



NIDC News

FOR THE 3RD YEAR NOW THE PUNCH CARDS ARE STILL HERE

Summer 2026

Dive into a summer of rhythm and movement at Northern Illinois Dance Center!

Unleash your passion for dance with our exciting new punch card option this summer! Whether you're a seasoned dancer or just stepping onto the dance studio floor, our punch card allows you to groove at your own pace while enjoying the flexibility of attending classes that fit your schedule.

Immerse yourself in a world of creativity as our expert instructors guide you through a variety of dance styles, from our themed preschool classes to graceful ballet and everything in between. The punch card not only offers a fantastic opportunity to refine your dance techniques but also invites you to explore your artistic side in a fun and supportive environment.

Why settle for ordinary when you can make your summer extraordinary? Join us for an unforgettable dance experience that combines the precision of technique with the joy of expression. Let the rhythm take you on a journey of self-discovery, fitness, and, most importantly, FUN!

Secure your spot on the studio floor today with our exclusive summer punch card. Your dance adventure awaits – let's make this summer one to remember!



Choose the flexibility that fits your summer! Our punch card options range from 3 to 18 punches, giving you the freedom to customize your dancer's journey.

- Just want a taste? Grab a 1-punch card.
- Ready to go all in? Choose 18 punches for a full summer of fun!
- Or simply pay as you go – \$16 per hour.

Each punch is good for 1 hour of dance.

All summer classes are 1-day sessions.

To help our teachers plan and keep class sizes manageable, we will confirm all class rosters 1 week before each class.

Here's what to expect:

- You'll receive an email to confirm your dancer's spot.
- 6 days before class, if we haven't heard back, your dancer will either be:
 - digitally punched if you have a punch card
 - OR
 - charged the \$16 hourly rate

This system helps us prepare effectively and open up spots for dancers on waitlists when needed.



Opportunities to dance more

NIDC's Performance Group

Join the spotlight and become part of something extraordinary with Northern Illinois Dance Center's Performance Group! Embrace a year-long commitment to artistic growth, camaraderie, and the thrill of live performances.

For dancers aged 8 and older, this exclusive group offers a unique platform to showcase your passion for dance in community performances throughout the year. Starting with lots of summer parades and then local events to special showcases, our Performance Group opens doors to more opportunities to share your talent and shine on stage.

Seize the chance to make every move count – join our Dance Studio's Performance Group and let your passion for dance take center stage! Email ella@nidancecenter.com for more information. Must be registered before their first class on June 12, 2025.

Required to purchase a minimum of 12 class punch card for summer 2025. Performance Group will meet about 7 times this summer. The other hours you choose what you would like to take.

Required in 2026-27 season: take performance group and one other class per week.

Summer class dates: June 16, 23, 30 July 7, 14, 21 7-8pm

Elevation Dance Company

As a member, indulge in weekly technique and choreography classes, curated to refine your abilities and elevate your performance to new heights. Be prepared for an exhilarating dance season with four local competitions and an epic national showdown in the summer of 2026!

Elevation Dance Company is more than a team; it's a family. Engage in team bonding events that foster lifelong friendships and create an unbreakable bond with fellow dancers. Learn not only dance techniques but invaluable life lessons about collaboration, discipline, and the power of teamwork.

Embark on a transformative dance experience – join Elevation Dance Company and let your passion for dance soar to new dimensions!

Email atlee@nidancecenter.com for more information.

Required for Summer 2026:

8 & under is to purchase the minimum of the 10 class punch cards

All others on 1 team is required to purchase a minimum of the 15 class punch card

If on 2 teams, an 18 class punch card is required.

CLASS SCHEDULE

Month : June

Year : 2026

JUNE 16

POP DIVA JAZZ

MS. ELLA ●●●

05:00 - 06:00PM

AGES: 7 & OLDER

Get ready to dance like a star in Pop Diva Jazz! This one-day class is all about learning basic jazz skills and a super fun combo while grooving to hits from your favorite female pop artists. Perfect for dancers of all levels, this class is high-energy, sassy, and full of pop star vibes!

JUNE 16

BROADWAY BOUND

MS. ELLA ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

Take center stage in Broadway Bound! This one-day musical theater class is perfect for dancers who love the spotlight. Learn Broadway-style jazz technique, expressive performance skills, and a fun, theatrical combo inspired by the magic of the stage. Get ready to dance, act, and shine like a true Broadway star!

