

# 4 WEEK "KICK-OFF" SESSION



**TECHNIQUE**

**BALLET**

**ACROBATICS**

**AUGUST 6<sup>TH</sup> - 30<sup>TH</sup>**

- Can't wait for dance to start back up?
- Rusty after the summer break?
- Want a head start before the dance year begins?
- Gearing up for a demanding dance year?
- Train your body now to prevent injury!

Acrobatic students must be able to do:

- Crab bend/bridge
- Cartwheels
- Handstand position
- Front limber

| DAY(S)                                       | AGES      | CLASS                         | TIME      | COST |
|--|-----------|-------------------------------|-----------|------|
| <b>TUESDAY &amp; THURSDAY</b><br>(8 classes) | 7-10      | <i>Ballet</i>                 | 5:00-6:00 | \$75 |
|  | 11+       | <i>Ballet</i>                 | 6:00-7:15 | \$75 |
|  | All       | <i>Technique/Stretch</i>      | 7:15-8:30 | \$75 |
| <b>WEDNESDAY ONLY</b><br>(4 classes)         | See above | <i>Acrobatics/Flexibility</i> | 6:00-7:15 | \$40 |



**ACADEMY OF DANCE**

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Please call or email for more information ▶ ▶ ▶