

**Join the Academy this summer for – BOOTCAMP Dance Conditioning!**

**Each hour-long session will focus on functional exercises that complement and enhance each dancers overall training. Primary objectives will concentrate on building stability, increasing endurance, improving stamina, and boosting overall fitness levels.**

**Well-rounded dancers are not just performers; they are the ‘athletes’ of the arts!**

**\*Why is strength and conditioning important for my dancer?\***

Dancers do more than dance, they are artistic athletes. Just like football players and gymnasts, dancers deal with the risk of injury. Dancers that are conditioned appropriately through functional cardiovascular, strength, and flexibility exercises decrease their overall chances of injury and increase their level of dance performance.

As students’ progress to more advanced levels of class there is an increased need for endurance to complete prolonged combinations, perform intricate skills, and train through longer class times efficiently. By strengthening and conditioning students as they grow and improve as dancers decreases the chance of injury and in the long run creates an intelligent, well-rounded artist with self-awareness.

**\*Why have a separate class for Conditioning?\***

To maximize the greatest benefits from both dance training and fitness, it is imperative that each discipline is separate to fully dedicate the amount of time needed to properly execute each specific exercise to attain the best results.

**\*Who is this class for?\***

Anyone - ages 7 & up. Classes will be tailored with options and modifications for various fitness levels and abilities.

**Important Note:** Current Competition Team Members must participate in the minimum requirement of 9 Classes to maintain level status and eligible for the 2021-2022 Competition Season. Anyone who is interested in auditioning for the Team or Teen/Senior level dancers are highly encouraged to participate for future consideration with placement and class promotions.

**Class Dates:** June 14 – July 16

**Class Dates:** Mondays, Wednesdays, & Fridays

**Class Times:** 10:00 a.m. – 11:00 a.m. & specific weeks, 2:00 p.m. – 3:00 p.m.

**Total Available Classes:** 13

**Punch Card Class Packages:** 7-Class Card, 9-Class Card, & 12-Class Card

**Class Calendar**

*\*Week 1: [Due to the Academy’s morning session of Princess Dance Camp, Week 1 class times will change]*

<b>Monday – June 14</b> *2:00 p.m. – 3:00 p.m.	<b>Wednesday – June 16</b> *2:00 p.m. – 3:00 p.m.	<b>Friday – June 18</b> *2:00 p.m. – 3:00 p.m.
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Week 2:

<b>Monday – June 21</b>	<b>Wednesday – June 23</b>	<b>Friday – June 25</b>
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Week 3:

<b>Monday – June 28</b>	<b>Wednesday – June 30</b>	<b>★ STUDIO CLOSED – No Classes</b> <b>★ Friday – July 2</b>
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Week 4: **★ STUDIO CLOSED – No Classes**

<b>★ Monday – July 5</b>	<b>Wednesday – July 7</b>	<b>Friday – July 9</b>
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*\*Week 5: [Week 5 class times will change; Monday & Wednesday]*

<b>Monday – July 12</b> *2:00 p.m. – 3:00 p.m.	<b>Wednesday – July 14</b> *2:00 p.m. – 3:00 p.m.	<b>Friday – July 16</b>
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