

Summer Progression

Offering **8 weeks** of Summer Progressive Class for the dancer who wishes to continue to work on their skills.

Tuesdays: Jump & Turns & Improv (Ms. Kaniesha)

- * Focus on standing leg, spotting, releve' strengthening
- * Perfecting and introducing NEW Jumps & Turns
- * Turns and Jumps Combinations

6:30 pm - Intermediate | 7:45 pm - Advance

Wednesdays: 6:30p Intermediate | 7:45p Advance

Turn Out, Flexibility and Core (Mrs. Camille)

Focusing on: rotation cup, Hip alignment and placement

Core exercises, Turn Out exercises, Muscle Strengthening

Thursdays | Classes begin July 12th | 6 yrs +

If auditioning for our Acro/ Tumble Competitive Dance Team

MUST take 8 weeks of classes or take Tumble over the Summer

(Email for Special Request) **\$80 every 4 Weeks**

6:30 - 7:45 Beginner/ Intermediate

7:45 - 9:00pm Advance



**Summer
Acro/ Tumble
Lessons**

Private Sessions

Sessions are held every Mon. and Wed.

Offering 45 minutes and 1 hour sessions **ONLY**

Includes:

- ♦ One on one lessons
- ♦ Consultation:
 - Developing a personal progressive plan
- ♦ Weekly progress reports
- ♦ Theraband - for ankle strengthening

Must take a minimum of 4 weeks

\$50 for 45 minutes / \$65 for 1 Hour

**** Pay in FULL receive \$25 off total fee**

2018-19 Competitive Dance Team Auditions

Parent Interest Meeting (NEW Members only) Sat., Sept. 8th | 11:00a - 12:00p

AUDITIONS Sat., Sept. 15th - Sun. Sept. 16th | Times TBA

Mandatory Parent Meeting Sun., Sept. 22nd

Rehearsals Begin the week of October 6th

Call: 410 655 1427 or Email: info@nfernodance.com