

McDonald • Wilson

DANCE ACADEMY



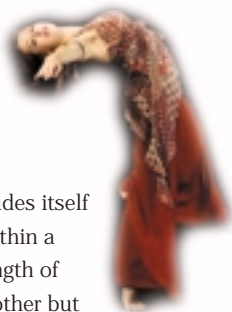
...dancing
from the
inside
out



**Preschool Dance • Ballet • Jazz
Tap • Hip-Hop • Modern • African
Pilates • Performing Company**

History

The McDonald Wilson Dance Academy has continually served the dance community in Calgary for over 35 years.



Philosophy

The McDonald Wilson Dance Academy prides itself in offering excellence in dance training within a “non-competitive” environment. Our strength of purpose is not in competing with one another but with competing with oneself. Allowing each dance student to ask the question “What will improve my technique, my artistic skill, my performance and most important my attitude?”.

The McDonald Wilson Dance Academy strengthens each student’s belief in themselves, that they can aspire to becoming greater dancers and greater people. This is demonstrated and platformed through traditional dance examinations and performing. The McDonald Wilson Dance Academy Teachers lead the students to not only learn dance steps to build a dance, but encourage them to execute steps correctly, to achieve, embrace and appreciate the art of dance. The Academy’s emphasis is on the student and their ability to become greater individuals utilizing the technique and discipline attained through the art and appreciation of dance. Emphasizing “non-competition” therefore highlights the individual value of each and every student, not just a chosen few, which then contributes to the ultimate success as a whole.

McDonald Wilson Dance Academy offers all forms of dance from classical ballet, jazz, tap and modern.

Academy Staff

Our dance educators live the philosophy of the McDonald Wilson Dance Academy and are highly qualified in their area of dance speciality. Our pianists pride themselves in providing inspiration and the appreciation of the blending of music and dance to become one.



About the Principal (Owner)

Shannon Ley Bachynski (Wilson) A.R.A.D. R.T.S.

has over 40 years experience in performing, teaching, choreographing and administration in professional dance.

As the Principal and Founder of the Academy, Shannon has owned and operated the McDonald Wilson Dance Academy, a “non-competitive” dance school, located in Calgary, Canada for over 35 years.

Shannon was trained as a classical ballet dancer and has studied and danced at such institutions as The National Ballet of Canada, The Royal Winnipeg Ballet, Ryerson Polytechnical Institute and the Banff School of Fine Arts. Shannon has also studied Dance History, Dance Anatomy and Benesh Notation through the University of Waterloo, Waterloo, Ontario, Canada.



As a teacher, choreographer and administrator Shannon has continued studying all forms of dance training and movement through various avenues such as Royal Academy of Dance (London) and The Royal Winnipeg Ballet and is recognized as a certified and registered teacher with an A.R.A.D. (associate) certification from the Royal Academy of Dance. Mrs. Bachynski is also an accredited teacher of the A.D.A.P.T. (Associated Dance Arts for Professional Teachers) syllabus. Recently Shannon has also been appointed by the Head Office of Royal Academy of Dance in London to mentor students who are enrolled in the “Certificate in Ballet Teaching Studies”.

Shannon has recently published a book entitled *“Life is a Dance”* which talks about a “non-competitive philosophy” in the arts.



Curriculum

The staff of the McDonald Wilson Dance Academy honors our philosophy and as a medium to reach our objectives, we subscribe to the following curriculums:

- Preschool Dance: specialized curriculum
- Ballet: Royal Academy of Dancing
- Tap: A.D.A.P.T. and various styles
- Jazz: A.D.A.P.T. and various styles
- Modern: Hanya Holm, Eric Hawkins, José Limon, and Martha Graham Techniques.
- Hip Hop: various styles
- African
- Pilates: mat classes
- dit.co: Dancer's In Training Company
- Year End Recital*

Our dance program runs from mid-September through to the end of May with breaks at Christmas and Easter. Our **Program Goals** are for the student to develop self-discipline, physical well-being and performance quality. The McDonald Wilson Dance Academy encourages "dancing from the inside-out" and most importantly the passionate fulfillment of dance and music. All students require our approval before attending any other dance school, workshops and external performing groups.

