

## *Summer Dance Program*

Studio West Dance Academy provides a creative, inspiring and supportive atmosphere in which dancers can grow. Summer is a great time for dance exploration, without the pressures of academic studies, students are able to make great strides in their dancing by concentrating entirely on their dance education. Our five week summer program offers a variety of dance classes from baby ballet to our adult classes. Throughout the workshop dancers are able to share their love of dance, reach new goals, and for some experience new classes.



*The benefits of ballet training extend far beyond the mastery of steps and positions.*

*Classical ballet training also develops:*

- ❖ *The joy of expressing oneself through movement*
- ❖ *Beautifully-sculpted, strong, articulated and flexible bodies*
- ❖ *Commitment ❖ Determination ❖ Attention to detail*
- ❖ *An appreciation for the arts - as a performer and as an audience member ❖ Self-discipline ❖ Patience*
- ❖ *The ability to set & achieve goals in the quest for excellence*

**Dance apparel is available for purchase  
at Studio West Dance Academy**

# Summer 2009



## StudioWEST Dance Academy



## Passion ❖ Practice Performance

DIRECTORS

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[www.StudioWestDanceAcademy.com](http://www.StudioWestDanceAcademy.com)

Class	Times	Description	Pricing
<b>Baby Ballet</b> Ages 2-3	Thur, 9:30-10:00 am Sat, 10:00-10:30 am	<i>This class is for our youngest dancer and involves parent participation. Our baby dancers will focus on basic gross motor skills, fun movements, rhythm and imaginative games.</i>	1 class per week \$62.50 / 5 wk
<b>Discover Dance</b> Ages 4-5	Wed, 3:15-4:00 pm Wed, 5:30-6:15 pm Thur, 10:15-11:00 am Sat, 10:45-11:30 am	<i>In this ballet/tap combo class, the young dancer explores the natural movements and rhythms of childhood play, such as bending, stretching, walking, jumping, spinning, and musicality, repeating each step until it becomes part of the body's muscle memory.</i>	1 class per week \$62.50 / 5 wk
<b>Pre Ballet</b> Ages 6-7	Wed, 6:20-7:20 pm Thur, 11:15-12:15 pm	<i>This class is a great introduction to a more structured ballet class in which basic ballet vocabulary and movement is taught. Additionally, this class experiences the basic fundamentals of tap dancing, helping to create a well rounded dancer.</i>	1 class per week \$70.00 / 5 wk
<b>Ballet I</b> Ages 7-9	Wed, 4:15-5:15 pm	<i>This is a dancer's first traditional ballet technique class. Students will learn a variety of ballet steps while focusing on strengthening their minds and bodies.</i>	1 class per week \$70.00 / 5 wk
<b>Junior Summer Intensive Ballet II</b>	Tues, 10:00-11:15 am Tues, 11:30-12:30 pm Thur, 10:00-11:00 am Thur, 11:00-12:00 pm	Technique Class Pre-Pointe Class Technique Class Jazz Class <i>This level is a progression of ballet I, in which the students will continue to learn ballet terminology, transitional steps, self discipline, artistry and poise. Pre-Pointe class (preparation for pointe shoes) is essential to this level for strengthening purposes.</i> <b>FACULTY PLACEMENT REQUIRED</b>	4 classes per week \$205.00 / 5 wk
<b>Intermediate Summer Intensive Ballet III</b>	Mon, 11:00-12:30 pm Mon, 12:45-1:45 pm Tues, 10:00-11:15 am Tues, 11:30-12:30 pm Wed, 11:00-12:30 pm Wed, 12:45-1:45 pm Wed, 2:15-3:00 pm Thur, 10:00-11:00 am Thur, 11:00-12:00 pm	Technique Class Stretch & Strengthening Technique Class Pointe Class Technique Class Pointe Class Dance Enrichment Technique Class Jazz Class <i>This level focuses on more intricate ballet steps, while maintaining attention to detail and correct body placement. Ballet III dancer's will focus on strengthening their pointe work and continue to learn new pointe combinations. For this level a serious commitment to ballet is necessary.</i> <b>FACULTY PLACEMENT REQUIRED</b>	9 classes per week \$360.00 / 5 wk
<b>Advanced Summer Intensive Ballet IV/V</b>	Mon, 11:00-12:30 pm Mon, 12:45-1:45 pm Tues, 12:15-1:45 am Tues, 2:00-3:00 pm Wed, 11:00-12:30 pm Wed, 12:45-1:45 pm Wed, 2:15-3:00 pm Wed, 4:00-5:00 pm Thur, 12:15-1:45 pm Thur, 2:00-3:00 pm	Technique Class Stretch & Strengthening Technique Class Pointe / Variations Technique Class Jazz Class Dance Enrichment Hip Hop II Technique Class Pointe Class <i>This is the most advanced ballet class requiring a high level of commitment and dedication. These advanced dancers work on fine tuning their movements while discovering their inner artist leading to a refined and polished dancer.</i> <b>FACULTY PLACEMENT REQUIRED</b>	10 classes per week \$400.00 / 5 wk
<b>Jazz I</b> Ages 6-9	Thur, 4:15-5:15 pm	<i>This class incorporates traditional jazz dance with a ballet/theatre influence. Ballet is highly recommended as a supplemental class. 60 minute class.</i>	1 class per week \$70.00 / 5 wk
<b>Jazz II &amp; III</b> Ages 10-15	Thur, 11:00-12:00 pm	<i>This class is geared toward the intermediate dancer. Strengthening exercises and a variety of jazz combinations are the focus in this class. 60 minute class.</i>	1 class per week \$70.00 / 5 wk
<b>Jazz IV</b>	Wed, 12:45-1:45 pm	<i>This is the most advanced jazz class which focuses on precision and strong technique. Combination difficulty is increased. 60 minute class. FACULTY PLACEMENT REQUIRED</i>	1 class per week \$70.00 / 5 wk
<b>Hip Hop I</b> Ages 8-12	Wed, 5:00-6:00 pm	<i>This hip-hop class has an urban influence, lots of funk and plenty of style. 60 minute class.</i>	1 class per week \$70.00 / 5 wk
<b>Teen &amp; Adult Hip Hop</b> Ages 13+	Wed, 4:00-5:00 pm	<i>This class has an urban influence and is geared towards the new or intermediate hip-hop dancer. 60 Minute Class</i>	1 class per week \$70.00 / 5 wk
<b>Stretch &amp; Strengthening</b>	Mon, 12:45-1:45 pm	<i>Strengthen and tone your muscles in this exercise class with a strong Pilates influence. Bring a mat. 60 minute class</i>	1 class per week \$70.00 / 5 wk
<b>Beginning Adult Ballet</b>	Mon, 7:00-8:00 pm	<i>This class is tailored for the brand new dancer, or for the student who has had a break from dance and would like some refreshing. 60 minute class.</i>	1 class per week \$70.00 / 5 wk
<b>Open Ballet</b>	Mon, 5:30-6:45 pm Thur, 5:30-6:45 pm	<i>This class is for the intermediate ballet dancer who would like to take 1-2 times per week without a serious commitment. 75 minute class.</i>	1 class per week \$70.00 / 5 wk

**SWDA Summer Schedule July 13 - Aug 15, 2009**