



# Anita's Studio of Dance & Theatre Arts

508 Larkfield Road, (Tick Tock Center), East Northport, NY 11731 • (631) 368-7505  
www.anitasdance.com

## 2019 Summer Intensive

*Our Summer Intensive is intended for serious dancers ages 6 & up.  
10% Discount for additional siblings*

### Class Descriptions:

**Ballet:** With ballet being the basis for all dance forms, our ballet program is structured for boys and girls of all ages and levels from the basic introduction of ballet to advanced ballet. Training in classical ballet prepares a child for life and the proper technique that ballet demands is the best way to prevent injury. The discipline, focus, analytical process and high performance expectations required in classical ballet give a young person tools for success in any endeavor. The classes will focus on posture, balance, self-discipline, grace, self-confidence, strength, alignment and a clear understanding of terminology and technique resulting in graceful, flowing, precise, controlled movement.

**Pre-Pointe:** This class will emphasize the factors that help determine pointe readiness. Basic alignment, turnout and rotation as well as clear port de bras will continue to be emphasized. Exercises that develop strength in ankles, core and back will be the main focus along with the development of control and strength in relevé.

**Pointe:** Students ages 12 and up will be evaluated to determine their readiness for pointe, but neither age nor placement level is a guarantee of being ready to go on pointe. Factors that weigh in this decision are experience, basic alignment, control and strength in ankles, core and back. Pointe shoes may only be purchased after an evaluation has been completed and discussed with individual students.

**Stretch & Conditioning:** Dancers are athletes. Just like football players and gymnasts, dancers deal with the risk of injury. Conditioning students in functional strength and flexibility while teaching them the appropriate way to use their bodies decreases the chance of injury. As students progress to the advanced levels of class there is an increased need for endurance to complete prolonged combinations and train through longer class times efficiently. As students advance the demand on the body is increased just as it is with sports. 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.

**Stretch (ages 6-8):** Dancers will begin to learn muscle names and functions as they relate to dance movement. Increasing muscular flexibility, control and strength will be the main focus while presenting safe and effective exercises.

**Lyrical:** Lyrical dance fuses ballet and jazz techniques together to create a very unique performance. The outcome is often narrative in nature. Lyrical class will help students hone in on their emotions being expressed through highly technical movement. This is a wonderful class to express your body with a sense of freedom and fluidity.

**Pre-Lyrical (ages 6-8):** Lyrical dance fuses ballet and jazz techniques together to create a very unique performance. The outcome is often narrative in nature. Pre-Lyrical class will introduce students to techniques to hone in on their emotions being expressed through highly technical movement. This is a wonderful class to express your body with a sense of freedom and fluidity.

- *Competition Students **must** also be enrolled in the five week summer program.*
  - *All classes are subject to change, close and/or cancellation based on enrollment.*
- \*Class size is limited.*

## **2019 Summer Intensive Schedule**

**Ages 6-8** - A minimum of 1 year of ballet is required.

July 1<sup>st</sup> – July 3<sup>rd</sup> AND August 26<sup>th</sup> – August 29<sup>th</sup>  
\$120 for July only, \$160 for August only, \$260 for both weeks  
(First ½ due upon registration. Second ½ due June 1st)

<b>Time</b>	<b>Class</b>
2:45-3:45pm	Ballet
3:45-4:30pm	Stretch
4:30-5:30	Pre-Lyrical

Competition students must **also** be enrolled in the five week summer program.

**Ages 8 & up** - A minimum of 3 years of ballet is required.

*A beginner lyrical class will be available for dancers with no prior lyrical experience.*

July 1<sup>st</sup> – July 3<sup>rd</sup> AND August 26<sup>th</sup> – August 29<sup>th</sup>  
\$190 for July only, \$250 for August only, \$405 for both weeks  
(First ½ due upon registration. Second ½ due June 1st)

***For ages 8 – 12†***

<b>Time</b>	<b>Class</b>
9:30-11:00am	Ballet
11:00-11:30am	Pre-Pointe
11:30-12:15pm	Break
12:15-1:15pm	Stretch & Conditioning
1:15-2:15pm	Lyrical

***For ages 13 & up†***

<b>Time</b>	<b>Class</b>
9:30-10:30am	Stretch & Conditioning
10:30-11:30am	Lyrical
11:30-12:15pm	Break
12:15-1:45pm	Ballet
1:45-2:15pm	Pointe (*Pre-Pointe)

Competition students must **also** be enrolled in the five week summer program.

\*Pointe readiness will be evaluated and determined by Miss Brenda and Miss Jessica. Pointe shoes should **NOT** be purchased until students have been spoken to individually.

†Ages given are guidelines. Final placement will be at the discretion of Miss Anita and the staff.