Preschool Dance (Creative Movement and Basic Pre-Ballet)

For Ages 3 to 5 years

These special classes for preschool children develop a broad range of movement skills and enhance co-ordination, flexibility and rhythm. The class work, designed specifically for this age group, leads children naturally into the study of ballet and other dance forms. This is a fun experience for all children.



Hip-Hop

For Ages 7 and up

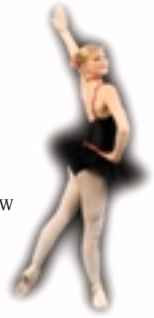
Using funk and popular dance music, this class explores the culture, music and dance of Hip Hop. Elements of poppin', lockin', uprock, and breakin' are explored.

* *Every second year (even years) the Academy presents a grand "Year End Recital" in a professional theatre environment. Classes will run until mid-June.*

Ballet

For Ages 6 and up

The structure and discipline of ballet classes allow young students to develop the balance, poise flexibility and strength necessary not only for ballet but for all dance forms. Classes follow the Royal Academy of Dancing (R.A.D.) syllabus as well as open work from various styles. The R.A.D. is a set syllabus of work based on classical technique, free movement and character dancing. Children must take two ballet classes/week if they wish to be eligible to take a R.A.D. examination. Applicable to Ballet 1 and up.



Jazz

For Ages 5 and up – Adults

High energy classes set to popular music offer children, teens and adults an exciting way to enjoy the benefits of dance training. Jazz students are encouraged to augment their training with a weekly ballet class. Students must be taking ballet if they wish to be eligible for an examination. Applicable to Jazz 1 and up.

Tap

For Ages 4 and up – Adults

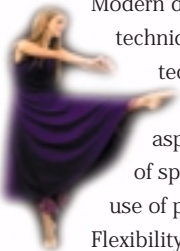
One of the most popular dance forms of all times, tap classes are terrific for developing co-ordination and rhythm. Tap students are encouraged to augment their training with a weekly ballet class.



Modern

For Ages 5 and up

Modern dance includes creative dance and modern dance technique. There are various contemporary styles and techniques which have been developed since the beginning of the 20th century. The identifying aspects of modern dance include... use of torso, use of space, use of weight as in (fall/suspension) and the use of parallel legs, as well as turnout, all done in barefeet! Flexibility and strength are developed through repetition.



African

For Ages 7 and up

Explore the roots of jazz and immerse yourself in the rhythms and dances of West Africa.

Location

Our Facilities

Our studios A & B are in Brentwood at 5107 33rd Street in Northwest Calgary. Studio C is located at Northmount Drive and 35th Street N.W. (Brentwood Sportsplex – upstairs). The studios are located adjacent to Sir Winston Churchill High School and the Northland Shoppes.

All of our studios have sprung flooring along with state of the art flooring.

Studio Locations

Studio A & B – 5107 33 Street N.W.

Studio C – Northmount Drive & 35 Street N.W.

(Brentwood Sportsplex – Upstairs)

Contact Us

Silver Springs Postal Outlet

P.O. Box 71010

Calgary, Alberta

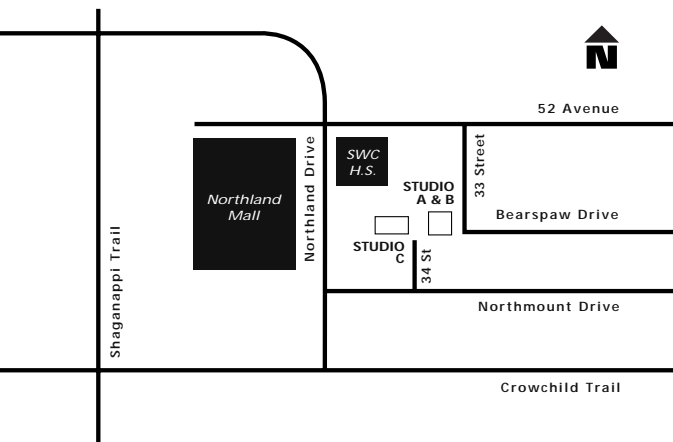
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Accountability

