



2018-2019 Season MACDONALD ISLAND DANCE ACADEMY
(September 15, 2018 – June 8, 2019)

FLEX PROGRAM

(6 – 18 years old)

JAZZ

Jazz is a fundamental dance form that builds strength and stamina. Jazz classes are comprised of a warm-up, centre work and technique progressions across the floor including jumps and turns. Beginner students will learn basic jazz steps, progressive skills and jazz combinations and routines.

Costume is included in the fee. **Uniform Required.**

Dress Code:

Ladies: Black body suit or black crop top, beige tights, fitted black shorts, beige jazz shoes, hair pulled back

Boys: Loose-fitting black sport shorts, solid plain tank or t-shirt with no name brands, beige jazz shoes

Class	Barcode	Age	Experience	Day	Time	Fees
Mini A	4000241	6	No experience required	Thursdays	4:15PM-5:15PM	Member: \$ 740 Non-Member: \$ 770
Mini B	4000286	6	No experience required	Fridays	5:30PM-6:30PM	Member: \$ 740 Non-Member: \$ 770
Mini C	4000292	6	No experience required	Saturdays	11:30AM-12:30PM	Member: \$ 740 Non-Member: \$ 770
Junior A	4000242	8-9	At least 1 year of Jazz experience required	Wednesdays	7:00PM-8:00PM	Member: \$ 740 Non-Member: \$ 770
Junior B	4000243	7-9	Limited or no experience necessary	Thursdays	5:15PM-6:15PM	Member: \$ 740 Non-Member: \$ 770
Junior Plus	4000244	9-11	2+ years of Jazz experience required	Thursdays	6:15PM-7:15PM	Member: \$ 740 Non-Member: \$ 770
Intermediate	4000245	12-13	At least 1 year of Jazz experience required	Wednesdays	6:00PM-7:00PM	Member: \$ 740 Non-Member: \$ 770
Advanced Intermediate	4000246	12-14	2+ years of Jazz experience required	Wednesdays	8:00PM-9:15PM	Member: \$ 790 Non-Member: \$ 825
Advanced Teen	4000247	14-18	2+ years of Jazz experience required	Thursdays	7:15PM-8:30PM	Member: \$ 790 Non-Member: \$ 825

Please contact Miss Stacey if you have any questions: stacey.witt@rrcwb.ca

BALLET

Ballet is the foundation for all dance forms and improves strength, poise, balance, and control. Dancers will study the discipline of ballet following the Cecchetti Syllabus. The Cecchetti Method of ballet is a style of classical, theatrical ballet based on the teachings of the great Italian ballet master Enrico Cecchetti (1850-1928). He taught in Russia, Poland, Italy and England and became the private instructor of Anna Pavlova and many other celebrated dancers. Prestigious dance schools such as the School of Alberta Ballet practice this syllabus.

Costume is included in the fee (with exception Pre-Pointe). Uniform Required.

Dress Code:

Ladies: Black body suit, pink tights, pink ballet slippers, hair in bun

Boys: Fitted black dance shorts or pants, dance belt, fitted solid white tank or t-shirt, black ballet slippers

Class	Barcode	Age	Experience	Day	Time	Fees
Primary A	4000248	7-8	1 year of Primary Ballet required	Thursdays	6:15PM-7:15PM	Member: \$ 740 Non-Member: \$ 770
Primary B	4000249	6-7	Limited or no experience necessary	Fridays	4:15PM-5:15PM	Member: \$ 740 Non-Member: \$ 770
Ballet 1A	4000250	8-9	At least 1 year of Primary Ballet	Mondays	4:15PM-5:30PM	Member: \$ 790 Non-member: \$ 825
Ballet 1B	4000251	8-9	Experience preferred, not required	Fridays	5:15PM-6:30PM	Member: \$ 790 Non-member: \$ 825
Ballet 2	4000252	10-11	At least 1 years of Ballet experience required	Mondays Wednesdays	5:30PM-6:45PM 6:00PM-7:15PM	Member: \$ 1,350 Non-member: \$ 1,390
Ballet 3A	4000253	11-13	At least 3 years of Ballet experience required *Teacher approval required*	Mondays Thursdays	6:45PM-8:00PM 7:15PM-8:30PM	Member: \$ 1,350 Non-member: \$ 1,390
Ballet 3B	4000254	11-13	At least 2 years of Ballet experience required *Teacher approval required*	Tuesdays Fridays	5:45PM-7:00PM 6:30PM-7:45PM	Member: \$ 1,350 Non-member: \$ 1,390
Ballet 4/ Pre-Pointe	4000255	12-14	At least 3 years of Ballet experience required *Teacher approval required*	Tuesdays Wednesdays	4:15PM-5:45PM 7:15PM-8:45PM	Member: \$ 1,500 Non-member: \$ 1,550
Ballet 5	4000256	13-15	At least 4 years of Ballet experience required *Teacher approval required*	Mondays Thursdays	8:00PM-9:30PM 4:15PM-5:45PM	Member: \$ 1,500 Non-member: \$ 1,550
Ballet 6	4000257	15-18	At least 4 years of Ballet experience required *Teacher approval required*	Tuesdays Wednesdays	7:00PM-8:30PM 4:15PM-5:45PM	Member: \$ 1,500 Non-member: \$ 1,550
Pointe 1	4000259	12+	Teacher approval required *Audition is required*	Thursdays	5:45PM-6:15PM	Member: \$ 525 Non-member: \$ 540
Pointe 2	4000260	12+	1-2 years of Pointe experience required *Audition is required*	Tuesdays	8:30PM-9:00PM	Member: \$ 525 Non-member: \$ 540
Open Adult/Teen	4000261	13+	Limited or no experience required	Thursdays	8:30PM-9:30PM	Member: \$ 740 Non-Member: \$ 770