JUNE 23

LET THEM PRAISE HIM W/ DANCE

MS. ELLA ●●●

05:00 - 06:00PM

AGES: 8 & OLDER

This is a faith based class with Ms. Ella, learning basic dance moves and learning a combination after starting a class with a short devotion.

JUNE 23

STRETCH IT OUT

MS. ELLA ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

Relax, unwind, and improve your flexibility in Stretch It Out! This one-day class focuses on deep stretching, mobility, and relaxation techniques to help dancers increase flexibility and prevent injuries. Whether you're looking to enhance your technique or just enjoy a good stretch, this class is the perfect way to feel refreshed and rejuvenated!

CLASS SCHEDULE

Month : June

Year : 2026

JUNE 30

STEP INTO TAP

MS. ELLA ●●●

05:00 - 06:00PM

AGES: 7 & OLDER

This beginner tap class with Ms. Ella will allow any dancer ages 7 & up to get some basic tap knowledge and learn beginner moves. They will also learn how to listen to their music which helps not only in tap but in all dance styles.

JUNE 30

FOSSE JAZZ

MS. ELLA ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

Step into the spotlight with Fosse Jazz! This one-day class dives into the iconic style of Bob Fosse, featuring sharp, stylish movement, intricate isolations, and classic jazz technique. Learn a dynamic combo inspired by Broadway's legendary choreographer and bring out your inner show-stopper!

CLASS SCHEDULE

Month : July

Year : 2026

JULY 2

BALLET TECHNIQUE 1 & 2

MS. ALEX ●●●

04:00 - 5:00PM

LEVELS: 1 & 2

This class is specially designed for young dancers eager to embark on a journey into the world of ballet. Geared towards budding talents at Levels 1 and 2, this class focuses on building a strong foundation in ballet fundamentals. Through engaging exercises, students will learn and practice essential techniques, fostering grace, coordination, and confidence. The class seamlessly blends fun and learning, with an emphasis on detail in ballet. Join Ms. Alex in this class where your child will twirl, leap, and pirouette their way to a love for ballet!

JULY 2

BALLET TECHNIQUE 3 & 4

MS. ALEX ●●●

05:00 - 7:00PM

LEVELS: 3 & 4

This class is designed for dancers who are ready to deepen their ballet training and refine their technique. Geared toward Levels 3 and 4, students will expand upon foundational skills while focusing on proper alignment, strength, flexibility, and musicality. Dancers will be challenged with more complex combinations, increased attention to artistry, and continued development of grace and control. Emphasis is placed on precision, confidence, and expressive movement as dancers grow both technically and artistically. Join Ms. Alex as dancers continue their ballet journey, strengthening their skills and discovering the beauty and discipline of classical ballet.

JULY 6

STRENGTH & CONDITIONING

MS. ANA ●●●

09:00 - 10:00AM

AGES: 8 & OLDER

Get ready to elevate your dance technique by incorporating fitness conditioning into your routine. From strength-building exercises to agility drills, this class is tailored to help dancers maximize their potential and unleash their inner beast on the dance floor. Don't miss this opportunity to level up your skills and take your performance to the next level!

JULY 6

JAZZ TECHNIQUE

MS. ANA ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Build a strong foundation and level up your skills! This jazz technique class is perfect for dancers ages 8 & up who want to sharpen their jazz fundamentals. We'll focus on proper alignment, flexibility, strength, turns, jumps, and clean, sharp movement—all while keeping the class high-energy and fun. This class is great for dancers looking to improve technique, gain confidence, and grow as a well-rounded performer.

JULY 6

MODERN TECHNIQUE

MS. ANA ●●●

05:00 - 06:00PM

AGES: 12 & OLDER

Designed for dancers ages 12 and up, this class invites you to explore the intersection of movement and emotion, tapping into the depths of your creativity and imagination. Guided by Ms. Ana's expertise and passion for dance, a fusion of fluidity, athleticism, and artistic exploration. From intricate floor work to dynamic sequences, you'll develop technical proficiency while honing your ability to convey personal narratives through movement.

CLASS SCHEDULE

Month : July

Year : 2026

JULY 6

CROCHET CLUB

MS. ANA ●●●

06:00 - 07:00PM

Bring your own yarn and needle if you have one.

