

SUMMER TECHNIQUE AT NDA!

June 20- August 17 (No Classes the week of July 3-7)



National Dance Academy

CLASS INFO

Summer technique classes are a great way to introduce your dancer to NDA, a new technique, keep up on their skills or push to jump ahead for the next season!

These classes will serve as part of the Competition Teams summer requirements.

These classes will have options for drop ins, partial season passes and full season passes.

Take advantage of our UNLIMITED summer pass and attend as much as you can!

TUESDAYS

*Strength and Stretch:

Spend the summer getting your body dance ready and ready to tackle your goals. Focus on strengthening/flexibility for Injury prevention, bigger leaps/jumps, better turns and an all around better dancer!

Ages 12+ 5:30-7:00
Ages 7-11 7:00-8:30

*Technique Tuesdays:

This class will focus on breaking down our fundamental technique to build it back better than ever!

Ages 7-11 5:30-7:00
Ages 12+ 7:00-8:30

WEDNESDAYS

*Acro

Join NDA this summer working towards your acrobatic goals with our Acrobatic Arts certified training and instruction!

Level Primary/1
5:30-6:30

Level 2/3
6:30-7:30

Level 4/5
7:30-9:00



THURSDAYS

*Pom Technique:

Learn something new, keep your skills up or prep for the Dance Team season to come! Pom technique is a new favorite class at NDA!

5:30-6:30

*Leaps and Turns:

This class will focus on drills and technique to make those turns, leaps and jumps ready to take off in the 2023-2024 season!

Ages 12+ 6:30-7:30
Ages 7-11 7:30-8:30

PRICING

Drop In Rates:

1 Hour Class- \$15
1.5 Hour Class- \$18

Four Class Pass:

1 hour- \$55
1.5 hour- \$68

8 Class Pass

1 hour class- \$110
1.5 hour class- \$125

Student Unlimited Summer Technique Pass *Includes Pre Pointe Class

\$400