

# **CURRICULUM PROGRAM – 4 WEEKS**

**July 6 to July 31 ~ Ages 4 to Adult**

**Ballet ~ Pointe ~ Contemporary ~ Stretch & Conditioning**

**INTRO TO DANCE:** Ballet/Jazz/Creative Movement: Ages 4, 5,

**ELEMENTARY 1 BALLET/LYRICAL Combination:** Ages 6, 7 (Completed Dance Center Level Pre-Ballet & Elementary 1)

**ELEMENTARY 2/3 BALLET/LYRICAL Combination:** Ages 8,9,10 (Completed Dance Center Levels 2 & 3).

**ELEMENTARY 4/5 BALLETand POINTE PREPARATION:** Ages 8,9,10 (Completed DC Levels 3 & 4).

**ELEMENTARY 6 BALLET/POINTE, CONTEMPORARY, STRETCH:** Ages 10,11,12. (Completed DC Levels 5 & 6). **2 BALLET CLASSES PER WEEK REQUIRED.**

**REGULAR DIVISION A/B & B/C BALLET/POINTE,CONTEMPORARY,STRETCH:** Ages 13 & over. (Completed DC Levels A, B). **2 BALLET CLASSES PER WEEK REQUIRED.**

**REGULAR DIVISION C/D BALLET/ POINTE, CONTEMPORARY, STRETCH :** Ages 14 & over. (Completed Dance Center Levels C, D). **2 BALLET CLASSES PER WEEK REQUIRED.**

**STRETCH & CONDITIONING and LUXE BARRE & CONDITIONING:** This class is designed to stretch and tone the entire body emphasizing upper and lower abdominals complimenting ballet technique and cross training for injury prevention.

## **Monday**

### **Studio A**

5:00-6:45

A/B Ballet/Pointe

6:45-8:30

C/D Ballet/Pointe

### **Studio B**

5:00-6:30

Elementary 6 Ballet/Pointe

## **Tuesday**

### **Studio A**

5:00-5:45

Elementary 4/5/6 Stretch & Conditioning

5:45-6:30

A/B Stretch & Conditioning

6:30-7:15

C/D Stretch & Conditioning

7:15-8:00

C/D Contemporary

### **Studio B**

9:30-10:30 a.m.

Luxe Barre & Conditioning

5:45-6:30

Elementary 4/5/6 Contemporary

6:30-7:15

A/B Contemporary

7:00-8:00

Adult Ballet (Studio C)

## **Wednesday**

### **Studio A**

5:00-6:30

A/B Ballet & Variations

6:30-8:00

C/D Ballet & Variations

### **Studio B**

4:15-5:00

Intro to Dance – Ages 4, 5

5:00-6:30

Elementary 6 Ballet/Pointe

## **Thursday**

### **Studio A**

5:00-6:15

Elementary 4/5 Ballet/Pointe

6:15-8:00

B/C Ballet/Pointe

5:00-6:00

Elementary 1 Ballet/Lyrical – Ages 6, 7

6:00-7:00

Elementary 2/3 Ballet/Lyrical – Ages 8, 9

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**4-WEEK CURRICULUM PROGRAM TUITION:** Half Tuition due at the time of registration. Balance due May 28.

REFER TO OUR 4-WEEK TUITION SCHEDULE ON WEBSITE under **TUITION & SCHOOL CALENDAR**

**HOW TO REGISTER?** The preferred method of registration is done completely ON-LINE. Go to: [www.thedancecenter.org](http://www.thedancecenter.org) ~ click “On-Line Registration” ~ follow the instructions to our AKADA Registration Program ~ Select SUMMER PROGRAMS and follow the prompts for registration. A credit card will be needed to register on-line. If you prefer to pay by check, print out the registration form and bring or mail to the office.

<p>THE DANCE CENTER Contact us ~ <a href="mailto:director@thedancecenter.org">director@thedancecenter.org</a></p>
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