SHUMKA SCHOOL OF DANCE

2024/25 Program Overview

SHUMKA'S SYLLABUS CORE UKRAINIAN (S.D.S.A.)	Length (hours)	Age (minimum)
PRE-BEGINNER	0.75	3
 High-quality dance instruction (29 classes) Shumka's Pre-Beginner Syllabus (up to 22 techniques) Choreography (1) Performances at the Jubilee Auditorium (2) 		
Community performances (0)		
BEGINNER	0.75	5
 High-quality dance instruction (29 classes) Shumka's Beginner Syllabus (up to 23 techniques) Choreography (1) Performances at the Jubilee Auditorium (2) Community performances (0) 		
GRADE 1 S.D.S.A.	1.0	6
 High-quality dance instruction (29 classes) Shumka's Syllabus Grade 1 Certificate (minimum 6 exercises) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festival (1) Community performances (0) 		
GRADE 2 S.D.S.A.	1.25	7
 High-quality dance instruction (29 classes) Shumka's Syllabus Grade 2 Certificate (minimum 7 exercises) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festival (1) Community performances (0) 		
GRADE 2 DIPLOMA S.D.S.A.	1.25	8
High-quality dance instruction (29 classes) Shumka's Syllabus Grade 2 Diploma (minimum 9 exercises) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festival (1) Community performances (0)		
GRADE 3 S.D.S.A.	1.5	9
 High-quality dance instruction (29 classes) Shumka's Syllabus Grade 3 Certificate (minimum 9 exercises) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festival (1) Community performances (0) 		
GRADE 4 S.D.S.A.	1.5	10
 High-quality dance instruction (29 classes) Shumka's Syllabus Grade 4 Certificate (minimum 9 exercises) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (2) Community performances (1) 		
GRADE 5 S.D.S.A.	2.0	11
 High-quality dance instruction (29 classes) Shumka's Syllabus Grade 5 Certificate (minimum 10 exercises) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (2) Community performances (1) 		





GRADE 6 S.D.S.A.	2.0	12
High-quality dance instruction (29 classes)	2.0	12
Shumka's Syllabus Grade 6 Certificate (minimum 13 exercises)		
Choreography (1)		
Performances at the Jubilee Auditorium (2)		
Dance festivals (2)		
Community performances (1)		
GRADE 7 DIPLOMA S.D.S.A.	2.25	14
High-quality dance instruction (29 classes)		
Shumka's Syllabus Grade 7 Diploma (minimum 11 exercises)		
Choreography (1)		
Performances at the Jubilee Auditorium (2) Person factions (2)		
Dance festivals (3) Community performances (1, 2)		
Community performances (1-2)		
GRADE 9 S.D.S.A.	2.5	16
High-quality dance instruction (29 classes)		
Shumka's Syllabus Grade 9 Certificate (minimum 11 exercises)		
 Choreography (2) Performances at the Jubilee Auditorium (2) 		
Performances at the Jubitee Additionality (2) Dance festivals (3)		
Community performances (2-3)		
ROYAL ACADEMY OF DANCE BALLET (R.A.D.)	Length (hours)	Age (minimum)
PRIMARY R.A.D.	0.75	5
High-quality registered R.A.D. dance instruction (29 classes)		
Internationally recognized ballet program		
Primary R.A.D. Ballet preparation exercises		
Primary R.A.D. Ballet Syllabus exercises		
GRADE 1 R.A.D.	1.0	7–10
High-quality registered R.A.D. dance instruction (29 classes)		
Internationally recognized ballet program		
Grade 1 R.A.D. Ballet preparation exercises		
Grade 1 R.A.D. Ballet Syllabus exercises		
GRADE 2 R.A.D.	1.0	7–10
High-quality registered R.A.D. dance instruction (29 classes)	1.0	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program 	1.0	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises 	1.0	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program 	1.0	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D.	1.0	7–10 7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) 		
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program 		
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises 		
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program		
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D.		
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) 	1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program 	1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 4 R.A.D. Ballet preparation exercises 	1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program 	1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 4 R.A.D. Ballet preparation exercises Grade 4 R.A.D. Ballet Syllabus exercises PREPARATION FOR PRE-POINTE R.A.D.	1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 4 R.A.D. Ballet preparation exercises Grade 4 R.A.D. Ballet Syllabus exercises PREPARATION FOR PRE-POINTE R.A.D. High-quality registered R.A.D. dance instruction (29 classes) 	1.25 1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 4 R.A.D. Ballet preparation exercises Grade 4 R.A.D. Ballet Syllabus exercises PREPARATION FOR PRE-POINTE R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program 	1.25	7–10
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 2 R.A.D. Ballet preparation exercises Grade 2 R.A.D. Ballet Syllabus exercises GRADE 3 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 3 R.A.D. Ballet preparation exercises Grade 3 R.A.D. Ballet Syllabus exercises GRADE 4 R.A.D. High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Grade 4 R.A.D. Ballet preparation exercises Grade 4 R.A.D. Ballet Syllabus exercises PREPARATION FOR PRE-POINTE R.A.D. High-quality registered R.A.D. dance instruction (29 classes) 	1.25	7–10

