

# THE INTENSIVE 2020

**JULY 6-17, 2020- 9 & UNDER  
JULY 13-24, 2020- 10 & UP**

**Master Class Teachers  
All Styles**

**Multiple levels, Class sizes to follow CDC guidelines  
Dance with the best in the industry!**

**Reserve your spot today! \$150 Deposit due June 15, 2020**

# THE INTENSIVE FACULTY 2020

**Mallauri Esquibel** a native of Colorado, moved to Los Angeles at 17, Mallauri quickly began making a name for herself. Film/TV credits include: LALA Land Valley Girls, Behind the Candelabra, FAME, Princess and the Frog, High School Musical 1,2 and 3, Frozen, Amazon, Google, Dancing with the stars, Gilmore Girls, Good morning America, The Academy Awards, Blunt Talk, The Marvelous Mrs. Maisel, Bunheads, House, Bones, Vegas, The Mindy Project, CSI, the Grammys, 2008 Beijing Olympics, Billboard Music Awards, Much Music Awards, and VH1 Divas Live. Broadway and stage credits include: Wonderland, Twyla Tharp's Come Fly Away, Shaping Sound, Odyssey Dance Theatre, Evolution Dance Company, AR Rahman Jai Ho world tour, and Taylor Swift's RED world tour. She has worked with artists such as Camilla Cabello, Joss Stone, Florence and the Machine, The Gypsy Kings, Jordin Sparks, Paula Abdul, and Taylor Swift. Mallauri was also the cover model for Dance Sprit in December 2011. Currently she lives in Denver, and can't wait to dance with everyone this coming NRG season!

**Cheryl Priess Dickey**, was proud owner of the "Cheryl Priess Dickey School Of Dance" and the "CPD Performing Dance Company" for over four decades in Lincoln, Nebraska. Currently she resides in Wichita, Kansas teaching Advanced Technique Classes across the Nation. Her dancers are well-known for their versatility, artistic performance skills and excellence in Ballet Technique! In 2014, Miss Cheryl celebrated her 40th year as a Dance Educator and Teacher for Master Classes, Intensives and Workshops Nationally in Classical Ballet, Pointe, Lyrical, Contemporary, Tap, Jazz, Leaps/Turns, Body Placement, Theraband Strength and Conditioning, Gymnastics, Modeling and Voice. She studied and trained at both the University of Nebraska and Utah as well as continuing her education at BDC, NYC and at The Edge, in LA. Cheryl's name is synonymous with Dance Education focusing on correct Ballet placement. Miss CPD continues to produce talented dancers that are recognized nationally and internationally. The "CPD Performing Dance Company" and "CPD Intermix Company" are her pride and joy. During her many years in Lincoln, Nebraska, Miss Cheryl served as Assistant Ballet Director for "The Lincoln City Ballet Company" and Choreographed for the Nationally Televised "Strawberry Square" Teaching Series for Nebraska Public Television. Her list of Choreography is extensive over the past 40 years. Musicals, Civic Reviews, Classical Ballet Productions and Beauty Pageants. Cheryl has Choreographed Regional and National Award winning performances for her "CPD Performing Dance Company" and numerous competitive Dance Studios, Collegiate Show Choirs and Dance-Teams across the nation. Cheryl Priess Dickey, holds the title of "Mrs. Nebraska 1995", and continues to encourage her students to pursue the pageant and competition stage. Many former students hold winning Titles and College Scholarships. She enjoys inspiring dancers, supporting the passion of young artists and is thrilled to see many former students pursuing their commitment with careers in the Dance industry here and over-seas. Miss CPD takes pride in the fact that many of her dancers have chosen teaching careers and opened Dance Studios across the Nation, continuing to educate dancers with proper Dance Technique! Cheryl is currently on the Teaching Faculty Midwest Dance Mechanix and PC Dance Company. Miss Cheryl currently teaches on faculty for "The Dance Directive" an annual Autumn Convention tour, and for Go-Pro and Pre-Pro, Talent On Parade's Summer Intensives, and at Dance Bloch each year in Ft. Myers, Florida. Miss Cheryl Priess Dickey is currently a National Director, for "In10sity Dance" National Dance Competition. Cheryl continues to serve as a National and International Adjudicator/Judge in the US Canada and Australia for Dance, Gymnastic Competitions and Beauty Pageants, empowering Dancers and Contestants with Inspiration and Confidence in their abilities. She was recently selected of one of our Nations Top 10 National Adjudicators by Dance Studio Life Magazine. Miss Cheryl is a Judge for the Lifetime Networks, Television Production of, Dance Moms. Cheryl is currently traveling sharing her passion of teaching and setting Choreography for many dance-teams and competition studios. Cheryl Priess Dickey is married to J. Steven Dickey for 41 proud years. Mother to Joel, Tiffany and Bryce Dickey and 6 wonderful Grand-children!

