



for the
LOVE
of
DANCE
— 2025 —



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The Dancers

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The Team



I've been capturing dance, movement, and dynamics in my portraits before I even knew what it meant. When I decided to merge two of my biggest passions, I couldn't have imagined that it would evolve into the thriving venture that it is today.

I couldn't have made it so far without you—and without support.

Special thanks to my wonderful team: our lead make-up artist, Alyssa Buenaventura, and studio manager, Kate Mitchinson. Not only are you top-notch professionals, but you always bring your best, and this experience wouldn't be complete without you. From fabric tossing and hair pinning to soothing client nerves, you go with the flow and

help bring dreams to life. Special thanks also to Ashley Balbaa for the behind-the-scenes work and stepping in when needed, and to my retoucher, Sergey Ivin.

One of my favorite parts of this project is staying connected with the dancers and their families. I love hearing how your season is going, how your skills are developing, and how your goals are evolving. I am continuously inspired by your dedication, determination, and grit. I can't wait to see where your journey takes you next.

Until next time,

Veronica
Studio Owner &
Lead Photographer

What is it about?

"For the Love of Dance" is a photography campaign featuring 50 dancers, ages 7 to 18, from across Ontario. Coming from different backgrounds, experience levels, and dance schools, they all share one thing in common: their love for dance. From first steps and fresh starts at new studios to anniversaries and graduations, I'm honored to be part of their story.

This campaign began with a desire to celebrate both dance and the beauty of printed photographs. I wanted people to witness the magic of these moments as they were meant to be seen—displayed as art on the wall. There's nothing like seeing each dancer's face light up when they see themselves as a work of art.

The talent that comes through my studio is incredible, but to me, your dancer's passion is more important

than perfect skills. My goal is to do it justice, and give every dancer a confidence boost that will stay with them for a lifetime through an empowering, personalized experience.

The pressure, comparison and competition many young dancers face are sometimes overwhelming. But it warms my heart that so many participants shared that dance became their emotional outlet, their second home, and their family.

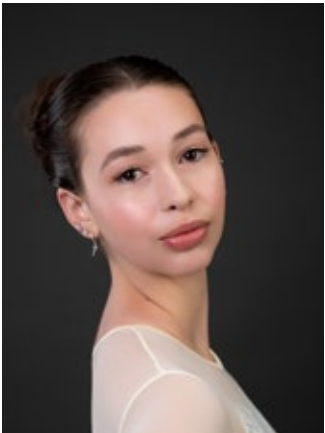
Referrals are the highest compliment we can receive, and it truly means the world to me when a new participant joins us through your recommendation. Thank you for sharing the love and being a part of this journey. I hope this campaign continues to grow and that we see you again in the years to come!





The Dancers





Kiera

AGE: 17
YEARS DANCING: 13
DANCE GENRES: ballet, lyrical, and contemporary
Kiera’s greatest passion is ballet.

Dance has become her main form of self-expression, allowing her to convey emotions she sometimes struggles to put into words. For her, there’s always room to grow, and she’s motivated by the pursuit of improvement. With dreams of joining the National School of Ballet, Kiera is already one step closer, having earned a scholarship at her end-of-year recital.

Beyond technique, dance has taught Kiera discipline, determination, and respect. Like many dancers, she sometimes struggles with self-doubt, feeling pressure to measure up to others. Over time, she’s learned the importance of focusing on her own growth rather than comparisons.

“Dance has greatly impacted my life, giving me a passion, goals, and amazing people I’ve met throughout my journey.”



Caroline

AGE: 10

YEARS DANCING: 8

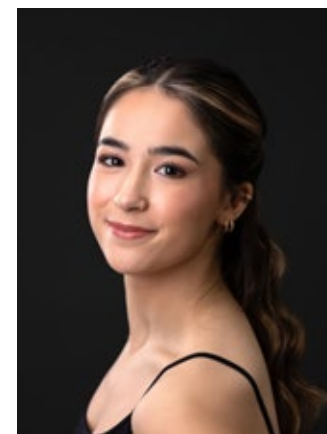
DANCE GENRES: pointe, tap, jazz, and acro

Caroline's passion for dance ignited when she saw "The Nutcracker" in Toronto, inspiring her love for ballet. She cherishes her memories of competing accompanied by her mom and grandma.

Caroline aspires to perform in a production of "The Nutcracker" and to compete solo. Her signature move is the leg lift, which she mastered through months of daily practice to improve her balance and flexibility.

One of the highlights for Caroline was winning a showstopper award with her tap group and taking home the highest marks for their age categories at a competition.

"Dance has impacted my life in so many ways. It's good for my mind, body and soul. Physically it helps me keep moving, works my muscles and brain and helps me trust and understand my body. It burns my energy. I have also met so many different people and made friends from across Canada. I am more confident."



Pia

AGE: 17

YEARS DANCING: 15

DANCE GENRES: modern, contemporary, jazz, lyrical, and hip hop

Pia is most inspired by contemporary dance, drawn to its abstract quality and the fact that no two pieces are ever the same. She values the deep connections formed through dance, especially the opportunity to perform alongside her closest friends. To her, sharing the highs and lows of competition with them is what makes the experience meaningful.

Now completing her final year of competitive dance, Pia looks ahead to the professional world. She plans to audition for dance companies and eventually move into choreography, where she can channel her creativity into making work that resonates with others.

“As I’m finishing my last year of competitive dance, I can’t wait to continue my dance career in the professional world.”



Scarlett

AGE: 8

YEARS DANCING: 5

DANCE GENRES: acro, contemporary, ballet, jazz, hip hop, and lyrical

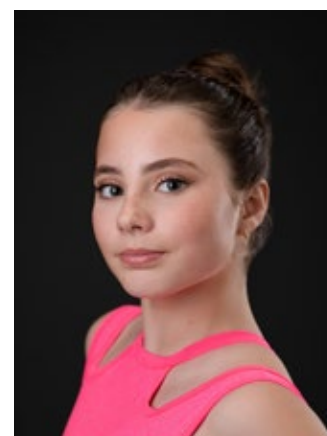
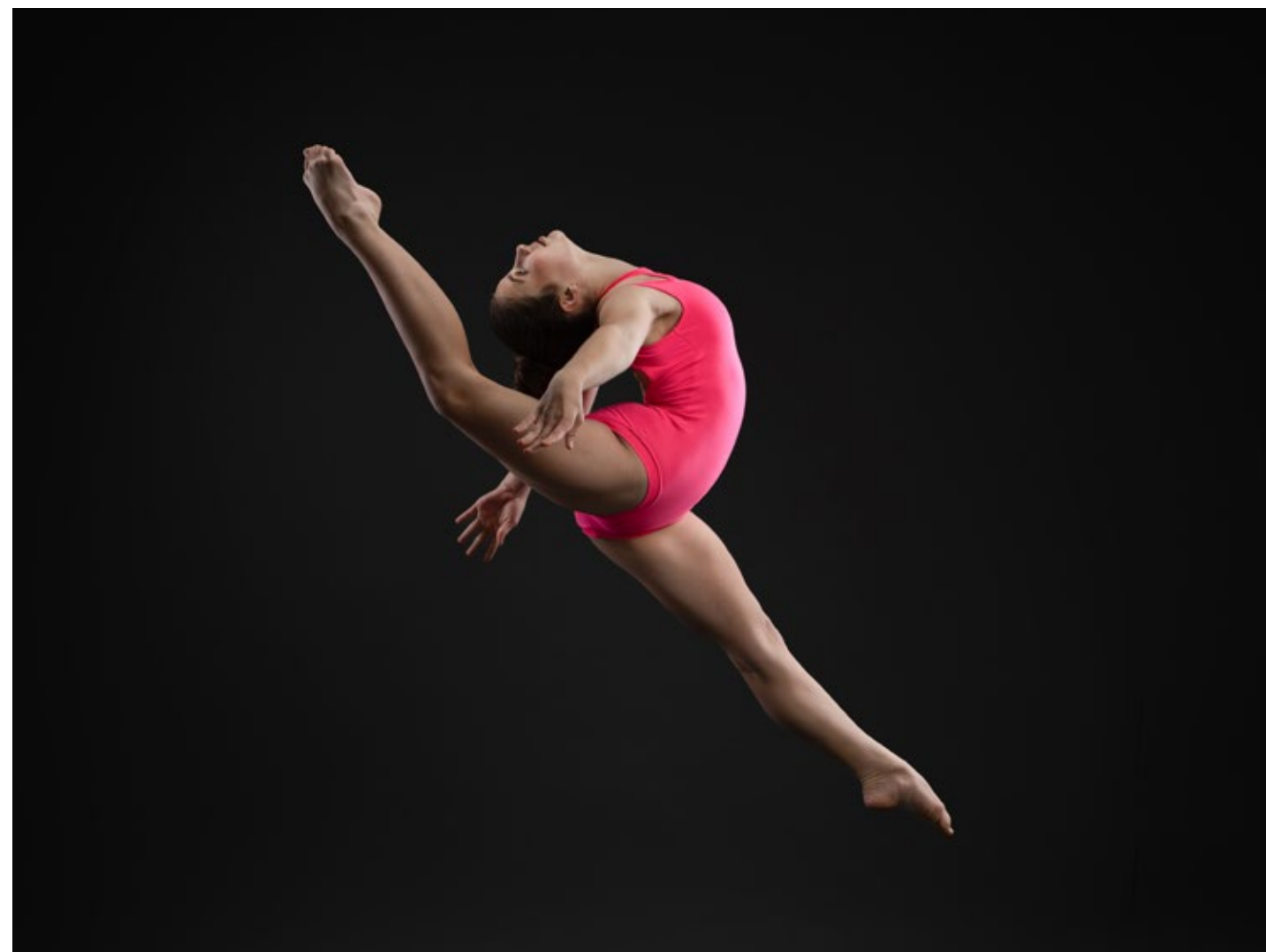
Scarlett enjoys lyrical the most because it allows her to express herself and incorporate fun tricks. She believes that dance helps her grow as a person and aims to become a professional dancer!

