

EN AVANT SUMMER DANCE CLASSES 2011



All summer classes will meet once a week for five weeks starting Monday July 11th. I will need to cancel any classes with less than 7 people, so times are subject to change slightly. Please return forms to me by July 1st so I can make the necessary adjustments. I will call to confirm the schedule by July 6th.

Please, circle the classes you plan to take!

- ***Pre-Ballet/Creative Movement: Mondays from 5:30 -6:00 p.m.** **\$20.**
Ages 3-4. A perfect class for the young student. Learn Ballet basics and discover the joy of movement!
- ***Introduction to Pointe: Mondays from 5:00-6:00 p.m.** **\$40.**
Age 12 and up. 2+ years ballet experience required.
- ***Intermediate Jazz: Mondays from 6:00-7:00 p.m.** **\$40.**
Focus on strengthening, stretching, and dance team skills.
- ***Strength Training for Ballet: Mondays from 7-7:45** **\$25.***
Work the muscles specifically for high extensions, better turnout, and a strong core.
- ***Intermediate Pointe: Mondays from 8-9:30 p.m.** **\$45.***
Age 14 and up. Two+ years of pointe experience recommended. Work on strength and endurance and master difficult combinations. A great chance to improve your technique!
- ***Beginning Modern and Contact Improv: Mondays from 8-9:30** **\$45**
Learn basic principles of Modern Dance and explore the abstract world of improv.
- ***Intro to Ballet and Tap: Thursdays from 5-5:45 p.m.** **\$35.**
Age 7-10 Learn all the basics of ballet and tap dancing.
A perfect catch up class for older beginners!
- ***Beginning Jazz: Thursdays from 5:45-6:15 p.m.** **\$20.**
Age 7-10. Fun jazz style movement- Great exercise!
A perfect catch up for older beginners, or a chance to try Jazz before Fall Classes start!
- ***Hip Hop for Kids: Thursdays from 6:15-6:45 p.m.** **\$20.**
Ages 8-12. Learn fun choreography! Age appropriate music and movements. A great workout!
- ***Total Body Conditioning: Thursdays from 7:15-8** **\$25.***
A head to toe strengthening class designed to maximize your body's performance. All Dancers must bring a yoga ball and small hand weights.
- ***Advanced Jazz Skills: Thursdays from 8-8:45 p.m.** **\$35.***
High level skills required. Triple + pirouettes, 8+ fouettes, switches front and side, etc. Ask Heather if you are unsure of the level.
- ***Intermediate/Advanced Hip Hop Thursdays from 8:45-9:15** **\$20.**
Learn fast paced choreography. A perfect way to finish the night!

****Advanced combo special: Sign up for Total body conditioning and Adv Jazz skills for only \$50. Or Strength training for Ballet and Intermediate pointe for only \$60. (save \$10 on each combo!)***

DANCER'S NAME: _____ AGE: _____

PHONE # _____ YEARS OF EXPERIENCE: _____ FEE ENCLOSED: _____

All classes will be held at En Avant. *Please make checks payable to **Heather Schwahn**, and mail forms to: 3330 N. Town Hall Rd. Eau Claire, WI 54703. Thanks!

QUESTIONS? Call Heather at 715-598-4228