

nce dance dance dance dan

# High Pointes

## DANCE ACADEMY

# July 15, 22 and 29

## Tuesday

### Jazz Technique & Choreo

Suggested age 10yrs & up

5:30-6:30pm

(for dancers with 3-4 yrs of dance training)

Push your limits and refine your craft. This class fuses hardcore jazz technique with the art of performance. Focus on mastering turns, leaps, and footwork with precision, while breaking down sharp, high-energy choreography that challenges both your skill and style. It's all about perfecting your technique.

### Lyrical & Leaps

Suggested age 10yrs & up

6:30-7:30pm

(for dancers with 3-4 yrs of dance training)

Unlock the power of emotion and elevation. This class blends the fluidity and storytelling of lyrical dance with the strength and precision of leap technique. You'll work on mastering graceful, expressive movement while pushing your limits with high jumps and leaps. Perfect for dancers looking to elevate their technique and add emotional depth to their performances.

### Pirouettes, Flexibility & Strength

Suggested age 9yrs & up

7:30-8:30pm

(for dancers with 2-3yrs of dance training)

Master your turns, build your flexibility, and gain strength all in one class. Focus on perfecting pirouettes through targeted exercises, stretching to improve range of motion, and building the strength needed for control and balance.

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## DANCE ACADEMY

July 16, 23 and 30

### Wednesday

<b>Tendu &amp; Twirl</b> Age 3-4yrs 5-5:30pm	A perfect introduction to ballet for young dancers! In this fun and dynamic class, dancers will learn the basics of ballet, focusing on the fundamentals like tendu (stretching the feet) and graceful twirls. Through playful movement, they'll develop balance, coordination, and an appreciation for ballet's elegance, all while having fun!
<b>Intro to Pointe &amp; Legs and Feet Strengthening</b> Suggested age 10yrs & up 5:30-6:30pm	Designed for dancers preparing to begin or improve their pointe work, this class focuses on building the strength, alignment, and control needed for safe and successful pointe technique. Dancers will work on proper foot articulation, ankle stability, turnout support, and overall leg strength through targeted exercises and conditioning drills.
<b>Contemporary &amp; Improv</b> Suggested age 10yrs & up 6:30-7:30pm	Explore movement without limits. This class blends the fluid, expressive style of contemporary dance with guided improvisation to help dancers develop creativity, emotional connection, and individuality. Dancers will learn to trust their instincts, move with intention, and tell stories through motion—no two classes are ever the same.
<b>Ballet Technique &amp; Grand Allegro</b> Suggested age 10yrs & up 7:30-8:30pm (experience is necessary)	Elevate your classical training with a class focused on precision, control, and power. Dancers will refine core ballet technique at the barre and center, with a special emphasis on Grand Allegro—large, traveling jumps and dynamic combinations. Perfect for dancers looking to build strength, improve elevation, and bring elegance and energy to their movement.

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## DANCE ACADEMY

July 17. 24. 31

### Thursday

#### Jazz Hands & Handstands

Age 3-4yrs

5-5:30pm

Tiny dancers will love this high-energy class that mixes the fun of jazz with the excitement of acro! Through playful movement, they'll learn basic dance steps, fun stretches, and simple acro tricks like rolls and balance. It's all about building coordination, strength, and confidence, while having a blast with friends!

#### Elevate & Flip

5-9yrs

5:30-6:15pm

Get ready to flip, jump, and groove! This class combines the dynamic footwork and style of jazz with the strength and flexibility of acro. You'll learn everything from high-energy jazz routines to amazing acro tricks, all while building strength, flexibility, and performance skills. Perfect for dancers who love to move with flair and confidence!

#### Tap n' Groove

5-9yrs

6:15-7pm

Get ready to groove and stomp! This high-energy class blends the funky moves of hip-hop with the rhythmic precision of tap. Dancers will learn sharp footwork, powerful beats, and creative choreography, all while building coordination, timing, and style. Whether you're popping, locking, or tapping, this class is all about rhythm, energy, and having fun!

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# High Pointes

DANCE ACADEMY

August 5-7th

## Technique Lab

*\*recommended for all Elite Team dancers*

**Junior Lab - 3-5pm**

**Inter/Senior Lab - 5-9pm**

The Technique Lab is a 3-day intensive built for serious dancers ready to elevate their ballet + jazz training. From posture and alignment to turns, jumps, and flexibility, this lab is all about refining the details. Expect deep corrections, focused drills, and high-level coaching designed to build confidence, control, and artistry.

Perfect for intermediate to advanced dancers looking to grow

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# High Pointes

DANCE ACADEMY

## August 9th

### Precision Lab

*\*recommended for all Elite Team dancers*

**10am-3pm**

This one-day jazz intensive is for dancers ready to sharpen their technique, build body control, and master clean, stylized movement. With focused drills, dynamic combos, and detailed feedback, you'll work on strength, stamina, and performance quality. Perfect for comp prep, auditions, or a technical tune-up!

Who it's for: Intermediate–advanced dancers, ages 10+

What to bring: Jazz shoes, half soles, runners, water + your A-game.

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# High Pointes

DANCE ACADEMY

## September 8-12

### Elite Intensive

*\*MANDATORY for all Elite Team dancers*

**Junior - 4:30-6:30pm**

**Intermediate - 5-8:30pm**

**Senior - 5:30-9pm**

Our mandatory pre-season training for all competitive dancers is where technique, artistry, and confidence come together.

- ✓ Advanced technique + conditioning
- ✓ Choreo in multiple styles
- ✓ Mock performance + critiques
- ✓ Team-building + mental prep
- ✓ Personalized feedback

This is how we get comp ready. Let's go!

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