

Intrigue INSIDER

SEPTEMBER 2026

WELCOME BACK INTRIGUE FAMILIES!



We're excited to begin another season of growth, creativity, and connection.

At Intrigue, we're not just building dancers. We're building confidence, character, friendships, and a community where every dancer can thrive.

As we embrace our September Word of the Month, **Community**, we're grateful for the dancers, families, and staff who make our studio feel like home.

Whether this is your first season or your fifteenth, thank you for trusting us to be part of your dancer's journey. We look forward to a year of growth, meaningful connections, and unforgettable moments together.

IMPORTANT DATES

09.07.26	- NO CLASSES
09.08.26	- First Day of Classes
10.12.26	- NO CLASSES
10.31.26	- NO CLASSES
Coming In November	- Stars Classes Testing
Tentatively 11.02 - 11.15.26	

ACCESS THE PARENT CORNER

[INTRIGUEDANCE.COM/PARENTCORNER](https://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



FROM FIRST STEPS TO CENTER STAGE PROGRAM SPOTLIGHT: BABY + TOT STARS

In our **Baby Stars** and **Tot Stars** programs, we introduce our youngest dancers to the magic of dance and movement through music, rhythm, creativity, and play.

Along the way, they build confidence, develop important motor skills, and learn classroom routines that prepare them for their dance journey.



SUMMER 2026

FROM THE WONDER WORKS TO THE WORLD



The excitement of Intrigue's 15th Recital, The Wonder Works, carried right into an incredible summer of dance!

Stars dancers continued their training through summer classes, while Intrigue and IPDC dancers trained across the country and around the world!

Members of IPDC attended three national conventions + competitions; attended World Dance Movement in Italy - an international competition and intensive; and traveled to New York City for master classes and Broadway experiences.

The summer wrapped up with Pre-Professional intensives at the studio and the start of choreography for the upcoming competition season.

It was a summer filled with learning, performance opportunities, and memories that will inspire our dancers throughout the year ahead.



POSTURE + ALIGNMENT

SEPTEMBER FOCUS OF THE MONTH

Strong posture and alignment create the foundation for confident, healthy movement. Whether learning your first dance steps or mastering advanced skills, these habits support success in every style of dance.

Try these posture boosters at home:

- Wall Alignment Check
 - Stand with your heels, hips, shoulders, and head lightly touching a wall for 30 seconds.
 - Notice how it feels to stand tall and carry that posture with you throughout the day.
- Shoulders Back, Core On
 - Gently roll your shoulders up, back, and down, then engage your core muscles.
 - Hold for 10 seconds and repeat 3 times.
- String to the Ceiling
 - Imagine a string attached to the top of your head, gently pulling you upward.
 - Lengthen your spine, relax your shoulders, and keep your chin parallel to the floor.
 - You can practice this one while standing in line, doing homework, or brushing your teeth!

Remember: Every great leap, turn, and performance starts with a strong foundation. Stand tall and let your posture support you both in and out of the studio.