

2019-2020 Season (September 14, 2019 – June 6, 2020)

## FLEX PROGRAM

(6 – 18 years old)

### 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 of Beginner, Pointe 1 and Pointe 2 classes) \*Uniform Required.

#### Dress Code:

**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).

Please contact Miss Nicole for an assessment or if you have any questions: [nicole.armstrong@rrcwb.ca](mailto:nicole.armstrong@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
Mini A Ballet/Lyrical	6	No experience required	Wednesdays	6:00pm – 7:00pm	\$ 770 \$85.56/month	Hangingsstone
Mini B Ballet/Lyrical	6	No experience required	Saturdays	10:15am – 11:15am	\$ 770 \$85.56/month	Clearwater
Primary	7-8	No experience required	Mondays	5:00pm - 6:00pm	\$ 770 \$85.56/month	Hangingsstone
Ballet 1A	8-9	At least 1 year of Primary Ballet	Wednesdays	4:15pm - 5:15pm	\$ 770 \$85.56/month	Clearwater
Ballet 1B	8-9	Experience preferred, not required	Fridays	6:15pm - 7:15pm	\$ 770 \$85.56/month	Clearwater
Ballet 2	10-11	At least 1 year of Ballet experience required	Mondays Thursdays	5:15pm - 6:30pm 6:15pm - 7:30pm	\$ 1,390 \$154.45/month	Clearwater
Ballet 3A	11-13	3 years of Ballet experience required *Teacher approval required*	Tuesdays Wednesdays	6:15pm - 7:30pm 5:15pm - 6:30pm	\$ 1,390 \$154.45/month	Clearwater
Ballet 3B	11-13	At least 2 years of Ballet experience required *Teacher approval required*	Wednesdays Fridays	6:30pm - 7:45pm 7:15pm - 8:30pm	\$ 1,390 \$154.45/month	Clearwater
Ballet 4/ Pre-Pointe	12-14	At least 3 years of Ballet experience required *Teacher approval required*	Tuesdays Thursday	7:30pm - 9:00pm 4:15pm - 5:45pm	\$ 1,550 \$172.23/month	Clearwater

<b>Ballet 5</b>	13-15	At least 4 years of Ballet experience required <b>*Teacher approval required*</b>	Mondays Tuesdays	6:30pm - 8:00pm 4:15pm - 5:45pm	\$ 1,550 \$172.23/month	Clearwater
<b>Ballet 6</b>	15-18	At least 4 years of Ballet experience required <b>*Teacher approval required*</b>	Mondays Thursdays	8:00pm - 9:30pm 7:30pm - 9:00pm	\$ 1,550 \$172.23/month	Clearwater
<b>Beginner Pointe</b>	11-18	Teacher approval required <b>*Teacher approval required*</b>	Thursdays	5:45pm - 6:15 pm	\$ 285 \$31.67/month	Clearwater
<b>Pointe 1</b>	12-18	1 year of Pointe experience required <b>*Teacher approval required*</b>	Tuesdays	5:45pm - 6:15pm	\$ 285 \$31.67/month	Clearwater
<b>Pointe 2</b>	12-18	2 years of Pointe experience required <b>*Teacher approval required*</b>	Wednesdays	9:15pm - 9:45pm	\$ 285 \$31.67/month	Clearwater
<b>Open Teen</b>	12-18	Limited or no experience required	Wednesdays	7:00pm - 8:00pm	\$ 770 \$85.56/month	Hangingstone

## 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, 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** shoes, hair pulled back

