



Tuesday

8:00 Yoga/Strength Training
9:00 Drills – Youth
10:00 Open Rounds
11:00 Drills - Juniors

4:00 Int. Technique Jr/Y
5:00 Syllabus Rounds
6:00 Drills - PreTeens
7:00 Int. Technique PT

Wednesday

10:00 Contemporary
11:00 Ballet

Thursday

8:00 Yoga/Strength Training
9:00 Drills - Youth
10:00 Open Rounds
11:00 Drills - Junior

4:00 Beginner Ballroom - PT
5:00 Hip Hop - PT
5:00 Beginner Ballroom- Jr/Y
6:00 Hip Hop - Jr/Y

Each Single Class = \$10 Each Workshop = \$20

OR

Save money with a PUNCH PASS

5 punches = \$50 (per person— No Savings)

10 Punches = \$85 (per person)

25 Punches = \$175 (can be shared between family members)

**Each class is 1 punch. Each workshop is 2 punches
with the exception of Pee Wee/Beginner workshops —just 1 punch.**

*Punch Passes are on a “Use or Lose” basis and expire August 25, 2017. No refunds for unused punches. If you run out you can purchase additional punches for the same price as what you were paying.

**If you are on a 2016-17 PreTeen, Junior, or Youth DCB Competition or Medley Team you are REQUIRED to attend at least 5 classes or workshops over the summer.

May Schedule

Tour Team Rehearsal

Tuesdays /Thursdays 4:30-6 Starts May 4

Make-Up Technique

Thursdays May 18, 23, 25 3-4:30 Gold

Thursdays May 18, 25 6-7:30 Silver 2

Summer Classes June 6- Aug 17

(No Classes July 4
No A.M. classes July 11, 13
possible workshops held)

PT= PreTeen (3rd-6th grade)

JR = Juniors (7th-9th grade)

Y = Youth (10th-12th grade)

Summer Classes

Beg. Ballroom/Social Dance: The basics of ballroom/social dancing: steps, timing, hold, positions, footwork taught in a more relaxed, beginning level

Intermediate Technique: Syllabus steps & skills at the Intermediate level in all dance styles

Drills: individual drills /practice exercises/stretchers and elements to improve your dancing (footwork/foot speed/control/extension/balance) All styles, all levels, no partners needed. Come prepared to work-out.

Open Rounds: for Open Competitors and their partners to practice and prepare for competitions

Syllabus Rounds: for Syllabus Competitors and their partners to practice and prepare for competitions

Contemporary/Foundations: basics in ballet/jazz/modern dance with emphasis on vocabulary and skills: rotation, spotting, centering, posture, and extension.

Ballet Barre: a workout that involves elements of ballet, using the bar to stretch and work muscles

Yoga: Bring your own mat. Meditate, stretch and strengthen

Zumba: A fun, rhythmic latin style workout that will have you dancing and burning those calories right off.

Hip Hop: a high-energy class that infuses the latest styles of street dancing, breaking,, hopping, and

