

DX Summer Technique Classes

FULL SUMMER PRICING
1 Class = \$115.00
2 Classes = \$200.00

Drop-In Rate
1 class \$13.00
2 Classes \$20.00

Class #1 STRETCH & STRENGTH & FLEXIBILITY 6:00-6:45

This class is a must for every serious dancer. Dancers will engage in isolated stretches to further develop balance & improve flexibility. Exercises to increase core, back, outer & inner thigh muscles will be heavily focused upon. All levels are welcome, but most importantly a positive attitude and a willingness to work hard is required.

Class #2 ADVANCED TURNS, LEAPS, & PROGRESSIONS 6:45-7:30

This class focuses on the dancer's sense of rhythm in movement combining exercises with slow movements and quick traveling sequences. Combinations will build stamina, strength, balance and quality of movement. Levels will be incorporated into the class challenging all dancer.

Classes Meet Tues Evening June 4, 11, 18, 25 July 2, 9, 16, 23, 30 Aug. 6, 13, 20

SUMMER CLASS REGISTRATION

Return by May 1st and the \$10.00 Registration Fee will be waived

Student Name _____ Parent Name _____

Birthdate _____ Age _____ Phone _____

Email _____

Address _____ City _____ State _____

_____ Class #1 (\$115) _____ Class #2 (\$115) _____ #1 & #2 (Combo Rate \$200.00)

Please make checks payable to Dance Xplosion Amount Enclosed _____