

SCHEDULE

Guide



SUMMER PROGRAMS

2026

JUNE 15 – AUGUST 6



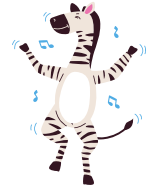
Summer Training

THAT MOVES YOU FORWARD

WWW.DANCEITFORWARD.DANCE



Happy Feet KIDS CAMPS



LITTLE STEPS. BIG SMILES. REAL PROGRESS.

JULY & AUGUST CAMPS

HAPPY FEET KIDS CAMP!
2 AMAZING CAMPS. ENDLESS FUN!

AM CAMP
AERIAL ARTS & ACRO
9:00 AM - 12:00 PM

PM CAMP
POM CHEER & TUMBLE
1:00 PM - 4:00 PM

3 DAY CAMP!
JULY 13-15

FLY, FLIP & BUILD STRENGTH!
CHEER, TUMBLE & SHINE TOGETHER!

EXPERT INSTRUCTORS
FUN & CREATIVE ACTIVITIES
MAKE NEW FRIENDS
BUILD CONFIDENCE & SKILLS
SHOWCASE DART

SPACES LIMITED! REGISTER TODAY!
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Happy Feet KIDS CAMP!
2 AMAZING CAMPS. 1 UNFORGETTABLE WEEK!

ONE WEEK DOUBLE THE FUN!

AM CAMP
GOLDEN K-POP STARS
9:00 AM - 12:00 PM

PM CAMP
GLINDA BROADWAY SPARKLE
1:00 PM - 4:00 PM

JULY 20-24
ONE WEEK!

LEARN K-POP DANCE MOVES
SING & PERFORM
FUN GAMES & ACTIVITIES
SHINE LIKE A STAR!

BROADWAY DANCE & PERFORMANCE
SING SHOWSTOPPING SONGS
ARTS, GAMES & MORE
BE YOUR OWN KIND OF MAGIC!

SPACES LIMITED! REGISTER TODAY!
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TWO CAMPS. TWICE THE FUN. ENDLESS MEMORIES!

HAPPY FEET KIDS CAMP!

KPOP DEMON HUNTERS

DANCE. SING. SLAY. UNLEASH YOUR INNER STAR!

JULY 27-31
9 AM - 12 NOON

KPOP DANCE WORKSHOPS
SING & PERFORM
FUN GAMES & ACTIVITIES
MAKE NEW FRIENDS!

SPACES LIMITED! REGISTER TODAY!
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HAPPY FEET KIDS CAMP!

ZOOPTOPIA

DANCE. PLAY. EXPLORE. UNLEASH YOUR WILD SIDE!

JULY 27-31
1:00 PM - 4:00 PM

DANCE WORKSHOPS
ANIMAL ADVENTURES & ACTIVITIES
FUN GAMES & ACTIVITIES
CRAFTS & CREATIONS
MAKE NEW FRIENDS!

SPACES LIMITED! REGISTER TODAY!
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A WILD TIME OF DANCE, FUN & FRIENDSHIP!

HAPPY FEET KIDS CAMP!

Ballerina DOLLHOUSE CAMP

DANCE, CREATE & PLAY IN A WORLD OF IMAGINATION!

AUGUST 3-5
9 AM - NOON

BALLET FUN
DOLLHOUSE ADVENTURES
CRAFTS & CREATIONS
GAMES & FRIENDS

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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

1 DAY CAMPS!
\$35 ea

All About ME Camps **Wednesdays!**

I Love Squishmallows!
I Love Disney!

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

WITH **Fun dance**

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 |
|-----------|---------------------|---|

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 |
|-----------|------------------|-----------------|

Early Bird Rate \$100 | Regular Rate \$125

General Information for Intensives



Proper Ballet Attire
with the Hair Slicked
& Bunned



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 age. Taught by professional photographers, Brandon & Ralph. Photo Session Opportunities following this Clinic

Thurs,
July 15
12:30 – 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.