



SUMMER DANCE PROGRAM
June 9 – August 15, 2008

A variety of our regular dance classes, as well as specialty classes and Dance Camps, are offered throughout the summer. Our Summer Dance Program will cover **10 weeks of classes, June 9 – August 15**. For students moving into the intermediate level and higher, summer dance classes are **required**, in order to be placed into these levels in the fall.

NOTE: Unless otherwise noted, all classes are held at the West location. For complete class descriptions, and appropriate dance attire, please check our website, www.SunCountrySports.com.

<u>DANCE TOTS (ages 2 ½ - 3 ½)</u>	Tuesday 3:00-3:45 pm Wednesday 9:45-10:30am Thursday 5:30-6:15 pm	\$103.50
<u>PREBALLET (ages 4-5)</u>	Tuesday 3:45-4:30 pm Wednesday 10:30-11:15am Thursday 6:15-7:00pm	\$103.50
<u>BALLET I/II (ages 6&up)</u>	Tuesday 4:35-5:35pm	\$103.50
<u>INT. BALLET WORKSHOP (2 days/week)</u> (approx. 3 rd - 5 th year, ages 9& up, or by teacher recommendation)	Monday & Wednesday 3:30-5:00 pm	\$270.00
<u>INT/ADV BALLET INTENSIVE (3 days/week)</u> (Int/Adv students, ages 12 & up, or by audition/teacher recommendation)	<ul style="list-style-type: none"> • Tuesday 1:30-4:00pm – Millhopper <ul style="list-style-type: none"> ○ 1½-hour Technique class, followed by 1-hour Variations class • Wednesday 5:15-6:45pm - West • Thursday 1:30-3:00pm - Millhopper 	\$464.00
<u>BEG. TAP/JAZZ I/II (ages 6 & up)</u>	Tuesday 5:45-6:45 pm	\$103.50
<u>BOYS DANCE SAMPLER (ages 6 & up)</u>	Thursday 4:30-5:30 pm	\$103.50
<u>JAZZ/HIP-HOP I/II (ages 9-12)</u>	Monday 5:10-6:10 pm	\$103.50
<u>TEEN HIP-HOP (ages 13&up)</u>	Monday 6:15-7:45 pm	\$147.25
<u>INT/ADVANCED JAZZ</u> (Ages 14 & up, previous extensive dance training required!)	Wednesday 7:00-8:30 pm	CLASS CARD – Check with front desk for details.
<u>DANCE TEAM SKILLS/PREP (Grades 6-9) -</u>	Tuesday 6:30-8:00pm	\$147.25
<u>ADULT BALLET WORKOUT -</u>	Monday 5:00-6:00pm	\$103.50

During the summer, some classes will have combined levels. Many dancers respond to the challenge of being in a class with dancers who are more proficient by pushing themselves to work harder, thus experiencing a real breakthrough in their dance training and ability. This policy is also extremely helpful to the faculty, when determining the dancer's appropriate level placement in the fall.

INT. BALLET WORKSHOP - The Ballet Workshop is for students that have completed three or more years of classical ballet training, or by teacher recommendation. This class is held 2 days per week, and dancers are required to attend both days. Focus will be on strengthening and improving the dancer's body placement, flexibility, and overall ballet technique. Additional dance-related subjects, such as pantomime, French terminology, performance make-up, modern dance, and more, will also be explored. Students at this level are **required** to continue their ballet classes during the summer, in order to be considered for placement at the Intermediate level in the Fall.

INT/ADV BALLET INTENSIVE - Features intensive study in classical ballet technique and pointe work, as well as specialty classes such as variations, repertoire, turns and leaps, body conditioning/stretching, Pilates, and much more. Classes at this level are held 3 days per week, and dancers are required to attend all days. Students at this level are **required** to continue their ballet training during the summer, in order to continue at this level in the Fall. They are also required to attend the Int/Adv Dance Camp Intensive.

BOYS DANCE SAMPLER - (Ages 6&up) This class will introduce many different forms of dance, giving boys the opportunity to explore their movement skills and interests in various styles of dance, including, tap, jazz, hip-hop, ballet, modern, African, Irish, interpretive movement, & more. Skills taught will also focus on improving strength, flexibility, coordination, rhythm, discipline and confidence.

ADULT BALLET WORKOUT - This class will be taught by Amy Seawright Hartman, former professional dancer with Miami City Ballet and the Suzanne Farrell Ballet in Washington, DC. This class fuses elements of a ballet class, floor barre, yoga stretches, and Pilates for a complete full-body workout. Using the types of low-impact exercises that ballet dancers use routinely, this workout is for people of all ages and fitness levels. The workout produces quick results towards realizing the trademarks of the dancer's body - long lean muscles, toned abs, contoured waist, firm hips, sculpted legs, toned strong arms, perfect posture and improved flexibility. For each exercise, the instructor will provide explanation and demonstration, accompanied by music from famous ballets. No prior dance experience is necessary. **Attire:** Participants should wear comfortable clothing so that they can really move! Traditional "ballet clothes" (leotards and tights) are not required (unless the student really feels the muse!). Many find that dance or split sole sneakers work very well. Regular tennis shoes are also suitable provided that they have a light colored sole. Again, ballet slippers are acceptable but not necessary. Some find that sneakers or jazz shoes give them more support for the standing portion of the workout. Part of the workout takes place in supine, prone and side-lying positions on the floor, so a yoga mat is recommended. Come ready to find a stronger, more graceful, sculpted you!

In addition to our 10-week Summer Program, we are also very excited to offer the following specialty DANCE CAMPS, held 9:00am-12:30pm daily. Please check with the front desk for details.

****PRINCESS BALLERINA CAMP (ages 4-7) - June 9-13****

****INT/ADV DANCE CAMP INTENSIVE - June 23-27****

****PRIMA BALLERINA CAMP (AGES 8+) - July 7-11****

****HAPPY TAPPIN' FEET CAMP (ages 6+) - July 21-25****

****BOYS GET MOVIN' CAMP (ages 6-12) - July 28 – August 1****