



## 2020-2021 Season (September 12, 2020 – June 5, 2021)

### FLEX Program

(6 + years old)

Welcome to the 2020-2021 MacDonald Island Dance Academy Season!

MI Dance Academy is committed to providing the highest quality instruction in a fun environment that welcomes dancers of all skill levels. We provide education in ballet, tap, jazz, lyrical, hip hop, musical theatre and Acrobatic Arts.

#### PAYMENT OPTION

Nine monthly payments will be processed. Payments will start in September and end in May. Please note that payments can be made by Pre-Authorized Debit or Credit Card. Please ensure to update your information in the Parent Portal.

#### DISCOUNTS AVAILABLE

For STAR and FLEX students:

- **15% OFF:** 3 or more classes
- **15% OFF:** 2<sup>nd</sup> sibling. This discount will be applied to the sibling with the lower cost
- **30% OFF:** 3<sup>rd</sup> 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](mailto:midance@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** (uniform required):

**Ladies:** Black bodysuit, beige tights, fitted black shorts, beige jazz shoes, hair pulled back

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

Class	Age	Experience	Day	Time	Fees	Studio
Junior A	7-11	Limited or no experience required	Friday	7:00pm - 8:00pm	\$ 774 \$86/month (9 monthly payments)	Hangstone
Junior B	7-11	Limited or no experience required	Friday	7:00pm - 8:00pm	\$ 774 \$86/month (9 monthly payments)	Christina
Intermediate/Advanced	12-18	Limited or no experience required	Tuesday	7:45pm - 8:45pm	\$ 774 \$86/month (9 monthly payments)	Clearwater

## JAZZ

MI Dance Academy is happy to announce that our Jazz program is now **ADAPT** syllabus. **ADAPT** is an acronym which stands for: "Associated Dance Arts for Professional Teachers". ADAPT is an international certified dance syllabus offering yearly examinations in the dance disciplines, including Jazz. ADAPT represents an elite group of dance teachers who follow the ADAPT Syllabus. ADAPT dance teachers are leaders in quality dance training. They teach the love of dance and movement to all levels of expertise, from recreational to recreational levels.

Jazz is a fundamental dance form that builds strength and stamina. Jazz classes are a barre work, centre work and technique progressions across the floor, including jumps and turns.

Beginner students will learn basic jazz steps, progressive skills, jazz combinations, and routines.

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

**Dress Code** (uniform required):

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

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

Class	Age	Experience	Day	Time	Fees	Studio
Pre Junior A	6-7	No experience required	Thursday	5:00pm – 6:00pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Pre Junior B	6-7	No experience required	Saturday	1:45pm-2:45pm	\$ 774 \$86/month (9 monthly payments)	Clearwater
Junior A	8-10	At least 1 year of Junior Jazz experience required	Monday	6:15pm - 7:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Junior B	8-11	Limited or no experience required	Thursday	7:00pm – 8:00pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Intermediate	10-14	At least 2 years of Jazz experience required	Wednesday	7:00pm - 8:00pm	\$ 774 \$86/month (9 monthly payments)	Christina

## JAZZ - LYRICAL

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

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

**Prerequisite: Students must be taking at least one Ballet class**

**Dress Code** (uniform required):

**Ladies:** Black body suit or black crop top, beige tights, black shorts, lyrical nude half soles, hair pulled back

**Boys:** Black sport shorts, solid plain black tank or t-shirt with no name brands, lyrical nude half soles

Class	Age	Experience	Day	Time	Fees	Studio
Junior Jazz-Lyrical	7-11	Limited or no experience required *Ballet required*	Friday	5:00pm - 6:00pm	\$ 774 \$86/month (9 monthly payments)	Christina
Intermediate Advanced Jazz-Lyrical	12-18	At least 3 years at the Intermediate level required *Ballet required*	Thursday	7:45pm - 9:00pm	\$ 891 \$99/month (9 monthly payments)	Christina

## ACROBATIC ARTS

Acro is a fusion of classical 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, and tumbling based on flexibility, contortion, and strength.

**\*Students will not perform at the recital, no costume included on the fee\* Uniform Required**

**Requirement: Students must bring their own yoga strap and 2 yoga blocks**

**Dress Code** (uniform required):

**Ladies:** Solid black bodysuit, black fitted dance shorts, hair tied 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	Age	Experience	Day	Time	Fees	Studio
<b>Beginner - Intermediate</b>	7-9	At least 2 year experience required	Monday	7:15pm - 8:15pm	\$ 576 \$64/month (9 monthly payments)	Christina
<b>Advanced</b>	10-18	At least 2 year experience required	Monday	5:15pm - 6:15pm	\$ 576 \$64/month (9 monthly payments)	Christina

## HIP HOP

Hip Hop is a fun, energetic and very popular mix of funk and street dance! Hip hop classes are very upbeat and incorporate a variety of fun music which makes the class very enjoyable and exciting for dancers to be a part of.