AGES: 7 & OLDER

JULY 7

ON BROADWAY

MS. ELLA ●●●

05:00 - 06:00PM

This Musical Theater class with Ms. Ella will teach the basics of dance and performance, we will also learn a super fun combo to a Broadway hit!

AGES: 8 & OLDER

JULY 7

LYRICAL

MS. ELLA ●●●

06:00 - 07:00PM

Experience the beauty of movement in Lyrical Expressions! This one-day class for dancers ages 9 & up blends ballet and jazz technique with expressive, flowing choreography. Dance with emotion, improve your artistry, and connect to the music in a supportive and inspiring environment.

AGES: 7 & OLDER

JULY 8

TWISTS ON TURNS

MS. ATLEE ●●●

05:00 - 06:00PM

Take your turns to the next level by learning new styles, methods, and techniques. This class is not genre-specific and will incorporate turns from various styles of dance.

AGES: 8 & OLDER

*Opportunities for difficulty increase available depending on individual student needs

JULY 8

JAZZ FUNK

MS. ATLEE ●●●

06:00 - 07:00PM

This Jazz Funk class is rooted in jazz technique with an emphasis on isolations, musicality, and sharp, articulate motion. Dancers will explore grounded movement, coordination, and enhanced body articulation, while developing performance skills through engaging choreography.

AGES: 10 & OLDER

CLASS SCHEDULE

Month : July

Year : 2026

JULY 8

ELEVATE YOUR ACRO SKILLS

MS. ATLEE ●●●

07:00 - 08:30PM

AGES: 10 & OLDER

Work with Ms. Atlee and hone your skills for various acro and tumbling movements that could be incorporated into your dance progressions. This class will leverage an understanding of muscle/strength connection to bring your acro abilities to the next level.

- 1.5 punches

JULY 9

BEGINNER LYRICAL

MS. ALEX ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Let your movement tell a story in this inspiring lyrical class for dancers ages 8 and up. Dancers will explore fluid choreography, emotional expression, and graceful technique while connecting to the music. Join us for a beautiful, expressive session and let your passion shine!

JULY 9

SASSY JAZZ

MS. ALEX ●●●

05:00 - 06:00PM

AGES: 8 & OLDER

Get ready to move with confidence in Sassy Jazz with Ms. Alex! Designed for developing dancers, this class focuses on clean jazz technique, strong lines, and fun, sassy choreography. Dancers will build strength, coordination, and performance skills while learning to express themselves with energy and attitude.

JULY 9

LYRICAL & MUSICALITY

MS. ALEX ●●●

06:00 - 07:00PM

LEVELS: 3 & 4

Dive into the artistry of lyrical dance in this expressive workshop for dancers ages 12 and up. Focus on fluidity, technique, and emotional connection as you move through beautifully crafted choreography. Let the music guide you and tell your story through movement—don't miss this inspiring class!

JULY 9

SASSY JAZZ

MS. ALEX ●●●

07:00 - 08:00PM

LEVELS: 3 & 4

Bring confidence and performance power to Sassy Jazz with Ms. Alex! This high-energy class challenges advanced dancers to master sharp lines, dynamic jazz movement, and intricate choreography. Dancers will focus on musicality, precision, and bold performance while dancing full-out with style and control.

CLASS SCHEDULE

Month : July

Year : 2026

JULY 13

STRENGTH & CONDITIONING

MS. ANA ●●●

09:00 - 10:00AM

AGES: 8 & OLDER

Get ready to elevate your dance technique by incorporating fitness conditioning into your routine. From strength-building exercises to agility drills, this class is tailored to help dancers maximize their potential and unleash their inner beast on the dance floor. Don't miss this opportunity to level up your skills and take your performance to the next level!

JULY 13

JAZZ CHOREOGRAPHY

MS. ANA ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Get ready to bring the energy! This jazz choreography class is designed for dancers ages 8 & up who love to perform and move with style. Dancers will learn an exciting, high-energy jazz routine that focuses on musicality, performance quality, and stage presence. This class is all about expression, confidence, and having fun while dancing —perfect for dancers who want to shine!

JULY 13

CONTEMPORARY CHOREOGRAPHY

MS. ANA ●●●

05:00 - 06:00PM

AGES: 12 & OLDER

Join us for Contemporary, a one-day class designed for dancers ages 12 & up! Dive into the fluid, expressive movement of contemporary dance while exploring musicality, creativity, and dynamic choreography. Whether you're looking to refine your technique or just let loose and vibe, this class is the perfect place to move, grow, and express yourself!