Among the skills she has mastered, Scarlett is most proud of her front aerial, which took her a few months to learn.

During COVID-19, Scarlett struggled with having to take online lessons. The magic of dance didn't quite feel the same virtually as dancing in the studio in person.

Dance has opened doors to new friendships and allowed Scarlett to follow her dreams. For her, dance is an art form and a pathway to personal growth and connection.

"My favourite dance memory is when I got to step onto the competitive stage and perform for the first time. It felt like I had a lot of great journeys ahead."



Ashlynn

AGE: 12

YEARS DANCING: 10

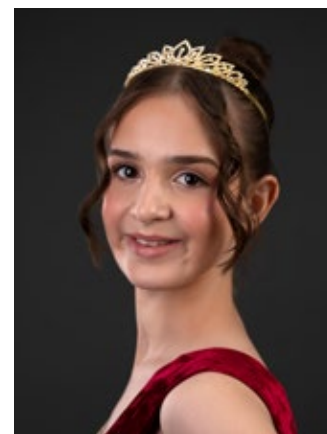
DANCE GENRES: all of them!

Ashlynn's favourite dance style is contemporary. She loves performing and flowing through each move with the music, channelling emotions and sharing her feelings through body language.

She feels particularly good about nailing a front aerial. Although it took her a year to perfect, on stage it looks effortless, and that's part of why she loves it so much. That same determination has helped Ashlynn work through mental blocks, nervousness, and frustration by leaning on her teachers and friends.

Winning the Move Finals with her solo is Ashlynn's favourite achievement so far. Looking ahead, her dance goals are to keep trying her best, stay positive, and finally land her standing back tuck.

"Dance has impacted my life so much by creating a family outside of home I can trust and laugh with!"



Ella A.

AGE: 11

YEARS DANCING: 8

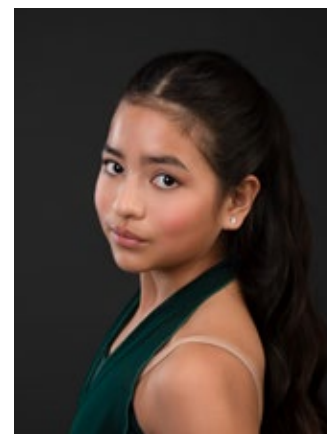
DANCE GENRES: ballet

Ella has a profound passion in ballet, being drawn to the way it challenges her body and mind. Dance has also brought meaningful connections and joy into her life, and a supportive community of friends and mentors.

After years of practice, Ella successfully auditioned for an upcoming production of The Nutcracker with the Hamilton Academy of Performing Arts. She has also worked hard to refine her technique, perfecting her pirouettes and overcoming challenges like keeping her arms straight during complex sequences.

Looking ahead, Ella aims to continue expanding her skills across all areas of dance. She embraces the discipline and precision, striving each day to become the strongest and most expressive dancer she can be.

“Dance makes me happy, and I enjoy dancing with my peers. I love that you can show different emotions in different ways of movement.”



Kayia

AGE: 12

YEARS DANCING: 9

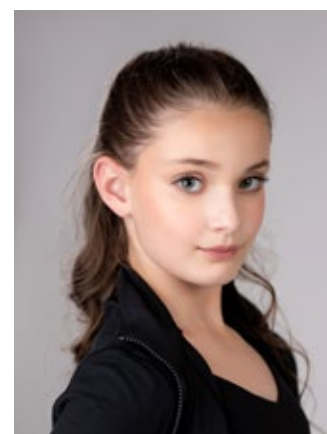
DANCE GENRES: tap, ballet, jazz, lyrical, contemporary, and hip hop

Kayia's favourite style is tap because it allows her to create music with her feet, becoming part of the rhythm and an instrument in the piece itself. Dance, for her, is a powerful way to express herself and let go.

Under her belt are two gold medals she won for Canada in a single year competing in Germany and in Prague. In spite of a recurring knee injury requiring physiotherapy, weekly laser treatments, and wearing a knee brace, she just learned how to do a double pick up in tap.

Dance has made Kayia resilient and taught her to listen to her body. Inspired by her teachers, Kayia would love to teach dance one day. She also hopes to become an adjudicator, encouraging dancers to follow their dreams.

"Being an only child, dance has given me a family of siblings. My dance family is my family, and I couldn't imagine my life without it and without them."



Lilly

AGE: 9

YEARS DANCING: 7

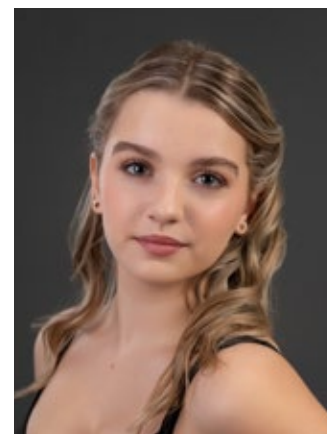
DANCE GENRES: jazz, ballet, acro, hip hop, contemporary, musical theatre, and lyrical

Lilly loves tap in particular for its energy: creating unique sounds with her feet, adding layers to the music and feeling truly connected to the rhythm.

Daughter of a dance studio owner, Lilly sees dance as a space where she can express herself, no matter her mood. She finds joy in setting personal goals, like improving her pirouettes, and she's excited at the prospect of getting more rotations in and being able to perform them in her routines.

Through dance, Lilly has learned the importance of focusing on her own progress rather than comparing herself to others, and she tries to achieve her personal best each day. Her ultimate dream is to take over her mom's studio one day and inspire others the way she has been inspired.

"Dance has given me a constant in my life. I know whenever I am happy or sad, I can always go to the studio and dance out my feelings."



Abby R.

AGE: 14

YEARS DANCING: 11

DANCE GENRES: ballet, jazz, tap, acro, contemporary, lyrical, and musical theatre

Abby loves her dance families, being part of everything they create together, and expressing herself through movement. The stage is her happy place, where she feels free, strong, and deeply connected to the music.

Abby has put countless hours learning to sing and dance simultaneously—a skill that takes precision and breath control—and she's excited to keep pushing her vocal range. She's also focused on balancing technique with emotion to keep captivating her audiences.

One of her toughest lessons has been finding balance with her competitive drive. By focusing more on the joy of performing, she's learning to appreciate her growth and celebrate each achievement.

"Dance and singing truly make me happy! Even if I'm having a bad day, they just make everything better!"



Vienna

AGE: 9

YEARS DANCING: 7

DANCE GENRES: ballet and acro

Vienna finds joy in dance because it allows her to express herself. Ballet is her favourite style as it feels natural to her body, and she has practiced it the longest.

One of her proudest moments was achieving her back handspring. Now, she's focused on mastering aerials and improving the fluidity of her movements. She especially enjoyed learning a front aerial to a sitting position, which she accomplished in just one class.

Dance has helped Vienna grow in skill and confidence. She has overcome challenges, including bullying and discrimination, by recognizing her own worth. Through dance, she has formed friendships that mean a lot to her.

"I have felt free and most myself by dancing. I have learned confidence in myself."



Noah

AGE: 15

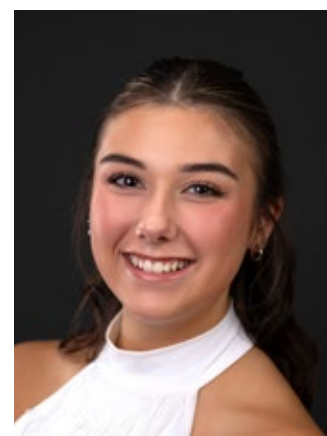
YEARS DANCING: 10

DANCE GENRES: contemporary, jazz, ballet, acro, and hip hop

Noah feels most connected to contemporary, using movement and shapes to channel raw emotion. Building confidence hasn't always been easy, but dance has helped him grow in ways he never imagined.