**Heather Webb Jasso** is Summit Dance Academy's Artistic Director. Hetheris also a third-generation dance teacher and studio owner. Heather has instructed in Denver for over 15 years and been teaching for over 20. She was dancing before she could walk; and, aside from training with her mother, aunts, and grandparents (New York City Ballet), she has had the opportunity to travel and study under the dance "greats," Joe Tremaine, Brian Freidman, Tabitha, Mia Michaels, Terry Beaman, Dee Caspary, Wes Veldink, and David Scott. She has also performed key roles in ballets such as the Nutcracker, Snow White, Cinderella, and the Twelve Dancing Princesses. Heather is a title-winning dancer and choreographer at the regional and national level, winning numerous awards such as multiple FDC Judges' Choice Awards, the Prime Time Scholarship Award, and World Dance Championship Invites in 2009 and 2011. Furthermore, she was awarded the Pulse Tour's Teacher Scholarship in 2009 and was invited to compete in America's Got Talent auditions in 2010. Mrs. Jasso was awarded Teacher of the Year in Panama City, Florida in 2011. Mrs. Jasso has also traveled the country and been an adjudicator for national dance competitions for 2013-2019. In 2016 fall Heather was invited to adjudicate for Australia's Get The Beat International Competition. Mrs Jasso is certified in Progressing Ballet Technique. Heather has had students accepted to SUNY Purchase, AMDA, UNLV Rebel Girls, Oklahoma University, Rockettes, Cruise Lines to name a few. Heather's main goal is to prepare dancers to be ready for the adult world, no matter what their dreams are. Mrs. Jasso is so excited to invite you and your dancer to come share her passion for dance!

**Lacey Schwimmer (via zoom)** is perhaps best known for her success as a finalist on Fox's 'So You Think You Can Dance' (season 3) and as one of the most popular professional dancers on ABC's 'Dancing With The Stars' (six consecutive seasons). Lacey has choreography and artistic direction credits on DWTS, 'Strictly Come Dancing' and 'So You Think You Can Dance'. Other choreography credits include Las Vegas shows for 'Frankie Moreno Live' and 'Pin Up' starring Playmate Claire Sinclair as well as Holland America's 'Dancing with the Stars' at Sea and Lions Gate's 'Dancing with the Stars' workout DVD. She has worked with Grammy award-winning artists such as Christina Aguilera, Nikki Minaj, LMFAO, One Republic, Reba McEntire, Backstreet Boys and New Kids On The Block.

# THE INTENSIVE FACULTY 2020

**Susan Beens** is Summit Dance Academy's Tumbling, Strength, Fitness Director and teaches tumbling at Parker Performing Arts school. Susan was Ms. Fitness USA 2009. She is a Colorado native, but spent time in Nashville getting her undergraduate degree in business. While in Nashville, she opened a gymnastics facility. She trained a level 10 gymnast to the national championships, level 8s and 9s to state and regional championships, and had several TOPS national qualifiers. Susan also worked with a handful of junior fitness competitors and took them to local and national level shows. She has been teaching tumbling and acro for dance, along with strength and flexibility for many years. She was a competitive gymnast, stopping at level 9. Susan also trained in ballet, jazz, and lyrical at The Durango Ballet Academy. Susan is also certified in Progressing Ballet Technique. Ms Beens is one of the most sought after tumbling coaches in the Parker area.

**Kelly Amadeo** is Summit Dance Academy's Children's Program Director. Kelly has an extensive background in child and adolescent development, education, and dance instruction. Kelly is a licensed teacher in the state of Colorado, has a bachelor's degree in childhood education, and a master's degree in elementary education. She danced and performed at the advanced level at Colorado State University while obtaining her degrees. Kelly was trained in the Russian Ballet Technique and is knowledgeable about a variety of styles and schools of dance. Her areas of specialty included pas de deux, pointe, ballet, and children's dance. Kelly studied dance at Ballet Northwest, Perry- Mansfield, Colorado State University, and Colorado Ballet. She was also a company member of a traveling dance company that taught elementary students around the western states about the history of dance. Kelly has performed lead roles in The Firebird, Nutcracker, Sleeping Beauty, Cinderella, Dracula, Beauty and the Beast, Robin Hood, and many others in her 30 years of dance. She has choreographed and directed dance productions including the Nutcracker. Her pedagogy of dance education is that all children can master skills in dance to build a solid foundation for a lifetime of dance through fun, safe, consistent, and structured education. She encourages students and parents to build respectful relationships with each other and their instructors to create a safe and enjoyable environment for all.