INTERMEDIATE FOUNDATION R.A.D.	1 4 5	44
La High availte agrictered DAD dance inches (* 700 l.)	1.5	11
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program		
Internationally recognized ballet program Intermediate Foundation R.A.D. Ballet preparation exercises		
Intermediate Foundation R.A.D. Ballet Syllabus exercises		
INTERMEDIATE FOUNDATION POINTE R.A.D.	0.5	11
High-quality registered R.A.D. dance instruction (29 classes)		
Internationally recognized ballet program		
Intermediate Foundation R.A.D. Ballet preparation pointe exercises Intermediate Foundation R.A.D. Ballet Sullabus points aversings.		
Intermediate Foundation R.A.D. Ballet Syllabus pointe exercises		
INTERMEDIATE FOUNDATION CHOREOGRAPHY R.A.D.	0.5	11
High-quality registered R.A.D. dance instruction (29 classes)		
Internationally recognized ballet program		
Choreography (1)		
Performances at the Jubilee Auditorium (2)		
Dance festivals (1)		
INTERMEDIATE R.A.D.	1.75	12
High-quality registered R.A.D. dance instruction (29 classes)		
Internationally recognized ballet program		
Intermediate R.A.D. Ballet preparation exercises		
Intermediate R.A.D. Ballet Syllabus exercises		
INTERMEDIATE POINTE R.A.D.	0.75	12
High-quality registered R.A.D. dance instruction (29 classes)		
Internationally recognized ballet program		
Intermediate R.A.D. Ballet preparation pointe exercises		
Intermediate R.A.D. Ballet Syllabus pointe exercises		
INTERMEDIATE CHOREOGRAPHY R.A.D.	0.5	12
High-quality registered R.A.D. dance instruction (29 classes)	0.5	12
Internationally recognized ballet program		
Choreography (1)		
Performances at the Jubilee Auditorium (2)		
Dance festivals (1)		
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ADVANCED FOUNDATION D.A.D.	4.5	40
ADVANCED FOUNDATION R.A.D.	1.5	13
High-quality registered R.A.D. dance instruction (29 classes)	1.5	13
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program	1.5	13
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises	1.5	13
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program	1.5	13
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises	Length	Age
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.)	Length (hours)	Age (minimum)
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D.	Length	Age
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes)	Length (hours)	Age (minimum)
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1)	Length (hours)	Age (minimum)
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2)	Length (hours)	Age (minimum)
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3)	Length (hours)	Age (minimum)
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2)	Length (hours) 1.25	Age (minimum) 8
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D.	Length (hours)	Age (minimum)
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes)	Length (hours) 1.25	Age (minimum) 8
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2)	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) 	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) 	Length (hours) 1.25	Age (minimum) 8
High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2-3)	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2-3) INTERMEDIATE 2 I.D. 	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2-3) INTERMEDIATE 2 I.D. High-quality dance instruction (29 classes) 	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2-3) INTERMEDIATE 2 I.D. High-quality dance instruction (29 classes) Choreography (2) 	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2-3) INTERMEDIATE 2 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) 	Length (hours) 1.25	Age (minimum) 8
 High-quality registered R.A.D. dance instruction (29 classes) Internationally recognized ballet program Advanced Foundation R.A.D. Ballet preparation exercises Advanced Foundation R.A.D. Ballet Syllabus exercises INTENSIVE DIVISION (I.D.) JUNIOR I.D. High-quality dance instruction (29 classes) Choreography (1) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2) INTERMEDIATE 1 I.D. High-quality dance instruction (29 classes) Choreography (2) Performances at the Jubilee Auditorium (2) Dance festivals (3) Community performances (2-3) INTERMEDIATE 2 I.D. High-quality dance instruction (29 classes) Choreography (2) 	Length (hours) 1.25	Age (minimum) 8

High-quality dance instruction (29 class	ses)	
Choreography (3)		
Performances at the Jubilee Auditorium	າ (2)	
Dance festivals (3)		
Community performances (3-4)		
VANCED 2 I.D.	2.0	14
High-quality dance instruction (29 clas	ses)	
Choreography (4)		
Performances at the Jubilee Auditorium	າ (2)	
Dance festivals (3)		
Community performances (4-5)		
UMKA REPERTOIRE	1.5	13
High-quality instruction from Shumka n	nembers (29 classes)	
Shumka-style training		
Ukrainian Shumka Dancers repertoire c	choreography (1-2)	
ICKS & UKRAINIAN TECHNIQ	UE Length	Age
WOD.		•
		10
0 . ,	,	
9	ng general flexibility	
Trick selection, technique, safety		
VANCED	1.5	13
High-quality dance instruction (29 clas	ses)	
General across the floor Ukrainian tech	nique training	
Focus on strength training and increasi	ng general flexibility	
8 8		
Shumka-style training Ukrainian Shumka Dancers repertoire of the Common Shumka Dancers of the Commo	Length (hours) 1.25 ses) Inique training Ing general flexibility 1.5 ses) Inique training	10