

SCHEDULE *Guide*



SUMMER PROGRAMS

2026

JUNE 15 – AUGUST 6

Summer Training
THAT MOVES YOU FORWARD

WWW.DANCEITFORWARD.DANCE



Happy Feet KIDS CAMPS

LITTLE STEPS. BIG SMILES. REAL PROGRESS.



DATES	MORNINGS 9 AM TO NOON	AFTERNOONS 1-4 PM
June 15-17 3 Day	 Moana Beach Fun Camp	
June 22-24 3 Day	 Once Upon A Time Princess Camp	
June 29-July 1 3 Day	 Bluey Buddies "Stuffy" Camp *	
July 13-15 3 Day	 Aerial Arts/Acro Camp	 Pom Cheer Fly! Camp
July 20-24 5 Day	 Golden K-Pop Stars Camp	 Glinda's Broadway Sparkle Camp
July 27-31 5 Day	 All Stars Dance It All Camp	 Pout Pout Fish... Under The Sea
Aug 3-5 3 Day	 Ballerina Dollhouse Camp **	



Dance Camps give kids the opportunity to make new friends, learn new skills, be creative, and move! Crafts, too. Dancers do not need prior dance experience.

**Ages 3-9
Grouped by Age**

CAMP TYPE	EARLY BIRD	REGULAR
3-Day Half Day	\$135	\$150
3-Day Full Day	\$255	\$285
5-Day Half Day	\$199	\$219
5-Day Full Day	\$329	\$349
Stay for lunch from 12-1 pm before or after your camp, add \$10/day if not full day.		



All About ME Camps

- ★ I Love Ballet
- ★ I Am A Choreographer
- ★ I Love The Circus
- ★ I Love Zootopia
- ★ I Love Squishmallows!
- ★ I Love Disney!

Wednesdays!

June 17, 5-6 pm
June 17, 6-7 pm
June 24, 5-6 pm
June 24, 6-7 pm
July 1, 5-6 pm
July 1, 6-7 pm

General Information for Kids Camps



Participants may wear dance attire or anything comfortable & hair pulled back.



No street shoes on the dance floor.



Poms will be provided for Pom Camps.



*Bluey Camp bring your own stuffy



**Ballerina Dollhouse bring your own doll

Please pack your own snack or lunch & also bring a water bottle each day labeled with student's name.

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Weekly Classes



July 13 – August 3

\$75

MONDAYS

MONDAYS

MONDAYS

EARLY CHILDHOOD CLASSES



Introductory classes focused on fun, movement, and confidence!



FWD Tots (Ages 1.5–3)	5:00 pm w/Kylah
FWD Combo (Ages 3–5)	5:00 pm w/Holly
Princess Pre-Ballet (Ages 3–5)	5:00 pm w/Ellie
Primary Ballet (Ages 6–8)	5:45 pm w/Ellie
Pop Combo/Hip Hop Mix (Ages 5–8)	6:30 pm w/Holly
Broadway Kids (Ages 4–7)	6:30 pm w/Ellie
FWD Acro (Ages 3–6)	5:45 pm w/Kylah
FWD Pom/Cheer (Ages 4–7)	5:45 pm w/Holly



CLASSES FOR AGES 7+



Youth Acro	6:30 pm w/Kylah
Aerial Arts	7:15 pm w/Chad
Preparatory Ballet 1A / 1X	7:15 pm w/Ellie
Youth Jazz & Contemporary	6:30 pm w/Erin
Youth Hip Hop	5:45 pm w/Erin
Musical Theatre	5:00 pm w/Erin
Contemporary on Pointe (Int/Adv)	4:15 pm w/Pastelle/Erin



ADULT

Ballet & Pointe	8:00 pm w/Pastelle/Erin
Kickstars Performers 55+	7:15 pm w/Pastelle/Erin

General Information for Weekly Classes



DRESS CODE

Participants should wear Dress Code.



HAIR

Wear hair in a pony tail or bun.



SHOES

No street shoes on the dance floor.