Representing Team Canada Dance on the world stage in Belgium is his favourite achievement so far. Technique-wise, one of his proudest accomplishments is mastering an aerial after four years of determination and practice. Beyond technique and trophies, it's the friendships, sense of belonging, and the stress relief that make dance truly life-changing for Noah.

"Being free to express myself is the best part of dance. I am not sure where I am headed with it, but I know that I want to continue to dance to remain physically active and centered."



Olivia

AGE: 14

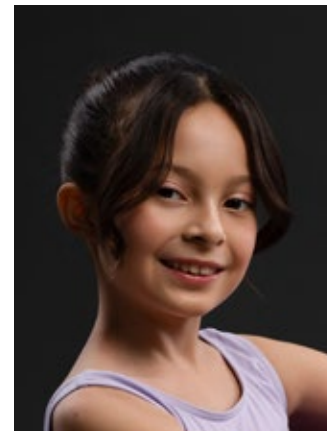
YEARS DANCING: 11

DANCE GENRES: tap, hip hop, musical theatre, jazz, acro, contemporary, ballet, and movement

Olivia's favourite is tap as it combines energy, coordination, and rhythm to create music through movement. One of her proudest moments in dance was earning a spot on Team Canada. Competing on an international stage gave her the chance to see dancers from around the world come together, which she describes as an unforgettable experience.

Her favourite thing about dance is the relationships she's built through classes, choreography, and competitions. Dance has also given Olivia the chance to teach at her studio, which brings her joy and deepens her appreciation for the art form.

"Dance has created structure in my life and allowed me to grow as a person."



Valerie

AGE: 9

YEARS DANCING: 7

DANCE GENRES: ballet, jazz, hip hop, tap, and acro

Valerie loves acro most because it constantly challenges her and helps her understand how to move her body. One of her biggest achievements has been mastering an aerial, a skill that once felt like an obstacle but is now one of her favourites. She has also worked hard to improve her turns, aiming from triples for four clean rotations.

Dancing with friends makes for some of her warmest memories, bringing joy to every practice. Beyond skills, dance has taught her discipline and the value of hard work. She continues to push herself, setting goals like making her aerials look effortless and refining her turns. For Valerie, dance is about movement, growth and self-expression.

“I love to express my feelings through the dance, I feel better when I dance.”



Rylie J.

AGE: 15

YEARS DANCING: 12

DANCE GENRES: jazz, tap, contemporary, ballet, hip hop, and lyrical

Rylie loves how lyrical blends the technique of jazz and contemporary with expressive, flowing movements that tell a story.

In 2024, she won Showstoppers Nationals. Competing in the U.S. for the first time was an exciting challenge, and celebrating the victory with her teammates made it unforgettable. Beyond competitions, she cherishes the friendships she has built through dance.

Dance has shaped Rylie's life in countless ways, teaching her discipline, resilience, and the importance of always striving for improvement. Most of all, it has given her a space where she can truly be herself.

"My favourite thing about dance is the way I get to express myself and perform on stage. I feel lucky I get to do what I love every day."



Emmett

AGE: 12

YEARS DANCING: 10

DANCE GENRES: jazz, tap, ballet, hip hop, contemporary, and lyrical

Emmett's favourite is jazz. He loves how the movements match his personality and how each routine lets him step into a different character. For him, dance is a way to express himself. He enjoys showing people how much he has learned and sharing his love for dance, whether he's performing on stage or training in the studio.

Dance has also shaped Emmett's confidence. Performing has helped him get comfortable in front of an audience, and pushing through challenges has taught him perseverance. Every new step and routine remind him that hard work pays off.

"Dance brings so much joy into my life and it gives me great lifelong friendships when I bond with the other people over something we both love."



Julie

AGE: 11

YEARS DANCING: 8

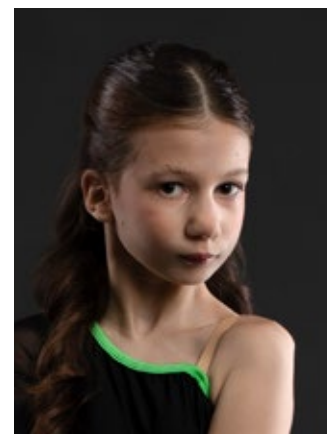
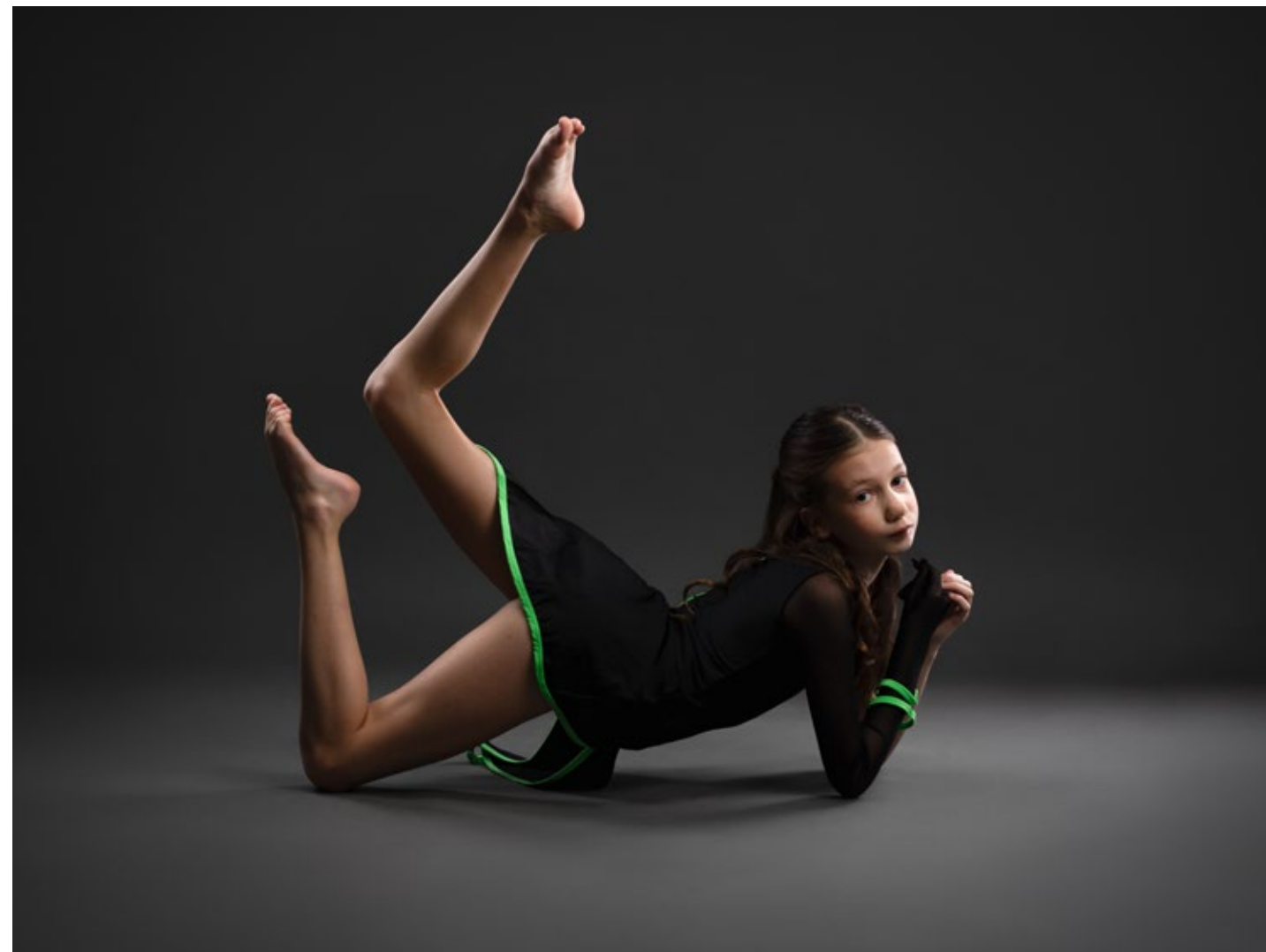
DANCE GENRES: ballet, contemporary, and jazz

Ballet holds a special place in Julie's heart. The grace and beauty of the art form captivate her, and dancing en pointe has been a defining moment in her journey. One of her proudest achievements was her first performance, which she considers a core memory.

Her aspirations go beyond traditional dance performance. With Greek and French heritage, she dreams of merging dance with music, playing her violin while dancing at the National Ballet in France and on the stage of an ancient Greek theater. Inspired by Lindsey Stirling, she hopes to bring her unique vision to life.

Having suffered a groin injury, Julie worked through it to regain her flexibility. Every challenge and triumph formed her deep ties to dance.

"When I was little, I used to say that dance is my "air." Without it I feel suffocated."



Ella R.

