



Flight Feathers Ballet 2024 Dance Intensives for Pre-Pointe and Beg. Pointe Students!

These intensive sessions are designed to give current Pre-Pointe Level students the preparation they need for going on pointe in the fall and an opportunity for Beg. Pointe Students to refine their pointe work. Offerings include daily technique and strengthening classes, learning classical variations, opportunities to learn from diverse guest instructors, and informative sessions to help elevate your dancers' health and wellness.

Cost of Kickstarter for Pre-Pointe: **\$218**

Cost of **one week** of Swan Lake camp: **\$119**

Cost of **two weeks** of Swan Lake camp (includes performance participation): **\$250**

Cost of Health and Wellness Camp: **\$237**

Cost of Summer Breaking Camp: **\$159**

Discount for **2** camps: **10% off**

Discount for **3** camps: **15% off**

Early Bird Discount (Ends Feb 27th) : **Additional 10% off**

Kickstarter for **Pre-Pointe Students: (Ballet)
Monday 6/24 ~ Thursday 6/27 at 5:00 - 7:45pm
<i>- This class will focus on conditioning and technique focused on helping reduce risk of injury and bridge the gap between pre-pointe and pointe work. This intensive will be required for pre-pointe students who are going on pointe in the early fall of 2024.</i>
Swan Lake Dances and Summer Showcase: (Ballet & Pointe)
Monday 7/8 ~ Thursday 7/11 at 5:00 - 6:30pm Monday 7/15 ~ Thursday 7/18 at 5:00 - 6:30pm
<i>- Students will learn and refine variations and group dances from the Swan Lake Ballet. They will have the option of doing one week or two weeks, with the second week ending in an outdoor performance showcase. This week will challenge students and help grow their artistry.</i>
Dancers' Health and Wellness Camp: (Ballet & Conditioning)
Monday 8/5 ~ Thursday 8/8 at 4:30pm - 7:30pm
<i>- This camp will teach general concepts for building health and wellness as a dancer. We will work on strength conditioning, injury prevention exercises, flexibility, and overall well being. The week will provide guest teachers and speakers that will provide insight on student's overall longevity in dance and beyond.</i>
Summer Breaking: (Hip Hop)
Monday 7/8 ~ Thursday 7/11 at 1:00pm - 3:00pm
<i>- For Beginning or Intermediate Hip Hop students and anyone wanting to try out this exciting dance style! Students will build foundational movements of Hip Hop dance and learn fun and upbeat choreography!</i>