



NORTHEAST IOWA DANCE ACADEMY

SUMMER TECHNIQUE CLASSES

6 Week Session - Tuesdays & Thursdays
June 17 - 28 & July 9 - August 1

ACRO + STRENGTH + FLEXIBILITY

TUESDAY 4:00-5:00PM

This class will focus on Acro technique and progressions with an emphasis on strength and flexibility exercises.

Level 2 & Up ~ Cost: \$60

ACRO + CARDIO + CONDITIONING

THURSDAYS 4:00-5:00PM

This class will focus on Acro technique & progressions with an emphasis on cardio and aerobic conditioning exercises

Level 2 & Up ~ Cost: \$60

TURNS

TUESDAYS 5:00-6:00PM

This class is a technique class that is dedicated to learning, improving and perfecting technique in turns.

Level 2 & Up ~ Cost: \$60

JUMPS + LEAPS

THURSDAYS 5:00-6:00PM

This class is a technique class that is dedicated to learning, improving and perfecting technique in jumps and leaps.

Level 2 & Up ~ Cost: \$60

BALLET

TUESDAYS & THURSDAYS 6:00-7:00PM

This class will consist of ballet barre, center work and across the floor focusing on ballet technique.

Level 2 & Up ~ Cost: \$60 once a wk/\$120 twice a wk for 6 wk. session

PROGRESSING BALLET TECHNIQUE (PBT)

TUESDAYS & THURSDAYS 7:00-8:00PM

Dancers work on body conditioning & strength to help build muscle memory for ballet.

Level 2 & Up ~ Cost: \$60 once a wk/\$120 twice a wk for 6 wk. session

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SUMMER TECHNIQUE CLASSES

LET'S HAVE SOME FUN!



SUMMER TUITION

Each class can be paid for individually or you can take advantage of our unlimited summer technique class pricing. Take an unlimited number of summer technique classes for only \$200/PER DANCER.

AGE & LEVEL REQUIREMENT

Our six week summer technique classes are for dancers who will be in level 2 through 5 this coming dance year. We will be splitting these classes into groups based on levels once enrollment is complete. Enrollment deadline for technique classes is Friday, June 14th.

REGISTERING FOR SUMMER TECHNIQUE CLASSES

[Click here to log into your NIDA portal.](#) If you are a current dancer, select 2024 Summer Session and select your classes. If you are a new dancer, you will need to create a user account before registering for your summer classes.

NIDA COMPETITION DANCERS

If you are part of NIDA's competition team for the 2024-2025 dance year, you must be enrolled in at least one ballet class and two other classes of your choice, for a total of three summer technique classes. If you have any questions please email info@nidacademy.com.