AGE: 10

YEARS DANCING: 7

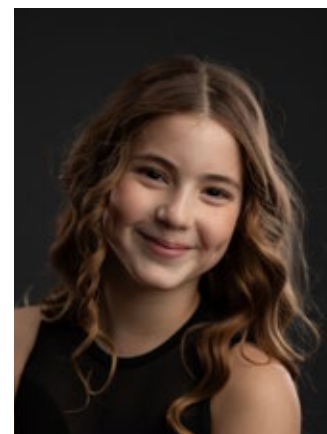
DANCE GENRES: ballet, acro, contemporary, hip hop, jazz and tap

Ella's favourite style is contemporary because it allows her to create unique shapes with her body. She also surprised herself when she found she was able to hold in relevé in some moves she didn't know she could do.

She loves the challenge of learning new skills, like her handstand to bridge, which took nearly two years to perfect. Right now, she's working on and determined to achieve an aerial. One of her proudest moments was winning Overall Top Studio during last year's competition season. Celebrating it on stage with her dance team was an unforgettable experience.

In dance, Ella found stability: when she moved to a new elementary school, her friends at dance helped her navigate the transition, giving her a place where she always felt at home.

"My favourite thing about dance is that I can express my feelings in a totally different way without using words."



Ava D.

AGE: 10

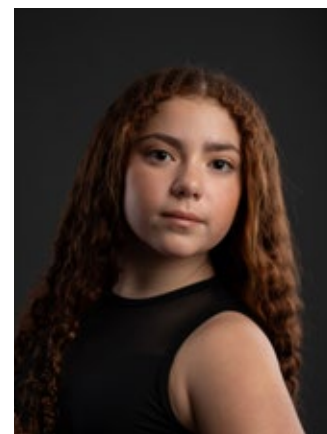
YEARS DANCING: 3

DANCE GENRES: jazz, acro, tap, ballet, and lyrical

Ava's favourite style is jazz because of its high energy and exciting moves. She loves how it allows her to express herself and connect with the music.

She pushes herself to grow, always learning new tricks and refining her skills. Mastering a back walkover was a challenge that took weeks of practice, but now she can't stop doing it! Staying focused and committed to every class hasn't always been easy, but she never gives up, even when things get tough. One of her favourite dance moments was stepping on stage for the first time, making her feel alive and free.

"Dance is a part of me and my every day. I have so much energy and when I dance it makes me feel strong, confident and so happy. I get to express myself without words and feel connected to the music. I can't imagine life without dance."



Mikayla

AGE: 12

YEARS DANCING: 5

DANCE GENRES: lyrical, tap, hip hop, ballet, jazz, and contemporary

Mikayla feels most connected to contemporary; the fluid, powerful movements allow her to express emotions in a way words can't.

"Getting on stage for the first time I thought I would be nervous, but once on stage something takes over me and I feel so confident and free." Over time, she has learned to let go of shyness, trust herself, and fully embrace movement without worrying about others.

One of her biggest achievements was mastering an acro round-off back tuck. It took months of practice, but she finally got it. She loves challenging herself to grow, improve, and find new ways to express herself.

"Dance has a huge impact on my life. I have incredible friends that support and inspire me. Dance has given me a way to express myself and feel alive. I get to push and challenge myself through expression and movement. Dance has become a big part of who I am and I am excited to keep growing."



Victoria

AGE: 13

YEARS DANCING: 8

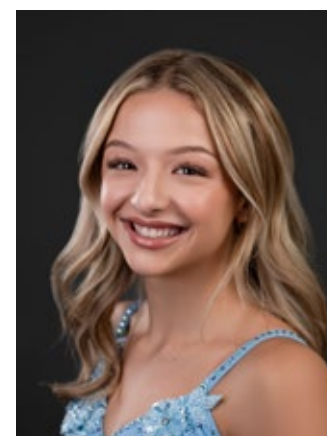
DANCE GENRES: lyrical and hip hop

Victoria feels most at home in hip hop. She loves rap and R&B music, and after taking a break from dance at five due to moving, she rediscovered her passion at nine and asked her mom to sign her up again.

For her, dance is about freedom and expression, especially when she's with friends. Some of her favourite memories come from spending time with them: talking about dance, reviewing routines, and preparing for competitions. One of her biggest challenges was recovering from two knee surgeries in the summers of 2023 and 2024, but she stayed determined and kept pushing forward.

Her proudest skill is the stall, a move that took her a year to master. She hopes to continue improving and explore other styles like tap and acro.

"I learned to have patience with others as well as how to focus. I feel happy and free because I'm doing what I've always wanted to.



Chloe F.

AGE: 17

YEARS DANCING: 15

DANCE GENRES: acro, jazz, hip hop, contemporary, lyrical, ballet, and tap

Chloe's favourite genre is acro because she loves pushing herself with challenging skills and finds it deeply rewarding to master something new. In fact, she spent two years perfecting her 540 jump!

Trophies and medals don't make her feel as fulfilled as knowing she's become a role model for younger dancers. What's unique about her is the ability to inspire others and the way she carries herself in and out of the studio. Over the years, she's grown from a shy, self-conscious dancer into a confident young woman who isn't afraid to take up space and dance boldly for herself.

"My favourite thing about dance is feeling free. I love being able to forget about any stress I have and just live in the moment."



Elizabeth J.

AGE: 7

YEARS DANCING: 5

DANCE GENRES: jazz, tap, acro, lyrical, and ballet

Elizabeth's favourite style is tap—because it's loud!

One of her proudest moments was competing for the first time last year and winning first overall in her trio with friends. Performing and competing bring her joy, especially when she gets to share the experience with her best friend.

Her favourite skill is the partner cartwheel in her competitive acro routine.

Elizabeth's biggest fear used to be making a mistake and letting others down. But she's learned that giving her best effort makes her teammates and teachers proud regardless of the outcome.

Looking ahead, Elizabeth dreams of becoming a dance teacher.

"Dance gives me somewhere to be myself, be creative and make new friends."



Lauren

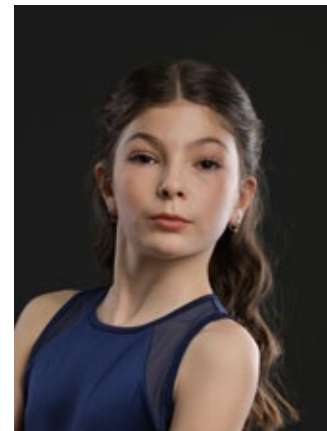
AGE: 12
YEARS DANCING: 9
DANCE GENRES: all of them!

For Lauren, hip hop is an innovating experience. The beats of hip hop music seem to vibrate with her heartbeat, giving her a real sense of strength and ‘owning it’ on stage.

Dance is a way to express emotions, tell stories, and stay disciplined. Despite the physical demands, she’s grateful to her parents who encourage self-care, proper nutrition, and rest to maintain her physical well-being.

Under her belt are some inspiring achievements, including top overall placements and earning a title soloist qualification, not to mention multiple complex skills she mastered. Looking ahead, Lauren hopes to continue dancing through school and dreams of studying dance in New York.

“Dancing has shaped me into a well-rounded, confident person. It allows me to prioritize my responsibilities. I am fortunate to have been given this opportunity to find my passion in dance allowing me to express my passion & collaborate with fellow dancers.”



Liliana

AGE: 10

YEARS DANCING: 6

DANCE GENRES: jazz, tap, hip hop, ballet, contemporary, lyrical, and acro

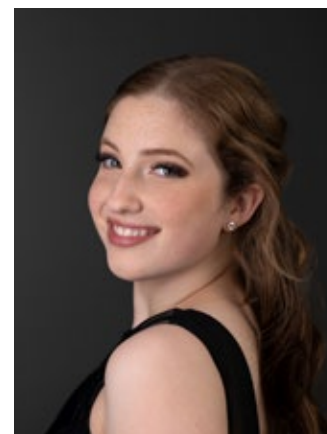
Liliana's favourite style is ballet because it builds the foundation for all other genres. It challenges her muscles, pushing her to become a stronger, more disciplined dancer.

One of her proudest moments was performing her first solo. Despite feeling nervous, she finished with a sense of accomplishment that fueled her passion even more.

Mastering skills takes patience, but she enjoys the challenge. It took her a few weeks to perfect her leg hold bow and arrow, and she's currently working toward her next goal: dancing en pointe. She's also learned to listen to her body, especially after recovering from an injury. Finding the balance between pushing herself and knowing when to rest has been an important lesson.

Beyond technique, dance has given Liliana a place to grow, learn, and connect.

"My favourite things about dance are that you can channel your emotions into it and show people who you are."



Ava B.

AGE: 17

YEARS DANCING: 14

DANCE GENRES: jazz, lyrical, modern, contemporary, hip hop, acro, tap, musical theatre, pointe, and open

Ava thrives on jazz's energy and loves adding her own flair. Performing with Team Canada in Portugal in 2023 was a proud high point, but it's the everyday moments in the studio with her best friends that she cherishes most.

Her final competition season is all about enjoying the experience. While she doesn't plan to pursue dance as a career, she wants to finish strong, enjoying the thrill of performing one last time.

