



DanzArt's

III SUMMER COMPREHENSIVE

DANCE WORKSHOP

FOR RECREATIONAL DANCERS

(AGES 15+)

JULY 02 – 27

III SUMMER ADULT COMPREHENSIVE DANCE WORKSHOP FOR RECREATIONAL DANCERS

For the 3rd consecutive year *DanzArt* is proud to deliver its

SUMMER ADULT COMPREHENSIVE DANCE WORKSHOP FOR RECREATIONAL DANCERS

A splendid opportunity to get a taste of different dance styles, strengthen your body, focus your mind, perfect your skills, release stress, and dance your way through the holidays!

This unique **1, 2, 3 or 4 - WEEK WORKSHOP** of structured and inspiring dance and body conditioning courses is specifically designed for young and adult recreational dancers of all skill levels, from the absolute beginner with no previous experience to the more seasoned dancer, to explore and learn a variety of dance forms, keep physically fit, improve and refine technical skills, develop artistry and versatility through the exploration of a variety of dance styles or simply experience the joy of movement and dance.

The Comprehensive Dance Workshop has just the class or combination of classes to meet student's different needs and preferences through a choice of **Classical Ballet, Neoclassical Ballet, Lyrical Dance, Character Dance, Modern & Contemporary Dance, Belly Dance, Pointe Technique, Repertoire (Choreography), PBT (Progressing Ballet Technique), Flex-ability (Stretching), Body Conditioning, Barre à terre**, as well as **Skill-Development Sessions (turns and small/mid/big jumps)**; all taught by highly-qualified, devoted and enthusiastic teachers and professional dancers in a friendly, nurturing and judgment-free environment.

DanzArt's professional team and guest teachers will provide students with teaching methods based on sound dance and fitness techniques, enriched with anatomical principles for increased body awareness and connectivity, proper alignment, correct technical execution and deeper understanding of the artistry and musicality underlying movement.

Students will have the possibility to **CUSTOMIZE** the dance workshop in accordance with their summer schedules by choosing any of the courses per timeslot with the desired **INTENSITY -Regular, Half or Full Program-** and **DURATION -One, Two, Three or Four-Week Program-**.

DanzArt's **Summer Comprehensive Dance Program** is a fun and unique opportunity for young and adult recreational dancers to keep physically and mentally fit, learn new skills, perfect their technique, meet new friends, and spend a pleasant time.

Come and Join *DanzArt*'s team on this enriching and wonderful journey into the magical world of dance!

WORKSHOP CONTENTS

- One, two, three or four-week program
- Choice of courses and/or timeslot combination:
 - * Classical Ballet (90 min.) (4 Levels: Absolute beginner to advanced)
 - * Modern & Contemporary Dance (90 min.) (Open Level)
 - * Neoclassical Ballet (60 min.) (Level: Beginner & Intermediate/Advanced)
 - * Lyrical Dance (60 min.) (Open Level)
 - * Character Dance (60 min.) (Open Level)
 - * Belly Dance (60 min.) (Open Level)
 - * Pointe Technique (60 min.) (Level: Beginner & Intermediate/Advanced)
 - * Repertoire (Choreography) (60 min.) (Level: Beginner & Intermediate/Advanced)
 - * Skill-Development Sessions (60 min.): (Level: Beginner & Intermediate/Advanced)
 - Pirouettes and turns
 - Small / Medium/ Big Jumps
 - * Flex-ability (Stretching Technique) (60 min.) (Open level)
 - * Progressing Ballet Technique (PBT) (60 min.) (Open level)
 - * Body Conditioning (60 min.) (Open level)

STAFF OF REGULAR AND GUEST TEACHERS & INSTRUCTORS

- ❖ **Ballet / Pointe Technique / Repertoire
Skill-Development Session**
 - Irene Kuzatko
 - Alen Gotal
 - Eleonora Faber
 - Ivana Miletić
- ❖ **Neoclassical Ballet**
 - Daniil Yastrebov
- ❖ **Modern & Contemporary Dance**
 - Ivana Miletić
- ❖ **Lyrical Dance**
 - Dora Kokolj
- ❖ **Character Dance**
 - Eleonora Faber
 - Daniil Yastrebov
- ❖ **Belly Dance**
 - Josipa Kedmenec
- ❖ **Body Conditioning / Flex-ability / PBT**
 - Sandra Šok
 - Eleonora Faber
 - Irene Kuzatko

CUSTOMIZE YOUR PROGRAM

By choosing any of the courses listed above per timeslot or a combination thereof, students will be able to personalize the workshop program according to the desired **INTENSITY**:

- **Drop-in**
- **Regular Program**
- **Half Program**
- **Full Program**

and **DURATION**: 1 / 2 / 3 / 4 Weeks

CRITERIA FOR ENTRY:

Open Level: From absolute beginner to advanced level.