Students

- Respect the philosophy of the Dance Academy
- Committed to learning
- Personally excelling in the Art of Dance
- Respecting self and others
- Being punctual
- Well groomed
- Organized
- Assist in keeping studios clean
- Enjoy, replenish and have fun

Teachers

- Respect and live the philosophy of the Dance Academy
- Each student is treated with respect with the highest consideration
- All deadlines are met
- Enjoy, replenish and have fun

Parents

- Respect the philosophy of the Dance Academy
- Being punctual
- Have all dance commitment forms in on time
- Assist in keeping studios clean
- Make telephone appointments to speak to teachers
- Child arrives well-groomed
- Dance class requirements all organized
- Communicate at all times that the Art of Dance should be fun, not stressful
- Enjoy, replenish and have fun



Need to Know

Promptness

Promptness is very important as a proper warm-up at the beginning of class is critical in the prevention of injuries. This is also to avoid class disruptions. Please make sure that you are on time to pick up your child. Ask your child to wait inside the building for his/her safety.

Absences

Dance training must be consistent if it is to be effective. Our curriculum is planned to allow each student to progress through the succession of classes into increasingly more complex levels of dance. Irregular attendance defeats this objective.

Make-up Classes

Students can make up classes that are legitimately missed due to illness or injury. Extra exam classes are not to be used as make-up classes. The office requires notice in advance in such cases. Tuition is based on Monday classes, which have a minimum of 35 classes this year. This takes into account holiday weekends, Christmas and spring breaks. Classes which fall during the week may have one or two extra classes during the year. These are considered courtesy classes and are not charged for.

Observation and Visitors to Class

Parents are invited to watch the first lesson of each month, except during the months of September, December, January, April and May.

Our Logo™

Our proud, distinctive and classic trademark logo has represented the Academy since its inception. To the McDonald Wilson Dance Academy the stylized dancer represents energy, artistry and replenishment that emerges from a strong technical and graceful foundation.



Student Demonstrations and Performances

All students will participate in class demonstrations at Christmas and at the end of the dance season. A recital is held at the end of every second year.

Assignment of Class Levels, Exams, Pointe Work

The individual teachers, in collaboration with the Principal of our Academy, make all decisions on the placement of students, recommendations regarding exams and the appropriate time for beginning pointe work. From time to time, students may be moved to different classes when, in the teachers judgement, the students training would be improved by such a change.

Advancement in the grades within the school is not automatic as each student's development as a dancer is individually assessed and tailored to accommodate the different stages of bodily development, co-ordination, and number of classes taken per week. Regular attendance, concentration, ability to assimilate instruction and level of interest, all contribute to steady growth and advancement.



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Grooming/Dress

No jewellery (except for small studs for pierced ears). No gum chewing. No watches. No T-Shirts. Proper dress is required. Hair must be worn off the face and neck. For all classes (excluding Hip-Hop and African; ponytails are acceptable), hair must be worn in a bun, unless hair length prevents this.

