

Classes for Experienced Dancers

5 Weeks of technique classes
to continue improving your skills!

Classes will meet from Jul 8 to Aug 16, with the exception of the week of Jul 29 to Aug 2

Stay Strong Ballet

Advance and hone your technique and focus on individual goals to strengthen your skills for every style of dance.

Level 1 (S3a1630) - Wed, 4:30-5:20 pm (50 min-1x wkly) - **\$124**

Level 2/3 (S3a1720) - Wed, 5:20-6:10 pm (50 min-1x wkly) - **\$124**

Level 4-6 (S2a1800) - Tues/Thurs, 6-7:15 pm (75 min-2x wkly)- **\$299**

Levels 7+ (S2a2000) - Tues, 8-9:30 pm & Thurs, 7:15-8:45

(90 min-2x wkly) - **\$325**

Stay Strong Pointe

Required for dancers continuing Pointe in September.

Pointe Level 2 (S2a1910) - Tues, 7:15-8 pm (45 min -1x wkly) - **\$124**

Pointe Levels 3/4 (S4a2045) - Thurs, 8:45-9:30 pm (45 min -1x wkly) - **\$124**

Stay Strong Hip Hop

This super popular and funky style of dance has fresh moves to age appropriate music. Class meets once a week for 5 weeks.

Beg Hip Hop (S3b1940) - **Ages 7- 10** - Wed, 7:40-8:30 pm - **\$124**

Int Hip Hop (S3b1800) - **Ages 11-14** - Wed, 6-6:50 pm - **\$124**

Adv Hip Hop (S3b1850) - **Ages 15+** - Wed, 6:50-7:40 pm - **\$124**

Leaps & Turns

This high energy, power packed class is perfect for dancers who wish to improve their leaps and turns! Class meets once a week for 5 weeks.

**Strength & Conditioning class would compliment this class greatly.*

Leaps & Turns (S3a1855) - **Levels 2/3** - Wed, 6:55-7:40 pm - **\$124**

Leaps & Turns (S3a2025) - **Levels 5+** - Wed, 8:25-9:10 pm - **\$124**

Strength & Conditioning

A **MUST** take class for all serious dancers! Improve your technique and performance in all dance forms by strengthening & conditioning the **WHOLE** body while optimizing flexibility. Dancers will improve their strength, flexibility & neuromuscular coordination to unleash their full physical and artistic potential.

Strength & Conditioning (S3a1810) **Level 1: Wed, 6:10-6:55 pm - \$124**

Strength & Conditioning (S3a1940) **Level 2: Wed, 7:40-8:25 pm - \$124**



The highlight of the summer, and our dancer's FAVORITE week of the year!

DanceOLOGY

Jul 29- Aug 2

9 am-3 pm

\$649

LEVELS 2 and UP

This week long dance camp provides students with a week of highly challenging yet nurturing instruction with professional guest artists from around the country and FVDM faculty. Suitable for dancers who have completed levels 2 & up in their technique classes.