Any age from **15+**

Courses are subject to minimum attendance.

PRIOR ENROLLMENT is required due to limited capacity and to guarantee optimal organization.

IMPORTANT NOTES:

- Courses and schedules are subject to change depending on enrollment and/or instructor's availability.
- Courses are subject to minimum and maximum enrollment.
- **Capacity is limited.** In order to ensure optimal instruction and promote the best possible dance experience in a safe environment, we encourage students to **reserve their place ahead**.
- **Prior registration** is required.

COURSE DESCRIPTION

➤ **CLASSICAL BALLET (90 min.)**

Adult Ballet is the new tendency in dance and fitness programs for young, middle-aged and golden age adults, for being ballet practice an excellent and comprehensive form of exercise that promotes good health and emotional well-being. In ballet exercises every muscle is engaged in movement, while broad areas of the brain are utilized to develop balance (to perform fluid movement), artistry (to interpret music) and memory (to learn steps). Additionally, classical music played in ballet class encourages alpha wave development, enhancing creativity and combating depression. Simply stated, unlike many forms of fitness exercises, ballet is a complete discipline involving the body, mind and creative expression of the individual; it's an art form and a discipline where the dancer can immerse in the beauty of the music and enter another world. The student will probably find that the physical benefits gained will quickly become secondary to the sheer beauty and joy of dance that he/she will experience.

DanzArt's Adult Recreational Ballet classes are an enjoyable, non-competitive, and effective way to get fit, toned and supple. They are specifically designed for youngsters (15+) and adults of all ages and skill levels, from absolute beginners who are looking to start a dance training program for the first time to those who quit dancing and wish to return to their passion or even those more skilled and advanced students wishing to improve and refine their technical skills and artistic expression.

Classes provide a formal training in the classical ballet technique, with emphasis on correct body alignment/placement, strength and flexibility, coordination, artistry, musicality, and proper execution.

Classes are offered in **4 different levels**:

- **Ballet Fundamentals** (Absolute Beginner)
- **Ballet I** (Beginner)
- **Ballet II** (Beginner/Intermediate)
- **Ballet III** (Intermediate/Advanced)

➤ **NEOCLASSICAL BALLET (60 min.)**

Neoclassical ballet is the style of 20th century classical ballet exemplified by the works of George Balanchine. Opening up ballet to modernist tendencies, Neoclassical Ballet draws on the advanced techniques of academic ballet, exploring its content and respecting its codes, but extends its boundaries with new concepts and innovations. Its simplified external style allows for the dancers' movement to become the main artistic medium, which is the hallmark of Neoclassical Ballet.

This class is aimed at students who have some knowledge and understanding of the ballet fundamentals and would like to challenge themselves. The focus of the class is on those skills such as space, rhythm, memory, composition and performance, with special emphasis on musicality, speed, syncopation, and self-expression. By learning this style students will be able to find freedom inside the rigid ballet structure, improve their physical and

artistic capacity, and get “the feel” of the movement before perfecting the technique.

Designed for the beginner/intermediate student, this class is fun and challenging and encourages students to dance with dynamics and emotion.

Level: Beginner & Intermediate/Advanced.

➤ **MODERN & CONTEMPORARY DANCE (90 min.)**

This dance program is strongly influenced by the Feldenkrais Method that uses a combination of structured, pleasant and purposeful movements aimed at getting a deeper knowledge of the body design and functioning and enhancing body and mind awareness.

The course integrates the rigorous technical elements of ballet, modern and contemporary dance with somatic practices for strength, alignment, and body-awareness through the use of functional, effective movements taught in a simple and joyful manner. The combination of the aforementioned components will lead the participant to progressively achieve dynamic alignment, improve posture, develop flexibility and coordination, and increase joint mobility and muscle strength, creating the basis for efficient and gentle movement.

Classes start with a comprehensive warm-up to gradually build up to more elaborate movement sequences with focus on natural body movement, breathing, practicing the dynamics and travelling through space and the precise techniques of swings, drops, accents, length, and contractions and building an understanding of motion, dropping of weight and fullness of movements.

