

## MacDonald Island Dance Academy (MIDA FLEX)

### 2021-2022 Season

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.

#### DISCOUNTS AVAILABLE

- **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 MIDA: [midance@rrcwb.ca](mailto: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 & B	8-13	At least 1 year of jazz, tap or ballet experience required	Monday	5:15pm – 6:15pm	\$ 779 \$86/month (9 monthly payments)	Athabasca
Intermediate	10 - 14	At least 3 year of jazz, tap or ballet experience required	Monday	7:30pm – 8:30pm	\$ 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	2:00pm – 2:45pm	\$ 649 \$72/month (9 monthly payments)	Clearwater
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 in Tap is required	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
<b>Pre Junior / 1</b>	6-8	No experience required	Tuesday	4:15pm – 5:15pm	\$ 779 \$86/month (9 monthly payments)	Christina
<b>Jazz 2/3</b>	8-12	At least 1 year of Jazz experience required	Tuesday	5:15pm – 6:15pm	\$ 779 \$86/month (9 monthly payments)	Christina
<b>Jazz 4/5</b>	10-12	At least 1 year of Jazz experience required	Thursday	7:00pm – 8:00pm	\$ 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
<b>Lyrical 1/2/3</b>	7-15	Limited or no experience required	Thursday	4:45pm – 5:45pm	\$ 779 \$86/month (9 monthly payments)	Christina
<b>Lyrical 4/5</b>	12-18	At least 2 years at the Intermediate level in Ballet of Lyrical is required	Tuesday	6:45pm – 7:45pm	\$ 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 4/5	11-15	At least 3-year experience in Acro, gymnastics and cheerleader is required <b>*Teacher approval required*</b>	Monday	6:15pm – 7:15pm	\$ 689 \$76/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)	Hangingsstone
Junior	8-12	At least 1 year of Hip Hop experience required	Tuesday	7:45pm – 8:30pm	\$ 649 \$72/month (9 monthly payments)	Hangingsstone
Intermediate	10 - 14	At least 3 year of Hip Hop experience required	Tuesday	4:15pm - 5:00pm	\$ 649 \$72/month (9 monthly payments)	Hangingsstone
Advanced	12 - 18	4+ year of Hip Hop experience required	Tuesday	5:45pm – 6:45pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone

## 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
<b>Pre-Junior A Ballet</b>	6-7	No experience required	Wednesday	6:00pm – 7:00pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone
<b>Pre-Junior B Ballet</b>	6-7	No experience required	Saturday	1:00pm – 2:00pm	\$ 779 \$86/month (9 monthly payments)	Clearwater
<b>Primary</b>	7-8	At least 1 year of Ballet	Friday	4:15pm – 5:15pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone
<b>Ballet 1A</b>	8-9	At least 1 year of Primary Ballet	Thursday	6:00pm – 7:00pm	\$ 779 \$86/month (9 monthly payments)	Hangingsstone
<b>Ballet 2A</b>	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
<b>Ballet 2B</b>	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
<b>Ballet 3A</b>	11-13	3 years of Ballet	Tuesday Friday	5:15pm – 6:30pm 7:00pm – 8:15pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
<b>Ballet 3B</b>	11-13	2 years of Ballet	Wednesday Friday	6:30pm – 7:45pm 5:30pm - 6:45pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
<b>Ballet 4A</b>	12-14	3 years of Ballet <b>*Teacher approval required*</b>	Monday Thursday	4:15pm – 5:30pm 4:15pm – 5:30pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
<b>Ballet 4B</b>	12-14	3 years of Ballet <b>*Teacher approval required*</b>	Wednesday Friday	4:15pm – 5:30pm 4:15pm – 5:30pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
<b>Ballet 5A</b>	13-15	4 years of Ballet <b>*Teacher approval required*</b>	Mondays Wednesday	6:15pm - 7:30pm 7:45pm – 9:00pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
<b>Ballet 5B</b>	13-15	4 years of Ballet <b>*Teacher approval required*</b>	Tuesday Thursday	6:30pm – 7:45pm 5:45pm – 7:00pm	\$ 1399 \$155/month (9 monthly payments)	Clearwater Clearwater
<b>Ballet 6</b>	15-18	5 years of Ballet <b>*Teacher approval required*</b>	Tuesday Thursday	7:45pm - 9:15pm 7:00pm – 8:30pm	\$ 1559 \$173/month (9 monthly payments)	Clearwater

<b>Ballet 7</b>	15-18	5 years of Ballet <b>*Teacher approval required*</b>	Monday Thursday	7:30pm – 9:00pm 7:00pm – 8:30pm	\$ 1559 \$173/month (9 monthly payments)	Clearwater
<b>Pointe Beginner</b>	11-18	<b>*Teacher approval required*</b>	Monday	5:45pm - 6:15 pm	\$ 288 \$32/month (9 monthly payments)	Clearwater
<b>Pointe Inter</b>	12-18	<b>*Teacher approval required*</b>	Wednesday	9:00pm – 9:30pm	\$ 288 \$32/month (9 monthly payments)	Clearwater
<b>Pointe Advanced</b>	12-18	<b>*Teacher approval required*</b>	Thursday	8:30pm – 9:00pm	\$ 288 \$32/month (9 monthly payments)	Clearwater

## SESSIONAL 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
<b>Hip Hop</b>	18+	No experience required	Tuesday	7:30pm – 8:15pm	\$ 200 (1 payment in Sept, 2020)	Hangingsstone
<b>Tap</b>	18+	No experience required	Tuesday	8:15pm – 9:15pm	\$ 220 (1 payment in Sept, 2020)	Athabasca
<b>Sexy Street Jazz</b>	18+	No experience required *Heels Optional*	Wednesday	7:30pm – 8:30pm	\$ 220 (1 payment in Sept, 2020)	Christina
<b>Adult Ballet</b>	18+	No experience required	Friday	7:30pm – 8:30pm	\$ 220 (1 payment in Sept, 2020)	Hangingsstone

## DANCE WITH ME!

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

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

Class	Age	Day	Time	Fees	Studio
<b>Dance with me!</b>	2 – 3 years	Thursday	3:30pm – 4:00pm	\$ 180 (1 payment in Sept, 2020)	Hangingsstone

\*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](mailto:midance@rrcwb.ca) if you have any questions.