



Ballet Intensive with Ms. Danielle



July 12th - 23rd | 9 am - 2 pm | \$700

What dancers can gain from our 2 week ballet intensive...

- 60 hours of instruction
- Consecutive days of training results in improved muscle memory
- Increased flexibility and strength
- 2 hour ballet class each day with a focused lesson plan
- Individual corrections
- Professional audition photos (head shot & first arabesque)
- Courses in strength training specifically for dancers with the use of yoga balls, resistance bands and core sliders
- Daily reflective journaling as well as discussion on how to create and achieve goals
- Opportunities to learn and perform variations from famous ballets
- Choreograph and perform their own pieces
- Create friendships with dancers from other classes through ballet related activities and games
- Grow as a dance community with an outdoor family picnic at the end of the first week
- Showcase what dancers have accomplished with a performance at the end of the second week.
- And more!

Please Fill Out and Submit this Portion to Register by June 1st

Student Name: _____

Address: _____

City, State, Zip Code: _____

Telephone (home/cell): _____

Age at Time of Camp: _____ Level of Ballet Completed: _____

Email: _____