

SESSION I 7/6 - 7/10

SESSION II 7/20 - 7/24

DANCE PLUS

TURNS & LEAPS



INTENSIVE

- PERFECT LEAPS AND LEARN NEW ONES
- WORK ON TURNING PLACEMENT AND IMPROVE BALANCE
- IMPROVE TECHNICAL STRENGTH, POWER, AND CONTROL
- NEW COMBOS TAUGHT EACH DAY

TIME

12:30 PM
2:30 PM

COST

\$100

AGES

10 AND UP

ages 8 and up if competitive level

LEVELS

**INTERMEDIATE
ADVANCED**

DANCE PLUS TUMBLING INTENSIVE



8 PADDOCK HILLS SHOPPING, FLORISSANT, MO 63033

SESSION I 7/6 - 7/10

SESSION II 7/20 - 7/24

Intensive will focus on flexibility, strength and skill development to learn and better execute acrobatic skills.

Novice participants will learn basic tumbling skills with a focus on safe execution and recovery.

Intermediate/advanced participants will have the opportunity to work on desired new skills, as well as improve upon established skills.



FLEXIBILITY **STRENGTH** **SKILL** **FLEXIBILITY** **STRENGTH**

AGES: 5 AND UP

TIME: 3PM - 5PM

LEVELS: OPEN

COST: \$100