

MACDONALD ISLAND DANCE ACADEMY (MIDA FLEX)

2021-2022

SEPTEMBER 27, 2021 – JUNE 18, 2022

MIDA is committed to providing the highest quality of 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 – PARENT PORTAL Nine monthly payments will be processed. Payments will start in October 2021 and end in May 2022. Please note that payments can be made by Pre-Authorized Debit or Credit Card. Please ensure to update your information in the Parent Portal and sign the waiver.

PAYMENT OPTION – PARENT PORTAL

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DISCOUNTS AVAILABLE

- **15% OFF:** 3 or more classes
- **15% OFF:** 2nd sibling. This discount will be applied to the sibling with the lower cost
- **30% OFF:** 3rd 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 MIDA: midance@rrcwb.ca

MUSICAL THEATRE

Musical Theatre classes are a great opportunity for students who would like to experience learning routines that combine singing, dancing and acting which enables them to become "triple threat" performers. Students will also work on characterization and lip synching. This class incorporates jazz and acting.

***Costume for Recital is included in the fee. Uniform Required. Please check our Uniform Guideline**

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Pre-Junior	6 - 8	No experience required	MONDAY	6:15pm – 7:00pm	\$ 649 \$72/month (9 monthly payments)	Athabasca
Junior A	8 - 12	At least 1 year of jazz, tap or ballet experience required	MONDAY	5:15pm – 6:15pm	\$ 779 \$86/month (9 monthly payments)	Athabasca
Junior B	8 - 13	At least 2 year of jazz, tap or ballet experience required	MONDAY	7:15pm – 8:15pm	\$ 779 \$86/month (9 monthly payments)	Athabasca
Intermediate	10 - 14	At least 3 year of jazz, tap or ballet experience required	MONDAY	8:15pm – 9:15pm	\$ 779 \$86/month (9 monthly payments)	Athabasca
Advanced	12 - 18	4+ year of jazz, tap or ballet experience required	MONDAY	4:15 – 5:15pm	\$ 779 \$86/month (9 monthly payments)	Athabasca

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.

***Tap lovers, check out our Tap Project!**

***Costume for Recital is included in the fee. Uniform Required. Please check our Uniform Guideline**

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Pre-Junior	6 - 8	No experience required	SATURDAY	11:00am – 11:45am	\$ 649 \$72/month (9 monthly payments)	Athabasca
Junior A	8 - 12	At least 1 year of tap experience required	TUESDAY	5:45pm – 6:30pm	\$ 649 \$72/month (9 monthly payments)	Athabasca
Junior B	8 - 13	At least 2 year of experience required in Tap	TUESDAY	6:30pm – 7:15pm	\$ 649 \$72/month (9 monthly payments)	Athabasca
Intermediate	10 - 14	At least 3 year of experience required in Tap	TUESDAY	7:30pm – 8:15pm	\$ 649 \$72/month (9 monthly payments)	Athabasca
Advanced	12 - 18	4+ year of experience required in Tap	TUESDAY	5:00pm – 5:45pm	\$ 649 \$72/month (9 monthly payments)	Athabasca

TAP PROJECT

The Tap Project provides an opportunity for passionate tap dancers to experience a collaborative company atmosphere in a non-competitive, creative setting. The vision for this project is to educate and pass along historical repertoire, as well as collaborate in the creation of new works. Miss Kelli will be focusing on the history of tap, music theory and much more!

***Pre requisite: registration in a Tap class**

***No costume included/required**

***Uniform Required. Please check our Uniforms Guideline**

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Tap Project	10 - 18	At least 2 year of experience required in Tap	TUESDAY	4:15pm – 5:00pm	\$ 549 \$72/month (9 monthly payments)	Athabasca

JAZZ

Our Jazz program is based on the **ADAPT syllabus**. Instructors teaching Jazz are trained and certified under the Associated Dance Arts for Professional Teachers (ADAPT) and are ready to teach students how to develop muscle strength and stamina, flexibility, and technique in this high energy environment.

***Costume for Recital is included in the fee. Uniform Required. Please check our Uniform Guideline**

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Pre-Junior	6 - 8	No experience required	TUESDAY	4:15pm – 5:15pm	\$ 779 \$86/month (9 monthly payments)	Christina
Jazz 1	8 - 11	No experience required	TUESDAY	6:30pm – 7:30pm	\$ 779 \$86/month (9 monthly payments)	Christina
Jazz 2	8 - 12	At least 1 year of Jazz experience required	TUESDAY	5:15pm – 6:15pm	\$ 779 \$86/month (9 monthly payments)	Christina
Jazz 3	10 - 12	At least 1 year of Jazz experience required	TUESDAY	7:00pm – 8:00pm	\$ 779 \$86/month (9 monthly payments)	Christina
Jazz 4	12 - 15	At least 2 year of Jazz experience required	TUESDAY	8:00pm – 9:00pm	\$ 779 \$86/month (9 monthly payments)	Christina
Jazz 5/6	15 - 18	At least 3 year of Jazz experience required	TUESDAY	4:45pm – 5:45pm	\$ 779 \$86/month (9 monthly payments)	Christina

LYRICAL

A fusion of ballet and jazz that relies primarily on the dancer's ability to express the mood and emotion of the music. Lyrical classes include improvisation, rhythm, creativity, and technique while developing the dancer's natural style.

