



bsotd

EST. 1974

Competition Team Summer Intensives

Summer

2026



Intensive #1

Friday 6/26
Mini: No Class
Jr/Teen/Sr: 5-8:30pm

Saturday 6/27
Mini: 9-12pm
Jr/Teen/Sr: 9-4:30pm

Sunday 6/28
Mini: 9-12pm
Jr/Teen/Sr: 9-4:30pm

Monday 6/29
Mini: 5-8pm
Jr/Teen/Sr: 5-8:30pm

What will your Minis be doing for 9 Total Hours?

Our **Minis** will work on:

- Jazz & Tap Technique
- Ballet Barre Fundamentals
- Jumps & Turns Training
- Stretching & Flexibility
- Strength & Conditioning
- Progressions Across the Floor
- Coordination & Musicality
- Performance Quality & Stage Presence
- Confidence Building & Teamwork
- Learning Jazz, Lyrical & Hip Hop Choreography

🎉 Plus a Special Performance on the Final Day! 🎉

TWO SPECIAL GUEST ARTISTS will be joining them to work on fundamentals:

- Miss Jamie Salmon (Ballet) and
- Mr Nick Anthony (Hip Hop and Lyrical)

Cost:
\$180



What will your Jrs/Teens/Srs be doing for 21 Total Hours?

Our **Jrs/Teens/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!
- Improv Workshop

🎉 Plus a Special Performance on the Final Day! 🎉

TWO SPECIAL GUEST ARTISTS will be joining them to work on fundamentals:

- Miss Jamie Salmon (Ballet and Variations) and
- Mr Nick Anthony (Hip Hop/Contemporary/Life Coaching)

Cost:
\$400

Current and NEW Comp Team Dancers: Your participation in **at least 1** of our Competition Team Summer Intensives is **MANDATORY** as a member of the team.

Comp Team Commitment Deadline: June 1, 2026 If interested in joining, talk to Miss Caley ASAP!

Intensive #2

Friday 8/14
Mini: 9-12pm
Jr/Teen/Sr: 9-4:30pm

Saturday 8/15
Mini: 9-12pm
Jr/Teen/Sr: 9-4:30pm

Sunday 8/16
Mini: 9-12pm
Jr/Teen/Sr: 9-4:30pm

What will your Minis be doing for 9 Total Hours?

Our **Minis** will work on:

- Jazz Technique
- Ballet Barre Fundamentals
- Jumps & Turns Training
- Stretching & Flexibility
- Strength & Conditioning
- Progressions Across the Floor
- Coordination & Musicality
- Performance Quality & Stage Presence
- Confidence Building & Teamwork
- Learning Jazz, Lyrical & Hip Hop Choreography

🎉 Plus a Special Performance on the Final Day! 🎉

TWO SPECIAL GUEST ARTISTS will be joining them to work on fundamentals:

- Miss Jamie Salmon (Ballet) and
- Mr Nick Anthony (Hip Hop and Lyrical)

Cost:
\$180



What will your Jrs/Teens/Srs be doing for 21 Total Hours?

Our **Jrs/Teens/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!
- Improv Workshop

🎉 Plus a Special Performance on the Final Day! 🎉

TWO SPECIAL GUEST ARTISTS will be joining them to work on fundamentals:

- Miss Jamie Salmon (Ballet and Variations) and
- Mr Nick Anthony (Hip Hop/Contemporary/Life Coaching)

Cost:
\$400

Mini:

- Bring Labeled WATER Bottle! :)

Jr/Teen/Sr:

- Bring a Healthy Lunch and Snack
- Bring Notebook to take down Notes!
- Bring Labeled Water Bottle! :)



Dancewear/Footwear Attire

- **Ballet**
 - Ballet Slippers
 - Leotard, Skirt
- **Contemporary**
 - Barefoot
 - Form Fitting Clothing - **nothing** baggy

• Hip Hop

- Pastry Sneakers
- Loose Fitting Clothing

• Jazz

- Jazz Shoes
- Leotards, Bike Shorts

• Tap

- Tap Shoes or Barefoot
- Leotards, Bike Shorts

ABSOLUTELY NO CROP TOPS!!!!

Hair Back and NEAT!!!

LOOK GREAT - DANCE GREAT!



Register Here

barbarasschoolofthedance.com



Come have fun with
US this summer!!!

417 Kenwood Ave
Delmar, NY 12054

Disclaimer!!! Intensive #1 must be paid for IN FULL by June 26th. and Intensive #2 must be paid IN FULL by August 14th!!!!