Ava loves dance for taking her mind off everyday worries and putting her in her happy place. She had to push through several injuries, including weak ankles and Severs disease, and has learned to care for her body. She's also struggled with the pressures of body image in dance. Through it all, she's grown, learned, and found a second home.

"I learned so many difficult lessons through dance and I would not be the person I am today without it."



Riya

AGE: 11

YEARS DANCING: 8

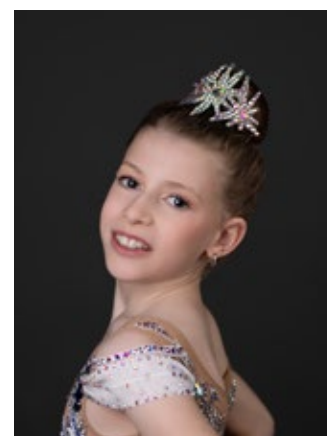
DANCE GENRES: jazz, acro, ballet, hip hop, contemporary, and tap

Ballet holds a special place in Riya's heart. She loves how it tells stories and allows a dancer to express a range of emotions from joy and love to pain and longing, without speaking a word. Every movement brings warmth and connection.

In dance, Riya finds motivation in mastering new techniques and performing difficult routines. One of her proudest moments was winning 1st place Overall at the Kick It Up Dance Competition with her hip hop routine. The moment she won, she felt an overwhelming sense of pride and accomplishment, and it solidified her deep love for dance.

Riya is determined to reach Nationals and is committed to the hard work it takes to get there. Beyond competing, she dreams of becoming a dance teacher, sharing her passion, and inspiring others.

"For me, dance is a journey of constant learning and expressing how you feel."



Naomi

AGE: 9

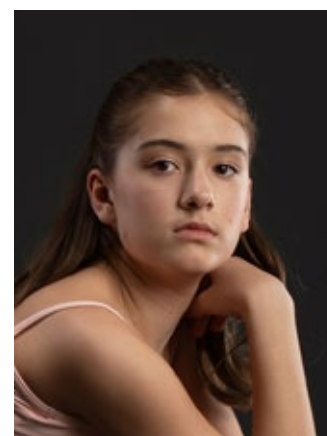
YEARS DANCING: 3

DANCE GENRES: rhythmic gymnastics

Naomi is determined and sets her sights high, aiming to catch every ball, ribbon, and club she tosses during routines. She trains 12 hours a week and spent half a year mastering the walk-over, one of her favourite skills.

One of her proudest moments in her journey so far was winning first place at a Provincial competition. She felt like she was on top of the world and could achieve anything. She's also performed at the Pan-Am stadium in front of ten judges—an experience that pushed her nerves but showed her just how far she's come.

"I love that through rhythmic gymnastics, I get to express my emotions and dance with the rhythm of the music."



Ava D-A.

AGE: 12

YEARS DANCING: 9

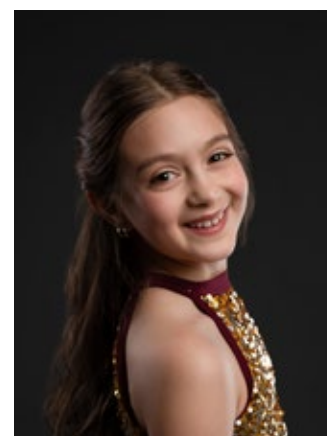
DANCE GENRES: ballet and jazz

Ava's favourite style is jazz because of its "kooky" and energetic nature. Her favourite part of dancing is stepping outside her comfort zone, pushing past limits, and discovering what she's capable of.

One of Ava's proudest achievements was earning a spot in an intensive program that she's planning to complete in four years. Along the way, she has put in months of practice to master skills like splits and cartwheels.

Chronic back pain once threatened to slow her down, but Ava worked hard to strengthen her core. Now, she dances stronger than ever.

"Dance has made me stronger and more confident. And I have made some great lifelong friends from my dance class."



Sophia

AGE: 10

YEARS DANCING: 7

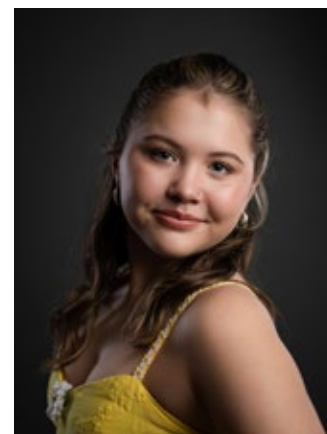
DANCE GENRES: jazz, salsa, hip hop, contemporary, acro, ballet, bollywood, belly dancing, figure skating, and Persian folk dance

Sophia finds contemporary dance truly special because of how expressive and lyrical it feels. For her, dancing is a way to lift her mood, share emotions, and build strong friendships. She loves creating her own choreography outside of class and dreams of opening her own dance studio one day to inspire the next generation.

Her favourite achievement so far has been getting nominated for “Most Expressive Dancer” and “Best Dancer” in the People’s Choice Awards for three years in a row. She’s proud to have mastered a chest roll and has also worked hard to perfect her toe-pointing. Right now, Sophia is focused on improving her Scorpion pose, aiming for perfect form.

Through dance, she has discovered a powerful way to express her feelings and a passion she hopes to share with others in the future.

“Dance is in my blood. It gives me so much confidence and boosts my energy.”



Rylie G.

AGE: 14

YEARS DANCING: 11

DANCE GENRES: hip hop, tap, contemporary, jazz, musical theatre, and ballet

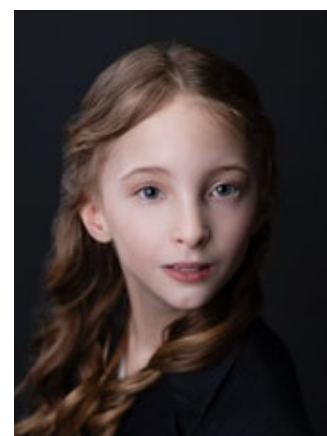
Rylie's favourite part of dance is the thrill of performing. She loves the adrenaline rush and the chance to express herself on stage. Hip hop is her top genre because it lets her show different emotions with sass and power. Contemporary holds a special place too, giving her space to connect with herself and grow technically.

One of her proudest moments was receiving the "Most Potential" award for her open solo this year, reminding her how far she's come—and how far she can still go.

Her goals in dance are to keep improving and to keep doing what she loves. Tap is one of the skills she enjoys mastering most, challenging her with complex timing and combinations.

As a younger dancer, Rylie struggled to focus and apply feedback. Since then, she's learned how to stay present and driven in class.

"Dance gives me a safe space to let go and just do what I love. I could not imagine not dancing."



Spencer

AGE: 9

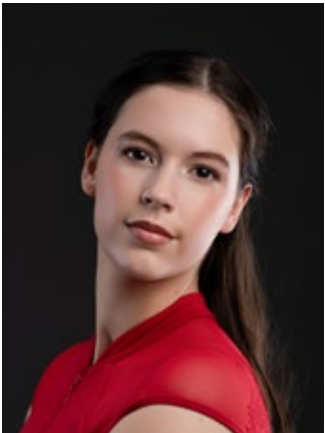
YEARS DANCING: 6

DANCE GENRES: acro, hip hop, tap, production, jazz, ballet, and lyrical

Spencer's love for performance shows in her proudest moments, like winning an overall and special awards. But behind the highlights are hours of practice, grit, and even recovery: she had to push through an ankle and heel cord injuries.

One of her favourite skills so far is going from full to a bridge. It took about a month of hard work, but she got it. Someday, she'd like to land an aerial and dance with Disney characters.

"In dance I get to be myself."



Elizabeth W.

AGE: 17

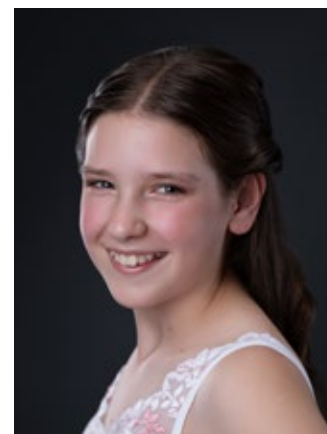
YEARS DANCING: 14

DANCE GENRES: jazz, contemporary, ballet, and lyrical

Elizabeth finds that lyrical stands out for tying together the emotion, choreography and music like no other. She enjoys the challenge of evoking feelings in the audience. She used to struggle with stage nerves and self-doubt, but over time, she’s learned how to manage the pressure. Being on stage now feels exciting instead of scary.

She’s proud of the moments that showcase her dedication, from ballet exams to competition wins with her studio. While collecting awards is rewarding, her true goal is constant growth—striving to outdo her past self with every class. Some of her favourite skills, like the double axel jump and pirouette leg hold, took months of practice to master; the leg hold, especially challenging for its balance, has since become a favourite.

“Dance has always been a part of my life. It gives me a space to let everything out and truly be myself. It has given me a sense of confidence and shows me every day that there is always something to work for and to stay motivated for.”



Chloe C.

