

Rhythm and Arts Center of Virginia, LLC

Summer Dance Intensive

July 29th – August 2nd 9AM – 4PM

Ages 8-18 years old

Dancers will receive training in the following disciplines: Ballet, Tap, Jazz, Lyrical, Contemporary, Modern, Musical Theater, Hip Hop, and Partnering. Additionally, participants will receive instruction in choreography, dance history, terminology, performance hair and makeup, costuming, and yoga. Daily stretching and conditioning will also be a part of the intensive. An in-house performance will be held on August 2nd.

Requirements: This intensive is geared toward low-intermediate to advanced dancers.

Dancers should arrive each day with proper dance attire (leotard, tights, and shoes), hair secured neatly in a bun (preferred) or ponytail, an additional layer of clothing to keep muscles warm, a notebook, pen/pencil, as well as a lunch, two snacks, and an electronic device with music and headphones.

Cost: \$350 for the first dancer, \$200 for each additional dancer from the same family. Before/After Care available. For more information or to register, please contact Mary Shelton at 571-620-ARTS (2787) or mary@rhythmandartscenter.com.

A non-refundable 50% deposit is required to register.



42750 Trade West Drive #130, Sterling, Virginia 20166

www.RhythmAndArtsCenter.com

Providing a quality performing arts education in an exciting and nurturing environment.