



Intrigue **INSIDER**

OCTOBER 2026



IMPORTANT DATES

- October 12 - No Class
- October 31 - No Class
- November 2 - 15 -
Tentative Stars Testing Dates
- November 11 - No Class
- November 23 - 29 - No Class

HALLOWEEN COSTUME WEEK

October 26-30 - Stars Classes May Wear Costumes To Class All Week

Pre-Pro Dancers May Wear Halloween Costumes On These Days:

- Wednesday, October 28 - Pre-Pro Levels II+
- Friday, October 30 - Pre-Pro Levels IB/IIA

COSTUME REMINDERS -

Costumes must be worn over dance uniform and must allow full range of motion.



FROM FIRST STEPS TO CENTER STAGE PROGRAM SPOTLIGHT: MINI STARS

Our Mini Stars Program is a fun, encouraging environment for dancers ages 3 to 6 to learn ballet, tap, and hip-hop while building skills that last a lifetime!

What Mini Stars Learn:

- Dance Foundations: Core technique, terminology, rhythm, and flexibility
- Memory enhancement through fun choreography.
- Life Skills: Active listening, following directions, spatial awareness, and social skills like turn-taking.
- Confidence & Independence

We love watching these young dancers build the confidence and skills that set the stage for years of success in dance and in life!





CONDITIONING OCTOBER FOCUS OF THE MONTH

Technique gets the spotlight, but **conditioning** builds the foundation.

Strength, flexibility, and endurance help dancers perform their best while staying healthy and strong.

YOUR TEACHERS' TOP CONDITIONING EXERCISES:

- L-SIT TO HOLLOW HOLD
- LUNGES
- PILATES HUNDRED
- PLANK VARIATIONS
- PARALLEL SINGLE CALF RAISES
- KETTLEBELL ROMANIAN DEADLIFT



WOULD YOU RATHER HALLOWEEN EDITION

Carve a Pumpkin	OR	Bake Halloween Cupcakes
Have a Broomstick That Only Flies Two Feet Off the Ground	OR	A Magic Wand That Only Works on Wednesdays
Explore a Haunted House	OR	Explore a Dark Corn Maze
Eat Only Sour Candies for a Year	OR	Eat Only Chocolate Candies for a Year
Haunt One Person Forever	OR	Haunt One Place Forever
Be A Ghost That Can be Heard But Not Seen	OR	Be A Ghost That Can Be Seen But Not Heard
Have a Pet Spider	OR	Have a Pet Bat
Trick or Treat with a Witch	OR	Trick or Treat with a Ghost
Wear a Scary Costume	OR	Wear a Funny Costume

RESPONSIBILITY OCTOBER WORD OF THE MONTH

Responsibility is doing what needs to be done - doing your part - doing the right thing, even when no one is watching.

In dance, responsibility includes :

- showing up prepared
- arriving on time
- being accountable for your actions
- listening to instructors
- practicing at home
- encouraging a teammate/classmate

Every act of responsibility builds trust, confidence, and success both in and out of the studio.

Dancer Reflection:

- What responsibility do you have at home, school, or dance that makes you proud?
- What goal can you set to become even more responsible and dependable?

**"The time is
always right to
do what is right"**

• Dr. Martin Luther King Jr.

ACCESS THE PARENT CORNER

INTRIGUEDANCE.COM/PARENTCORNER
Password: intriguedance

- Studio Updates
- Get the DSP Portal link:
 - Class Schedule
 - Order Dancewear
 - Report Absences
 - Connect with Teachers
 - Payments / Balances
- Hair and Dress Requirements