AGE: 12

YEARS DANCING: 10

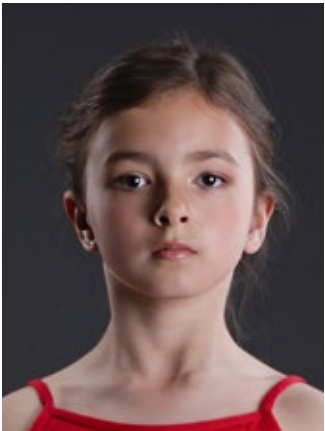
DANCE GENRES: acro, hip hop, lyrical, tap, jazz, and ballet

Chloe loves how dances within the same style can feel completely different, and how every dance is a new experience and an opportunity to take on a new role. Dance has taught her to adapt to changes, like dancing on different stages with various floor types, and attending workshops that push her to learn new skills. She also loves dancing with her friends; they support each other and have so much fun together.

One of her proudest moments was auditioning for My Mulan Fantasy Dance Drama. Nervous and unsure, she pushed through and got cast in three roles. That experience boosted her confidence and proved how much she could grow by stepping out of her comfort zone.

She's now focused on building ankle strength for pointe, refining her turns, and improving flexibility and control.

"Each experience helps me grow both personally and as a dancer. And I absolutely love performing on stage, since it's one of the best feelings in the world!"



Angelina

AGE: 9

YEARS DANCING: 7

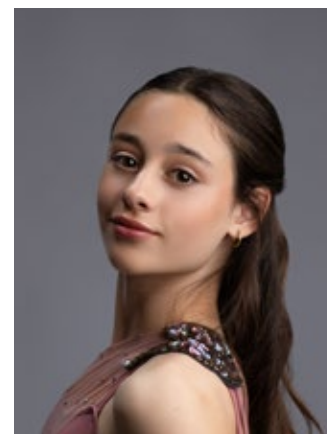
DANCE GENRES: acro, ballet, hip hop, jazz, and tap

Angelina’s favourite style is jazz since it’s full of energy and strength, with big leaps and leg holds that match her personality. She loves learning new choreography and the thrill of expressing herself on stage. It gives her a sense of confidence and pride that pushes her to keep improving.

One highlight so far has been dancing at the Candance Nationals in Ottawa, where her team made it to the dance off. She’s also especially proud of teaching herself how to do an aerial in just a couple of months and overcoming the challenge of surprise jetés with consistent practice.

Now, Angelina’s looking forward to adding lyrical to her training, excited to explore how emotion and storytelling can come through in her movement.

“Dance keeps me active, helps me stay focused, and makes me feel happy. It’s taught me important things like teamwork, discipline, and how to express myself through movement.”



Adrianna

AGE: 12

YEARS DANCING: 8

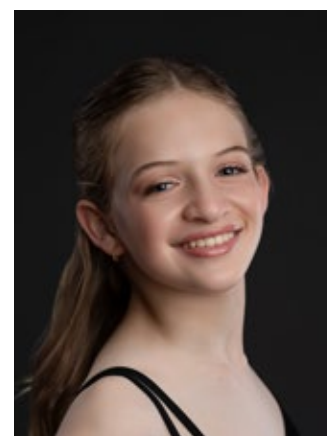
DANCE GENRES: ballet, contemporary, jazz, acro, hip hop, lyrical, and tap

Adrianna is drawn to jazz in particular for its high energy, sharp movements, and the chance to be a little sassy.

She loves watching old videos of herself dancing as a little kid and seeing how far she's come. Adrianna thrives on the challenge of pushing herself to improve every day, and it's especially rewarding when a move she's been working on finally clicks.

Dance is her outlet, keeping her active, focused, and feeling free to be completely herself. When Adrianna's on stage, she gets an amazing rush, "like my heart is flying," especially when dancing with best friends. They cheer each other on and have a lot of fun together.

"The studio feels like my second home. It's where I laugh the most, work hard, and feel proud of what I can do. Dance is more than just steps to me, it's where I feel the happiest."



Matilde

AGE: 12

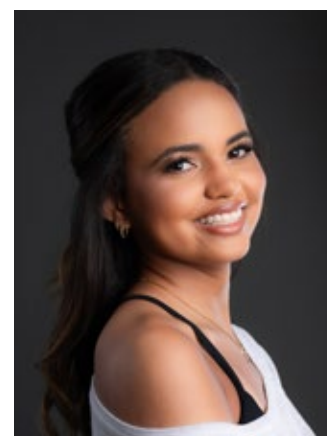
YEARS DANCING: 5

DANCE GENRES: ballet, jazz, and acro

Born in Colombia, Matilde feels that dance is in her blood; Latin rhythms like cumbia come naturally to her. She's incredibly proud to be dancing en pointe now. It was a challenge at first as her feet didn't bend easily, but she pushed through. She's also been working hard on her fouetté turns all year and is finally starting to master them.

Matilde especially loves acro for the way it blends gymnastics and dance. And her biggest goal is to be accepted into Cardinal Carter Academy of the Arts for high school.

"Dance has made me more free, more spontaneous, and happier. I feel happy and complete when I'm dancing, and I dance all day long everywhere: in my room, in my living room, everywhere!"



Madison

AGE: 16

YEARS DANCING: 8

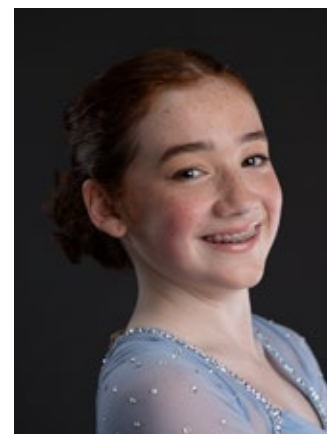
DANCE GENRES: jazz, tap, hip hop, ballet, contemporary, and lyrical

Madison connects most with the music and flow of contemporary and lyrical. Thanks to a beloved teacher who creates warm, structured, and fun environment, ballet class will always be one of her cherished ones.

Always pushing herself to improve, one of her proudest moments was earning 1st and 2nd places overall with her studio. Madison dreams of teaching one day, helping kids find the same joy she's discovered, and hopes to continue dancing on a university team after graduation.

Throughout her dance journey, Madison struggled with self-doubt and had to learn to focus on her own progress instead of comparisons. Dance itself has become a safe space.

"Dancing gives me time to forget about others and just focus on being in the moment. I also love the people I dance with; I feel like we're all family and I wouldn't replace them for anyone else."



Brianna

AGE: 12

YEARS DANCING: 9

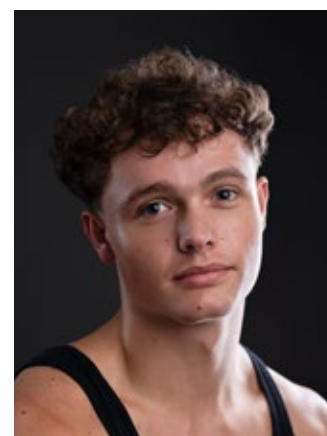
DANCE GENRES: contemporary, acro, jazz, ballet, tap, hip hop, and musical theatre

Acro is Brianna's new favourite genre because she loves tumbling and continues to push herself toward her next goal: landing a back tuck.

Some of Brianna's proudest accomplishments include mastering a back handspring and front aerial, and receiving a special award after a judge personally praised her solo performance. While learning new dances and performing are what she loves best about dance, that recognition made all the hard work and dedication feel even more meaningful.

Dance has helped Brianna build valuable life skills like how to manage her time between school and studio and how to keep showing up with determination.

"Dance has shown me the importance of working hard and being a good teammate."



Jacob

AGE: 17

YEARS DANCING: 10

DANCE GENRES: all of them!

Immersed in every style, Jacob is most passionate about contemporary because of the freedom it offers and how it blends many different dance forms. The choreography is always unique and open to interpretation, so he never feels boxed in by strict rules. For Jacob, contemporary is both challenging and expressive, and every piece feels personal.

From viewing dance mainly as a competitive sport and measuring progress through scores and trophies, Jacob shifted focus over the years toward personal growth and artistic expression. Now he dances for the love of movement and connection, not just the win—taking risks and being creative, while staying open to feedback and collaboration. That mindset has helped him flourish both technically and emotionally.

“I love how dance lets me express myself freely. It’s a way to show how I feel, have fun, and connect with people all through movement. I’m proud of the dancer I have become.”



Heidi

AGE: 9

YEARS DANCING: 5

DANCE GENRES: ballet, acro, jazz, lyrical, hip hop, and musical theatre

Heidi's favourite style is acro for the flexibility and tricks it allows her to learn.

One of the highlights in Heidi's dance journey was joining the full-time competitive team. Since then, she's proud to have landed her aerial after months of practice and nailed a back handspring in just one session. Along the way, she's learned how to push past the stage fright she dealt with at first.

What she loves most about dance is the beauty of it, the music, and how much fun it is. As she continues to grow, Heidi hopes to keep improving and one day help teach other kids.