***Pre requisite: A Ballet class is highly recommended**

***Costume for Recital is included in the fee. Uniform Required. Please check our Uniform Guideline**

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Lyrical 1/2	7 - 11	Limited or no experience required	THURSDAY	5:45pm – 6:45pm	\$ 779 \$86/month (9 monthly payments)	Christina
Lyrical 3/4	12 - 18	At least 2 years at the Intermediate level in Ballet of Lyrical is required	TUESDAY	7:30pm – 8:30pm	\$ 779 \$86/month (9 monthly payments)	Christina
Lyrical 5/6	13 - 18	At least 3 years in Advanced level in Ballet of Lyrical is required	TUESDAY	8:30pm – 9:30pm	\$ 779 \$86/month (9 monthly payments)	Christina

ACROBATIC ARTS

Acro combines classical dance technique with precision acrobatics and artistic gymnastics. MIDA students will learn to execute elements like handstands, cartwheels, needles, illusions, chest stands, aerials, and more advanced jumps and turns. With strength and flexibility being important factors for Acro, emphasis is placed on extensive conditioning and stretching as well as strength training. Instructors are trained and certified using professional spotting techniques to ensure the safety of all students.

***Non-Recital – This is a technique class.**

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

***Uniform Required.** Please check our Uniform Guideline

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Acro 1	7 - 11	At least 1 year experience in Acro, gymnastics and cheerleader is required	MONDAY	5:15pm - 6:15pm	\$ 689 \$76/month (9 monthly payments)	Christina
Acro 2	8 - 13	At least 2 year experience in Acro, gymnastics and cheerleader is required	MONDAY	4:15pm – 5:15pm	\$ 689 \$76/month (9 monthly payments)	Christina
Acro 3	9 - 14	At least 3 year experience in Acro, gymnastics and cheerleader is required	MONDAY	7:15pm – 8:15pm	\$ 689 \$76/month (9 monthly payments)	Christina
Acro 4	11 - 15	At least 3-year experience in Acro, gymnastics and cheerleader is required *Teacher approval required*	MONDAY	6:15pm – 7:15pm	\$ 689 \$76/month (9 monthly payments)	Christina
Acro 5	13 - 18	At least 3 year experience in Acro, gymnastics and cheerleader is required *Teacher approval required*	SATURDAY	9:30am – 11:00am	\$ 869 \$97/month (9 monthly payments)	Christina

HIP HOP

Hip Hop dance is a style primarily danced to hip hop music. It includes a wide range of styles including breaking, locking and popping. What separates Hip Hop from other styles is that it is often freestyle in nature. 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 make the class very enjoyable and exciting for dancers.

*Costume for Recital is included in the fee. Uniform Required. Please check our Uniform Guideline

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Pre-Junior	6 - 8	No experience required	TUESDAY	5:00pm – 5:45pm	\$ 649 \$72/month (9 monthly payments)	Hangingstone
Junior A	8 - 12	At least 1 year of Hip Hop experience required	TUESDAY	7:45pm – 8:30pm	\$ 649 \$72/month (9 monthly payments)	Hangingstone
Junior B	8 - 13	At least 2 year of Hip Hop experience required	SATURDAY	12:00pm - 12:45pm	\$ 649 \$72/month (9 monthly payments)	Hangingstone
Intermediate	10 - 14	At least 3 year of Hip Hop experience required	TUESDAY	4:15pm - 5:00pm	\$ 649 \$72/month (9 monthly payments)	Hangingstone
Advanced	12 - 18	4+ year of Hip Hop experience required	TUESDAY	5:45pm – 6:45pm	\$ 779 \$86/month (9 monthly payments)	Hangingstone

HIP HOP CREW

For those who love Hip Hop and want to dance at a company level. Hip Hop Crew introduces dancers to the fundamental techniques and foundations of hip hop and develops the dancers' musicality, coordination, confidence, performance skills and ability to pick up choreography. Hip Hop Crew will dive deeper into free styling, locking, popping and the rich history of Hip Hop!

***Pre requisite: registration in a Hip Hop Class**

***No costume included/required**

***Uniform Required. Please check our Uniform Guideline**

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Crew	10 - 18	At least 2 year of experience in Hip Hop is required	TUESDAY	7:00pm – 7:45pm	\$ 549 \$72/month (9 monthly payments)	Hangingstone

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.