**Emily Pike** was raised and currently lives in Lincoln, Nebraska. She began her training as a dancer at Cheryl Priess Dickey's School of Dance when she was three years old. She became a member of the CPD Performing Dance Company, competing with the team for nine years while earning many national titles as an individual and group performer. Emily recently graduated with high distinction from the University of Nebraska at Lincoln in the spring of 2014, where she received her degree in Psychology, with minors in Dance and Sociology. Furthering her passion to learn, Emily continues to travel the US attending master classes and intensives to stay current in her training. She attended Pacific Coast Dance Fest as a student for three years, and has been honored to share her talents as a counselor for the company for the past six years. Emily is currently teaching and training at Intermix Dance Company, under the direction of Joy Tonniges. She also shares her time teaching and choreographing at Anderson-Hoxie Dance Project in Waverly, Nebraska under the direction of Brittney Anderson-Hoxie. These past two years, Emily has begun working for In10sity Dance, under the direction of Jacob Flynn and Cheryl Priess Dickey. She has mastered many different positions, including Assistant to the Production Coordinator, Backstage Manager, Awards Coordinator, Merchandise, and Tabulator. She also worked for Talent On Parade at their three National Events under the direction of Kim and Eric McClure. Emily has also spent the past five years traveling across the country assisting Cheryl Priess Dickey. Together, they teach classes in multiple genres and choreograph competitive dance routines.

**Jezznia Ford** began dancing competitively at the age of 3, in a small studio in Parker. She continued her dancing throughout elementary school, and began dancing under the instruction of Heather Webb Jasso at the age of 9. She attended Denver School of the Arts for dance 6-9th grades. Jezznia decided to open enroll herself into Douglas County School District, where she auditioned and danced for Varsity Poms at Chaparral HS for the past 2 years, as well as teach and assist at Summit Dance Academy. She has been an Honor Roll Student, active in her school, and continues to work outside of the studio as well. Jezznia plans to attend college in Colorado or Arizona, and will continue dance and also majoring in Sports Medicine or Psychology Field. She is a national award winning dancer and was just awarded NRG Dance Project's Senior Prodigy in 2020.

**Terri Sue Dorn**, TSue has been dancing since she was two and has been instructing and choreographing since the age of 17. As a grade school dancer, Terri-Sue held multiple titles, top awards, and scholarships. She is trained extensively in ballet, jazz, hip-hop, lyrical, contemporary, tap, acro, and musical theater. She has trained both in studio and with some of the nation's top choreographers such as Mike Minery, Corey Finn, Marguerite Derricks, Kim McSwain, John Crutchman, Jessica Hendricks, and Alan Sherfield. She has achieved numerous awards nationwide for her choreography and for her hard work with her dancers, including awards at numerous national dance finals. TSue has also started to branch out with her choreography, working with producers and camera crews of all sorts to create a series of concept videos. Terri-Sue continues to train and educate herself, as she feels the dance community is ever changing and loves to instill not only technique into her dancers but a passionate heart for dance, as well.



# THE INTENSIVE FACULTY 2020

**Rachel Zaner**, born in Maryland, spent the majority of her childhood in Phoenix, Arizona. Dancing since the age of 6, she studied diligently at her home studio, Dynamic Motion Dance Academy, as well as Ballet Arizona and Master Ballet Academy. She began competing at age 13, and found her love for performing on the competition stage. Rachel is an award-winning soloist and began performing professionally at age 15. Early on, Rachel knew she had a passion for teaching dance. She has been teaching since she was 16 and her greatest joy comes from watching her students grow into their full potential as dancers and artists. Rachel attended the University of Arizona Dance program and graduated Magna Cum Laude with her BFA in 2018. During her time at the university, she trained extensively under world renowned dancers— Melissa Lowe, Amy Ernst, Samuel Watson, Tamera Dyke-Compton, Michael Williams, Douglas Neilson, Jory Hancock, and Elizabeth George. After graduating, Rachel continued teaching dance in Phoenix, Arizona. She specializes in Ballet, Jazz, Contemporary, and Lyrical for all ages and also loves to teach Tap and Modern. In 2019, Rachel moved to Denver, Colorado. She is excited to join the Denver dance scene and hopes to inspire as many dancers as possible while providing them with the skills and knowledge necessary to become successful dancers.

