



2018-2019 Season MACDONALD ISLAND DANCE ACADEMY

SESSIONAL PROGRAM

(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 1) | 4000176 | Wednesdays | 3:45PM - 4:15PM | Member: \$ 195 Non-member: \$ 205 | Sept 26 - Dec 12, 2018 (12 Classes) |
| Parent and Tot (Session 2) | 4000177 | Wednesdays | 3:45PM - 4:15PM | Member: \$ 195 Non-member: \$ 205 | Jan 16 - April 10, 2019 (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 A | 4000436 | Tuesdays | 10:00AM – 10:30AM | Member: \$ 80 Non-member: \$ 90 | Sept 25 – Oct 30 (6 classes) |
| Intellidance Babies B | 4000437 | Thursdays | 11:00AM - 11:30AM | Member: \$ 80 Non-member: \$ 90 | Sept 27 – Nov 1 (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 | 4000438 | Wednesdays | 10:00AM – 10:30AM | Member: \$ 80 Non-member: \$ 90 | Sept 26 – Oct 31 (6 Classes) |

Salsa Mom & Babies (2 – 6 months)

Dancing specially created for Momma & Baby!

Create a connection with baby and dance the day away with this class. Salsa, line dance, and party lines are all part of this dance class. Enjoy connecting with other moms and enjoy postpartum dance!

Please note children must participate in a baby carrier

Parent/Guardian must attend class with their child

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

Siblings may not attend class

Location: Christina Studio

| Class | Barcode | Day | Time | Fees | Session |
|-------------------|---------|-----------|------------------|--------------------------------------|----------------------------------|
| Salsa Moms & Baby | 4000439 | Thursdays | 10:00AM -10:45AM | Member: \$ 195 Non-member: \$ 205 | Sept 27 – Dec 13 (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. This is NOT a performance class, meaning there is no dance in the year-end recital. It's encouraged you attend the full session.

Dress Code:

Comfortable clothes, tap shoes.

Location: Christina Studio

| Class | Barcode | Day | Time | Fees | Session |
|-----------|---------|----------|-----------------|--------------------------------------|---------------------------------|
| Adult Tap | 4000440 | Tuesdays | 9:00PM – 9:45PM | Member: \$ 195 Non-member: \$ 205 | Sept 25– Dec 11 (12 Classes) |

Ballet Barre (18+ years old)

This one-hour ballet and conditioning focused class will challenge you at all levels. This program focuses on all areas of the body, centering on strength and flexibility, while utilizing the ballet barre. Working arms, legs and core muscles, this class will build strength and have you walking away with a sense of achievement.

Runners are not recommended for this class

If you have any questions, please contact: midance@rrcwb

Dress Code:

Comfortable workout wear, ballet or jazz shoes, dance socks with grip.

Location: Christina Studio

| Class | Barcode | Day | Time | Fees | Session |
|--------------------|---------|-----------|------------------|--------------------------------------|----------------------------------|
| Adult Ballet Barre | 4000441 | Wednesday | 11:30AM -12:30PM | Member: \$ 195 Non-member: \$ 205 | Sept 26– Dec 12 (12 Classes) |
| Adult Ballet Barre | 4000445 | Saturdays | 2:00PM – 3:00PM | Member: \$195 Non-Member: \$205 | Sept 29 – Dec 22 (12 Classes) |

Ballet Body Sculpt Teen/Adults (14+ years old)

This class combines ballet fundamentals with conditioning exercises that focus on sculpting the legs, abdominals, back, and arms. This class is ideal for people wishing to diversify their exercises and training. The format of the class is 20-minutes of mat work, 20-minutes of barre work, and 20-minutes of across the floor.

Dress code:

Athletic wear with socks or ballet slippers.

Location: Clearwater Studio

| Class | Barcode | Day | Time | Fees | Session |
|----------------------------------|---------|------------|-----------------|--------------------------------------|----------------------------------|
| Ballet Body Sculpt Teen/Adult | 4000442 | Wednesdays | 8:45PM – 9:45PM | Member: \$ 195 Non-member: \$ 205 | Sept 26 – Dec 12 (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 | 4000443 | Saturdays | 9:15AM – 10:00AM | Member: \$ 195 Non-member: \$ 205 | Sept 29 – Dec 22 (12 Classes) |
| Stretch & Strength 12-18 years old | 4000444 | Thursdays | 8:30PM – 9:15PM | Member: \$ 195 Non-member: \$ 205 | Sept 27 – Dec 13 (12 Classes) |