***Pointe Invite only: see Miss Nicole for details.**

*Costume for Recital is included in the fee. Uniform Required. Please check our Uniform Guideline

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Pre-Junior A Ballet	6-7	No experience required	WEDNESDAY	6:00pm – 7:00pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone
Pre-Junior B Ballet	6-7	No experience required	SATURDAY	1:00pm – 2:00pm	\$ 779 \$86/month (9 monthly payments)	Clearwater
Primary	7-8	At least 1 year of Ballet	FRIDAY	4:15pm – 5:15pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone
Ballet 1A	8-9	At least 1 year of Primary Ballet	THURSDAY	6:00pm – 7:00pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone
Ballet 1B	8-9	No experience required	SATURDAY	2:00pm – 3:00pm	\$ 779 \$86/month (9 monthly payments)	Clearwater
Ballet 2A	10-11	At least 1 year of Ballet	TUESDAY THURSDAY	4:15pm – 5:15pm 4:45pm – 5:45pm	\$ 1259 \$139/month (9 monthly payments)	Hangingsstone Clearwater
Ballet 2B	10-11	At least 1 year of Ballet	WEDNESDAY FRIDAY	5:30pm – 6:30pm 6:30pm – 7:30pm	\$ 1259 \$139/month (9 monthly payments)	Clearwater Hangingsstone
Ballet 3A	11-13	3 years of Ballet	TUESDAY FRIDAY	5:15pm – 6:30pm 7:00pm – 8:15pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
Ballet 3B	11-13	2 years of Ballet	FRIDAY WEDNESDAY	5:30pm - 6:45pm 6:30pm – 7:45pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
Ballet 4A	12-14	3 years of Ballet *Teacher approval required*	MONDAY THURSDAY	4:15pm – 5:30pm 4:15pm – 5:30pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
Ballet 4B	12-14	3 years of Ballet *Teacher approval required*	WEDNESDAY FRIDAY	4:15pm – 5:30pm 4:15pm – 5:30pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
Ballet 5A	13-15	4 years of Ballet *Teacher approval required*	MONDAYS WEDNESDAY	6:15pm - 7:30pm 7:45pm – 9:00pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
Ballet 5B	13-15	4 years of Ballet *Teacher approval required*	TUESDAY THURSDAY	6:30pm – 7:45pm 5:45pm – 7:00pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater

Ballet 6	15-18	5 years of Ballet *Teacher approval required*	TUESDAY THURSDAY	7:45pm - 9:15pm 7:00pm – 8:30pm	\$ 1559 \$173/month (9 monthly payments)	Clearwater
Ballet 7	15-18	5 years of Ballet *Teacher approval required*	MONDAY THURSDAY	7:30pm – 9:00pm 7:00pm – 8:30pm	\$ 1559 \$173/month (9 monthly payments)	Clearwater
Open Ballet	12-18	No experience required	WEDNESDAY	7:15pm – 8:15pm	\$ 779 \$86/month (9 monthly payments)	Hangingstone
Pointe Beginner	11-18	*Teacher approval required*	MONDAY	5:45pm - 6:15 pm	\$ 288 \$32/month (9 monthly payments)	Clearwater
Pointe Inter	12-18	*Teacher approval required*	WEDNESDAY	9:00pm – 9:30pm	\$ 288 \$32/month (9 monthly payments)	Clearwater
Pointe Advanced	12-18	*Teacher approval required*	THURSDAY	8:30pm – 9:00pm	\$ 288 \$32/month (9 monthly payments)	Clearwater

SEASONAL PROGRAMS

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.

Session 1: Sept 27 – Dec 4 (10 classes)

No costume included

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES	STUDIO
Hip Hop	18+	No experience required	Tuesday	8:30pm – 9:30pm	\$ 220 (1 payment in Sept, 2020)	Hangingstone
Tap	18+	No experience required	Tuesday	8:15pm – 9:15pm	\$ 220 (1 payment in Sept, 2020)	Athabasca
Sexy Street Jazz	18+	No experience required *Heels Optional*	Wednesday	7:30pm – 8:30pm	\$ 220 (1 payment in Sept, 2020)	Christina
Adult Ballet	18+	No experience required	Friday	7:30pm – 8:00pm	\$ 220 (1 payment in Sept, 2020)	Hangingstone
Into to Acro	9-13	No experience required	Saturday	11:00am – 12:00pm	\$ 220 (1 payment in Sept, 2020)	Christina
Yoga for Dancers	9-18	No experience required	Saturday	11:00am – 12:00pm	\$ 220 (1 payment in Sept, 2020)	Hangingstone

DANCE WITH ME!

This class is designed for dancers aged 24 months to 3 years accompanied by an adult to explore the world of creative movement together!

Session 1: Sept 27 – Dec 7 (10 classes)

CLASS	AGE	EXPERIENCE	DAY	TIME	FEES
Dance with me!	2-3 years	THURSDAY	3:30pm – 4:00pm	\$ 180 (1 payment in Sept, 2020)	Hangingstone

*Please note that classes, schedules could be subject to change

*Students could be transferred to a different class after the first two weeks of classes, after a teacher's assessment

Please e-mail midance@rrcwb.ca if you have any questions.