Open level. No previous experience required

➤ **LYRICAL DANCE (60 min.)**

Lyrical dance is a style that resembles ballet in the sense that it incorporates the technical elements of classical ballet, but in combination with the freedom, fluidity, expressiveness and airier aspects of other contemporary and modern dance styles. Its name derives from the term “lyrical,” which means to have a poetic, fluid quality; expressing spontaneous emotions with personalized movement.

Lyrical dance concentrates more on individual style, which enables more people to explore this modern style – people with different body types, different dance abilities, and different ages - as it instills a sense of enjoyment by simply moving to the music. Movements in Lyrical Dance are characterized as graceful, big and light, with the dancer flowing seamlessly from one move to another.

The class starts with simple warm up exercises to then introduce students to the basic concepts and elements of Lyrical dance with the aim to gradually preparing them for the main choreography. Special emphasis is made on working on flexibility of the spine, spirals and successive movement, with focus on movement dynamics.

Open Level. No previous experience required.

➤ **CHARACTER DANCE (60 min.)**

Character Dance is the study of stage or stylized forms of authentic and traditional folk dances from around the world, mostly from European countries -Hungary, Poland, Russia, Romania, Italy, Spain and Greece-. Dances like Czardas, Flamenco, Mazurka, Polonaise, and Tarantella are all forms of traditional Character Dances.

The main focus of this course is to familiarize students with the movements and specific stylization associated with different folk dances, to educate them in rhythm and syncopation, coordination, movement and fluidity of arms (port de bras) and the use of the torso and shoulders (épaulement), and to develop the skills to perform different folk dance styles.

Through Character barre warm-up, center floor sequences and small dance combinations dancers learn new rhythms, step techniques, and ways to shape their body line into the style of the character dance being learned. In addition to this, they also improve their musicality, rhythm and overall performance quality, allowing for a greater repertoire of movement styles and freedom of expression.

Character Dance classes are an extremely valuable and enjoyable aspect of dance training, encompassing and enhancing the many aspects and skills needed in Theatre work. The classes not only challenge the most able students, but also add to class enjoyment and lots of fun.

Don't miss the opportunity to discover the beauty and joy of Character Dance!

Open level. No previous experience required.

➤ **BELLY DANCE (60 min.)**

Also known as "Oriental Dance", the term "Belly Dance" is usually used today to include all traditional dances of the Middle Eastern region, including those not geographically situated there. More urban than the purest dance forms in earlier belly dancing history, it quickly became popular and took cues from other folk dance styles, ballet and Latin dance.

While belly dancing is very showy in style and costuming, the basic dance requires the disciplined skill of isolations. For this reason, those with experience dancing jazz or ballet will do well with basic belly dance technique. The core muscles of the dancer's body execute each movement, as opposed to the use of external muscles alone. The majority of movements come from the hip and pelvic region; however, isolations of the shoulders and chest are also vital to a fluid-looking performance. With its undulating movements and isolations, belly dance celebrates the feminine and can increase self-confidence. It is a low-impact exercise, beneficial for any weight or shape.

Following a 10-min warming-up, students are taught the isolation principles, basic movements and short combinations to finish with the required stretching exercises.

If you're looking for an enjoyable way to get in shape or if you just want to release your inner diva, Belly dancing might be just what you need.

Open Level. No previous experience required.

➤ **REPertoire (60 min.)**

In a normal dance class, the student usually learns the basic vocabulary and technical elements of the dance style being taught and develops the required physical skills to master the dance technique, but not the artistry and performance abilities required on stage.

Keeping that in mind, DanzArt's Repertoire classes are intended to teach students how to transform their physical training into art by learning a piece of choreography in order to develop the essential performance skills with attention to alignment, detail, spatial clarity and awareness of fellow dancers and the understanding of performance space, entering and exiting off a stage properly, how to walk and run as a dancer, how to put together a phrase or small piece to perform on stage and how to interpret the "character" of the dance style being taught.

The Repertoire class is an excellent opportunity to bring students' dancing skills to the next level by developing artistry through technical expertise, expressive range, and stylistic clarity, and focusing on depth understanding of the technical challenges within movement, on performance quality and on stylistic detail.

We are truly excited about this journey to develop not only dance technical and artistry skills but to make the art of dance come to vibrant life for our students!

Level: Beginner & Intermediate/Advanced.