**Heidi Nichter** has a very extensive 20-year background of teaching dance in such cities as Detroit, Pittsburgh, New York City, Denver, Dayton and Cleveland. She graduated Cum Laude from Point Park University with a Bachelor of Fine Arts (ballet concentration) in 2003. Furthermore, Heidi trained with the Metropolitan Ballet Center, American Ballet Theatre's Summer Intensive and was a scholarship student with Steps on Broadway in New York City. She has worked with notable teachers and choreographers such as Kevin Ward, Debbie Blunden-Diggs, Terrence Greene, Cynthia Harvey, David Reuille, Susan Stowe, Jay E. Kirk, Kenneth Johnson, Nancy Bielski, Peff Modelski, Ronald Tassone, and Susan Stowe to name a few. Between 2007-2013 Heidi was the co-founder, Associate Artistic Director/President of Apex Contemporary Dance Theatre, which is a professional non-profit dance company based in the Denver area. Her other professional experience includes Xpressions Contemporary Dance Company, The Pittsburgh Playhouse, Dayton Contemporary Dance Company II, Kim Robards Dance Company, Apex Contemporary Dance Theatre and Chadash Contemporary Dance Movement.

**Grace Gallagher** was raised in Hickory Corners, Michigan, Grace Gallagher started her training with jazz, ballet, tap, and contemporary movement forms. Upon graduation of high school, Grace went on to attend Arizona State University, where she trained in modern and urban dance technique. After earning her BFA, Grace went on to live in New York City where she spent her time interning and training at Broadway Dance Center. Shortly after, Grace decided to try out the commercial scene in Los Angeles. She was accepted into the Edge Performing Arts Center's rigorous scholarship program. Upon completion of the program, Grace was hired by Edge to teach their kids program. Recognizing her passion for teaching and choreography, Grace made the decision to leave the commercial dance industry to pursue a career in dance education. Grace went on to earn her MFA in Dance along with her K-12 teaching certification from Arizona State University. Grace has extensive experience as a guest teaching artist and choreographer in numerous contexts including: guest teaching at private universities, community colleges, and high schools, teaching at a variety of studios nationwide, hosting professional master classes and workshops, and serving as a faculty member on a national convention. Grace has also taught jazz, modern, ballet, hip hop, dance history, and dance education courses at Arizona State University and worked for two separate non-profit programs that utilize dance as an emotional outlet for underserved youth while continuing to grow her Phoenix based dance company, gracegallagherdance. Grace premiered her first evening length work, CONSequence, in May 2014 and her second evening length work, 40 Love Letters, in April 2015, both at the MonOrchid Gallery in Phoenix, AZ. In November 2015, Grace debuted her third work, JUXTAposition at the Margaret Gisolto Theatre in Tempe, AZ. Her latest work, RElate, premiered on November 18, 2016 at the MonOrchid, North Gallery. In addition to producing her own evening length shows, her work has also been recently shown at Nasty Woman|Phoenix Unite, Artel PHX, Phoenix Center for the Art's Beta Dance Festival, and Breaking Ground Dance Festival. Grace has earned over a dozen choreography awards, and has been recognized as one of Phoenix's "emerging artists" by JAVA Magazine. She recently returned from touring Germany with America's Got Talent runner up, The Silhouettes (10/17-03/18). Grace now lives in Fort Collins, CO with her husband and two dogs, where she continues to teach locally and travel all over the country setting work and sharing her love for dance.

