

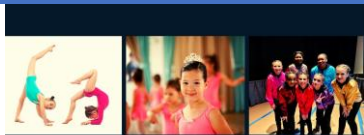


CHARLOTTE DANCE ALLIANCE

704-847-7138 DANCINGCDA.COM

Summer Class Schedule

classes begin July 17th



GDA ALLIANCE PASS

Question on placement level for classes? Email Ms. Paula at Paula@dancingCDA.com with questions & cell number.

CDA Alliance Pass offers summer fun & training with great pricing for only \$159 per child. Take unlimited classes listed as drop in (by level please & doesn't include bootcamps) during our summer class schedule. Learn to dance, enjoy challenging gymnastics / acro classes, hip hop and more.

CDA Alliance Pass Plus – includes all drop-in classes and bootcamps for summer classes \$219 (to attend bootcamps please register online and your fee will be waived. You do not need to register for individual drop-in classes)

CDA Alliance Pass Plus Family – includes all the above for up to 3 family members that live in the same household \$269. Please register for the clinics you are attending but do not need to register for drop-in classes



GDA HIP HOP CLASSES

Hip Hop Drop In is an upbeat style of dance performed to cutting edge music. This increasingly popular style of dance continues to grow within the entertainment world with on stage performances, music videos, movies and more. These classes give dancers the opportunity to try something new with their friends in an atmosphere that is fun and full of that contagious energy found in hip hop. Shorts, t-shirt, leggings and tennis shoes.

Register online if you do not purchase the Alliance Pass. Drop in tuition \$19 or included with the Alliance Pass or pay daily drop-in rate.

Mon & Tues
July 17, 18, 24, 25,
31, Aug 1, 7, 8

Little Hoppers
5-5:45 pm

Beg / Interm
5:45– 6:30 pm

Inter / Advanced
6:30- 7:15 pm



GDA HIP HOP BOOTCAMP

HIP HOP Bootcamp

Clinic focuses on technique, coordination, isolation movements followed by progressions across the floor. Students will focus on this athletic style of dance and learn breaking moves such as top rock, down rock, stalls and power moves which helps to build agility and strength. Students will also learn various styles of Hip-Hop including freestyle, krumping, locking, Street dance and popping. This is the perfect clinic for kids to kick back, stay in the groove and if you are interested in CREW join this bootcamp.

Space is limited and is \$49 (included with Alliance Plus plan but you must register early to save your place). *What to bring for clinics: water bottle, sneakers / tennis shoes, comfortable pants, hip hop gear*

August 3rd

Beg / Interm
5-6:30 pm

Interm / Adv
6:30- 8 pm



Beginner Intermediate & Advanced

Ballet, tap, and lyrical & jazz Drop In.

Lyrical dance is a fusion of ballet and jazz techniques incorporating dramatic motion to modern music. This class will focus on developing and strengthening a dancer's core technique. Ballet is the foundation of all dance forms and the course will explore balance, strength, alignment and presentation. Our tap class offers fast paced rhythm and intricate footwork, creating percussion instruments out of the dancer's feet. Tap steps are taught in the center and across the floor as well as tap choreography

Register online or included with the Alliance Plan or pay daily drop-in rate (per class is \$19 or all 3 classes for \$39 per day).

What to bring: all styles of dance shoes, dance attire and water bottle.

Mon & Wed
July 17, 19, 24, 26,
31 & Aug 2, 7 & 9

Intermediate level
Ballet 4:30–5 pm
Tap 5-5:30 pm
Jazz 5:30 – 6pm

Advanced
Tap 6:30-7:15pm
Ballet 7:15–8pm
Jazz 8 – 8:45pm



Gymnastics

Floor Gymnastics / acro Drop In is an action-packed class that teaches the basics of floor tumbling including forward rolls, back bends, cartwheels and fundamentals of acrobatic strengthening. Conditioning and floor gymnastics to increase gymnasts' control will make this class a huge success. Coaches will work on gymnast individual level.

Attire - tank top, shorts or leotard.

Register online if you have not purchased the Alliance Pass. Drop in tuition is \$19 per class or included with the Alliance Pass.

Tues & Wed
July 18, 19, 25, 26,
Aug 1, 8 & 9

Preschool
Young Gym
5:45- 6:30pm

**Beginner/
Intermediate**
6:30 pm – 7:15 pm

Advanced Level
7:15-8:00 pm



SUMMER DANCE CLASS

Beginner/Intermediate Dance Class offers kids ballet, tap and jazz. Summer is a great time to try dance classes for the first time or master skills learned throughout the year! Ages 5 –9yrs

Register online & tuition is only \$89 or included with the Alliance Plus Plan. Space is limited.

Attire: Ballet & tap shoes. Dancewear. Bring a water bottle.

July 20, 27, Aug 4,
Aug 10

6:30-7:15pm

Parents visiting takes place on Aug 10 during last of class



SUMMER FUN DANCE

Summer Fundance offers our youngest dancers to experience the joy of their first dance program. This class starts at age 2-5yrs. Dancers will be taught how to move to child friendly music, flexibility, rhythmic exercise while building their self-confidence. Attire for this class is t-shirt, shorts or leotard with tennis shoes or ballet shoes. One parent is welcome to participate with the class if the dancer has anxiety about being in a classroom setting for the first time, otherwise, parents visiting will take place on the last day of class to reveal the wonderful technique taught during the week. Dancers receive a certificate of achievement. Space is limited.