➤ **POINTE TECHNIQUE (60 min.)**

Pointe Technique classes are intended for students with previous ballet training who are physically and technically ready for the demands of dancing on pointe. The Pointe curriculum is designed to build the required strength and develop an understanding of proper alignment and technique for pointe work.

Each class is focused on how to stand on pointe correctly and includes barre exercises, center floor work and across-the-floor combinations to build strength, articulation and flexibility in the feet, ankles and legs, while developing core strength and the understanding and ability of proper alignment, body control and balance for pointe work.

Pointe classes will be adapted to meet a wide range of skills and levels.

Level: Beginner & Intermediate/Advanced.

➤ **SKILL-DEVELOPMENT SESSIONS (60 min.):**

These sessions are perfect for working on specific moves or muscle groups, and allow for polishing and perfecting the specific step or movement technique beyond the scope of usual classroom practice. These sessions will be offered in pirouettes and travelling turns and small/mid/big jumps.

I. PIRouETTE (TURN) SESSIONS:

In a standard ballet class only a limited amount of time can be dedicated to working on pirouettes and students don't always get the individual attention needed to improve their turns. Being turns one of the most universally challenging aspects of ballet technique, these skill-development sessions are an excellent way for dancers to

improve their turns outside of the normal class environment.

The class structure and progression are designed to break down every part of the turning technique, training spot, balance, force control, and placement from the ground up, and using the tools of alignment, coordination and musicality.

Through one-on-one attention, diagnosis, and corrections, these sessions will teach the proper mechanics of the rotating movement to set the foundations for more consistent and successful pirouettes, regardless of dance style.

These sessions are open to dancers of all dance disciplines, with focus on how to start, maintain and complete a single *en dehors*, *en dedans* pirouettes and travelling turns, spotting, arms placement, *retiré*, momentum, and balance.

Open level. Beginner & Intermediate/Advanced.

II. PETIT, MID AND GRAND ALLEGRO SESSIONS

From the quick mechanics of petit allegro to the dynamic power of travelling grand allegro combinations, these sessions are designed to set in place a proper foundation for safe and effective jumps, teaching dancers to jump higher, faster and with accuracy and cleaner execution of movement. In this area, musicality and proper accenting will act to maximize the height and timing of all jumps. In addition to exposing the dancer to a greater variety of jumps, there will be special attention to the use of their plié, not only to increase height, smoothness, and speed, but for safety in the prevention of injury.

Petit Allegro Session: small, quick jumping steps and sequences.

Mid and Grand Allegro Session: medium, big and travelling jumps and combinations.

Open level. Beginner & Intermediate/Advanced.

➤ FLEX-ABILITY (Stretching Technique) (60 min.)

As a result of poor posture, repetitive movement patterns, improper body mechanics, strenuous activity, and spending long periods of time seated or hunched over the computer, muscles in the body can become chronically tense, tight and contracted. That, along with the natural loss of muscle elasticity that occurs with aging, restricts the flexibility of the joints, ushering in full-body fatigue, pain, and imbalances.

That is why flexibility training is widely supported today as an essential, yet often overlooked health related component of fitness. In fact, flexibility is the third pillar of fitness, next to cardiovascular conditioning and strength training, as it can help your body reach its optimum fitness level, may play a role in injury prevention, and can even contribute to staving off conditions like arthritis and more serious illnesses.

Flex-ability is a stretching class designed to give people of all ages, body types and fitness levels a way to improve their flexibility based on stretching techniques dancers use to build strength, improve alignment, and stay lean and limber.

This 60-min class teaches you how to articulate your body in ways that elongate your muscles, increased your body awareness through a special mind/muscle connection, and improve your overall movement quality.

The class begins with warm-up movements to build heat and prepare the muscles to for stretching, followed by poses mostly done on the floor and held for 1-2 minutes while focusing on breath to give the body time to fully relax and open.

The benefits are countless:

- Increased blood flow and supply of nutrients to muscles and cartilages, thus reducing muscle soreness and stiffness.
- Improved flexibility and range of motion, reducing the risk of muscle, tendon and joint injury and allowing to move and exercise better.
- Reduced stress through the relaxation of muscles associated with stress and the liberation of endorphins.
- Improved posture, alignment and balance.
- Increased muscle strength and suppleness.

Neither experience nor flexibility are required, just an open mind and a willingness to have fun while trying something new.

A relaxing way to elongate your physique while keeping the muscles and joints healthy and mobile!

Open Level (dancers & non-dancers). No previous experience required.