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

Please contact Miss Leah for an assessment or if you have any questions: [leah.perry@rrcwb.ca](mailto:leah.perry@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
<b>Mini A</b>	6	No experience required	Tuesdays	6:00pm - 7:00pm	\$ 770 \$85.56/month	Christina
<b>Mini B</b>	6	No experience required	Saturdays	2:00pm – 3:00pm	\$ 770 \$85.56/month	Christina
<b>Junior A</b>	8-10	At least 1 year of Junior Jazz experience required	Mondays	6:00pm - 7:00pm	\$ 770 \$85.56/month	Hangingstone
<b>Junior B</b>	7-9	Limited or no experience required	Tuesdays	7:00pm – 8:00pm	\$ 770 \$85.56/month	Clearwater
<b>Junior C</b>	7-9	Limited or no experience required	Thursdays	7:30pm - 8:30pm	\$ 770 \$85.56/month	Christina
<b>Junior Plus</b>	10-12	At least 2 years of Jazz experience required	Thursdays	5:15pm - 6:15pm	\$ 770 \$85.56/month	Christina
<b>Intermediate</b>	12-14	At least 2 years of Jazz experience required	Tuesdays	5:00pm - 6:00pm	\$ 770 \$85.56/month	Christina

<b>Open Teen</b>	12-18	Limited or no experience required	Thursdays	8:15pm – 9:15pm	\$ 770 \$85.56/month	Hangingstone
<b>Advanced Team</b>	14-18	At least 3 years of Jazz experience required *Teacher approval required*	Thursdays	6:15pm - 6:30pm	\$ 840 \$93.34/month	Christina

## ACROBATIC ARTS

Acrobatic Arts or 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, tumbling and partnering, based on flexibility, contortion, and strength. \*Costume is included in the fee\* Uniform Required.

**\*Pre-requisite: Students must be taking at least one Ballet or Jazz class\***

### Dress Code:

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

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

Please contact Miss Kayla for an assessment or if you have any questions: [kayla.erlandson@rrcwb.ca](mailto:kayla.erlandson@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
<b>Mini</b>	6	No experience required	Saturdays	11:15am - 12:00pm	\$ 620 \$68.89/month	Hangingstone
<b>Junior A</b>	7-9	No experience required	Fridays	5:15pm - 6:15pm	\$ 770 \$85.56/month	Hangingstone
<b>Junior B</b>	7-9	No experience required	Saturdays	1:00pm - 2:00pm	\$ 770 \$85.56/month	Hangingstone
<b>Junior Plus</b>	9-11	At least 1 year of Acro experience required	Saturdays	12:00pm – 1:00pm	\$ 770 \$85.56/month	Hangingstone
<b>Intermediate</b>	11-13	At least 1 years of Acro experience required *Teacher approval required*	Saturdays	10:15am - 11:15am	\$ 770 \$85.56/month	Hangingstone

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

**\*Pre-requisite: Students must be taking at least one Ballet class\***

### Dress Code:

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

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

Please contact Miss Leah for an assessment or if you have any questions: [leah.perry@rrcwb.ca](mailto:leah.perry@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
Junior	7-9	Limited or no experience required *Ballet enrollment is required*	Wednesdays	6:15pm - 7:15pm	\$ 770 \$85.56/month	Christina
Junior Plus	9-11	At least 2 years of experience of Junior Lyrical is required *Ballet enrollment is required*	Wednesdays	7:15pm - 8:15pm	\$ 770 \$85.56/month	Christina
Open Inter/Teen	12-18	Limited or no experience required *Ballet enrollment is required*	Tuesdays	7:00pm - 8:00pm	\$ 770 \$85.56/month	Hangingstone
Intermediate	12-14	At least 2 years at the Intermediate level required *Ballet enrollment is required*	Wednesdays	5:15pm - 6:15pm	\$ 770 \$85.56/month	Christina
Advanced Teen	14-18	At least 3 years at the Intermediate level required *Ballet enrollment is required*	Tuesdays	8:00pm - 9:30pm	\$ 940 \$104.45/month	Christina

## 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, beige tights, fitted black shorts, beige jazz shoes, hair pulled back

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

Please contact Miss Kayla for an assessment or if you have any questions: [kayla.erlandson@rrcwb.ca](mailto:kayla.erlandson@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
Junior A	7 - 11	Limited or no experience required	Fridays	7:15pm - 8:00pm	\$ 620 \$68.89/month	Hangingstone
Junior B	7 - 11	Limited or no experience required	Saturdays	2:00pm - 2:45pm	\$ 620 \$68.89/month	Hangingstone
Intermediate	12 - 18	Limited or no experience required	Tuesdays	6:00pm - 7:00pm	\$ 770 \$85.56/month	Hangingstone

## 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. Once you start tapping, you'll never want to stop! \*Costume is included in the fee\* Uniform Required.

