## **BSOTO** Competition Team SUM ANNIVERSARY Competition Team

## **Teens/Srs - Grades 7-12**

Summer

2024

Cost:

\$300

9AM - 4:30PM

Our Teen/Srs will work on:

- Technique: Jumps/Turns & Ballet Barre
- Injury Prevention Therapy
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Contemporary, Hip Hop & Tap
- Work on Lifts with Team
- Work on Team Building
- Create Long Lasting Memories
- Bring a Nutritious Lunch!
- Performance on Last Day

9AM - 12PM

Intensive #1

6/27 - 6/29

Our Minis/Jrs will work on:

• Technique: Jumps/Turns & Ballet Barre

Minis/Jrs - Grades 1-6

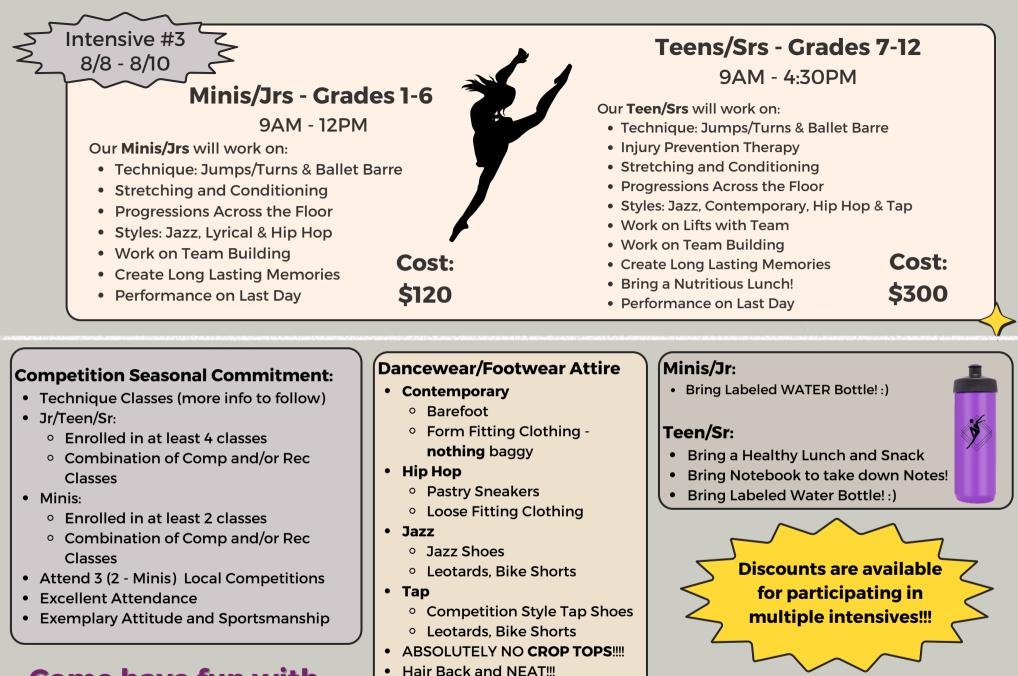
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Lyrical & Hip Hop
- Work on Team Building
- Create Long Lasting Memories
- Performance on Last Day

<b>Teens/Srs - Grades 7-12</b> 9AM - 4:30PM		Intensive #2		
		Minis/Jrs - Grades 1-6 7/25 - 7/27		
Our <b>Teen/Srs</b> will work on: • Technique: Jumps/Turns & Ballet Barr • Injury Prevention Therapy • Stretching and Conditioning • Progressions Across the Floor • Styles: Jazz, Contemporary, Hip Hop & • Work on Lifts with Team • Work on Team Building • Create Long Lasting Memories • Bring a Nutritious Lunch! • Performance on Last Day	A	<b>BAM - 12PM</b> Our <b>Minis/Jrs</b> will work on: • Technique: Jumps/Turns & Ballet Barre • Stretching and Conditioning • Progressions Across the Floor • Styles: Jazz, Lyrical & Hip Hop • Work on Team Building • Create Long Lasting Memories • Performance on Last Day	Cost: \$120	

Current Comp Team Dancers: Your participation in at least 1 of our Competition Team Summer Intensive is MANDATORY as member of the team.

Interested in Joining Our Competition Team? First, talk to Miss Caley. If interested, we would want for you to attend an Intensive this Summer!

Cost: 5120



## Come have fun with US this summer!!! 417 Kenwood Ave Delmar, NY 12054

Disclaimer!!! Each Intensive must have at least 6 dancers enrolled to run. Intensives must be paid for IN FULL 1 WEEK in advance!!!!

**Register Here** 

barbarasschoolofthedance.com

LOOK GREAT - DANCE GREAT!