

Mi Dance Academy 2019 Sessional Programs (3 months - Adults)

PARENT & TOT (24 months – 3 years)

This class is designed for dancers aged 24 months to 3 years accompanied by a parent or guardian to explore the world of creative movement together! Everyone will have fun learning pre-ballet movement through singing, movement games and the use of props.

Uniform required

Parent/Guardian must attend class with their child

Parents/Guardians are expected to provide support for all activities; wear comfortable clothing (no jeans please)

Siblings may not attend class

Dress Code:

Girls: Yellow body suit, pink tights, pink ballet slippers, hair pulled back.

Boys: Loose-fitting black sport shorts, solid plain tank or t-shirt with no name brands, black ballet slippers.

Location: Clearwater Studio

Class	Barcode	Day	Time	Fees	Session
Parent and Tot (Session 2)	4000714	Saturdays	9:00AM -9:30PM	Member: \$185 Non-Member: \$205	Jan 12 – Apr 13 (12 Classes)
Parent and Tot (Session 2)	4000715	Wednesdays	3:45PM - 4:15PM	Member: \$ 185 Non-member: \$ 205	Jan 16 - April 10 (12 Classes)

Intellidance@ Babies (3 – 11 months)

Come and learn how dance, music, and play can nurture early neural development, while strengthening the caregiver-baby bond! Each week will introduce a new development topic to help you understand how to support your baby's growth. Dance and music concepts will be introduced through circle dances, free exploration, songs and rhymes, and sensory activities that help foster your baby's cognitive, emotional, and physical health.

Caregivers will delight in watching their little ones grow and learn while making friends and socializing with others.

Parent/Guardian must attend class with their child

Parents/Guardians are expected to provide support for all activities; wear comfortable clothing (no jeans please)

Siblings may not attend class **Location:** Christina Studio

Class	Barcode	Day	Time	Fees	Session
Intellidance Babies	4000716	Tuesdays	10:00AM – 10:30AM	Members: \$80 Non-Member: \$90	Jan 15 – Feb 19 (6 Classes)

Intellidance@ Tykes (12 – 23 months)

Creeping, crawling, walking, and bouncing! Your little one is now moving and exploring the world like never before. With busy little ones in mind, Intellidance@ Tykes will continue to focus on nurturing gross motor, emotional and social development, through movement concepts, circle dances, free exploration, songs and rhymes, and sensory activities. Caregivers will delight in watching their little ones curiosity and joy making friends and socializing with others.

Parent/Guardian must attend class with their child

Parents/Guardians are expected to provide support for all activities; wear comfortable clothing (no jeans please)

Siblings may not attend class

Location: Christina Studio

Class	Barcode	Day	Time	Fees	Session
Intellidance Tykes	4000717	Wednesdays	10:00AM – 10:30AM	Member: \$ 80 Non-member: \$ 90	Jan 16 – Feb 20 (6 Classes)

Adult Hip Hop Sessional (18+ years old)

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.

Dress Code: Comfortable clothes, clean indoor running shoes.

Location: Christina Studio

Class	Barcode	Day	Time	Fees	Session
Adult Hip Hop	4000718	Friday	8:30PM – 9:15PM	Member: \$ 185 Non-member: \$ 205	Jan 18 – Apr 12 (12 Classes)

Adult Tap Sessional (18+ years old)

You will learn technique and choreography suited to the level and desires of the dance. This program is delivered with patience, humor and a ton of fun.

Dress Code: Comfortable clothes, tap shoes.

Location: Christina Studio

Class	Barcode	Day	Time	Fees	Session
Adult Tap	4000719	Tuesdays	9:00PM – 9:45PM	Member: \$ 185 Non-member: \$ 205	Jan 15 – Apr 9 (12 Classes)

Stretch and Strength

Classes have a very simple purpose to stretch and strengthen our dancers. Flexibility is an extremely important aspect of dance training and the expectation of dancer's bodies in regards to flexibility is ever increasing. It is extremely important that dancers develop the strength to manage this flexibility in order to help prevent injuries. Our combination of flexibility and strength training helps students prepare their bodies for technique classes.

Dress Code:

Female: Black bodysuit or black crop-top, fitted black shorts, hair pulled back, bare feet.

Male: Loose-fitting black sport shorts, solid plain tank or t-shirt with no name brands, bare feet.

Location: Hangingstone Studio

Class	Barcode	Day	Time	Fees	Session
Stretch & Strength 7-11 year old	4000720	Saturdays	9:15AM – 10:00AM	Member: \$ 185 Non-member: \$ 205	Jan 19 – Apr 27 (12 Classes)

*** All classes above are NOT performance classes, meaning there is no dance in the year-end recital***