**Kelly Demelio** born and raised in the beautiful state of Colorado, Kelly Demelio began her well rounded dance education/training at the age of 3. Early on, it became very clear that her love and passion for dance would always be a part of her life. Growing up, Kelly trained at several different Colorado based studios and competed at numerous competitions and conventions locally and nationally. She also spent a year traveling and performing with The Silhouettes. Over the years, Kelly has had the privilege of working with many renowned teachers and choreographers including, Justin Giles, Will Johnston, Alan Salazar, Jen Osorio Pendleton, Dana Wilson, Jessica Starr, Jason Ambrose, Andy Pellick, Maurya Kerr, LeeWei Chao, Cory Finn and David Mann, as well as many other local Colorado teachers and choreographers, all of whom have impacted her life not only as a dancer but also as a person. Since her graduation from High School in 2014, Kelly attended Belhaven University as a dance major and has participated in numerous intensives and training programs including, Alonzo King LINES. Kelly thoroughly enjoys dancing for Rogue Co Dance Company, in Boulder, Colorado and has also worked extensively with the Dallas based company, SoulEscape and the LA based company, MuseEffect. Kelly is an award winning, sought after teacher and choreographer in the Denver Metro area. Additionally, Kelly is known for creating short dance films featuring many of her students. Kelly finds great joy in mentoring and working with younger dancers and not only sharing her love and passion for dance with them, but also encouraging them to be strong, confident individuals with high moral values and integrity.

**Mia Otto** began her dance training around the West Michigan area at the age of five with the Academy of Dance Arts under the Cecchetti instruction of Debra Burr and at North Ballet Theatre under the Vaganova instruction of Olga Smirnov. At the age of 12, she continued her classical ballet training with Turning Pointe School of Dance under the instruction of Rick and Lara Faucher and Hearts In Step Dance Academy under the instruction of Tassia Johnson and Hannah Sullivan, before coming to Colorado Springs to audition for and join Ballet Emmanuel. Mia had additional training with Ballet Magnificat! (Kathy Thibodeaux), Grand Rapids Ballet Company (Patricia Barker), and The Joffrey Ballet of Chicago (Ashley Wheeler). While with Ballet Emmanuel, she performed, toured, and taught master classes and workshops all over the United States. Mia has directed several ballet productions, choreographed, and taught throughout Colorado Springs. In 2016, Mia received her certification in Level One Dance Injury & Prevention by Perfect Form Physiotherapy (Lisa Howell). She is also a certified and licensed Progressing Ballet Technique Instructor. Currently Mia is working alongside Ballet Society faculty and staff as Studio Manager and ballet instructor and is looking forward to many years with CBS!



THE INTENSIVE					
July 6-10, 2020					
	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
9:15-9:30	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch
9:30-10:25	Group 1 Flexibility & Conditioning - Susan Beens	Group 1 Hip Hop- Jezznia Ford	Group 1 Flexibility & Conditioning - Susan Beens	Group 1 Contemporary- Jezznia Ford	
9:30-10:25	Group 2 Ballet - Heather Jasso	Group 2 Jazz- Heather Jasso	Group 2 Ballet - Heather Jasso	Group 2 PBT- Heather Jasso	Group 2 Progressing Ballet Technique- Heather Webb Jasso
10:25-30 Break	Break	Break	Break	Break	
10:30-11:30	Group 1 Ballet- Heather Jasso	Group 1 Jazz- Heather Jasso	Group 1 Musical Theater- Terri Sue Dorn	Group 1 PBT- Heather Jasso	
10:30-11:30	Group 2 Flexibility & Conditionioing- Susan Beens	Group 2 Hip Hop- Jezznia Ford	Group 2 Flexibility & Conditionioing- Susan Beens	Group 2 Contemporary - Jezznia Ford	Group 2 Ballroom- Lacey Schwimmer via Zoom
11:30-12:30	Group 1 Acro- Susan Beens	Group 1 Ballet-Hiedi Nicter	Group 1 Acro- Susan Beens	Group 1 Jazz- Rachel Zaner	
11:30-12:30	Group 2 Jazz- Mallauri Esquibel	Group 2 Hip Hop- Terri Sue Dorn	Group 2 Musical Theater- Terri Sue Dorn	Group 2 Turns- Heather Jasso	Group 2 Pilates- Rachel Zaner
12:30-1:00	Lunch	Lunch	Lunch	Lunch	
1:00-2:30	Group 1 Jazz- Mallauri Esquibel	Group 1 Hip Hop- Terri Sue Dorn	Group 1 - Half Day	Group 1 - Half Day	
1:00-2:30	Group 2 Acro - Susan Beens	Group 2 Ballet- Hiedi Nicter	Group 2 Acro - Susan Beens	Group 2 Jazz- Rachel Zaner	Group 2 Lyrical- Rachel Zaner

