

# NARDI DANCE STUDIOS

380 South Greenwood Ave.

Easton, Pa. 18045

www.nardistudios.com

610-252-5673

Presents:

## SUMMER DANCE INTENSIVE



FOR YOUTH / EXTENDED / 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 7<sup>th</sup>

4:30-5:30 Int Tap Technique-Miss Arenda  
4:30-5:30 Youth Level Hip Hop-Miss Morgan  
5:30-6:30 Adv Core & Conditioning- Miss Arenda  
5:30-6:30 Hip Hop Int - Miss Morgan  
6:30-7:30 Hip Hop JR/SR- Miss Arenda  
6:30-7:30 Hip Hop Pre Teen I/II/III- Miss Morgan  
7:30-8:30 P.C. Leaps & Turns-Miss Arenda  
7:30-8:30- Beginner Tricks and Acro- Miss Morgan  
8:30-9:30 Stretch & Strengthening- Miss Arenda

#### Tuesday August 8<sup>th</sup>

4:00-5:00 Broadway Int- Miss Mary Jo  
5:00-6:00 Modern Int - Miss Jackie  
5:00-6:00 Youth Level Broadway- Miss Mary Jo  
6:00-7:00 Modern JR/SR – Miss Jackie  
6:00-7:00 Broadway Pre Teen I/II/III- Miss Mary Jo  
7:00-8:00 Intro to Modern - Miss Jackie  
7:00-8:00 Broadway JR/SR- Miss Mary Jo

#### Wednesday August 9<sup>th</sup>

4:30-5:30 Tap Improv-Miss Arenda  
4:30-5:30 Beginner Tricks & Acro-Miss Morgan  
5:30-6:30 Jazz JR/SR- Miss Arenda  
5:30-6:30 Hip Hop Int - Miss Morgan  
6:30-7:30 Hip Hop JR/SR- Miss Arenda  
6:30-7:30 Hip Hop Pre Teen I/II/III- Miss Morgan  
7:30-8:30 Jazz Int -Miss Arenda  
7:30-8:30- Jazz Pre Teen I/II/III- Miss Morgan  
8:30-9:30 Int/Adv Tricks & Acro- Miss Arenda

#### Thursday August 10<sup>th</sup>

4:00-5:00 Lyrical Int – Miss Mary Jo  
5:00-6:00 Contemporary Int - Miss Jackie  
5:00-6:00 Youth Level BTJ – Miss Mary Jo  
6:00-7:00 Contemporary JR/SR – Miss Jackie  
6:00-7:00 Lyrical Pre Teen I/II/III- Miss Mary Jo  
7:00-8:00 Intro to Contemporary- Miss Jackie  
7:00-8:00 Lyrical JR/SR- Miss Mary Jo

### WEEK TWO SCHEDULE:

#### Monday August 14<sup>th</sup>

4:30-5:30 Int Tap Technique-Miss Arenda  
4:30-5:30 Youth Level Hip Hop-Miss Eden  
5:30-6:30 Adv Core & Conditioning- Miss Arenda  
5:30-6:30 Hip Hop Int - Miss Eden  
6:30-7:30 Hip Hop JR/SR- Miss Arenda  
6:30-7:30 Intro to Modern/Cotemp- Miss Eden  
7:30-8:30 P.C. Leaps & Turns- Miss Arenda  
7:30-8:30- Hip Hop Pre Teen I/II/III- Miss Eden  
8:30-9:30 Stretch & Strengthening- Miss Arenda

#### Tuesday August 15<sup>th</sup>

4:00-5:00 Beginner/Int Improv  
4:00-5:00 Broadway Int - Miss Mary Jo  
5:00-6:00 Modern Int - Miss Melissa  
5:00-6:00 Youth Level Broadway- Miss Mary Jo  
6:00-7:00 Modern JR/SR – Miss Melissa  
6:00-7:00 Broadway Pre Teen I/II/III- Miss Mary Jo  
7:00-8:00 Modern Pre Teen I/II/III- Miss Melissa  
7:00-8:00 Broadway JR/SR- Miss Mary Jo

#### Wednesday August 16<sup>th</sup>

4:30-5:30 Jazz Pre Teen I/II/III- Miss Melissa  
4:30-5:30 Core & Conditioning -Miss Arenda  
5:30-6:30 Contemporary Int - Miss Melissa  
5:30-6:30 Jazz JR/SR- Miss Arenda  
6:30-7:30 Contemporary JR/SR- Miss Melissa  
6:30-7:30 Jazz Int - Miss Arenda  
7:30-8:30 Contemporary Pre Teen I/II/III  
7:30-8:30- Beginner Tricks & Acro- Miss Arenda  
8:30-9:30 Int/Adv Tricks & Acro- Miss Arenda