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

**Dress Code** (uniform required):

**Ladies:** Black t-shirt, black bottoms any style, indoor white sole all black top runners, hair pulled back.

**Boys:** Black t-shirt, black bottoms any style, indoor white sole all black top runners.

Class	Age	Experience	Day	Time	Fees	Studio
<b>Pre Junior</b>	6-7	Limited or no experience required	Tuesday	6:15pm - 7:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingsstone
<b>Boys</b>	7-10	Limited or no experience required	Tuesday	7:15pm - 8:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingsstone
<b>Junior A</b>	7-9	Limited or no experience required	Tuesday	4:15pm - 5:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingsstone
<b>Junior B</b>	7-9	Limited or no experience required	Friday	5:00pm – 6:00pm	\$ 774 \$86/month (9 monthly payments)	Christina
<b>Intermediate</b>	10-13	At least 2 years at Junior level required	Tuesday	5:15pm – 6:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingsstone
<b>Advanced</b>	14-18	At least 2 years at Junior level required	Tuesday	8:15pm – 9:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingsstone

## 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, the curriculum will become increasingly more complex and intricate

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

**Dress Code** (uniform required):

**Ladies:** Black bodysuit, beige tights, black shorts, lace up black tap shoes, hair pulled back

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

Class	Age	Experience	Day	Time	Fees	Studio
Pre Junior	6-7	Limited or no experience required	Thursday	6:00pm – 7:00pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Junior	8-12	Limited or no experience required	Friday	6:00pm - 7:00pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Intermediate/ Advanced	13+	At least 2 years of experience required	Friday	7:45pm - 8:45pm	\$ 774 \$86/month (9 monthly payments)	Athabasca

## TAP ENSEMBLE

The TAP Ensemble provides an opportunity for passionate Tap dancers to experience a collaborative company atmosphere in a non-competitive, creative setting. The vision for the ensemble is to educate and pass along historical repertoire, as well as collaborate in the creation of new works. The TAP ensemble will have the opportunity to work with live musicians and tap masters! Miss Kelli will be focusing on the history of Tap, music theory and much more! All programs are welcome (Flex, Festival and Competitive students). If you are interested, please send us an e-mail to:

[midance@rrcwb.ca](mailto:midance@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees	Studio
Ensemble	Open	<b>*Teacher Approval Required*</b>	Saturday	3:00pm - 4:15pm	\$ 891 \$99/month (9 monthly payments)	Athabasca

## ACCELERATED BALLET PROGRAM

For students wishing to take a second in person class, they can apply for the Accelerated Program classes. Since spots are limited, dancers are required to complete an application by the end of August.

If you are interested, please send us an e-mail to: [midance@rrcwb.ca](mailto:midance@rrcwb.ca)

**Session 1:** Sept 18 – Dec 18 (14 classes)

\*No costume included\*

Class	Age	Experience	Day	Time	Fees	Studio
Accelerated 2 & 3	10-13	<b>*Teacher approval required*</b>	Friday	4:15pm - 5:45pm	\$ 280 (1 payment in Sept, 2020)	Clearwater
Accelerated 4 & 5	12-15	<b>*Teacher approval required*</b>	Thursday	6:45pm - 8:15pm	\$ 280 (1 payment in Sept, 2020)	Clearwater
Accelerated 6	15-18	<b>*Teacher approval required*</b>	Friday	6:15pm - 7:45pm	\$ 280 (1 payment in Sept, 2020)	Clearwater

## SESSIONAL PROGRAMS

We offer programs that are less time commitment, and tons of fun for your little ones!  
These classes are great to give dance a try if you don't want the full commitment of a dance year or recital.

**Session 1:** Sept 18 – Dec 18 (14 classes)

\*No costume included\*

Class	Age	Experience	Day	Time	Fees	Studio
Parent & Tot A Sessional	2-3	No experience required	Wednesday	3:30pm – 4:00pm	\$ 199 (1 payment in Sept, 2020)	Hanginstone
Parent & Tot B Sessional	2-3	No experience required	Saturday	9:30am – 10:00am	\$ 199 (1 payment in Sept, 2020)	Clearwater
Shooting Star Sessional	3-4	No experience required	Friday	3:30pm -4:00pm	\$ 280 (1 payment in Sept, 2020)	Clearwater
Shining Star Sessional	4-5	No experience required	Saturday	10:00am-10:45am	\$ 280 (1 payment in Sept, 2020)	Clearwater

## ADULT PROGRAMS

For adult who still love to get out on the dance floor! We offer a variety of classes to get you up and moving, join us for a centering Ballet class, a spicy adult Jazz class, or a fun adult Hip Hop class.

