

SHUMKA⁶⁰

CANADA'S UKRAINIAN SHUMKA DANCERS

Media Release
For Immediate Release
September 14, 2020

SHUMKA In Studio and Online Classes

For Kids and Adults



EDMONTON- After a summer of online and in-studio classes for kids and adults, Shumka is now offering its programs for Fall of 2020.

Movement classes for seniors include a focus on Ukrainian dance and ballet. **Seniors Can Shumka** (Ukrainian dance) is back in the studio with an option for online ZOOM participation October 7 – November 25. **Silver Swans** (ballet-based movement for all adults; in-studio and online options) and **White Swans** (ballet-based movement for adults with some experience; online only) are also starting up in the same time frame. Registration is now open for this fun way to stay fit.

Register online at www.shumka.com/performances-programs/outreach

Quotes from our current and past seniors participants:

Thank you so much for making me feel so welcome. I was really reluctant to come at first. Now I can't wait for class.

This has been unbelievably joyful!!! It is my happy place.

The spirit of Shumka dances from the heart... and leads by example. What a gift to enjoy this opportunity to dance.

White Swans is a ballet class for adults who have previously danced but haven't stepped back in the studio in years. Classes will consist of a barre and centre work that can be done within the space of own's home. This program is based on the very popular Silver Swans RAD ballet program.

Shumka's Silver Swans is an opportunity for adults of all ages to enjoy safe and inclusive ballet and movement classes, and to experience firsthand the benefits of dance in improving health and well being.

Seniors Can Shumka has been a success since it began in 2016, offering seniors an opportunity to enjoy Ukrainian music and movement in a weekly program of fun and fitness. All levels of mobility are accepted and accommodated.



Silver Swans

Wednesdays

October 7 to November 25, 2020

9:00 a.m. – 10:00 a.m.

Seniors Can Shumka!

Wednesdays

October 7 to November 25, 2020

10:15 a.m. – 11:15 a.m.

White Swans

Thursdays

October 8 to November 25, 2020

7:30 p.m. – 8:30 p.m. ONLINE



Now that the back-to-school routine is setting in, **Shumka School of Dance** is preparing to resume its in-studio classes as of September 21st.

Classes for dancers from 3 to 23 are offered in professionally-fit studios in both Edmonton and Sherwood Park.

Established in 1989, the Shumka School of Dance has trained thousands of young dancers to achieve a broad dance-focused skill set, performance excellence, and a strong work ethic. With its family-like atmosphere, the School is a welcoming and safe place for youth to establish and achieve their artistic dreams. It is also a place where they are given the tools and the experience to become future community leaders and builders.

Shumka offers North America's only Ukrainian dance syllabus-based program with RAD ballet and contemporary movement included, and maintains excellent COVID-19 safety protocols.

Register online at www.shumka.com/school-of-dance/registration

Shumka means "whirlwind," a powerful display of artistry, energy and emotion through dance. Through their 60-year history, and after decades of performances near and far, the whirlwind has truly brought Ukrainian-Canadian heritage to the world and community together.

During the COVID pandemic, Shumka remains committed to doing everything

they can to continue serving the community while supporting their dedicated dancers, instructors, and staff who are all part of preserving the Shumka legacy. From regular online rehearsals involving 50 dancers in homes around the Edmonton area, to video dance instruction custom-made for each Shumka School dance class; from complimentary access to videos of past Shumka productions and their online dance workshops, to their fully-attended Summer Dance Camps in-studio in August, Shumka is adapting their programming to the unique situation of today.

Shumka has temporarily postponed its Spring 2020 Shumka 60 On Tour dates until Fall 2021.

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