

2017 – 2018 SEASON

MI DANCE ACADEMY

FLEX PROGRAM

JAZZ | Age range: 7 +

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. Jazz is offered to all ages from beginner to advance. * *Costume is included in the fee* * Uniform Required.

Dress Code:

Girls: 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

Location: Hangingstone Studio

300503 Sept 20 – June 20 Junior A | Ages 7 – 9
Wednesdays 6:00 – 7:00 pm
Member \$730 Non-Member \$760

300504 Sept 21 – June 21 Junior B | Ages 7 – 9
Thursdays 5:15 – 6:15 pm
Member \$730 Non-Member \$760

300505 Sept 21 – June 21 Junior Plus | Ages 9 – 11
Thursdays 6:15 – 7:15 pm
Member \$730 Non-Member \$760

300506 Sept 20 – June 20 Inter | Ages 12 – 13
Wednesdays 7:00 – 8:00 pm
Member \$745 Non-Member \$775

300507 Sept 20 – June 20 Adv Inter | Ages 12 – 14
Wednesdays 8:00 – 9:15 pm
Member \$795 Non-Member \$825

300508 Sept 21 – June 21 Adv Teen | Ages 14 +
Thursdays 7:15 – 8:45 pm
Member \$825 Non-Member \$855

BALLET | Age range: 7 – 15

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 dance 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. Uniform Required. * *Costume is included in the fee; (with exception of Professional Ballet and Pre-Pointe)**

Please note: Only experienced Ballet students will be allowed to register for pointe classes, please contact Miss Nicole for an assessment or if you have any questions about Ballet classes: nicole.armstrong@rrcwb.ca

Dress Code:

Girls: 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

Location: Clearwater Studio

300509 Sept 18 – June 18 Primary A | Ages 7 – 8
Mondays 4:15 – 5:15 pm
Member \$730 Non-Member \$760

300510 Sept 22 – June 22 Primary B | Ages 7 – 8
Fridays 4:15 – 5:15 pm
Member \$730 Non-Member \$760

300511 Sept 19 – June 19 Ballet 1A | Ages 8 – 9
Tuesdays 5:45 – 7:00 pm
Member \$795 Non-Member \$825

300512 Sept 21 – June 21 Ballet 1B | Ages 8 – 9
Thursdays 4:15 – 5:30 pm
Member \$795 Non-Member \$825

300513 Sept 16 – June 23 Ballet 2A | Ages 10 – 11
Mon 5:15 – 6:30 pm Wed 7:00 – 8:15 pm
Member \$1350 Non-Member \$1390

300514 Sept 20 – June 22 Ballet 2B | Ages 10 – 11
Wed 5:45 – 7:00 pm Fri 5:15 – 6:30 pm
Member \$1350 Non-Member \$1390

300515 Sept 18 – June 21 Ballet 3 | Ages 11 – 13
Mon 6:30 – 7:45 pm Thurs 7:00 – 8:15 pm
Member \$1350 Non-Member \$1390

300516 Sept 19 – June 21 Ballet 4 | Ages 12 – 14
Tues 4:15 – 5:45 pm Thurs 8:15 – 9:45 pm
Member \$1500 Non-Member \$1550

300517 Sept 19 – June 21 Ballet 5 | Ages 13 – 15
Tues 7:00 – 8:30 pm Thurs 5:30 – 7:00 pm
Member \$1500 Non-Member \$1550

300518 Sept 18 – June 20 Ballet 6 | Ages 15 +
Mon 7:45 – 9:15 pm Wed 4:15 – 5:45 pm
Member \$1500 Non-Member \$1550

300519 Sept 22 – June 22 Open Inter | Ages 10 – 13
Fridays 6:30 – 7:45 pm
Member \$795 Non-Member \$825

300520 Sept 19 – June 19 Pointe 1 | Ages 12 – 18
Tuesdays 8:30 – 9:00 pm
Member \$520 Non-Member \$540

300521 Sept 18 – June 18 Pointe 2 | Ages 12 – 18
Mondays 9:15 – 9:45 pm
Member \$520 Non-Member \$540

300522 Sept 20 – June 20 Open | Ages 13 +
Wednesdays 8:30 – 9:45 pm
Member \$795 Non-Member \$825

ACROBATIC ARTS | Age range: 3

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 with the exception of students in the Acrobattys class as this class is an exercise class only* *
Uniform Required.

