

### 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.

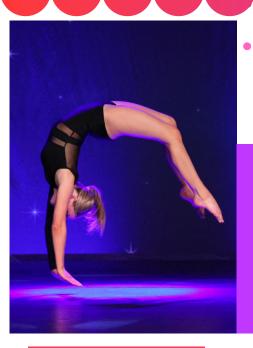
Level 2 & Up ~ Cost: \$60

# 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, limering, 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

LETS 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 <u>one ballet</u> class and <u>two other</u> <u>classes</u> of your choice, for a total of three summer technique classes. If you have any questions please email info@nidacademy.com.