**MDS Competition Team Summer Opportunities**

We are so excited to have Miss Grace back to hold more training opportunities for your MDS dancer over the summer. We have structured our scheduled times slightly different than last summer in order to allow dancers to train for a longer duration over the summer. We offered multiple date and time options this year so your dancer can attend whatever session works best in their summer schedule. These classes are designed to be more rigorous opportunities to build strength and technique, and help your dancer be the best dancer they can be!

Clothing requirements are implemented in order for instructors to check alignment and proper placement; as loose t-shirts and sweatpants/joggers often inhibit instructors from seeing true placement. Please respect clothing requests! We look forward to dancing with you all this summer.

**Petite/Junior Training**

This camp will focus on basic technique aspects for the competition year. Dancers will focus on building strength, and coordination, and implement these aspects when going across the floor. We will focus on turns and leaps; and work on flexibility and strength as well. Dancers will be expected to come prepared with hair tied back, and form fitting clothing so that proper placement and alignment can be best assessed and worked on. Please wear either jazz shoes or lyrical shoes.

Session 1 – June 10-14 – 3:00-3:45 pm ***$40 per session***

Session 2 – June 17-21 – 3:00-3:45 pm

Session 3 – June 24-28 – 2:00-2:45 pm

Session 4 – July 8-12 – 9:00-9:45 am

**Junior Ballet Intensive**

This class will focus on a classical ballet technique appropriate for the junior level age and ability. We will train a classical ballet class; with approximately 40 minutes spent at the barre and 50 minutes spent in the center. Dancers should expect a structured and professional class that will push them to work proper technique. We will work on basic aspects of ballet technique including proper turn out, basic jumps, pirouettes, and epaulement.  Dancers are expected to come in proper ballet attire; leotard and tights (any color), ballet slippers, and hair pulled back and off the neck. Ballet skirt is optional. Warm ups will be allowed for the barre section of class.

Session 1 – June 10-14 – 4:00-5:30 pm ***$60 per session***

Session 2 – June 17-21 – 4:00-5:30 pm

Session 3 – June 24-28 – 3:00-4:30 pm

Session 4 – July 8-12 – 10:00-11:30 am

**Teen/Senior Ballet Intensive**

This class will focus on more advanced classical ballet technique, appropriate for the teen/senior level age and ability. We will train a class ballet class with approximately 35 minutes spend at the barre, and 55 minutes spent in the center. This class will focus on more advanced concepts of ballet including fouette turns, longer adagios, increased flexibility, and stamina. Dancers are expected to observe the traditional etiquette of a ballet class and should wear proper ballet attire; leotard and tights (any color), ballet slippers (preferably canvas), and hair pulled back and off the neck. Ballet skirts and warm ups will be allowed for the barre section of the class, but will be removed for center work.

Session 1 – June 10-14 – 5:30-7:00 pm ***$60 per session***

Session 2 – June 17-21 – 5:30-7:00 pm

Session 3 – June 24-28 – 4:30-6:00 pm

Session 4 – July 8-12 – 11:30-1:00 pm

**Teen/Senior Jazz Training**

This class will be designed to enhance not only the technique of dancers in jazz, but also performance quality. We will focus on strengthening exercises of the core and legs, with the first 20 minutes of class spent doing calisthenic exercises. We will also work jazz techniques including jazz pirouettes, body isolations, and jumps. A combo will also be taught in the last 20-30 minutes of each class. Dancers should expect a fast paced environment that will challenge and strengthen. Dancers will be expected to wear form fitting clothing and jazz shoes, and hair should be pulled back and off of the face and neck.

Session 1 – June 10-14 – 7:15-8:45 pm ***$60 per session***

Session 2 – June 24-28 – 6:15-7:45 pm

**Teen/Senior Contemporary/Lyrical Training**

This class will focus on the aspects of contemporary lyrical work. We will focus highly on strength and flexibility and performance quality. The first 20 minutes of class will be spent conditioning core and flexibility via calisthenic exercises. We will also work more ballet based lyrical movements across the floor that will include a la seconde turns, pirouettes, and leaps. A combo will also be taught in the last 20-30 minutes of each class. Dancers should expect to challenge themselves and work outside of their comfort zone. Dancers will be expected to wear form fitting clothing and lyrical shoes, or go barefoot. Hair should be pulled back and off of the face and neck.

Session 1 – June 17-21 – 7:15-8:45 pm ***$60 per session***

Session 2 – July 8-12 – 1:15-2:45 pm