If you are interested, please send us an e-mail to: [midance@rrcwb.ca](mailto:midance@rrcwb.ca)

**Session 1:** Sept 18 – Dec 18 (14 classes)

\*No costume included\*

Class	Age	Experience	Day	Time	Fees	Studio
Sexy Street Jazz (SSJ)	18+	No experience required *Heels Optional*	Wednesday	8:00pm – 9:00pm	\$ 199 (1 payment in Sept, 2020)	Christina
Open Ballet	16+	No experience required	Thursday	8:00pm-9:00pm	\$ 774 \$86/month (9 monthly payments)	Hanginstone
Hip Hop	18+	No experience required	Friday	8:00pm-9:00pm	\$ 199 (1 payment in Sept, 2020)	Christina

## 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). Prestigious dance schools such as the School of Alberta Ballet practice this syllabus.

**\*Costume is included in the fee (with the exception of Pointe classes) \***

**Dress Code** (uniform required):

**Ladies:** Black tank leotard (solid black, no lace or cutouts), pink tights, pink canvas ballet slippers, hair in a bun with a hairnet.

**Boys:** Fitted black dance shorts, pants, or tights, dance belt, fitted solid white ballet t-shirt or bodysuit, black canvas ballet slippers (long hair pulled back).

Class	Age	Experience	Day	Time	Fees	Studio
Pre-Junior A Ballet/Lyrical	6-7	No experience required	Monday	4:15pm - 5:15pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Pre-Junior B Ballet/Lyrical	6-7	No experience required	Saturday	12:45pm - 1:45pm	\$ 774 \$86/month (9 monthly payments)	Clearwater
Primary A	7-8	At least 1 year of Ballet	Wednesday	5:45pm - 6:45pm	\$ 774 \$86/month (9 monthly payments)	Hangingstone
Ballet 1 A	8-9	At least 1 year of Primary Ballet	Tuesday	4:15pm - 5:15pm	\$ 774 \$86/month (9 monthly payments)	Clearwater
Ballet 1 B	8-9	No experience required	Thursday	5:45pm - 6:45pm	\$ 774 \$86/month (9 monthly payments)	Clearwater
Ballet 2 A	10-11	At least 1 year of Ballet	Tuesday	5:15pm - 6:30pm	\$ 891 \$99/month (9 monthly payments)	Clearwater
Ballet 2 B	10-11	At least 1 year of Ballet	Wednesday	4:15pm - 5:30pm	\$ 891 \$99/month (9 monthly payments)	Clearwater
Ballet 3 A	11-13	3 years of Ballet <b>*Teacher approval required*</b>	Tuesday	6:30pm - 7:45pm	\$ 891 \$99/month (9 monthly payments)	Clearwater
Ballet 3 B	11-13	2 years of Ballet <b>*Teacher approval required*</b>	Wednesday	5:30pm - 6:45pm	\$ 891 \$99/month(9 monthly payments)	Clearwater
Ballet 4/ Pre-Pointe A	12-14	3 years of Ballet <b>*Teacher approval required*</b>	Monday	4:15pm - 5:45pm	\$ 891 \$99/month(9 monthly payments)	Clearwater
Ballet 4/ Pre-Pointe B	12-14	3 years of Ballet <b>*Teacher approval required*</b>	Thursday	4:15pm - 5:45pm	\$ 954 \$106/month (9 monthly payments)	Clearwater
Ballet 5 A	13-15	4 years of Ballet <b>*Teacher approval required*</b>	Mondays	6:15pm - 7:45pm	\$ 954 \$106/month (9 monthly payments)	Clearwater
Ballet 6 A	15-18	4 years of Ballet <b>*Teacher approval required*</b>	Monday	7:45 - 9:15	\$ 954 \$106/month (9 monthly payments)	Clearwater
Ballet 6 B	15-18	4 years of Ballet <b>*Teacher approval required*</b>	Wednesday	6:45 - 8:15	\$ 954 \$106/month (9 monthly payments)	Clearwater
Beginner Pointe A	11-18	<b>*Teacher approval required*</b>	Monday	5:45pm - 6:15 pm	\$ 288 \$32/month (9 monthly payments)	Clearwater
Beginner Pointe B	11-18	<b>*Teacher approval required*</b>	Thursday	8:15pm – 8:45 pm	\$ 288 \$32/month (9 monthly payments)	Clearwater
Pointe 1 & 2	12-18	1 year of Pointe <b>*Teacher approval required*</b>	Wednesday	8:15pm - 9:15pm	\$ 576 \$64/month (9 monthly payments)	Clearwater