

Stay Strong All Summer Long

5 Week Technique classes in Ballet and Jazz



Technique classes will help dancers keep in shape over the summer months and maintain their strength and flexibility.

We will focus on the areas indicated below

- Improve your overall general technique
- Keep your strength and get stronger.
- Keep your flexibility and help to improve it.
- Hone in on the skills you need to improve on.
- Improve on progressions including turns, jumps and leaps

1 Class 5 Week session: \$77.50

2 Classes 5 Week Session \$155

Monday: Ballet IIIA-V (9-10:30) Ballet II-IIIB (10:30-12:00)

Dates: 7/3, 7/24, 7/31, 8/7, 8/14

Wednesday: Jazz IV-V (9-10:30) Jazz II-III (10:30-12:00)

Dates: 7/5, 7/26, 8/2, 8/9, 8/16

Student _____ DOB _____

2016-17 classes _____

Parent's Name _____

Address _____

Home Phone _____ Cell Phone _____

Email _____

Liability Disclaimer: Studio and instructors are not liable for personal injuries or loss of or damage to personal property. Since this is a physical activity, injuries may occur. Each student may decline to participate in any activity which they feel may be harmful and is also responsible to inform the instructor of any physical limitations which may prevent full participation.

Signature _____

Check# _____

\$ Amt _____

