

## Week 1: Friday Night Lights

*June 12 (Monday): "Football Sidelines"*

Want to learn what the dance team does on the sidelines of the big game? Have a great time learning sideline dances from former LMVP dance team and current University of Iowa dance team members! Beginning (Ages 6-10), Intermediate (Ages 9-12) and Advanced (Ages 13 & Up) Levels.

*June 13 (Tuesday): "Let's Get Hype!"*

Learn fun and exciting pom choreography in this energy-filled class! Great music for a great time! Beginning (Ages 6-10), Intermediate (Ages 9-12) and Advanced (Ages 13 & Up) Levels.

## Week 2: Broadway Babies

Learn awesome choreography to popular songs from your favorite Broadway shows!

*June 19 (Monday):*

Beginner: Ages 6-10.

Intermediate: Ages 9-12.

Advanced: Ages 13 & Up.

*June 20 (Tuesday)*

Beginner: Ages 6-10.

Intermediate: Ages 9-12.

Advanced: Ages 13 & Up.

## Week 3: Hip Hop and You Don't Stop!

Learn exciting hip hop choreography to your favorite current music hits!

*June 26 (Monday):*

Beginner: Me & My Best Friend. Hip hop partner choreography for you and your bestie! Have a blast with a friend or sibling in this class. Ages 6-10.

Intermediate: Me & My Best Friend. Hip hop partner choreography for you and your bestie! Have a blast with a friend or sibling in this class. Ages 9-12.

Advanced: Advanced level hip hop choreography class. Ages 13 & Up.

*June 27 (Tuesday):*

Beginner: Beginner level hip hop choreography class. Ages 6-10.

Intermediate: Intermediate level hip hop choreography class. Ages 9-12.

Advanced: Advanced level hip hop choreography class. Ages 13 & Up.

### [Week 4: Contemporary / Lyrical Week](#)

Learn beautiful and strong choreography combinations in the contemporary and lyrical dance style. This style embodies aspects of jazz, ballet and modern dance, and has interpretive qualities of movement.

*July 3 (Monday):* Beginner: Ages 6-10

Intermediate: Ages 9-12

Advanced: Ages 13 & Up

*July 5 (Tuesday):* No class

### [Week 5: Amazing Acro Week](#)

Acro-Dance technique includes balancing, limbering, tumbling and partnering, based in flexibility, contortion and strength. Dancers who train through Acrobatic Arts have balanced development, are stronger, more flexible, and fearless. Dancers will have more skills, have fewer accidents, and are less likely to develop chronic injuries. Perfect chance for your dancer to dip their toes in the waters of acro and just test out a class to see if they would enjoy it in the fall!

*July 10 (Monday):*

Beginner: Introduction to Acro. Ages 6-10.

Intermediate: Introduction to Acro. Ages 9-12.

Advanced: Aerial Clinic. Learn all the drills you need to know to add an aerial cartwheel to your skills! Ages 13 & Up.

*July 11(Tuesday):*

Beginner: Introduction to Acro. Ages 6-10.

Intermediate: Introduction to Acro. Ages 9-12.

Advanced: Walkover clinic. Learn all the drills you need to know to add front/back walkovers to your skills! Ages 13 & Up.

## [Week 6: Bunhead Bootcamp](#)

Get back to the basics with ballet technique week! Does your dancer want to improve their skills while challenging themselves but still having fun? This week is for them! Revisit the foundation of dance and work on the beauty and grace of this classic style. Work at the barre, center and across the floor exercises.

*July 17 (Monday) and July 19 (Tuesday):*

Beginner: Ballet Technique. Ages 6-10.

Intermediate: Ballet Technique. Ages 9-12.

Advanced: Ballet Technique. Ages 13 & Up.

## [Week 7: Disney Week](#)

This week, learn choreography to your favorite Disney tunes! Lyrical dance choreography will be taught on Monday, and Jazz choreography on Tuesday.

*July 24 (Monday):*

Beginner: Ages 6-10

Intermediate: Ages 9-12

Advanced: Ages 13 & Up

*July 25 (Tuesday)*

Beginner: Ages 6-10

Intermediate: Ages 9-12

Advanced: Ages 13 & Up

## [Week 8: Friday Night Lights](#)

*July 31 (Monday): "Football Sidelines"*

Want to learn what the dance team does on the sidelines of the big game? Have a great time learning sideline dances from former LMVP dance team and current University of Iowa dance team members! Beginning (Ages 6-10), Intermediate (Ages 9-12) and Advanced (Ages 13 & Up) Levels.

*August 1 (Tuesday): "Let's Get Hype!"*

Learn fun and exciting pom choreography in this energy-filled class! Great music for a great time! Beginning (Ages 6-10), Intermediate (Ages 9-12) and Advanced (Ages 13 & Up) Levels.

## Week 9: Welcome to Hollywood

Commercial Jazz week! Commercial jazz is highly entertainment driven and is completely mainstream today. It can add elements of hip hop, jazz, and the latest trends in dance as well as tricks choreographed to pop songs. This is the main style of dance seen in music videos. Get exhilarated with fantastic choreography to your favorite songs!

*August 8 (Monday):*

Beginner: Ages 6-10

Intermediate: Ages 9-12

Advanced: Ages 13 & Up

*August 9 (Tuesday): NO CLASS*