★ Kickstars is open to all adults age 55+ ★



[Summer Dress Code Link](#)



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Summer Intensive BALLET

— TRAIN ★ GROW ★ LEVEL UP —



WEEK 1
JULY 20-24



WEEK 2
JULY 27-31



WEEK 3
AUGUST 3-6

The School of Ballet presents the Summer Ballet Intensive. Elevate your training with our elite program designed for dedicated dancers who love ballet. This program offers rigorous, pre-professional instruction to refine artistry, strength, and technical excellence in our large, beautiful studios.



Ages 7-20



Early Bird Rate
ends April 1, 2026



Parent Observations
July 24 & 31



INTERMEDIATE & ADVANCED INTENSIVES

Company Levels Pro-Track

MON - FRI	10:00 AM - 4:00 PM	Week 1
MON - FRI	10:00 AM - 4:00 PM	Week 2
MON - WED	1:00 PM - 4:00 PM	Week 3
THURS	12:30 PM - 2:00 PM	Week 3

THRIVE: WELLNESS & CREATIVE BALANCE CLINIC & 1 Weekly Class Included

Early Bird Rate \$995 | Regular Rate \$1095



YOUNG DANCER PROGRAM

Ages 7-10

MON - FRI	10:00 AM - 12:30 PM	All 3 weeks or choose which weeks; Ends August 6, 2 PM
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THRIVE: WELLNESS & CREATIVE BALANCE CLINIC

Early Bird Rate \$595 | Regular Rate \$625 | Weekly Rate \$235



BEGINNER BALLET PROGRAM PRE-INTENSIVE

Ages 5-10

MON - FRI	10:00 - 11:00 AM	July 27-31 Only
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Early Bird Rate \$100 | Regular Rate \$125



General Information for Intensives



Proper Ballet Attire
with the Hair Slicked
& Bunnet



No street shoes
on the dance
floor



Bring a yoga
mat or towel



Bring a bagged lunch
& a water bottle each
day labeled with
student's name

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Workshop Series COMMERCIAL



Ages 7–20 This well-rounded Commercial Dance Series is designed to immerse dancers into a variety of learning opportunities.

Participants engage in a series of high-energy workshops, master classes and clinics led by professionals who specialize in styles such as hip-hop, musical theatre, contemporary and more. The program aims to enhance technical skills, foster creativity, boost confidence and introduce dancers to new skills and choreography.



INTERMEDIATE & ADVANCED Company/Crew Levels

May take all 4 Workshops;
take at least 3 - same price.

Includes *THRIVE: WELLNESS &
CREATIVE BALANCE Clinic &
One Weekly Class (on Mondays)*



EARLY BIRD RATE

\$495



REGULAR RATE

\$525

Add on additional Workshops &
Clinics of your choice



YOUNG DANCER PROGRAM Ages 7–10

Choose 2 Workshops

Includes 1 Weekly Class
(on Mondays)

EARLY BIRD RATE

\$135 /Workshop

REGULAR RATE

\$155

WORKSHOP SERIES

DAY/TIME



CONTEMPORARY & JAZZ DANCE WORKSHOP

In this Jazz & Contemporary Workshop, dancers will refine turns, leaps, floor work, and transitions while learning choreography that fuses strong jazz lines with contemporary expression. Emphasis is placed on control, artistry, and connecting movement to music in a meaningful way.

June 15–17

Mon-Wed
12 – 2 pm



DANCE TEAM/POM/HIP HOP WORKSHOP

Perfect for dancers interested in joining a school or competitive dance team, this workshop focuses on precision, synchronization, and showmanship. Participants will learn stylized pom and hip hop choreography while refining technique, projection, and teamwork.

June 22–24

Mon-Wed
12 – 2 pm



AERIAL ARTS WORKSHOP

This Aerial Arts Workshop introduces students to the fundamentals of aerial movement using silks and/or hoop. Dancers will build strength, coordination, and confidence while learning beginner-friendly skills and short combinations in the air.

June 29–July 1

Mon-Wed
10 – 11:30 am
or 12 – 1:30 pm



MUSICAL THEATRE WORKSHOP

Step into the spotlight! This workshop combines theatrical choreography with performance technique, helping students develop confidence, projection, and the ability to fully embody a role on stage.

