

Dance Workshops and Immersive Dance Programs

When school's out for the summer, it's the ideal time to step up your dance training! Here are three great reasons why:

- 1. Just Dance:** During the summer months, dancers do not have the stresses of schoolwork and tests; they can just solely focus on dance. That is a huge plus!
- 2. You Grow as a Dancer:** You get to explore new styles, techniques, classes. During the summer months, the schedule is full of new classes which gives you the opportunity to explore and grow.
- 3. You Improve:** When dancers take summer classes on a regular basis, they maintain and even improve their technique. Besides, you don't want to undo what you have worked so hard to accomplish all year!

Dance Advancement Time! (Dance Immersive/Dance Intensive)

Previous dance experience and director approval required.

- **June 4-11** Hours: June 4, 5, 11 (Saturday and Sunday) 9am-1:00pm
Hours June 6,7,8,9,10 (Monday- Friday) 6:00pm-9:00pm.
Tuition: \$350.00 Supply Fee: None *Tuition covers instruction, notebooks, and class materials.*

This is an immersive program that emphasizes:

- ✓ Dance styles and their history
- ✓ Dance terminology
- ✓ Elements of choreography
- ✓ Healthy body/ injury prevention /positive body image
- ✓ How to be a dance class assistant (see one, do one, teach one)
- ✓ Organizational skills
- ✓ Pre pointe and Pointe expectations
- ✓ Solid foundation of technique

Daily technique classes will consist of ballet (90 minutes), stability dance fitness, and one of the following: Modern/Contemporary, Musical Theater, Jazz, and Character Dance. In-House performance June 11th at noon.

Dance Immersive Workshop for Adults

- **June 25 & 26** Hours: 9:00am- 1:00pm Tuition: \$100.00

Whether you are learning the basics, returning to dance after a hiatus, or looking to level up your dance skills, this is the class for you! Our Adult Weekend camp includes classes in ballet, stability dance fitness workouts, jazz, and modern as well as understanding dance terminology, injury-prevention tips, developing a dance fusion workout for home practice. *The studio provides stability balls for class use. Resistance bands AND practice notes for home use are included in this workshop!*

Jump Start the School Year! School Age Children

August 1- August 5 Hours: 9:00am- 2:00pm Tuition: \$225.00 (early drop off and late pick up are available for an additional charge) This class is for all school aged students registered for our 2022-2023 dance season. Dust off those dance shoes and join us as we get a jump start on the new seasons.