"Because of dance, I'm stronger and I have more confidence."



Sadie

AGE: 17

YEARS DANCING: 15

DANCE GENRES: all of them!

Sadie especially loves lyrical for the way it lets her combine technical skill with emotional expression.

Over the years, her dance journey has taken her all the way to the National School of Ballet. She's mastered challenging skills like pump turns and has learned to push past her fear of performing on stage. She's proud of the growth dance has brought her, both in skill and in confidence.

Her biggest goal now is to inspire, teach, and guide younger dancers—passing along the advice and encouragement that helped her succeed.

“Dance helped me come out of my shell and become less shy. It helped me meet many amazing dancers and gave me opportunities I am so grateful for.”



Giulia

AGE: 16

YEARS DANCING: 12

DANCE GENRES: hip hop, jazz, lyrical, contemporary, open, production, and musical theatre

Out of many genres she's trained in, contemporary is Giulia's favourite for the way it pushes her out of her comfort zone and helps her express herself.

The atmosphere at her studio is her favourite thing about dance. The staff believe in her, challenge her, and cheer her on, while her teammates have become like family. Some of Giulia's best memories come from these friendships, like their annual Christmas tradition of Secret Santa, pizza, and sitting in a circle swapping gifts, which eventually leads to making up dances together.

As she heads into her final year before graduation, Giulia hopes to make the most of every moment and not let stress take over.

"Dance has taught me discipline and gave me a chance to express myself. The friendships I have built throughout the years have given me an outlet to talk about my feelings, aspirations, and challenges."



Kassandra

AGE: 11

YEARS DANCING: 7

DANCE GENRES: rhythmic gymnastics

Kassandra's favourite part of gymnastics is how happy it makes her feel—especially when she gets to perform challenging tricks. She spent two years perfecting her ring turn and has learned to stay calm and focused under the pressure of competition.

One of her proudest moments was winning a competition while representing the province of Ontario.

With the full support of her mom, Kassandra dreams of one day competing at the Olympics.

“Gymnastics is my whole life.”



Samira

AGE: 9

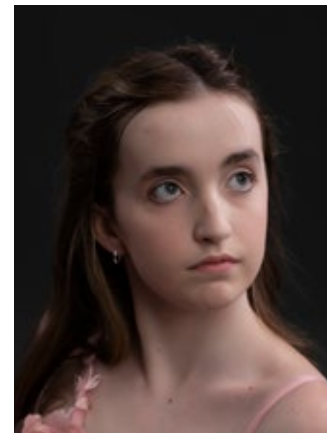
YEARS DANCING: 5

DANCE GENRES: ballet, jazz, hip hop, tap, contemporary, and lyrical

Samira's favourites are contemporary and lyrical because they give her the freedom to express herself and share her emotions with the audience.

Early on, Samira struggled with stage fright so intense it sometimes brought her to tears before performing, but over time, she learned to love it. In fact, competing in her very first solo this year, Samira surprised herself by qualifying for the Dance Canada Solo Finals!

"Dance has given me confidence in so many parts of my life. I have noticed that my memorization skills have gotten so much sharper and I use this in dance, school and everywhere! Dance has also introduced me to new friends of all ages, and I love spending time with them!"



Elodie

AGE: 13

YEARS DANCING: 9

DANCE GENRES: lyrical, acro, jazz, ballet, tap, and contemporary

Elodie especially loves contemporary because it lets her express her emotions and explore different styles within the genre.

Some of her happiest moments are when she's dancing alongside her best friends. She's also proud of mastering dynamic skills like her double stag calypso, which she polished in just two weeks.

One of the most valuable lessons dance has taught Elodie is to trust in her own journey. She's learned to quiet the habit of comparing herself to others and now focuses on growing into the dancer—and person—she wants to be. She's looking ahead to next season and her new goal: winning an overall award with her very first solo.

“Dance has given me a safe space and most importantly, helped me find who I am.”



Alyssa

AGE: 14

YEARS DANCING: 11

DANCE GENRES: jazz, lyrical, ballet, contemporary, hip hop, tap, and musical theater

For Alyssa, jazz stands out because of its boldness and energy, allowing her to fully express her personality.

Over the years, Alyssa has built a strong foundation in both performance and technique. She especially loves working on her jumps, a skill that showcases her power and musicality and pushes her to reach new heights, both literally and figuratively. At her last competition, she was invited to join World Performers Canada and represent her country internationally, which is one of her proudest achievements.

Dance has become Alyssa's outlet for expression, a place where she feels free and motivated to keep challenging herself. In the future, she is focused on building her confidence and continuing to grow as both a performer and a person.

"I love that dance allows me to express myself through movement."



Abby M.

AGE: 11

YEARS DANCING: 8

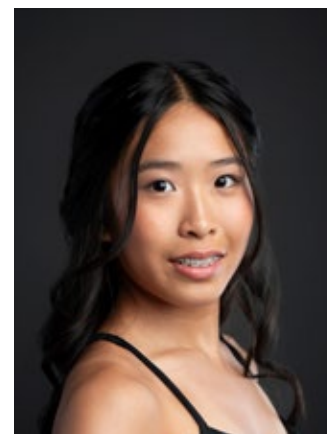
DANCE GENRES: ballet, lyrical, contemporary, hip hop, tap, jazz, and acro

The structure of ballet and the emotional freedom of contemporary and lyrical bring Abby the greatest joy. She loves the feeling of steady progress in ballet class, seeing her technique improve week by week. Inspired by the ballerinas she admires, she strives to bring that same grace and precision to the stage.

Abby won a special award at the Fever Dance Competition for the patience, articulation, and focus in her contemporary solo. She's also proud to have conquered acro skills that once intimidated her, like the back walkover, front limber, and handstand.

Abby's mom is also her dance teacher, choreographer, and biggest cheerleader. With her support, Abby aims to improve her flexibility, achieve her splits, and continue growing in every genre. For her, dance is a source of constant discovery.

"I have built many great friendships at the studio. I enjoy the time being at the studio with my mom as my teacher and choreographer for ballet and bonding over our love of dance."



Lexie

AGE: 15

YEARS DANCING: 12

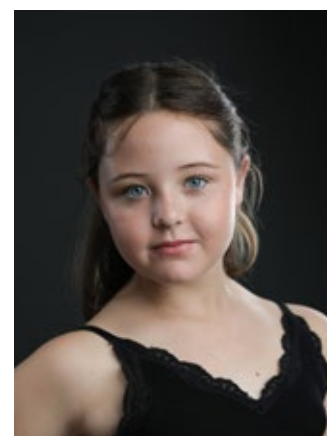
DANCE GENRES: acro, jazz, contemporary, hip hop, lyrical, ballet, musical theater, and tap

Lexie particularly loves jazz; it matches her energy the best, allowing her to connect to music authentically and boldly.

One of Lexie's fondest memories is winning the 1st place overall with her solo during her first year at the OTF dance competition. She remembers standing on stage, not quite realizing what had just happened until her friends' cheers made it sink in.

Looking ahead, Lexie wants to keep growing as an improviser. She's already come a long way, mastering new tricks like back handspring and recovering from an ankle injury. Lexie's excited to keep pushing herself to take risks and discover new ways of moving.

"Dance has brought rhythm, peace, and fun to my life. Dance has always been something I can turn to no matter what emotions I feel."