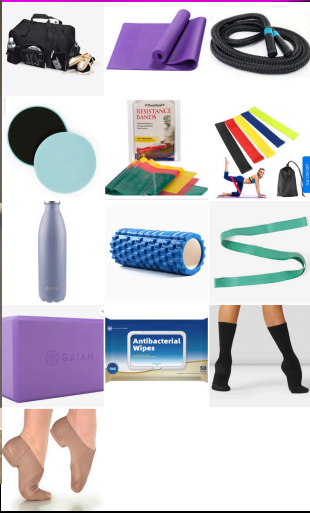
THE INTENSIVE				
July 13-16, 2020				
	13-Jul	14-Jul	15-Jul	16-Jul
9:00-9:15	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch
9:15-10:30	Group 3 Ballet/Pre Pointe- Heather Jasso	Group 3 Ballet/PrePointe-Mia Otto	Group 3 Ballet/Pre Pointe- Heather Jasso	Group 3 PBT-Heather Jasso
9:15-10:30	Group 4 Flexibility/Strength- Susan Beens	Group 4 Pilates- Rachel Zaner	Group 4 Flexibility/Strength- Susan Beens	Group 4 Ballet- Rachel Z
Break	Break	Break	Break	Break
10:30-11:30	Group 3 Flexibility/Strength- Susan Beens	Group 3 Pilates- Rachel Zaner	Group 3 Flexibility/Strength- Susan Beens	Group 3 Ballet- Rachel Z
10:30-11:30	Group 4 Ballet/Pointe- Heather Jasso	Group 4 Pointe-Mia Otto	Group 4 Ballet/Pointe- Heather Jasso	Group 4 PBT-Heather Jasso
11:30-12:30	Group 3 Acro- Susan Beens	Group 3 Contemporary- Grace Gallagher	Group 3 Acro- Susan Beens	Group 3 Hip Hop- Grace Gallagher
11:30-12:30	Group 4 Lyrical- Mallauri Esquibel	Group 4 Ballroom- Lacey Schwimmer via Zoom	Group 4 Tap- Jordan Lefton via Zoom	Group 4 Contemporary- Camille Dali
12:30-1:00	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Group 3 Lyrical- Malluri Esquibel	Group 3 Ballroom- Lacey Schwimmer via Zoom	Group 3 Tap- Jordan Lefton via Zoom	Group 3 Contemporary- Camille Dali
1:00-2:00	Group 4 Acro- Susan Beens	Group 4 Contemporary - Grace Gallagher	Group 4 Combos- Heather Jasso	Group 4 Hip Hop - Grace Gallagher
2:00-3:00	Group 2 Lyrical- Mallauri Esquibel	Group 2 Contemporary- Jezznia Ford	Group 2 Tap- Jordan Lefton via Zoom	Group 2 Hip Hop- Grace Gallagher
2:00-3:00	Group 5 Progressing Ballet Technique- Heather Jasso	Group 5 Contemporary- Grace Gallagher	Group 5 Flexibility- Susan Beens	Group 5 Contemporary - Camille Dali
3:00-4:00	Group 2 Acro- Susan Beens	Group 2 Turns- Heather Jasso	Group 2 Acro- Susan Beens	Group 2 Contemporary- Camillie Dali
3:00-4:00	Group 5 Lyrical- Mallauri Esquibel	Group 5 Hip Hop- Jezznia Ford	Group 5 Acro- Susan Beens	Group 5 Ballet- Heather Jasso
4:00-5:00	Group 5 Ballet- Rachel Zaner	Group 5 Turns- Heather Jasso	Group 5 Progressing Ballet Technique- Kelly Amadeo	Group 5 Jazz- Rachel Zaner
5:00-6:00	Group 5 Jazz- Rachel Zaner	Group 5 Ballet- Heather Jasso	Group 5 Turns- Kelly Amadeo	Group 5 Pilates- Rachel Zaner