**Dress Code:****Ladies:** Black bodysuit, Beige tights, fitted shorts, lace up black tap shoes, hair pulled back**Boys:** Loose-fitting black sport shorts, solid plain black or white tank or t-shirt with no name brands, lace up black tap shoesPlease contact MiDance for an assessment or if you have any questions: [midance@rrcwb.ca](mailto:midance@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
Mini	6	Limited or no experience required	Thursdays	5:15pm - 6:15pm	\$ 770 \$85.56/month	Hangingstone
Boys ONLY	7-10	Limited or no experience required	Thursdays	6:15pm - 7:15pm	\$ 770 \$85.56/month	Hangingstone
Junior	7-9	Limited or no experience required	Mondays	7:00pm - 8:00pm	\$ 770 \$85.56/month	Hangingstone
Junior Plus	9-11	At least 2 years at Junior level required	Thursdays	4:15pm - 5:15pm	\$ 770 \$85.56/month	Hangingstone
Intermediate	10-13	At least 2 years at Junior level required	Thursdays	7:15pm - 8:15pm	\$ 770 \$85.56/month	Hangingstone
Open Teen	13-18	At least 1 years at the Intermediate level required	Wednesdays	8:00pm - 9:00pm	\$ 770 \$85.56/month	Athabasca

## 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:** Black t-shirt (no crop tops), black bottoms any style, indoor white sole all black top runners, hair pulled back. \*No converse shoes\***Boys:** Black t-shirt (no crop tops), black bottoms any style, indoor white sole all black top runners. \*No converse shoes\*Please contact Miss Kayla for an assessment or if you have any questions: [kayla.erlandson@rrcwb.ca](mailto:kayla.erlandson@rrcwb.ca)

Class	Age	Experience	Day	Time	Fees (9 monthly payments)	Studio
Mini	6	Limited or no experience required	Fridays	6:15pm - 7:15pm	\$ 770 \$85.56/month	Hangingstone
Boys ONLY	7-10	Limited or no experience required	Mondays	7:30pm - 8:30pm	\$ 770 \$85.56/month	Athabasca
Junior A	7-9	At least 1 year of experience in Hip Hop required	Mondays	4:15pm - 5:15pm	\$ 770 \$85.56/month	Athabasca
Junior B	7-9	Limited or no experience required	Fridays	4:15pm - 5:15pm	\$ 770 \$85.56/month	Hangingstone

Junior Plus	9-11	At least 2 years of experience at Junior level required	Mondays	6:30pm - 7:30pm	\$ 770 \$85.56/month	Athabasca
Intermediate	10-13	At least 2 years at Junior level required	Mondays	5:15pm – 6:15pm	\$ 770 \$85.56/month	Athabasca
Open Teen	14-18	Limited or no experience required	Tuesdays	8:00pm – 9:00pm	\$ 770 \$85.56/month	Hangingstone
Advanced Teen	14-18	At least 2 years at Intermediate level required	Mondays	8:30pm - 9:30pm	\$ 770 \$85.56/month	Athabasca

**PAYMENT OPTION:**

For the 2019/2020 season, 9 monthly payments will be processed through Jackrabbit. 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 courses.
- **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)

*Where to buy dance uniforms?*

**Spotlight Performance Wear**

Local dance clothing store

Address: # 15 – 9914 Morrison St. Fort McMurray

Phone: (780) 743-0244