#### Thursday August 17<sup>th</sup>

4:00-5:00 Youth Level BTJ – Miss Mary Jo  
4:00-5:00 Hip Hop Int - Miss Eden  
5:00-6:00 Lyrical Int – Miss Mary Jo  
5:00-6:00 Hip Hop Pre Teen I/II/III- Miss Eden  
6:00-7:00 Lyrical JR/SR- Miss Mary Jo  
6:00-7:00 Intro to Modern/Contemporary- Miss Eden  
7:00-8:00 Intro to Lyrical- Miss Mary Jo  
7:00-8:00 Hip Hop JR/SR- Miss Eden

## CLASS DESCRIPTIONS:

### \*BROADWAY

Broadway classes involve movement and styles from various shows and choreographers taught in a fun, supportive, and encouraging environment. Perfect for the dancer who wants to improve their technique by learning style, acting, voice and performance skills, or for anyone who just loves musical theatre and wants to learn repertory from past, current, and upcoming Broadway shows. Our instructors are known for their positive energy and ability to get each dancer to shine in their own unique way. This class will also focus on vocabulary, staging and performance.

### \*JAZZ

These programs offer a dynamic style of high energy dance. Our goal is to teach a strong but flexible technique that allows the dancer to learn varied music styles and choreography and includes urban style dance movement combinations to funky music and MTV-style street dance along with learning technical aspects of dance

### \*TAP

This tap program includes a rhythm tap style fusing both technique and choreography. These classes explore rhythms, syncopation and call and answer techniques. Tap routines are taught in a range of styles including theatrical (Broadway) tap, jazz tap and rhythm tap. Students may also learn original choreography from tap legends that have been handed down to tap dancers for decades.

### \*HIP HOP

This class is intended for our highest level dancers and offers a dynamic style of high energy dance. Our goal is to teach a strong but flexible technique that allows the dancer to learn varied music styles and choreography and includes urban style dance movement combinations to funky music and MTV-style street dance along with learning technical aspects of dance.

### \*LYRICAL

A contemporary form of dance with strong adagio, while its overall style and movement derives from Jazz and Ballet. Lyrics of the song are expressed through dance. Senior dancers are invited to take this level of dance. Ballet and modern training are eagerly recommended for technical purpose.

### \*BALLET

Go to our Ballet Brochure for Summer Dance with Miss Carol

### \*MODERN

This class is a free motion form of dance dealing with the elements of space, time, weight and energy. It demands a strong discipline of the body, but with a creative expression and a spirit of improvisation. Recommended to all extended level students.

### \*CONTEMPORARY

Contemporary dance is a genre of concert dance that employs systems and methods found in modern dance and postmodern dance, as well as classical ballet. Contemporary dance draws on modern dance techniques as well as newer philosophies of movement that depart from classical dance techniques by all together omitting structured form and movement.

### \*TRICKS & ACRO

Classes will focus on increasing flexibility, balance, strength, muscle control, discipline and concentration. Emphasis will be placed on developing fundamental acrobatic technique, teaching skills such as handstands, chin stands, elbow, stands, cartwheels, back bends, walkovers, balance, and contortion tricks, all at each student's individual level of experience.

### \*STRETCH & STRENGTHENING

This class is designed to improve a dancer's range of motion enhance muscle flexibility and increase their level of core muscle strength. Dancers will also increase their awareness of their own body's potential as it connects to expression through movement.

### \*P.C. LEAPS & TURNS

This class is for anyone who was involved with the 2016 Performance Company. Students will improve their technical skills and flexibility related to more physical movement. Through a variety of exercises in center and across the floor, students will strengthen their abilities to raise the height and technique of their leaps in addition to proper turn alignment for multiple rotations.

### \*ADVANCED CORE & CONDITIONING

Core conditioning is the act of strengthening the muscles of the abdominals and torso. This type of work can tone and condition the abs, improve lower back pain, and help the body to move properly both in exercise and everyday movement. Core conditioning goes far beyond sit-ups or crunches, and instead engages the muscles of the abdominals, both in the front and along the sides of the body, as well as the muscles around the shoulders, pelvis, and along the spinal column.

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

Parents Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Age: \_\_\_\_\_

Dancer's First Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Gender: \_\_\_\_\_ Phone#: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Address: \_\_\_\_\_

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: \$ \_\_\_\_\_ Cash ( ) Credit Card #: \_\_\_\_\_

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