➤ **PROGRESSING BALLET TECHNIQUE (PBT) SESSIONS**

PBT is a technique developed for students to understand the depth of training muscle memory, core stability, weight placement and alignment so as to achieve their personal best in classical ballet and other dance styles. This program uses a fit ball, resistance bands and other tools to aid dancers in their understanding and training of core strength, stability, alignment, weight placement, and on how to engage the right muscles in order to dance safely and correctly.

Open level. No previous experience required.

➤ **BODY CONDITIONING (60 min.)**

Body Conditioning incorporates stretch and conditioning techniques borrowed from Pilates, yoga, ballet and contemporary dance. This course emphasizes integration of breath and movement, core strength, alignment, and unlocks the deep muscles around the pelvis with the aim of developing strong, supple, articulated bodies

This class is a useful and effective training method for dancers and non-dancers to increase body awareness, strength and flexibility, develop a greater understanding of linking breath to movement and learn how to prevent injuries and release stress. Through a combination of yoga, Pilates, floor barre exercises, and stretching techniques and the use of resistance bands, weights, and balls, dancers will build core and leg strength, learn to connect mind and body, find and maintain their balance, and increase their flexibility.

This conditioning regime is just the perfect tool to complement the dancer's technical and stylistic training.

Open level (dancers & non-dancers). No previous experience required.

COURSES & SCHEDULES

MONDAY

17:00-18:30	Body Conditioning
	Ballet I (Beginners)
18:30-19:30	Lyrical Dance
19:30-20:30	Repertoire (Choreography)
20:30-22:00	Modern & Contemporary Dance

TUESDAY

17:00-18:30	Belly Dance
	Ballet Fundamentals
18:30-20:00	Ballet III (Interm. /Adv.)
20:00-21:00	Neoclassical Ballet
21:00-22:00	Flex-ability (Stretching)

WEDNESDAY

17:00-18:30	Body Conditioning *
	Character Dance
18:30-19:30	Ballet II (Beg. /Interm.)
19:30-20:30	Skill-Development Session
20:30-22:00	Modern & Contemporary Dance

THURSDAY

17:00-18:30	Belly Dance *
	Ballet III (Interm. /Adv.)
18:30-20:00	Ballet Fundamentals
20:00-21:00	Flex-ability (Stretching)
21:00-22:00	Lyrical Dance

FRIDAY

17:00-18:30	Body Conditioning
	Ballet I (Beginners)
18:30-20:00	Skill-Development Session
20:00-21:00	Character Dance
21:00-22:00	Neoclassical Ballet

SATURDAY

09:30-10:30	PBT
10:30-12:00	Ballet II (Beg./Interm.)
12:00-13:00	Repertoire (Choreography)
13:00-14:00	Pointe Technique I

IMPORTANT NOTE: Schedules are subject to change depending on enrollment and/or instructor's availability.
Courses are subject to minimum and maximum enrollment.

* The Week of July 2-7 (Workshop's first week) **Body Conditioning** class will be held on **Thursday** at **17:00** (instead of **Monday**) and **Belly Dance** class will be held on **Monday** at **17:00** (instead of **Thursday**)

WORKSHOP PACKAGES & FEES

REGULAR 90-min. PROGRAM (twice per week)

200 kn (2 weeks) (50kn x 4 classes)

270 kn (3 weeks) (45kn x 6 classes)

340 kn (4 weeks) (43kn x 8 classes)

Program choice (90-min. class):

- Classical Ballet
- Modern & Contemporary Dance

REGULAR PROGRAM (3 times per week)

260 kn (2 weeks) (43kn x 6 classes)

350 kn (3 weeks) (39kn x 9 classes)

430 kn (4 weeks) (36kn x 12 classes)

(or a combination thereof)

REGULAR PROGRAM (4 times per week)

340 kn (2 weeks) (42kn x 8 classes)

440 kn (3 weeks) (36kn x 12 classes)

540 kn (4 weeks) (34kn x 16 classes)

REGULAR 60-min. PROGRAM (twice per week)

180 kn (2 weeks) (45kn x 4 classes)

250 kn (3 weeks) (42kn x 6 classes)

320 kn (4 weeks) (40kn x 8 classes)

Program choice (60-min. class):

- Neo-classical Ballet (1-2)
- Lyrical Dance (1-2)
- Character Dance (1-2)
- Belly Dance (1-2)
- Repertoire (1-2)
- Skill Development Session (1-2)
- Pointe Technique (1)
- Flex-ability (1-2)
- Body Conditioning (1-3)
- PBT (1)

