

Advanced Bootcamp Classes

Advanced Turns with Marissa Cooper	July 21st from 4:30-5:45	Advanced Turns class requires a minimum of five years dance experience and dancers must be able to master 2 eight counts of turns and second/working on triple pirouettes or above. This class will start with warmup, turning/strengthening drills, advanced turning combinations, patterns and spotting.
Advanced Flexibility with Sydney Wilson	July 21st from 5:45-6:45	Advanced flexibility class requires a minimum of 5 years dance experience. This class is aimed to properly condition dancers' bodies, helping them become more flexible, stronger, and less prone to injury. The instructor will educate dancers on proper ways to perform static and active stretching and increase body awareness of balance, coordination and strength, resulting in better overall dance technique. Dancers are encouraged to wear warm clothing (ex. sweatpants, long sleeves, ankle socks)
Advanced Jazz with Julia Grouleff	July 28th from 4:30-5:45	Advanced Jazz Class requires a minimum of five years dance experience with complete understanding of jazz dance terminology and discipline. Dancers must be able to master unique beats and patterns with strong emphasis on rhythm and syncopation. Intermediate to advanced flexibility is required. Class consists of a warmup, conditioning, across the floor and a jazz combination.
Advanced Jumps with Jamie McNally	July 28th from 5:45-6:45	Advance jumps class is a high-level dance class for students with at least 5 years dance experience. It will focus on developing advanced jumping technique, including complex leaps, turns, and multiple rotations across the floor, requiring a solid foundation in ballet and jazz technique, suitable for dancers with significant experience and looking to refine their jumping skills.
Advanced Improv with Madi McVetty	July 28th from 6:45-7:45	Advanced Improv is a high level dance class designed for seasoned dancers with a strong technical foundation and training in multiple styles. This class will focus on movement and creativity. This class encourages exploration of personal style, musicality and emotional depth. This class inspires dancers to step outside of their comfort zones and explore different dynamics and textures through guided prompts and connecting with the music.
Advanced Lyrical with Marissa Cooper	July 30th from 6:00-7:15	Advanced Lyrical class requires a minimum of five years dance experience and qualify for advanced technique classes. Class begins with a warm-up for core strength, body awareness and flexibility. The class moves across the floor with progressions of choreographic technical skills. Dancers will learn a short combination of these elements, putting it all together in a seamless and fluid sequence.
Advanced Floor Work/Tricks with Cayla Rae Pavol	July 30th from 7:15-8:15	An advanced floorwork class is designed for dancers with at least five years of experience, focusing on mastering complex and dynamic movements performed close to the floor. Dancers should have a strong technical foundation and flexibility, as the class will involve intricate rolls, slides, inversions, and transitions that require control and precision. This class challenges dancers to push their limits and explore new tricks and creative floor-based techniques. Dancers should come eager to experiment, try new moves, and take risks, as the class encourages both personal growth and technical refinement through advanced, high-energy floorwork.

Advanced Leaps with Rachel Allen	August 6th from 5:45-6:45	5 or more years of training. A fundamental understanding and ability to execute all basic leaps is required. Starting with a challenging warmup utilizing elements of strength, cardio, and active stretching, dancers will find themselves properly warmed up to leap safely and successfully. Rachel's leaps class will focus on finding power and lift in jumps while maintaining a calm upper body via across the floor exercises and a combo. Finding support in the floor and understanding proper
Advanced Contemporary with Rachel Allen	August 6th from 6:45-8:00	5 or more years of training required. Starting with a dynamic warmup utilizing elements of strength, cardio, active stretching and breath support, dancers will find themselves warm, grounded and prepared for the combo to follow. Rachel's contemporary class is a fusion of athletic movement and articulate phrase work to embody the music used in class. With technical elements guided by musicality, dancers should expect to feel pushed while also enhancing their ability to connect movements and find support in their breath and the floor. Rachel's goal is to help dancers push their limits and truly explore what their expression as an artist can look and feel like. Come dance!!
Advanced Turns with Marissa Cooper	August 13th from 5:00-6:00	See Above for Description
Advanced Hip Hop with Jen Lucisano	August 13th from 6:00-7:15	Advanced Hip-hop requires a minimum of five years dance experience with complete understanding of hip-hop terminology and discipline. This class helps dancers learn the style of Hip-Hop and performance. Combining performance, theatrics, and different movements of Hip-Hop, this class gives dancers the confidence to take their skill to the next level.
Advanced Leaps with Rachel Allen	August 18th from 6:15-7:15	See Above for Description
Advanced Ballet with Rachel Allen	August 18th 7:15-8:00	5 or more years of training required. Dancers must be familiar with basic terms and phrases and should be able to execute them with some amount of proficiency. Proper attire is required. Rachel's advanced ballet class will have an abbreviated barre with the focus being on center work. Dancers can expect to be challenged with adagio, pirouette, petite and grande allegro combinations with options of varying difficulty to truly push each dancer to their fullest capacity. Dancers who have been en pointe for more than 3 years are welcome to try this class in their pointe shoes!
Advanced Improv with Madi McVetty	August 20th from 5:45-6:45	See Above for Description