JULY 14

TAPPING TO TAYLOR

MS. ELLA ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

Calling all Swifties! Join us for Tapping to Taylor, a fun, high-energy tap class for dancers ages 8 & up! Tap along to your favorite Taylor Swift hits while learning rhythmic combos and having a blast. Whether you're a beginner or a seasoned tapper, this one-day class is all about great music, great moves, and great vibes!

JULY 15

TECH LAB

MS. ATLEE ●●●

05:00 - 06:00PM

AGES: 9 & OLDER

Take your dance technique to the next level with Ms. Atlee's Technique Lab! This one-hour summer class is designed for dancers ages 9 and up who want to refine their skills using a combination of analytics, training tools, and high-level instruction. From strength and flexibility assessments to targeted drills and movement analysis, dancers will gain a deeper understanding of their technique and how to improve their overall performance. Whether you're looking to perfect your turns, enhance your jumps, or build stronger extensions, this class will give you the tools to reach your goals!

CLASS SCHEDULE

Month : July

Year : 2026

JULY 15

SUMMER TAP

MS. ATLEE ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

This Summer Tap class is designed for dancers ages 8 and up and focuses on building rhythmic skills from simple to more complex patterns. Dancers of all experience levels will strengthen timing, coordination, and musicality while leaving with an expanded tap vocabulary and increased confidence.

JULY 15

ADVANCED LYRICAL

MS. ATLEE ●●●

07:00 - 08:00PM

LEVELS: 3 & 4, MS
& HS

Designed for advanced dancers, this class challenges traditional lyrical movement by incorporating new stylistic influences and complex choreography. Through expressive progressions and fluid technique, Level 3-4 and middle school-high school dancers will be pushed to evolve their understanding of lyrical beyond familiar patterns.

JULY 15

TARGETED MUSCLE TENSION RELEASE MS. ATLEE ●●●

08:00 - 09:00PM

AGES: 10 & OLDER

Targeted Muscle Tension Release is designed for dancers ages 10 and up and focuses on intentional recovery and body care. Using tennis balls, foam rollers, and other tools, dancers will address common areas of muscle tension caused by overuse and hard training. This class teaches practical trigger-point techniques that dancers can apply long-term to support healthy movement throughout their lives.

JULY 16

CONTEMPORARY

MS. ALEX ●●●

4:30-5:30PM

LEVELS 3 & 4

A dynamic and engaging class designed for kids aged 12 and older! Get ready to dive into the world of contemporary dance where creativity knows no bounds. This class is all about having fun while exploring the art of movement, focusing on creating unique shapes in dance and expressing yourself to the fullest. Join Ms. Alex for a thrilling experience that combines the joy of dance with the freedom to let your imagination soar. Unleash your creativity, move to the rhythm, and embrace the excitement of Contemporary!

JULY 16

BALLET 3 & 4

MS. COURTNEY ●●●

05:30 - 07:30PM

LEVELS 3 & 4

Refine your ballet technique this summer with this Ballet Intensive for dancers in levels 3 & 4. Perfect your skills, enhance your grace, and elevate your performance under expert guidance in a focused and nurturing environment.

*2-punch class

CLASS SCHEDULE

Month : July

Year : 2026

JULY 16

IMPROV

MS. ALEX ●●●

5:30-6:30PM

AGES: 12 & OLDER

This high-energy improv class encourages dancers ages 12 & up to explore movement freely while building confidence and creativity. Under the guidance of Ms. Alex, dancers will learn how to respond to music, express emotions through movement, and think on their feet in a supportive and judgment-free environment. Perfect for dancers looking to grow their artistry, musicality, and self-expression while having fun.

JULY 20

STRENGTH & CONDITIONING

MS. ANA ●●●

09:00 - 10:00AM

AGES: 8 & OLDER

Get ready to elevate your dance technique by incorporating fitness conditioning into your routine. From strength-building exercises to agility drills, this class is tailored to help dancers maximize their potential and unleash their inner beast on the dance floor. Don't miss this opportunity to level up your skills and take your performance to the next level!