Please contact Miss Nicole for an assessment or if you have any questions: nicole.armstrong@onerec.ca

ACROBATIC ARTS

Acrobatic Arts or Acro is a fusion of classic dance technique and the precision and athleticism of acrobatic elements. Acro dancers seamlessly blend musicality, emotional expression, lines and extension with acrobatic movements in a dance context. Acro technique includes balancing, limbering, tumbling and partnering, based in flexibility, contortion and strength. *Costume is included in the fee* Uniform Required.

Dress Code:

Ladies: Solid black bodysuit, black lycra dance shorts, hair tide up, ponytail or braid, bare feet and legs

Boys: Solid plain black tank or t-shirt with no name brands, black shorts, bare feet

Class	Barcode	Age	Experience	Day	Time	Fees
Mini A	4000262	6	No experience required	Fridays	4:15PM-5:00PM	Member: \$ 590 Non-Member: \$ 620
Mini B	4000263	6	No experience required	Saturdays	9:30AM-10:15AM	Member: \$ 590 Non-Member: \$ 620
Junior A	4000293	7-9	No experience required	Fridays	5:00PM-6:00PM	Member: \$ 740 Non-Member: \$ 770
Junior B	4000294	7-9	No experience required	Saturdays	10:15AM-11:15AM	Member: \$ 740 Non-Member: \$ 770
Junior Plus	4000264	8-10	At least 1 year of Acro experience required *Teacher approval required*	Mondays	4:15PM-5:15PM	Member: \$ 740 Non-Member: \$ 770
Advanced Junior	4000265	7-9	At least 1 year of Acro experience required	Mondays	5:15PM-6:15PM	Member: \$ 740 Non-Member: \$ 770
Intermediate B	4000295	11-13	At least 2 years of Acro experience required *Teacher approval required*	Mondays	6:15PM-7:15PM	Member: \$ 740 Non-Member: \$ 770
Advanced Teen	4000296	14-18	At least 2 years of Acro experience required *Teacher approval required*	Mondays	7:15PM - 8:15PM	Member: \$ 740 Non-Member: \$ 770

LYRICAL/CONTEMPORARY

This class combines the beauty and grace of ballet and the style and strength of classical jazz; lyrical is a storytelling dance form, and the music is soft and flowing. Balance, extension, and control are developed. This class blends the grounded and free aesthetics of modern/contemporary dance by incorporating rhythmic complexity and jazz music. We will be exploring both Lyrical and Contemporary.

***Pre-requisite:** Must be taking at least one ballet class*

Costume is included in the fee. Uniform Required.

Dress Code:

Ladies: Black body suit or black crop top, beige tights, fitted black shorts, ballet nude canvas half soles, hair pulled back

Boys: Loose-fitting black sport shorts, solid plain tank or t-shirt with no name brands, ballet nude canvas half soles

Class	Barcode	Age	Experience	Day	Time	Fees
Junior	4000266	7-9	Limited or no experience necessary *Ballet enrollment is required*	Tuesdays	6:00PM-7:00PM	Member: \$ 740 Non-Member: \$ 770
Junior Plus	4000267	9-11	2 years of experience of Junior Lyrical is required *Ballet enrollment is required*	Tuesdays	7:00PM-8:00PM	Member: \$ 740 Non-Member: \$ 770
Intermediate	4000268	12-13	Limited or no experience necessary *Ballet enrollment is required*	Tuesdays	8:00PM-9:00PM	Member: \$ 740 Non-Member: \$ 770
Advanced Intermediate	4000269	12-14	At least 2 years at the Intermediate level *Ballet enrollment is required*	Fridays	6:30PM-7:45PM	Member: \$ 790 Non-member: \$ 825
Advanced Teen	4000270	14-18	At least 2 years at the Intermediate level *Ballet enrollment is required*	Fridays	7:45PM-9:15PM	Member: \$ 905 Non-Member: \$ 950

Please contact Miss Stacey if you have any questions: stacey.witt@rrcwb.ca

MUSICAL THEATRE

Musical Theatre combines the art of dancing, acting, and singing to complete any dancers' repertoire. This high energy class will help dancers build confidence and self-esteem through acting games, creative movement, and Broadway jazz.

Costume is included in the fee. Uniform required.

