

NARDI DANCE STUDIOS

380 South Greenwood Ave.

Easton, Pa. 18045

www.nardistudios.com

610-252-5673

Presents:

SUMMER BALLET INTENSIVE WITH MISS CAROL



FOR EXTENDED I, II, III, IV, V
JUNIOR, SENIOR LEVELS

WEEK ONE

AUGUST 7 - 10

WEEK TWO

AUGUST 14 – 17

CLASS PRICES:

1 hour class \$15

1 ½ hour class \$22

WEEK ONE SCHEDULE:

Monday August 7th

4:00-5:30 Ballet Ext III/IV
5:30-6:30 Ballet Ext I/II
6:30-7:30 Foot Exercises
7:30-9:00 Ballet V/JR/SR

Tuesday August 8th

4:00-5:00 Pixie Ballet
5:00-6:00 Stretch Class
6:00-7:00 Pointe II & Up
7:00-9:00 Ballet Ext IV/V

Wednesday August 9th

4:00-5:30 Ballet Ext III/IV
5:30-6:30 Ballet Ext I/II
6:30-7:30 Foot Exercises
7:30-9:00 Ballet V/JR/SR

Thursday August 10th

4:00-5:00 Pixie Ballet
5:00-6:00 Stretch Class
6:00-7:00 Pointe II & Up
7:00-9:00 Ballet Ext IV/V

WEEK TWO SCHEDULE:

Monday August 14th

4:00-5:30 Ballet Ext III/IV
5:30-6:30 Ballet Ext I/II
6:30-7:30 Foot Exercises
7:30-9:00 Ballet V/JR/SR

Tuesday August 15th

4:00-5:00 Pixie Ballet
5:00-6:00 Stretch Class
6:00-7:00 Pointe II & Up
7:00-9:00 Ballet Ext IV/V

Wednesday August 16th

4:00-5:30 Ballet Ext III/IV
5:30-6:30 Ballet Ext I/II
6:30-7:30 Foot Exercises
7:30-9:00 Ballet V/JR/SR

Thursday August 17th

4:00-5:00 Pixie Ballet
5:00-6:00 Stretch Class
6:00-7:00 Pointe II & Up
7:00-9:00 Ballet Ext IV/V

CLASS DESCRIPTIONS:

***BALLET**

Classical Ballet with increased levels of technique and difficulty for the serious ballet student. Barre & Centre work continues to challenge our older students, and preparation for choreographic variations and pointe work. Ballet is the foundation of all dance styles and should be taken by all serious dance students.

***PIXIE BALLET**

This class is a continuation of classical ballet technique. It is offered to students who have completed a year of Pixie Ballet. In addition, anyone newly recommended for Pixie Ballet may also take this class.

***FOOT EXERCISES**

Students will learn specific exercises to strengthen feet, ankles, legs and core muscles to prepare for pointe work. This class will involve demi-pointe work, resistance bands (we will provide), foot stretches and toe exercises. Also, work on core strength to ensure that the student will have enough strength to maintain lift out of shoes while on pointe. This will be a class that focuses on how to prepare for going on pointe or pre-pointe shoes. It will include foot exercises and use of a theraband to strengthen feet. Miss Carol will provide tips for preparing and caring for your shoes and your feet.

***STRETCH CLASS**

This will class will focus on exercises to increase flexibility, improve core strength and avoid injuries. Students will need to bring their own yoga mat or towel.

***POINTE II & UP**

Pointe requires many skills acquired from Classical Ballet Training, each student needs sufficient range of motion in their joints, strong abdominal and lower back muscles and proper body alignment and balance. **Students must have one-year experience.**

Meet the Instructor - Carol Sarik



Miss Carol received her early training at the Princeton Ballet and the Walnut Hill School of Performing Arts. Her educational training continued at the Royal Ballet School in London. She performed professionally as a member of the Shore Ballet and Carolyn Dorfman Modern Dance Company. She operated her own school in Jamesburg, NJ for over 17 years. Miss Carol is also affiliated with the Pennsylvania Youth Ballet. She has been a Master Ballet teacher at our school for the past sixteen years, and directs the Pixie Scholarship Ballet Program; which allows younger ballet students additional training at an increased level of discipline to further their training and love of ballet.



CLASS LEVELS

Extended I/II – Ages 9-11
6 to 7 years previous training

Extended III/IV – Ages 10-12
7 to 8 years previous training
(Pixie II accepted)

Extended IV/V – Ages 13-15
8 to 9 years previous training
(Adv. Pixie accepted)

Advanced V
JR/SR – Ages 13& up
10 plus years previous training



Nardi Dance Studios/2017 Summer Registration Form (One form per student)

Parents Name: _____

Dancer's First Name: _____ Last Name: _____ Age: _____

Birth Date: _____ Gender: _____ Phone#: _____ E-mail: _____

Address: _____ City: _____ State: _____ Zip: _____

Years of dance experience: _____ Level completed in June: _____

Present dance school: _____

PLEASE INDICATE WHICH CLASSES YOU WANT TO REGISTER FOR ON A SEPARATE PAPER

OFFICE WILL COMPLETE BELOW

Payment Total: \$ _____ Check#: _____ Cash () Credit Card #: _____

Date: _____ Received by: _____ Medical Papers on File YES () NO ()