



JUNIOR AUGUST DANCE INTENSIVE

All classes taught by Melissa Kelly-Lavoie

MKDA – STUDIO A (ages 9-11) / \$285.00 / August 14th-17th 2023

9:00-10:00am	Progressive Ballet Technique (PBT)
10:00-11:00	Strength & Flexibility
11:00-12:00	Latin Dance
12:00-12:45	LUNCH (bring own lunch)
12:45-1:45	Hip Hop
1:45-2:45	Creative Dance
2:45-3:45	Musical Theatre
3:45-4:00	Cool Down

***Doors open at 8:45am every morning.**

***The week of August 7th, there will be an email sent out with information on dancewear requirements and the parent showcase.**

****For the PBT class, every dancer will be required to bring their own Exercise Ball.**



Using your height to size up your ball:

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor.

REGISTRATION INFO: Register & pay through our website:

www.themkda.com

At the top of the page, under **CLASSES**, click on REGISTRATION. Then, click on the **JUNIOR AUGUST DANCE INTENSIVE**, fill out the required information and proceed with payment. Easy as that!!

Deadline to register is: **August 7th 2023**