JULY 20

JAZZ TECHNIQUE

MS. ANA ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Build a strong foundation and level up your skills! This jazz technique class is perfect for dancers ages 8 & up who want to sharpen their jazz fundamentals. We'll focus on proper alignment, flexibility, strength, turns, jumps, and clean, sharp movement—all while keeping the class high-energy and fun. This class is great for dancers looking to improve technique, gain confidence, and grow as a well-rounded performer.

JULY 20

MODERN TECHNIQUE

MS. ANA ●●●

05:00 - 06:00PM

AGES: 12 & OLDER

Dive into the innovative techniques and expressive movement vocabulary pioneered by Martha Graham, one of the most influential figures in the history of modern dance. This class invites you to explore the interplay between contraction, release, and spiraling dynamics while cultivating emotional depth and authenticity in your performance. From powerful gestures to fluid transitions, you'll embody the essence of Graham's iconic style while honing your technical prowess and artistic expression.

JULY 20

CROCHET CLUB

MS. ANA ●●●

06:00 - 07:00PM

AGES: 7 & OLDER

Bring your own yarn and needle if you have one.

CLASS SCHEDULE

Month : July

Year : 2026

JULY 21

STRETCH IT OUT

MS. ELLA ●●●

06:00 - 07:00PM

AGES: 7 & OLDER

Relax, unwind, and improve your flexibility in Stretch It Out! This one-day class focuses on deep stretching, mobility, and relaxation techniques to help dancers increase flexibility and prevent injuries. Whether you're looking to enhance your technique or just enjoy a good stretch, this class is the perfect way to feel refreshed and rejuvenated!

JULY 22

BEGINNER/INTERMEDIATE LYRICAL MS. ATLEE ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Designed for developing dancers, Beginner/Intermediate Lyrical emphasizes flow, expression, and technical foundations. Through guided progressions across the floor and expressive choreography combinations, dancers will strengthen ballet and jazz skills while cultivating confidence, artistry, and emotional performance quality.

JULY 22

DANCERS CONDITIONING & POWER MS. ATLEE ●●●

05:00 - 06:00PM

AGES: 8 & OLDER

Dancers Conditioning & Strength is designed to build the stamina, power, and control needed for high-level performance. This class combines HIIT training, cardio, conditioning, and targeted strength exercises to improve endurance and overall physical capacity...translating directly to stronger skills and more confident stage presence.

*Opportunities for difficulty increase available depending on individual student needs

JULY 22

INCORPORATING BALLET INTO JAZZ MS. ATLEE ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

Incorporating Ballet into Jazz is a one-day intensive designed to help dancers intentionally apply their ballet training within jazz technique. This in-depth class breaks down what ballet transfer truly means, how to execute it effectively, and how core ballet principles (alignment, placement, turnout, and control) enhance jazz movement and performance quality. Focused time on this concept will allow dancers to make meaningful, lasting improvements.

CLASS SCHEDULE

Month : July

Year : 2026

JULY 22

COLLEGE POM AND JAZZ PREP

MS. ATLEE ●●●

07:00 - 08:30PM

LEVELS 3 & 4, MS /
HS

College Pom & Jazz Prep is designed for Level 3–4 dancers and middle school–high school students interested in collegiate-style dance. This class explores what college dance programs expect, what strong pom and jazz routines look like at the collegiate level, and how these styles differ from traditional artistic dance. Dancers will train through across-the-floor progressions, a sharp pom combination, and a high-impact jazz combination that emphasizes precision, clarity, and performance stamina. *1.5 punches

JULY 23

BALLET 1 & 2

MS. COURTNEY ●●●

05:00 - 06:30PM

AGES: 8 & OLDER

Refine your ballet technique this summer with this Ballet Intensive for dancers in levels 1 & 2. Perfect your skills, enhance your grace, and elevate your performance under expert guidance in a focused and nurturing environment.
*1.5-punch class

JULY 23

PILATES

MS. COURTNEY ●●●

06:30 - 07:30PM

AGES: 7 & OLDER

Experience the fusion of elegance and strength in our Ballet Pilates class during our summer 2025 session! Tailored for dancers aged 8 & older, this one-day, one-hour session seamlessly blends the graceful techniques of ballet with the core-strengthening principles of Pilates. Elevate your performance and refine your physique in this dynamic and invigorating class.