# THE INTENSIVE

July 20-24, 2020

	20-Jul	21-Jul	23-Jul	24-Jul
9:00-9:15	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch	Drop Off & Stretch
9:15-10:30	Group 3 Ballet/Pre Pointe- Heather Jasso	Group 3 Ballet/PrePointe-Heather Jasso	Group 3 Ballet/Pre Pointe- Heather Jasso	Group 3 PBT-Heather Jasso
9:15-10:30	Group 4 Flexibility/Strength- Susan Beens	Group 4 Acro- Susan Beens	Group 4 Flexibility/Strength- Susan Beens	Group 4 Ballet- Rachel Z
Break	Break	Break	Break	Break
10:30-11:30	Group 3 Flexibility/Strength- Susan Beens	Group 3 Jazz- Emily Pike	Group 3 Flexibility/Strength- Susan Beens	Group 3 Ballet- Rachel Z
10:30-11:30	Group 4 Ballet/Pointe- Heather Jasso	Group 4 Ballet- Cheryl Priess Dickey	Group 4 Ballet/Pointe- Heather Jasso	Group 4 PBT-Heather Jasso
11:30-12:30	Group 3 Hip Hop- Emily Pike	Group 3 Tap- Cheryl Priess Dickey	Group 3 Acro- Susan Beens	Group 3 Contemporary -Kelly Demelio
11:30-12:30	Group 4 Turns- Cheryl Priess Dickey	Group 4 Lyrical - Emily Pike	Group 4 Progressions- Emily Pike	Group 4 Combo- Heather Jasso
12:30-1:00	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Group 3 Turns- Cheryl Priess Dickey	Group 3 Lyrical- Emily Pike	Group 3 Thera Band- Cheryl Priess Dickey	Group 3 Combo- Heather Jasso
1:00-2:00	Group 4 Hip Hop- Emily Pike	Group 4 Tap- Cheryl Priess Dickey	Group 4 Jazz Funk- Emily Pike	Group 4 Contemporary -Kelly Demelio
2:00-3:00	Group 5 Jazz- Emily Pike	Group 5 Flexibility- Susan Beens	Group 5 Jazz- Emily Pike	Group 5 Contemporary- Kelly Demelio
3:00-4:00	Group 5 Turns- Cheryl Priess Dickey	Group 5 Acro- Susan Beens	Group 5 Ballet- Cheryl Priess Dickey	Group 5 Ballet- Heather Jasso
4:00-5:00	Group 5 Progressing Ballet- Kelly Amadeo	Group 5 Ballet- Rachel Zaner	Group 5 Hip Hop- Jezznia Ford	Group 5 Pilates- Rachel Zaner
5:00-6:00	Group 5 Turns- Kelly Amadeo	Group 5 Tap- Rachel Zaner	Group 5 Contemporary- Jezznia Ford	Group 5 Lyrical- Rachel Zaner





## Ages: 9 & Under

- Black Leo – Group 2
- Any Color Leo- Group 1
- Black Capri Tights for Ballet Class (no leggings)- Group 2
- No Tights- Group 1
- Assigned Ballet Shoes
- Black leggings, shorts, tights for all Jazz Classes
- Pirouettes
- Tap Shoes
- Hip Hop Shoes
- Hair in slicked bun or up do
- 2 snacks, lunch and water bottle.

# 2020-INTENSIVE DRESS CODE

### Supplies:

- \* Dance Bag- able to hold all supplies, no use of cubbies
- Yoga Mat
- Jump Rope
- 2 Exercise Sliders
- Thera-bands
- Workout Loop Bands
- Full Water Bottle- no use of water dispenser
- Yoga Blocks
- Ballet Band
- Foam Roller
- Disinfectant Wipes
- All Dance Shoes

Bathrooms will only be available to go to restroom. Dancers will need to stay in leotard and black tights. No leggings for dancers 13 & under ( only tights).

Dancers need to bring a sack lunch, they will not be able to leave the studio. NO use of fridge due to COVID.

### Pricing

Group 1-16 hours-\$400  
Group 2-33 hours-\$825  
Group 3 -36 hours-\$875  
Group 4 -36 hours-\$875  
Group 5-32 hours- \$800

## Ages: 10 & Up

- 10 & Up Black Leotard- Group 3-5
- Black Capri Tights and Black Skirt or parachute shorts or pants for Ballet Class
- Assigned Ballet Shoes/Pointe shoes
- Black tights and parachute shorts
- Pirouettes
- Tap Shoes
- Hip Hop Shoes
- Hair in slicked bun or up-do
- 2 snacks, lunch and water bottle.
- No T-shirts/Shorts in ballet/loose clothing. Tight fitting tank allowed.
- Ballroom Shoes

All dancewear available at Discount Dance. Please follow link on [www.summitdanceacademy.com/dress-code.html](http://www.summitdanceacademy.com/dress-code.html)

Please use **Teacher ID: TP 122325** as we get prizes and offers for the kids. Dancers will not be allowed to participate if not in correct dress code.