



2012 Summer Intensive Ballet Programs

8-10 year olds: August 6-10

11-16 year olds: August 13-24

SUMMER INTENSIVE FOR INTERMEDIATE & ADVANCED BALLET STUDENTS, AGES 11-16

August 13 to 24

Monday through Friday, 9 am-3 pm

Ballet • Pilates • Floor Barre • Dance History • Nutrition • Anatomy • Jazz • Hip Hop • Modern

The AYDT Summer Intensive provides an opportunity for intermediate to advanced level dancers ages 11-16 to immerse themselves in dance for an entire week. Along with the rigorous but fun training, dancers will also get to experience and experiment with learning about other techniques and aspects of dance for which there is rarely enough time during the school year. The daily schedule will consist of a 90-minute ballet class followed by a half hour of guided and supervised stretch exercises geared specifically towards developing healthy flexibility for dancers. Next comes a 60-minute Pilates or floor barre class on alternating days aimed at developing core strength and proper alignment. Dancers will have designated time for water, snacks and lunch and their bodies will get a rest in the early afternoon while we work out the brain learning about the academic and health-related aspects of dance: anatomy, nutrition and dance history. Each day will end with another dance class alternating between Jazz, Modern and Hip Hop. We realize that many serious ballet students concentrate mainly on ballet during the school year, so the last class of the day will be taught on an open level, and students will be given individual attention and modifications based on their level.

REQUIREMENTS: students must be at least 11 years old and in Intermediate or Advanced ballet classes during the school year, training at least 3 days a week.

DRESS CODE: Black leotard, pink tights, pink ballet slippers for ballet; black dance pants and leotard (any color), dance sneakers for Hip Hop and Jazz.

COST: \$1120. Bring your own snack and lunch.

SUMMER INTENSIVE FOR BALLET STUDENTS, AGES 8-10

August 6 to 10

Monday through Friday, 9 am-3 pm

Ballet • Floor Barre • Yoga • Jazz • Hip Hop • Repertory • Dance Appreciation through Video

The AYDT Summer Intensive for ages 8-10 provides an opportunity for young beginner to intermediate level dancers to immerse themselves in dance for an entire week. Along with daily ballet class, the dancers will get to work with other techniques such as floor barre and yoga which will help with strength, alignment and flexibility, as well as broaden their dance horizons with choreography and fun high energy jazz and hip hop classes. Dancers will have designated time for water, snacks and lunch and their bodies will get a rest in the early afternoon while we will learn about various classical ballets through video and discussion. The goal of this program is to learn while having fun in an age appropriate atmosphere.

REQUIREMENTS: Students must be at least 8 years old and have at least one year of experience attending ballet class, minimum once a week, in order to register.

DRESS CODE: Black leotard, pink tights, pink ballet slippers for ballet; black dance pants and leotard (any color), dance sneakers for Hip Hop and Jazz.

COST: \$560.00 Bring your own snack and lunch.