Advanced Tap with Madi McVetty	August 20th from 6:45-7:15	Advanced Tap class is a high level dance class for dancers with at least 5 years of tap experience. This class will focus on refining technical skills, enhancing rhythm and mastering intricate footwork. This class will push dancers to develop greater musicality and precision while exploring different styles of tap.
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Intermediate Bootcamp Classes

Intermediate Jazz with Sydney Wilson	July 21st from 4:30-5:45	Intermediate jazz class requires a minimum of 3 years dance experience. This class is designed to showcase precision, strength, musicality and technique through a variety of sharp movements, jumps, leaps, turns, and stylized progressions. Class includes a group warm up, across the floor progressions and a combo. Recommended for dancers interested in further strengthening their dance technique.
Intermediate Acting/Singing with Allison Tarriff	July 21st from 5:45-6:45	prior singing experience preferred, beginner script reading and monologue preparation
Intermediate Jumps with Jamie McNally	July 23rd from 5:00-6:00	Intermediate Jump class requires a minimum of 3 years dance experience. It will focus on developing advanced jump techniques, building upon a solid foundation of ballet and jazz technique, where students will practice complex across-the-floor progressions to refine their leaps, turns, and overall aerial skills, suitable for dancers with prior training who are ready to tackle more challenging jump variations and combinations.
Intermediate Hip Hop with Jen Lucisano	July 28th from 5:30-6:45	Intermediate Hip-hop requires a minimum of three years dance experience with complete understanding of hip-hop. The class starts with a warm-up that includes isolations and groove exercises that often figure into choreography. Then we will move into a combo that will tie everything together.
Intermediate Contemporary with Cayla Rae Pavol	July 30th from 6:00-7:15	An intermediate contemporary dance class is designed for dancers with at least three years of experience in the contemporary style. This class focuses on building upon foundational techniques while challenging dancers to expand their range of movement and expression. Participants will work on exploring complex choreography, improving body awareness, and experimenting with dynamic movement qualities. Throughout the class, dancers will be encouraged to push their physical limits, develop fluidity, and discover new ways of moving their bodies, all while honing their technical skills and emotional expression
Intermediate Leaps with Sydney Wilson	August 4th from 5:00-6:00	Intermediate leaps class requires a minimum of 3 years dance experience. This class is designed for dancers with a solid foundation who are ready to refine their form, build strength, and explore dynamic movements across the floor. Class will include a group stretch and across the floor of leap variations, progressions & combinations. Dancers will also work on performance quality with tips on proper arm placement, head positioning etc.
Intermediate Tap with Madi McVetty	August 4th from 6:00-6:45	Intermediate Tap is designed for dancers with 3 years of tap experience. Dancers are required to have a solid foundation in tap. This class will focus on refining technical skills and building up speed while also being

		introduced to new tap skills. Emphasis will be placed on improving musicality, developing control and precision.
Intermediate Flexibility with Julia Grouleff	August 6th from 5:30-6:30	Intermediate Flexibility class requires a minimum of 3 years dance experience and must be close to mastering right, left and middle splits. Class consists of an extended full body and muscle warmup, and a variety of stretches and activities that improve range of motion and flexibility.
Intermediate Turns with Julia Grouleff	August 6th from 6:30-7:30	Intermediate Turns class requires a minimum of 3 years dance experience and should be able to execute a double pirouette and should be comfortable and familiar with turns in second with clear transitions and musicality. Class consists of warmup, core strength exercises, center balance coordination, spotting drills and turn sequences.
Intermediate Lyrical with Marissa Cooper	August 14th from 5:00-6:00	Intermediate Lyrical class is required to have a minimum of 3 years dance experience and qualify for intermediate technique classes. Class begins with a warm-up for core strength, body awareness and flexibility. The class moves across the floor with progressions of choreographic technical skills. Dancers will learn a short combination of these elements, putting it all together in a seamless and fluid sequence.
Intermediate Improv with Madi McVetty	August 14th from 6:00-7:00	Intermediate Improv is designed for dancers with 3 years of dance experience in more than one style. This class will focus on exploring personal dance styles, spontaneous movement and creativity. Emphasis is placed on developing a strong connection to one's own body, finding fluidity within unpredictability and connecting to the music. Dancers will learn to use improv as a form of self expression in this class.
Intermediate Leaps with Sydney Wilson	August 18th from 4:15-5:15	See Description Above
Intermediate Ballet with Jamie McNally	August 18th from 5:15-6:15	Intermediate ballet class is for dancers ages 8–12. It builds on the foundation of ballet barre and center work, and introduces more challenging steps.
Intermediate Flexibility with Julia Grouleff	August 19th from 5:30-6:30	See Description Above
Intermediate Turns with Julia Grouleff	August 19th from 6:30-7:30	See Description Above
Intermediate Floor Work/Tricks with Cayla Rae Pavol	August 20th from 6:00-7:00	An intermediate floorwork class is designed for dancers with a solid foundation in dance, typically with around 3-4 years of experience. Dancers should have a strong technical base and flexibility, as the class focuses on developing control and fluidity in floor-based movements. The class will explore a variety of rolls, slides, and transitions, while encouraging dancers to improve their strength and coordination. Dancers will be challenged to try new tricks and techniques, pushing their limits while building confidence and creativity in floorwork. This class is ideal for those who are ready to deepen their understanding of movement on the floor and expand their range of physical expression.