Dress Code:

Girls: Solid black bodysuit, black lycra dance shorts, beige capri dance tights, hair tide up, ponytail or braid, bare feet

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

Location: Fitness Studio

300523 Sept 18 – June 18 Acrobattys | Ages 5 – 6
Mondays 4:30 – 5:15 pm
Member \$560 Non-Member \$580

300524 Sept 18 – June 18 Acro Beg | Ages 7 – 11
Mondays 6:15 – 7:15 pm
Member \$730 Non-Member \$760

300525 Sept 19 – June 19 Acro Beg Plus | Ages 7 – 11
Tuesdays 4:45 – 5:45 pm
Member \$730 Non-Member \$760

300526 Sept 19 – June 19 Acro Inter | Ages 12 +
Tuesdays 5:45 – 6:45 pm
Member \$745 Non-Member \$775

LYRICAL/CONTEMPORARY | Age range: 7 +

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

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

Dress Code:

Girls: 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

Location: Hangingstone Studio

300527 Sept 19 – June 19 Junior Plus | Ages 9 – 11
Tuesdays 7:00 – 8:00 pm
Member \$730 Non-Member \$760

300528 Sept 18 – June 18 Junior | Ages 7 – 9
Mondays 5:15 – 6:15 pm
Member \$730 Non-Member \$760

300529 Sept 19 – June 19 Inter | Ages 12 – 13
Tuesdays 8:00 – 9:00 pm
Member \$745 Non-Member \$775

300530 Sept 18 – June 18 Adv/Inter | Ages 12 – 14
Mondays 7:45 – 9:00 pm
Member \$795 Non-Member \$825

300531 Sept 18 – June 18 Adv Teen | Ages 14 +
Mondays 6:15 – 7:45 pm
Member \$825 Non-Member \$855

300533 Sept 23 – Dec 16 Session 1 | Ages 10 +
Saturdays 10:00 – 11:00 am
Member \$190 Non-Member \$205

300534 Jan 21 – Apr 21 Session 2 | Ages 10 +
Saturdays 10:00 – 11:00 am
Member \$190 Non-Member \$205

MUSICAL THEATRE | Age range: 9 +

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:

Girls: 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

Location: Clearwater Studio

300532 Sept 22 – June 22 Ages 9 +
Fridays 7:45 – 8:45 pm
Member \$730 Non-Member \$760

TECHNIQUE PLUS: STRETCH & STRENGTH Age range: 5

Flexibility is an extremely important aspect of dance training. Our combination of flexibility and strength training classes will help dancers to prepare their bodies for the demands put upon them in their technical classes. In addition, students will work on improving posture, increasing elasticity and strengthening the muscles. Improve your dance ability coordination, rhythm and flexibility in this fun and energetic class!

Dress Code:

Girls: Black body suit or black crop top, fitted black shorts, hair pulled back, bare feet

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

Location: Hangingstone Studio

TAP | Age range: 7 +

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:

Girls: 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

Location: Hangingstone Studio & Fitness Studio

300535 Sept 18 – June 18 Boys Only | Ages 7 – 10
Mondays 5:15 – 6:15 pm
Member \$730 Non-Member \$760

300536 Sept 19 – June 19 Junior | Ages 7 – 9
Tuesdays 5:00 – 6:00 pm
Member \$730 Non-Member \$760

300537 Sept 19 – June 19 Junior Plus | Ages 9 – 11
Tuesdays 6:00 – 7:00 pm
Member \$730 Non-Member \$760

300538 Sept 19 – June 19 Inter | Ages 10 – 13
Tuesdays 6:45 – 7:45 pm
Member \$730 Non-Member \$760

300539 Sept 19 – June 19 Adv/Adult | Ages 14 +
Tuesdays 7:45 – 9:00 pm
Member \$745 Non-Member \$775

HIP HOP | Age range: 7 +

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:

Girls: T-shirt, baggie 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)

Location: Hangingstone Studio, Fitness Studio & Clearwater Studio

300540 Sept 22 – June 22 Junior A | Ages 7 – 9
Fridays 6:30 – 7:30 pm
Member \$730 Non-Member \$760

300541 Sept 16 – June 23 Junior B | Ages 7 – 9
Saturdays 12:45 – 1:45 pm
Member \$730 Non-Member \$760

300542 Sept 22 – June 22 Junior Plus | Ages 9 – 11
Fridays 7:30 – 8:30 pm
Member \$730 Non-Member \$760

300543 Sept 16 – June 23 Inter | Ages 10 – 13
Saturdays 1:45 – 2:45 pm
Member \$730 Non-Member \$760

300544 Sept 18 – June 18 Adv Teen | Ages 14 +
Mondays 8:15 – 9:15 pm
Member \$745 Non-Member \$775

300545 Sept 18 – June 18 Boys Only | Ages 7 – 10
Mondays 7:15 – 8:15 pm
Member \$730 Non-Member \$760

For more information on:

Jazz, Lyrical/Contemporary & Technique Plus, please contact stacey.witt@rrcwb.ca

Ballet, please contact nicole.armstrong@rrcwb.ca

Acrobatic Arts & Tap, please contact kelli.stewart@rrcwb.ca

For general inquiries, 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