

MDS Competition Team Summer Intensives

For the competitive dancer – Camps led by Miss Grace

We are excited to have Miss Grace teach a Ballet Intensive for all age groups this summer! She has a 2-week intensive planned with 15-20 hours of technique for each age group! We will also be offering a Turns & Leaps class that will be 1 hour Monday-Friday for each age group. It is highly recommended that you enroll your dancer in these classes to ensure they stay in shape and continue to improve their skills over the summer! Although ballet may not be your dancer's first choice it is the building block to all technique and it WILL help them improve.

Ballet Intensive – required to wear any color of leotard, pink tights & pink ballet shoes. Hair pulled up and pinned. May wear an optional ballet skirt and warm ups will be allowed for the first 15-20 minutes of class if needed.

Pointe Intensive – required to wear any color of leotard, pink tights, pink pointe shoes and hair pulled up and pinned. A theraband will be needed for strength and conditioning – may borrow from the studio or use one from home

Turns & Leaps – may wear spandex shorts or leggings and any color leotard

(The studio can assist in finding any of the above items for your dancer! Just ask Miss Melinda or Miss Cindy)

Class Name	Age	Date	Time	Price
Ballet Intensive (Petite)	6-8 Years Old	June 4 – 15	2 – 3:30 pm	\$115
Ballet Intensive (Junior)	9-11 Years Old	June 4 – 15	3:30 – 5:30 pm	\$150
Turns & Leaps (Teen)	12-14 Years Old	June 4 – 8	5:30 – 7 pm	\$60
Turns & Leaps (Senior)	15-18 Years Old	June 4 – 8	7 – 8:30 pm	\$60
Turns & Leaps (Petite & Junior)	6-11 Years Old	June 11 – 15	5:30 – 7 pm	\$60
Ballet Intensive (Teen)	12-14 Years Old	June 18 – 29	2 – 4 pm	\$150
Ballet Intensive (Senior)	15-18 Years Old	June 18 – 29	4 – 6 pm	\$150
Pointe Intensive 1 year of pointe experience required	12-18 Years Old	June 18 – 22	6 – 7 PM	\$35