Beginner Bootcamp Classes

Beginner Musical Theater with Allison Tarriff	July 21st from 4:00-5:00	beginner/intermediate broadway jazz style movement
Beginner Improv with Allison Tarriff	July 21st from 5:00-5:45	This class will focus on multiple dance styles and movements. Dancers will begin to explore dance through their own body, and learn new ways to move their bodies.
Beginner Leaps with Jamie McNally	July 23rd from 6:00-6:45	Beginner leaps class is for students ages 8 and under still working on perfecting the basics of leaps. Class will start with a warm up and then across the floor.
Beginner Flexibility with Jen Lucisano	July 28th from 4:30-5:30	Beginner Flexibility class is designed for dancers with no minimum stretching or dance experience. Class will consist of a warmup and cooldown with focus on the fundamentals of stretching, deep breathing techniques and basic stretches to improve range of motion and flexibility.
Beginner Contemporary with Madi McVetty	July 28th from 5:45-6:45	Beginner Contemporary is designed for dancers with little to no experience in the contemporary dance style. This class will focus on building a foundation emphasizing fluid body movements, dynamics in movement and creative expression. Students will learn how to connect breath to movement while learning concepts such as body alignment and spatial awareness.
Beginner Hip Hop Cayla Rae Pavol	July 30th from 5:00-6:00	A beginner hip hop class is perfect for dancers with little to no experience in the style. This class introduces the fundamentals of hip hop, focusing on basic moves, grooves, and rhythm while building confidence and coordination. Dancers should come ready to learn with high energy and an open mind, as the class will emphasize fun, self-expression, and learning the core elements of hip

		hop dance. It's a great opportunity for beginners to develop their skills in a supportive and energetic environment, while getting a feel for the culture and style of hip hop dance.
Beginner Lyrical with Julia Grouleff	August 6th from 4:30-5:30	Beginner Lyrical class is for new, younger dancers or minimal lyrical dance experience. Dancers will learn the art and meaning of lyrical dance with focus on storytelling, emotion, fluid movement and basic technique. Class consists of a warmup, technique and choreography with strong lyrics to understand interpretation of a song.
Beginner Jazz with Jen Lucisano	August 13th from 5:00-6:00	Beginner Jazz class is for new, younger dancers with minimal jazz experience. Class will start with a warm-up to get the body moving and warm. Then we will move into basic technique across the floor and a short combo to tie everything together.
Beginner Turns with Marissa Cooper	August 13th from 6:00-6:45	Beginner Turns class is for dancers 8 and under. This class will focus on correct placement of passe positions, upper body alignment, spotting techniques and overall strength of pirouettes.
Beginner Flexibility with Sydney Wilson	August 18th from 5:15-6:15	See description above
Beginner Tap with Rachel Allen	August 18th from 5:45-6:15	Less than 1 year experience or dancers returning to tap after many years. Focus on the foundational skills with an emphasis on musicality and timing. Rachel's tap class will start with a warmup to learn the different kinds of sounds a tap shoe can make as well as exercises to learn the rhythm of the basic tap step. Class will also include some across the floor combinations to work on rhythm and timing of the tap sounds. Come learn (or relearn) the fundamentals of tap!
Beginner Ballet with Jamie McNally	August 18th from 6:15-7:15	Beginner ballet is for students 8 and under still working on perfecting the basics of ballet and body placement.
Beginner Turns with Cayla Rae Pavol	August 20th from 5:00-6:00	See Description Above
Beginner Ballet with Jamie McNally	August 20th from 6:00-7:00	See Description Above
Beginner Leaps with Jamie McNally	August 20th from 7:00-7:45	See Description Above