

### Jazz Technique

Learning correct technique is fundamental. A dancer cannot develop correctly if the physical movement performed in the classroom is done improperly. This class makes sure dancers have that solid foundation and the confidence to execute moves properly.

Age: 9+  
Tuesdays 6:30pm to 7:30pm  
Instructor: Ms. Kirsten  
Fee: \$125

### Ballet Technique

The goal of this class is to impart the proper fundamentals of ballet. We will focus on proper technique and corrections. Help your dancer become confident in themselves and their abilities.

Ages: 9+  
Tuesdays 5:30pm to 6:30pm  
Instructor: Ms. Kirsten  
Fee: \$125

#### Summer Registration Information

- Open registration begins NOW.
- Payment is due at time of registration.
- Payments are non-refundable.
- **Classes are offered from June 11th –July 31st on Tuesdays & Wednesdays. All classes run 8 weeks except Imagination Dance Camp which runs for 4 weeks.**
- This schedule is subject to change.

### Hip Hop 8+ or 13+

Hip Hop is an upbeat urban style of dance that is forever evolving. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements.

Ages: 8+  
Wednesdays 6:30pm to 7:30pm

Ages: 13+  
Wednesdays 7:30pm to 8:30pm

Instructor for both classes: Ms. Keri  
Fee: \$125

### Hula Hoop Dance Basics

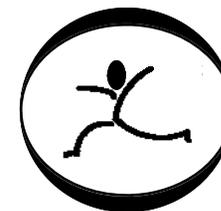
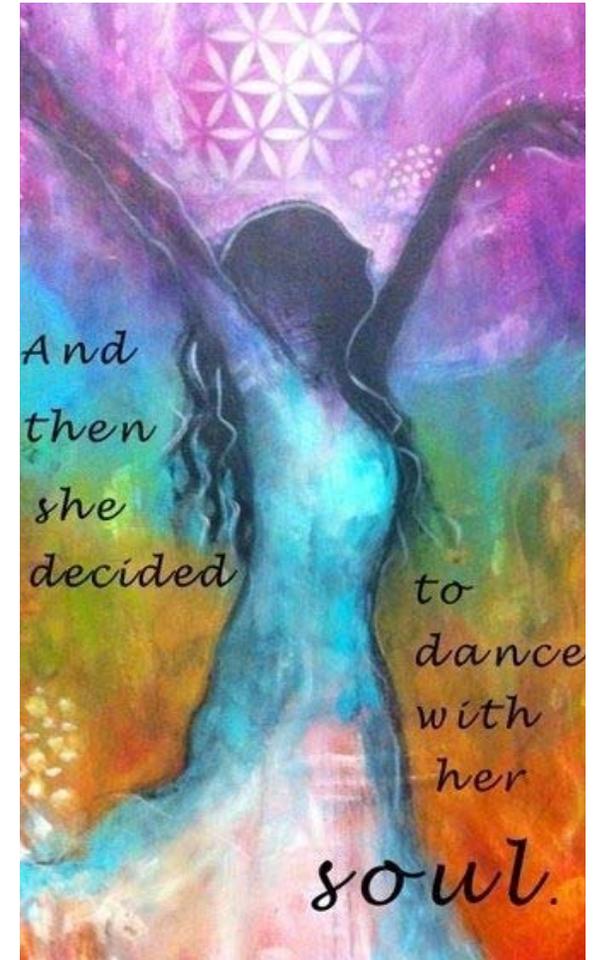
Hula hoop dance is on the rise and such a fun performance art to learn. This class can improve coordination, increase flexibility and build core strength. The basics will be covered as well as a new trick each week. There will be a short performance on the last day.

Ages: 7 to 11  
Wednesdays 5:00pm to 6:00pm  
Instructors: Stephy Lou & Cassie  
of Garden Gypsy Collective  
Fee: \$125

#### For all classes:

- Students should wear comfortable fitted clothing or dance wear.
- Dance shoes are recommended, but not required.
- Please bring a water bottle!

# All That Dance 2019 Summer Program



All That Dance  
815-356-8035  
www.atdance.com

### Imagination Dance Camp

You are cordially invited on an enchanted journey. If your little girl loves mermaids, unicorns, fairies and princesses this is the camp for her! We will explore dance, stories, games and crafts. Captivate your child's imagination and help unlock her creativity.

Ages: 3 to 6  
Tues. AND Wed.  
9:30am to 11:30am \*  
\$54 per week/ 4 weeks/ Fee: \$216

**\*Need more time to yourself?  
FREE  
30 minute before care  
available for this camp!**

### Ballerina Ballet

We want to engage and nurture your budding ballerina. This class covers ballet movements, grace and self-control in a creative and enjoyable environment.

Ages: 6 to 8  
Tuesdays: 4:45pm to 5:45pm  
Instructor: Ms. Jessica  
Fee: \$125

### JexFlex

This flexibility training program has been taught to dancers, gymnasts, and ice skaters. With a series of carefully organized stretches and exercises, students are guaranteed to see an increase in their measured stretching potential by the end of the program.

Ages: 10+  
Tuesdays: 5:45pm to 6:45pm  
Instructor: Ms. Jessica  
Fee: \$125

### Summer Strong

Using exercise balls, you will be introduced to an exciting progressing ballet technique. The program will help you understand just how important it is to train your muscle memory to achieve your personal best in ballet and all dance.

Ages: 11+ with 2+ years ballet experience  
Tuesdays: 6:45pm to 7:45pm  
Instructor: Ms. Amy  
Fee: \$125

### Preparing for Pointe

Designed for dancers in ballet II/III or higher, this class will focus on the skills and techniques that may eventually lead to your dancer going on pointe!

Ages: Ballet II/III or higher  
Tuesdays: 7:45pm to 8:30pm  
Instructor: Ms. Amy  
Fee: \$116

### Contemporary Lyrical

Contemporary lyrical is an emotive form of dance that combines ballet with other forms of dance. Some ballet background would be very helpful.

Ages: 11+ with experience  
Tuesdays: 7:30pm to 8:30pm  
Instructor: Ms. Kirsten  
Fee: \$125

### Turns, Jumps & Leaps for Pommies

This class is designed to learn skills based on technique. You will learn turns, jumps and leaps that will be used on a pom/dance team. Flexibility, strength, endurance and choreography will also be covered.

Ages: 9+  
Wednesdays: 4:30pm to 5:30pm  
Instructor: Ms. Keri  
Fee: \$125

### Turns, Jumps & Leaps for Dancers

This class is designed to learn skills based on technique. You will work on properly executing dance moves. Flexibility, strength, endurance and choreography will also be covered.

Ages: 9+ with dance experience  
Tuesdays: 4:30pm to 5:30pm  
Instructor: Ms. Kirsten  
Fee: \$125

### Modern

Modern dance includes free-flowing movement, being on the floor, and using your body in different ways. Modern dance does have technique involved, but might feel more like "dancing" since the first half of class isn't done at the barre.

Age 10+  
Wednesdays: 5:30pm to 6:30pm  
Instructor: Ms. Keri  
Fee: \$125