Finley

AGE: 10

YEARS DANCING: 5

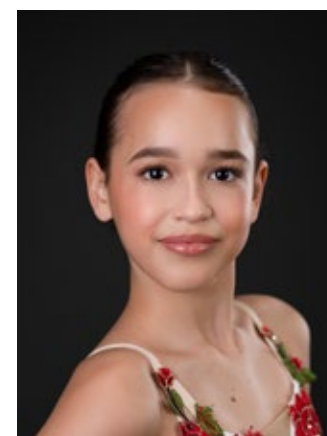
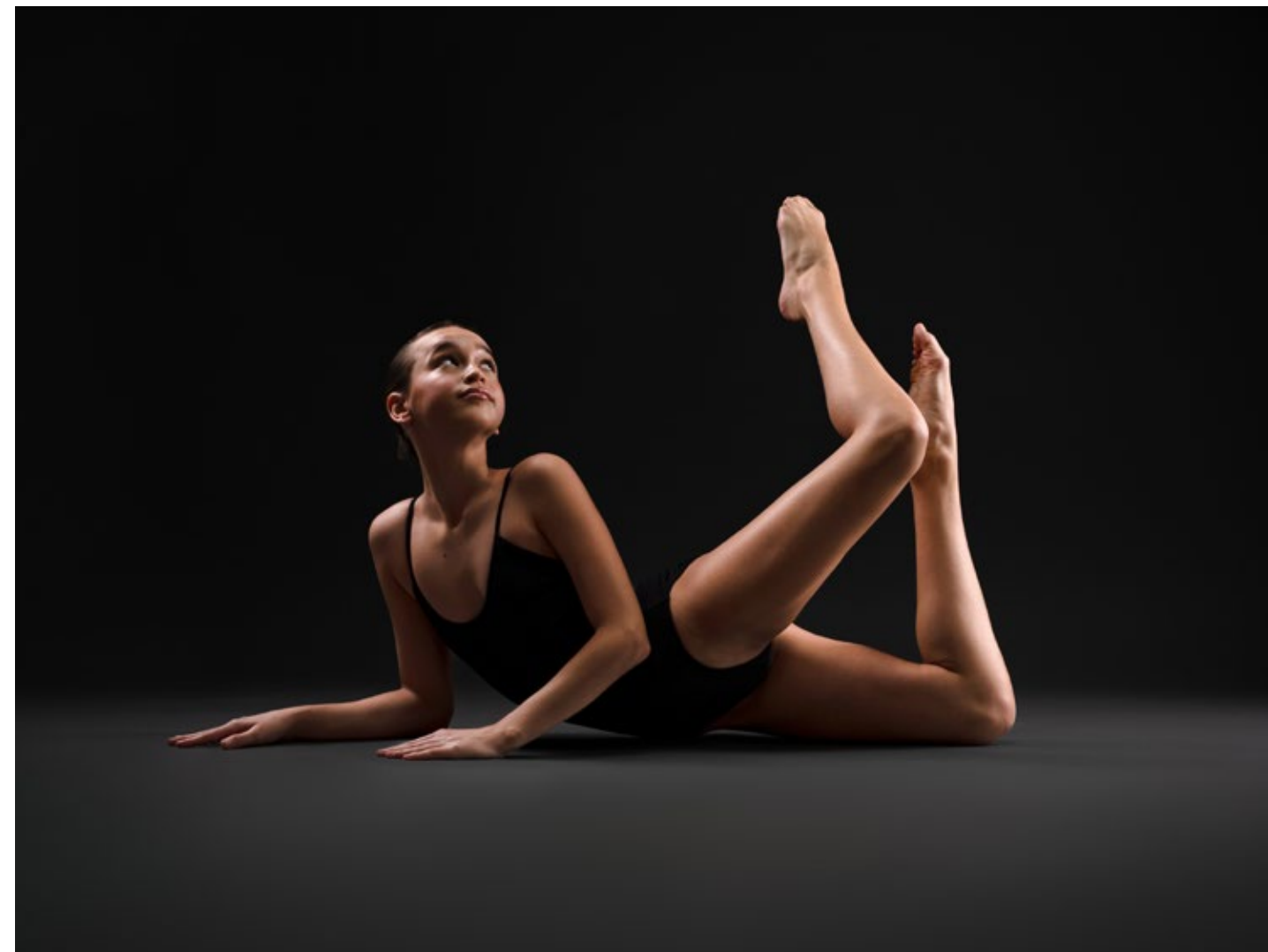
DANCE GENRES: tap, ballet, jazz, musical theatre, and hip hop

The sounds of the tap shoes make Finley feel present like nothing else; every time she puts on her tap shoes she feels like a brand-new person.

Finley's first recital, where she won the "Most Potential" award, made her feel truly special. Since then, she's had the chance to perform on Broadway at the Amsterdam Theatre and even in Times Square.

Being surrounded by supportive friends helps Finley with her anxiety, and learning new skills boosts her confidence. Her biggest dream is to keep traveling and dancing in as many places as she can around the world.

"Life without dance? I don't think so. Having a love for dance is like having love for your family because dance is family. If my heart was a puzzle, then I would be missing a piece of it if I didn't have dance. It has helped me become me."



Eva

AGE: 14

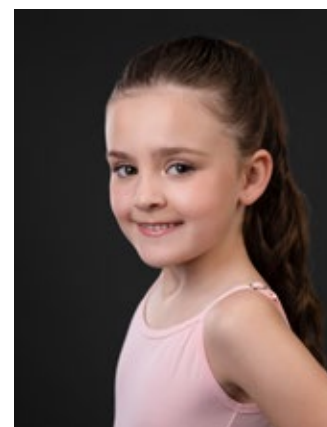
YEARS DANCING: 10

DANCE GENRES: ballet, jazz, hip hop, contemporary, acro, and lyrical

Eva loves how lyrical dance allows her to express emotions through movement and music. Her favourite part of dancing is using her flexibility to create beautiful shapes and movements. One of her proudest achievements is choreographing her own solo and winning first place for it.

Dance has improved Eva's time management and sparked her creativity, helping her balance her busy schedule while staying inspired. She's also learned resilience, overcoming tough days when her performance isn't at its best and using those experiences to grow stronger.

Looking ahead, Eva hopes to improve her tumbling skills and continue exploring her potential in dance.



Amalia

AGE: 7

YEARS DANCING: 4

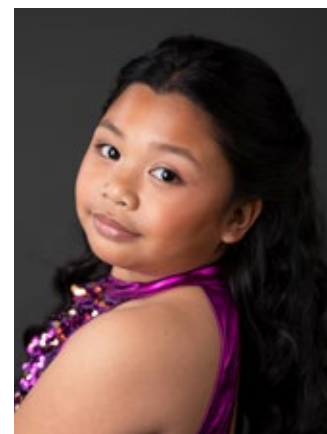
DANCE GENRES: lyrical, jazz, and acro

Amalia finds lyrical particularly special because it's slow yet powerful, allowing her to express herself in unique ways. Her favourite part of dance is performing on stage, where she feels confident and excited to showcase her hard work.

Amalia went from just one dance in her first year of competitions to seven in her most recent one. She embraced the opportunity to join an acro routine, even though she was new to the style and her teammates had more experience.

Amalia's goal is to keep working hard on her routines while building meaningful friendships along the way.

"My dance studio is a place where I've made new friends and have been encouraged to try new things."



Gabbi

AGE: 8

YEARS DANCING: 2

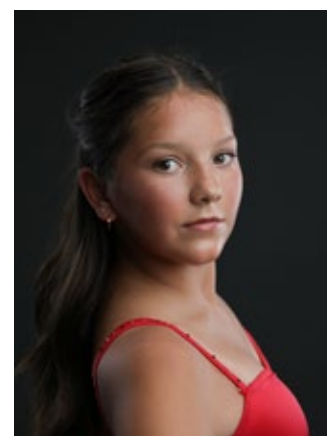
DANCE GENRES: hip hop

Gabbi's favourite dance genre is hip hop because she loves the style and energy of its movements.

Her proudest dance moment so far was performing her talent routine in a pageant competition, where she felt thrilled to express herself on stage. Her favourite skill is the cartwheel, which she practiced diligently to master. One of her biggest achievements has been overcoming performance anxiety and gaining confidence with each performance.

Looking ahead, Gabbi hopes to improve her flexibility and develop her ability to convey emotions through dance.

"Dance gives me a great opportunity to have fun, meet new friends and help my body to be fit and allow me to express my emotions."



Taylor

AGE: 13

YEARS DANCING: 9

DANCE GENRES: hip hop, lyrical, jazz, and contemporary

Taylor's drawn to contemporary because of the freedom it gives her to express herself through movement. The friendships she's built and the confidence she's gained through various dance styles have shaped who she is as a person.

Taylor loves the challenge of learning new choreography and expanding her skills. Her dedication to dance has already paid off with earning her first solo overall award for her hip hop routine. She's excited to see where her dance journey takes her, and is looking forward to creating new memories, having fun, and meeting new people.

"Dance has impacted my life by allowing me to be able to express myself through many different genres. It has also allowed me to connect with other dancers and make lasting memories with good friends."



Moms deserve the spotlight too!



When was the last time you were the one in front of the camera?

Now that you gave your child an experience of a lifetime—how about honouring yourself?

You’ve been the one cheering, supporting, and taking care of everyone else. It’s time to step into the spotlight! A portrait session is your chance to slow down, feel beautiful, and be celebrated for everything you are—not just as a mom, but as a woman.

Dance photography is our newest endeavour. Our primary genres are beauty portraits and professional headshots for camera-shy people. If you don’t often like photos of yourself, this is the exact reason to step out of your comfort zone.

Let us show you how beautiful you truly are.



1

Style & Wardrobe Consultation

Every project starts with an idea. How do you want to be portrayed—glam, casual, professional, dance? The planning stage is essential for you to feel confident and ready, and helps us learn what matters most so we can bring it to life.

2

Professional Hair and Makeup

Our goal is to elevate your natural beauty while making you feel like million dollars! A full makeover, a “no makeup” look, or something in-between—the focus is on enhancing your features so you feel like your best, camera-ready self.

3

Guided Studio Photo Session

This is where the magic happens! Our sessions are easy, fun, and guided every step of the way, down to the smallest details. We’ll explore different looks, poses, and lighting to capture the images you’ll absolutely love. Get ready to feel like a celebrity!

4

Image Selection and Product Ordering

The most exciting step after your session is to review the photos together and narrow down to the best ones. Expect to fall in love with many! We’ll guide you through the best options to display them—in a gorgeous photo album, folio box, or wall art. You buy only what you love!

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