Dress Code:

Ladies: Black body suit or black crop top, beige tights, fitted black shorts, ballet nude canvas half soles, hair pulled back

Boys: Loose-fitting black sport shorts, solid plain tank or t-shirt with no name brands, ballet nude canvas half soles

Class	Barcode	Age	Experience	Day	Time	Fees
Intermediate	4000271	12+	Limited or no experience required. Basic jazz knowledge preferred	Fridays	7:45PM-8:45PM	Member: \$ 740 Non-Member: \$ 770
Junior	4000297	6-11	Limited or no experience necessary	Tuesdays	5:15PM-6:00PM	Member: \$ 590 Non-Member: \$ 620

TAP

Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students' progress through each level, curriculum will become increasingly more complex and intricate. Once you start tapping, you'll never want to stop! **Costume is included in the fee. Uniform Required.****Dress Code:**

Ladies: Body suit, Beige tights, fitted shorts, lace up black tap shoes, hair pulled back

Boys: Loose-fitting black sport shorts, solid plain tank or t-shirt with no name brands, lace up black tap shoes

Class	Barcode	Age	Experience	Day	Time	Fees
Boys ONLY	4000272	7-10	Limited or no experience necessary	Mondays	5:15PM-6:15PM	Member: \$ 740 Non-Member: \$ 770
Mini A	4000298	6	Limited or no experience necessary	Mondays	4:15PM-5:15PM	Member: \$ 740 Non-Member: \$ 770
Mini B	4000299	6	Limited or no experience necessary	Saturdays	12:30PM-1:30PM	Member: \$ 740 Non-Member: \$ 770
Junior	4000273	7-9	Limited or no experience necessary	Tuesdays	7:00PM-8:00PM	Member: \$ 740 Non-Member: \$ 770
Junior Plus	4000274	9-11	2 years of experience at Junior level is required	Saturdays	11:30AM-12:30PM	Member: \$ 740 Non-Member: \$ 770
Intermediate	4000275	10-13	At least 2 years of experience at Junior level *Teacher approval required*	Saturdays	1:30PM-2:30PM	Member: \$ 740 Non-Member: \$ 770
Advanced Inter/Teen	4000276	13-18	At least 2 years at the Intermediate level *Teacher approval required*	Tuesdays	8:00PM-9:00PM	Member: \$ 740 Non-Member: \$ 770

Please contact Miss Kelli if you have any questions: kelli.stewart@onerec.ca

HIP HOP

Dance to your favorite hip hop music and learn all the current dance steps from today's popular music videos! This program is a high-energy dance experience that is fun for dancers of all ages! Hip Hop teachers cover the newest Hip Hop and Street moves from L.A. and New York City. *Costume is included in the fee*. Uniform Required.

Dress Code:

Ladies: T-shirt, baggy sweat pants, indoor high top converse runners (black and white), hair pulled back

Boys: any loose fitting t-shirt, sweatpants or harem pants or loose-fitting black sport shorts, indoor high top converse runners (black and white).

Class	Barcode	Age	Experience	Day	Time	Fees
Junior A	4000277	7-9	At least 1 year of experience in hip Hop is required	Fridays	7:00PM-8:00PM	Member: \$ 740 Non-Member: \$ 770
Junior B	4000278	7-9	Limited or no experience necessary	Saturdays	1:00PM-2:00PM	Member: \$ 740 Non-Member: \$ 770
Mini A	4000300	6	Limited or no experience necessary	Fridays	6:00PM-7:00PM	Member: \$ 740 Non-Member: \$ 770
Mini B	4000301	6	Limited or no experience necessary	Saturdays	9:30AM-10:30AM	Member: \$ 740 Non-Member: \$ 770
Junior Plus	4000279	9-11	1-2 years of experience at a Junior level is required	Mondays	7:15PM-8:15PM	Member: \$ 740 Non-Member: \$ 770

Intermediate	4000280	10-13	One year of hip hop is preferred	Saturdays	10:30AM-11:30AM	Member: \$ 740 Non-Member: \$ 770
Advanced Teen	4000281	14+	At least 2 years at the Intermediate level is required	Mondays	8:15PM-9:15PM	Member: \$ 740 Non-Member: \$ 770
Adult	4000302	18+	Limited or no experience necessary	Fridays	8:00PM-9:00PM	Member: \$ 740 Non-Member: \$ 770
Boys ONLY	4000282	7-10	Limited or no experience necessary	Mondays	6:15PM-7:15PM	Member: \$ 740 Non-Member: \$ 770

Discounts available: For STAR and FLEX students:

15% OFF: 3 or more courses.

15% OFF: 2nd Sibling. *This discount will be applied to the sibling with the lower cost*

30% OFF: 3rd or more Siblings. *This discount will be applied to the sibling with the lower cost*

* Discounts cannot be combined, only one discount per student will be applicable*

For more information, please contact MacDonald Island Dance Academy: midance@rrcwb.ca

Where to buy dance uniforms?

Spotlight Performance Wear

Local dance clothing store

Address: # 15 – 9914 Morrison St. Fort McMurray

Phone: (780) 743-0244