REGULAR PROGRAM (3 times per week)

250 kn (2 weeks) (42kn x 6 classes)

320 kn (3 weeks) (36kn x 9 classes)

400 kn (4 weeks) (33kn x 12 classes)

REGULAR PROGRAM (4 times per week)

320 kn (2 weeks) (40kn x 8 classes)

390 kn (3 weeks) (33kn x 12 classes)

480kn (4 weeks) (30kn x 16 classes)

(or a combination thereof)

WORKSHOP PACKAGES & FEES

		Each week includes 10 classes:
HALF PROGRAM (1 week)	450 kn/week	90 min. class x 6
	90 min. (48kn/class)	60 min. class x 4
	60 min. (40kn/class)	➤ Classical Ballet
		➤ Modern & Contemporary Dance
HALF PROGRAM (2 weeks)	410 kn/ week	AND/OR Classical Ballet
	90 min. (45kn/class)	➤ Neo-classical Ballet
	60 min. (35kn/class)	➤ Lyrical Dance
		➤ Character Dance
HALF PROGRAM (3 weeks)	360 kn/ week	➤ Belly Dance
	90 min. (40kn/class)	➤ Repertoire
	60 min. (30kn/class)	➤ Skill Development Session
		➤ Pointe Technique
HALF PROGRAM (4 weeks)	310 kn/ week	➤ Flex-ability
	90 min. (35kn/class)	➤ Body Conditioning
	60 min. (25kn/class)	➤ PBT
		(or a combination thereof)
		20 classes: 8 x 90 min. class
FULL PROGRAM (1 week)	690 kn/ week	12 x 60 min. class
	90 min. (42kn/class)	➤ Classical Ballet
	60 min. (30kn/class)	➤ Modern & Contemporary Dance
		➤ Neo-classical Ballet
FULL PROGRAM (2 weeks)	650 kn / week	➤ Lyrical Dance
	90 min. (40kn/class)	➤ Character Dance
	60 min. (28kn/class)	➤ Belly Dance
		➤ Repertoire
FULL PROGRAM (3 weeks)	580 kn / week	➤ Skill Development Session
	90 min. (35kn/class)	➤ Pointe Technique
	60 min. (25kn/class)	➤ Flex-ability
		➤ Body Conditioning
FULL PROGRAM (4 weeks)	550 kn / week	➤ PBT
	90 min. (33kn/class)	(or a combination thereof)
	60 min. (24kn/class)	

DROP – IN

90 min.-class	60 min. class
65 kn	50 kn

WORKSHOP PROGRAM EXPLANATION

(COURSES & NUMBER OF CLASSES PER WEEK)

90-minutes courses:

- Classical Ballet
- Modern & Contemporary Dance

REGULAR PROGRAM:

2–8 x 60-min. class / week

2–8 x 90-min. class / week

60-minutes courses:

- Neo-classical Ballet
- Lyrical Dance
- Character Dance
- Belly Dance
- Repertoire
- Skill-Development Session
- Pointe Technique
- PBT
- Flex-ability (Stretching Technique)
- Body Conditioning

(or any combination thereof)

90-minutes courses:

- Classical Ballet
- Modern & Contemporary Dance

HALF PROGRAM:

6 x 90-min. class / week

4 x 60-min. class / week

60-minutes courses:

- Neo-classical Ballet
- Lyrical Dance
- Character Dance
- Belly Dance
- Repertoire
- Skill-Development Session
- Pointe Technique
- PBT
- Flex-ability (Stretching Technique)
- Body Conditioning

(or any combination thereof)

90-minutes courses:

- Classical Ballet
- Modern & Contemporary Dance

FULL PROGRAM:

8 x 60-min. class / week

12 x 60-min. class / week

60-minutes courses:

- Neo-classical Ballet
- Lyrical Dance
- Character Dance
- Belly Dance
- Repertoire
- Skill-Development Session
- Pointe Technique
- PBT
- Flex-ability (Stretching Technique)
- Body Conditioning

(or any combination thereof)

DROP-IN:

Participants have the option to attend classes on a drop-in basis.

NOTE:

All combinations are possible. Participants will have the possibility to make up missed classes and to adapt any of the above programs (Regular, Half or Full Program) by adding or removing classes and making a combination thereof, in which case fees will be adjusted accordingly.

5% discount for students.