Mon–Thurs
July 17-20
6-6:30 pm
with parents visiting on the last day of class

Mon – Thurs
Aug 7-10
6-6:30 pm
with parents visiting on the last day of class

This class will fill up fast – register online today and we will waive the registration fee. Tuition is only \$89 per class (included with Alliance Plus plan)



Back Handspring Bootcamp If your gymnast has already mastered a bridge kick over, then the back-handspring clinic is the place to be. This is a special clinic that is geared for the gymnast that really needs to master or achieve their back handspring or back tuck. This clinic will be filled with stations and drills along with spotting to help master that back handspring.

Class is \$49 for enrolled CDA students (included with Alliance Plus plan & registration is needed for all students). Bundle package with back handspring & aerial for \$79.

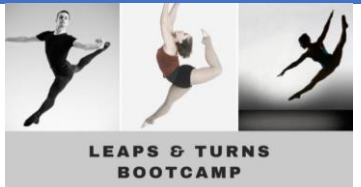
August 2
5-6:30 pm



Aerial Bootcamp
We will break down the aerial so we can learn the correct technique of each part. You will also learn drills and strength exercises you can do at home to help you master this skill. Space is limited.

Class is \$49 (included with Alliance Plus plan & registration is needed for all students). Bundle package with back handspring & aerial for \$79)

August 2
6:45 - 8 pm



Leaps and Turns Bootcamp
Join us for our “all things technique” Bootcamp this Summer. This bootcamp is intended for beginner, intermediate & advanced dancers and will be offered in two levels. Dancers should prepare to practice the proper mechanics for completing multiple pirouettes and other turns such as a la secondes

Tuition is \$49 (included with Alliance Plus plan & registration is needed for all students).

July 20
5-6:30 pm
Beg / Interm
Bootcamp

6:45-8:00 pm
Interm / Advanced
Bootcamp



Everything Legs & Beyond

Everything Legs & Beyond

The Importance of Strength Training for Dancers - What good is flexibility if you don't have the strength to properly utilize it to the fullest extent? Lifting the leg and holding it for an extended period of time, as dancers must do, requires a lot of leg strength and control. However, this also requires lots of core control. When a dancer lacks core strength, that's when we start to see various compensatory movements to maintain leg heights.

For dancers, practicing and strengthening core muscles is one of the most important measures in training. Whether you're a ballet, contemporary, hip-hop, or any other style dancer, movement quality starts with a strong core. Your core includes all of the muscles in the mid-section of your body – abdominal muscles as well as your low-mid back muscles and even your hip muscles. It helps with balance, control, posture and strength. So, it is important to do different exercises that help you develop your core strength.

Registration is needed for all students \$49 or included with the Alliance Plus Plan.

What to bring: comfortable dance attire & shoes. Water bottle.

August 10

6-7:30 pm



Stretch & Conditioning

A class using everything we can possibly teach to get you as limber as can be. If you feel that your flexibility could do with some improvement... This may just be what you are looking for!

As a multi discipline studio we often hear people saying that they are just not conditioned correctly to attempt different activities. This is where our Condition class comes into its own. We firmly believe that cross discipline training is vital to successful progression regardless of your field of choice. In our Condition class you will learn how to strengthen key target areas as well as build up your stamina for better endurance. EVERYONE would benefit from this class, which is why all of our core classes contain a conditioning element, but for those wishing to excel... Condition class is the key.

Bring a yoga mat or blanket and optional hand weights to maximize your experience. Attire: Wear whatever you feel comfortable in as long as it's relatively form fitting due to baggier clothes being unsuitable for work on apparatus.

Class tuition \$19 (included in the Alliance Plus Plan and all guest must be registered).

July 27

6:00 - 7:15 pm



Tap Dance Bootcamp

Our mission is to inspire and unite tap dancers and dance lovers from around the world, and together, heighten the global respect and appreciation for the rich American art form of tap dance. The tap dance bootcamp offers a unique environment for the creative and artistic process and fosters the growth of the next generation of artists.

This bootcamp will focus on strengthening students' technique, developing sound, tone, and virtuosity as well as learning challenging choreography. Studying various styles of tap dancing from Broadway to jazz and world tap, dancers are taught classic and contemporary repertoire which are part of the history and tradition of the art form.

Tuition only \$49 & included in the Alliance Plan Plus & all guest needs to be registered to attend.

July 25

Intermediate

4:30-5:45 pm

Advanced

6-7:15 pm

*No enrollment fee for the summer classes

*Passes are non-refundable, and no credits will be given if passes are not used

*All guests must be enrolled even for drop-in classes & waivers signed

*Drop-in classes are first come basis for attendance & for safety, once the class fills for drop in the class will go to a wait list

*Pass Plus bootcamps – if you are no longer able to attend a specific bootcamp, please email the studio releasing your enrollment so anyone on the waitlist can be allowed entry. Email info@dancingCDA.com

*Dates / Times are subject to be adjusted or changed based upon enrollment.