July 13–15

Mon-Wed
11 am – 1 pm

General Information for Workshops



Proper Dress
Code is required.



Hair Neatly
Secured Away
from face in a
pony tail or bun



No street shoes
on the dance
floor



Bring a yoga
mat or towel



Workshops & Clinics

SUMMER SERIES



WORKSHOP SERIES



ACRO

Ages 7+

Each Workshop: 1 Hour

Class Size: Max 10 Students (Register Early!)

Level Placement: Intermediate/Advanced workshops require approval from Kylah

CLINICS

ONE DAY

One-day dance experiences for ages 7+
Build skills, confidence, and reach your goals!

Register Early – Spots Limited!



1 HOUR SESSIONS \$35

1 HOUR SESSIONS \$35 | 90 MIN SESSIONS \$50



Workshop 1: Foundations of Acro

Level: Beginner / Intermediate

6/15, 6/22, 7/13 • 10 am

Focus: Cartwheels, Pre-Aerials, Handstands, Rolls

Required Skills:

- Comfortable attempting cartwheels and rolls
- No prior acro experience required



Workshop 2: Aerials & Advanced Handstand

Level: Intermediate / Advanced (Approval Required)

6/15, 6/22 • 11 am 7/13 • 1 pm

Focus: Handstands, Roundoffs, Aerials

Required Skills:

- Strong cartwheel on both sides
- Ability to hold a handstand



Workshop 3: Backbends & Kickovers

Level: Beginner / Intermediate

6/16, 6/23, 7/14 • 10 am

Focus: Backbends, Kickovers

Required Skills:

- Willingness to attempt backbends
- Bridge with head off the ground



Workshop 4: Walkovers (Front & Back)

Level: Intermediate / Advanced (Approval Required)

6/16, 6/23 • 11 am 7/14 • 1 pm

Focus: Front Walkovers & Back Walkovers

Required Skills:

- Independent backbend
- Independent kickover
- Good shoulder and back flexibility



Workshop 5: Handsprings

Level: Intermediate / Advanced (Approval Required)

6/17, 6/24, 7/15 • 10 am

Focus: Back Handsprings & Front Handsprings

Required Skills:

- Backbend independently
- Kickover independently
- Handstand to bridge without spot



Workshop 6: Flips & Advanced Acro Skills

Level: Intermediate / Advanced (Approval Required)

6/17, 6/24 • 11 am 7/15 • 1 pm

Focus: Front & Back Flips, Advanced Tumbling

Required Skills:

- Instructor approval



TECHNIQUE & FLEXIBILITY CLINIC

Build strength, flexibility, and safe stretching habits; all levels.

Weds,
June 17, 24 & July 15
2 – 3 pm



LEAPS & TURNS CLINIC

Master soaring leaps and perfect turns.

Weds,
June 17 & 24
5 – 6 pm



TAP DANCE CLINIC

Step, stomp, and syncopate with rhythm.

Weds,
June 17
6 – 7 pm



THRIVE: WELLNESS & CREATIVE BALANCE

Dance + mindfulness + creative fun +
HEALTHY DANCERS!

Thurs,
Aug 6
12:30 – 2 pm



HIP NUT CLINIC & AUDITION PREP

High-energy hip hop training;
Hip Nut focused
(required by Crew and those interested in auditioning for the Hip Nut)

Thurs,
Aug 6
2 – 4 pm



CHOREOGRAPHY CLINIC

Create, perform, and refine your own dance sequences.

Wed,
June 24
6 – 7 pm



DANCE FOR THE CAMERA

Learn to pose, shoot & succeed in the digital world
Taught by a professional photographer, Robert Nulph
Photo Session Opportunities following this Clinic

Thurs,
July 16
10:30 – noon
Photo Session
Sign-Ups Slots
Available On
Portal by 5/1

GENERAL INFORMATION



WHAT TO WEAR

Leotard with shorts or leggings
Bare feet
Hair secured back



AGES 7+

All dancers welcome!
Workshops and clinics designed to challenge, inspire & grow.



SPACE IS LIMITED!

Register early to secure your spot!
Approval may be required for some workshops.