



NORTHEAST IOWA DANCE ACADEMY SUMMER TECHNIQUE CLASSES

6 Week Session - Mondays & Wednesdays
June 30th - August 6th

PROGRESSING BALLET TECHNIQUE (PBT)

MONDAYS & WEDNESDAYS 4:00-5:00PM

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

BALLET

MONDAYS & WEDNESDAYS 5:00-6:00PM

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

ACRO + CARDIO + CONDITIONING

MONDAYS 6:00-7:00PM

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

Level 2 & Up ~ Cost: \$60

TURNS

MONDAYS 7:00-8:00PM

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

Level 2 & Up ~ Cost: \$60

ACRO + STRENGTH + FLEXIBILITY

WEDNESDAYS 6:00-7:00PM

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

Level 2 & Up ~ Cost: \$60

JUMPS + LEAPS

WEDNESDAYS 7:00-8:00PM

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

Level 2 & Up ~ Cost: \$60



NORTHEAST IOWA DANCE ACADEMY SUMMER CLASSES

New Offering!
Acro & Pom Classes
6 Week Session - Thursdays
July 3rd - August 7th

BEGINNER / INTERMEDIATE ACRO 4:00-4:45

This class is designed for **beginner & intermediate acro** dancers looking to build a strong foundation for more difficult skills. Through fun dynamic drills, dancers will learn and practice skills related to all 5 areas of acro - flexibility, strength, balancing, limbering, with an **emphasis tumbling and acro tricks**.

Cost: \$60

BEGINNER / INTERMEDIATE POM 4:45-5:30

This class is designed for **beginner & intermediate pom** dancers looking to increase their pom/cheer skills. Dancers will learn the basics of pom as well as how to sharpen up their movements and technique!

Cost: \$60

INTERMEDIATE / ADVANCED ACRO 5:30-6:30

This class is designed for **intermediate & advanced acro** dancers looking to enhance their tricks while still maintaining strong foundational skills. Dancers will practice and learn skills related to all 5 areas of acro - flexibility, strength, balancing, limbering, with an **emphasis on tumbling and acro tricks**.

Cost: \$60

INTERMEDIATE / ADVANCED POM 6:30-7:30

This class is designed for **intermediate and advanced pom** dancers who are wanting to gain more experience with pom technique. Dancers will work on jumps and turns while strengthening their pom technique.

Cost: \$60

NORTHEAST IOWA DANCE ACADEMY

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 13th.

REGISTERING FOR SUMMER TECHNIQUE CLASSES

[Click here to log into your NIDA portal.](#) If you are a current dancer, select 2025 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 2025-2026 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.