Female Students

Preschool Dance

Leotard: Pink Prima Soft Leotard #506
Tights: Pink Prima Soft Tights
Shoes: Prima Soft Pink Leather, Full Sole Ballet Slippers with Elastic – No Split Soles on Shoes

Ballet

Pre-Primary & Primary:

Leotard: Pink Prima Soft Leotard #506
Skirt: Pink Cotton R.A.D. Skirt (may be purchased at a dancewear store or pattern is available through Dance Academy)
Tights: Pink Prima Soft Tights
Shoes: Prima Soft Pink Leather, Full Sole Ballet Slippers with Elastic – No Split Soles on Shoes

Grades 1 & 2:

Leotard: Pink Prima Soft Leotard #506
Tights: Pink Prima Soft Tights
Shoes: Prima Soft Pink Leather, Full Sole Ballet Slippers with Elastic – No Split Soles on Shoes
Black Character Shoes with Low Heel
Skirt: Black Polyester/Cotton Skirt with Three Rows of Satin Ribbon Around the Base (may be purchased at a dancewear store or pattern is available through Dance Academy)

Grades 3, 4 & 5:

Leotard: Navy Prima Soft Leotard #502
Tights: Pink Prima Soft Tights
Shoes: Prima Soft Pink Leather, Full Sole Ballet Slippers with Elastic – No Split Soles on Shoes
High Black Character Shoes
Skirt: Black Polyester/Cotton Skirt with Three Rows, of Satin Ribbon Around the Base (may be purchased at a dancewear store or pattern is available through Dance Academy)

Grades 6, 7 & 8; Vocational and Ballet Foundations:

Leotard: Black Prima Soft Leotard #506 (Grades and Foundations)
Black Prima Soft Leotard #512/804 (Vocational); Any Colour of Leotard May Be Worn to Class
Tights: Pink Prima Soft Tights
Shoes: Prima Soft Pink Canvas Ballet Slippers, Pink Pointe Shoes
Skirt: May Be Worn the Last Week of Each Month Only

** Teachers will recommend pointe shoes at all levels where they are required*

Ballet Students please note the following will be strictly enforced:

- Pink Tights are the Only Acceptable Colour for Class
- Unitards are Not Acceptable
- Hair Must be Groomed Properly in a Classical Bun

Modern

Leotard: Black Prima Soft Leotard #506/512/804

Tights: Pink Prima Soft Tights

Jazz

Primary Jazz to Grade 2:

Leotard: Orchid Prima Soft Leotard #506

Tights: Pink Prima Soft Tights

Shoes: Prima Soft Pink Leather, Full Sole Ballet Slippers with Elastic for Primary and Jazz 1 – Tan Jazz Oxfords for Jazz 2 and up

Grade 3:

Leotard: Black Prima Soft Leotard #506/512/804

Tights: Pink Prima Soft Tights

Shoes: Tan Jazz Oxfords (no jazz boots)

Grade 4 to Grade 8 and Junior, Pre-Intermediate, Intermediate and Senior

Leotard: Black Prima Soft Leotard #506/512/804

Tights: Black Prima Soft Tights

Shoes: Tan Jazz Oxfords (no jazz boots)

Jazz Pants: May Be Worn the Last Week of Each Month Only

Tap

Grade 1 to Grade 2:

Leotard: Orchid Prima Soft Leotard #506

Tights: Pink Prima Soft Tights

Shoes: Black – Black Elastic or Velcro Closing (no ties or ribbons) for Primary and Tap 1 – Black Tap Oxfords for Tap 2 and up

Grade 3:

Leotard: Black Prima Soft Leotard #506/512/804

Tights: Pink Prima Soft Tights

Shoes: Black Tap Oxfords

Grade 4 to 9:

Leotard: Black Prima Soft Leotard #506/512/804

Tights: Black Prima Soft Tights

Shoes: Black Tap Oxfords

Hip Hop

Clean indoor runners or jazz runners, black jazz pants, tank top or black bodysuit.

African

A fitted tank top or leotard with a lapa/sarong and bare feet.

Male Students

White, Short Sleeved T-Shirts (tightly fitted)

Black Tights or Black Sweat Pants

Plain White Socks

Black Leather Ballet Shoes with Elastics (except for jazz and tap – follow female requirements)

Black Dance Belt for Older Students

*** All Prima Soft attire is exclusively for purchase through the McDonald Wilson Dance Academy**

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