JULY 27

STRENGTH & CONDITIONING

MS. ANA ●●●

09:00 - 10:00AM

AGES: 8 & OLDER

Get ready to elevate your dance technique by incorporating fitness conditioning into your routine. From strength-building exercises to agility drills, this class is tailored to help dancers maximize their potential and unleash their inner beast on the dance floor. Don't miss this opportunity to level up your skills and take your performance to the next level!

JULY 27

JAZZ CHOREOGRAPHY

MS. ANA ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Get ready to bring the energy! This jazz choreography class is designed for dancers ages 8 & up who love to perform and move with style. Dancers will learn an exciting, high-energy jazz routine that focuses on musicality, performance quality, and stage presence. This class is all about expression, confidence, and having fun while dancing—perfect for dancers who want to shine!

CLASS SCHEDULE

Month : July

Year : 2026

JULY 27

CONTEMPORARY CHOREOGRAPHY

MS. ANA ●●●

05:00 - 06:00PM

AGES: 12 & OLDER

Join us for Contemporary, a one-day class designed for dancers ages 12 & up! Dive into the fluid, expressive movement of contemporary dance while exploring musicality, creativity, and dynamic choreography. Whether you're looking to refine your technique or just let loose and vibe, this class is the perfect place to move, grow, and express yourself!

JULY 29

SUMMER TAP 2.0

MS. ATLEE ●●●

04:00 - 05:00PM

AGES: 8 & OLDER

Designed for dancers ages 8+, this Summer Tap class layers intermediate rhythms into more complex patterns to support steady growth. Whether newer to tap or continuing their training, dancers will develop clear sounds, rhythmic precision, and an expanded tap vocabulary.

JULY 29

TECH LAB

MS. ATLEE ●●●

05:00 - 06:00PM

AGES: 9 & OLDER

Take your dance technique to the next level with Ms. Atlee's Technique Lab! This one-hour summer class is designed for dancers ages 9 and up who want to refine their skills using a combination of analytics, training tools, and high-level instruction. From strength and flexibility assessments to targeted drills and movement analysis, dancers will gain a deeper understanding of their technique and how to improve their overall performance. Whether you're looking to perfect your turns, enhance your jumps, or build stronger extensions, this class will give you the tools to reach your goals!

JULY 29

HIGHER & HIGHER (LEAPS/JUMPS)

MS. ATLEE ●●●

06:00 - 07:00PM

AGES: 8 & OLDER

Take your leaps and jumps to the next level by learning new styles, methods, and techniques. This class is not genre-specific and will incorporate leaps/jumps from various styles of dance.

*Opportunities for difficulty increase available depending on individual student needs

CLASS SCHEDULE

Month : July

Year : 2026

JULY 29

MODERN & ANGULAR JAZZ

MS. ATLEE ●●●

07:00 - 08:00PM

AGES: 10 & OLDER

Modern & Angular Jazz explores a contemporary approach to jazz that emphasizes long lines, sharp angles, controlled ripples, and sleek, intentional movement. This class challenges dancers to push stylistic boundaries while refining precision, control, and performance quality through modern jazz vocabulary. Dancers will explore innovative movement pathways and musical textures that expand their understanding of jazz beyond familiar styles.

JULY 30

PROGRESSING BALLET TECHNIQUE

MS. COURTNEY ●●●

05:00 - 06:00PM

AGES: 10 & OLDER

Elevate your dance training to new heights with Progressing Ballet Technique (PBT) this summer! Designed for dancers in levels 2 & up, PBT hones core stability, refines weight placement, and perfects alignment to enhance performance across all dance forms. Unlock your full potential and advance with confidence as you train muscle memory in this transformative class.

JULY 30

PRE-POINTE & POINTE

MS. COURTNEY ●●●

06:00 - 07:00PM

LEVEL 3 & 4

A class designed to prepare young dancers for the advanced technique of dancing "en pointe" (on the tips of their toes) by specifically strengthening the muscles in their feet, ankles, legs, and core, while focusing on proper alignment and technique, before and while they are transitioning into a full "pointe" class where they will wear pointe shoes.



Summer 2026 Punch Card Prices

1 1-hour class = \$16.00

1 hour = 1 punch

3-punch card  \$45.00

5-punch card  \$70.00

10-punch card  \$130.00

12-punch card  \$144.00

15-punch card  \$165.00

18-punch card  \$180.00

Punch cards are non-refundable.
Unused punches are non-refundable.
These are only good for the Summer 2026 session.
They expire on 7/31/26.

Our 2026-27 dance year begins August 17