academy

TEACHER UPDATES



Sarah Holbert

has stepped into the role of Level 2 student and Pre-pointe instructor!



Sarah Kettritz

has stepped into the role of Tiny Dancer Program Coordinator!



Yasdy V Ladino Jr

is joining our team as assistant teacher for break dancing!

[LEARN MORE](#)

Policy Reminder UPDATED BATHROOM POLICY

Per studio policy NOVA Staff are unable to provide any bathroom assistance for dancers.

For Tiny Dancers 1-3 and Pre-Primary students **ALL** parents are required to stay in the lobby during class time to assist their dancer with any bathroom needs during class.

Beginning in primary 1 and above our teachers and staff assume that the dancer:

1. Is able to recognize when they need to use the bathroom.
2. Is able to pull their clothing up and down, clean themselves properly, and use standard toilets without help.
3. Is able to wash and dry their hands properly.

If the dancer is not able to effectively complete these tasks it is the parent's responsibility to be available during class time to assist their child in the bathroom.

Per studio policy NOVA Staff are unable to provide any bathroom assistance for dancers.

Integrated Wellness

SLEEP AND REST

Did you know? El Shaddai is often translated “God Almighty.” This name of God reminds us that God is powerful and sufficient—we don’t have to carry everything in our own strength.

At NOVA, we believe rest is an important part of caring for the whole person. This month, we’re focusing on sleep—one of the most foundational ways our bodies and minds recover, regulate, grow, and prepare for another day.

For dancers, sleep is part of training, too. While we sleep, the body works to recover from physical activity, while the brain processes learning and supports attention, memory, and emotional regulation. For growing children and teens especially, consistently getting enough sleep matters. Sometimes our culture celebrates being busy, productive, and always “on.” Rest can remind us that our worth is not measured by how much we accomplish. We were created with bodies that need rhythms of both movement and restoration.

This month, consider protecting sleep as something valuable rather than simply what happens when everything else is finished.

As you settle in for the night, perhaps pause with this prayer: “El Shaddai, when my strength runs out, Yours does not. Help me release this day and receive the gift of rest.” Integrated wellness includes knowing when to move—and knowing when it’s time to rest.

Tips!

1) Create a short wind-down routine.

Dim the lights, change into pajamas, read, stretch gently, or spend a few quiet minutes together.

2) Give screens a bedtime, too.

Reducing bright screens and stimulating content before bed can make it easier to settle into sleep.

3) Treat sleep as part of wellness.

Rest isn’t time wasted. It supports recovery, learning, attention, mood, and overall well-being.

Take Class Today!

HAVE ANY QUESTIONS ABOUT OUR PROGRAMS?

Our desk staff is always eager to assist you with your dance journey!

EMAIL: info@novadanceandwellness.com

CALL: 904-966-4892

[LET'S CHAT!](#)

WWW.NOVADANCEANDWELLNESS.COM