



Gettin' to the Core

Required for Pembo Company members

June 11-14(M-Th) & June 18-21(M-Th)

*Lucia Kuimova
and other Pembo Faculty*

Ages 7-11, 9a-2p

Ages 12+, 10a-3p

\$575

**Pembo Company members will be required to attend another small intensive at the beginning of August*

- **Barre**
- **Technique**
- **Core Strength & Conditioning**
- **Stretching**
- **Character Ballet**

Ballet is the foundation for all dance forms. To be a versatile dancer in this industry, technique is imperative. Combine ballet and technique with strength and flexibility, and you have a winning combination. This is the number one way to prevent injury. Whether you are on a competition team, dance team, plan to dance in college or professionally, or just want to improve for the sake of being a better dancer, this is for you!

Register in studio or email
shannon@PemboCieutat.com