

Opus' Summer Dance Camp

Dates/Times: August 5-8 2024 / 10:00am-3:00pm

Cost: \$250

Registration Deadline: March 31

Description: This 4 day dance camp is an excellent way to maintain strength and flexibility, try different dance styles, have fun and build community! Classes will include daily ballet, jazz, contemporary, dance history, dance conditioning, stretching & more! This camp aims to inspire and excite young dancers about learning more and growing together. Opus' Summer Dance Camp is open to Ballet I-B, Ballet I-C, Ballet II-A & Contemporary II-A students (Current Ballet I-A students can attend with instructor approval.)

Opus' "Spring into Fall" Summer Intensive

Dates/Time: August 20-23 / 10:00am-4:00pm

Cost: \$350

Registration Deadline: March 31

Description: This 4 day intensive will be a great preparation for fall classes starting back up! Classes will include daily ballet, jazz, conditioning, contemporary, dance history, stretching & more. This series will not only set students up for a healthy start to the school year but also give them new strengthening skills to help support their long-term goals! The "Spring into Fall" Summer Intensive is open to Ballet II-B/C, Ballet III-A, Ballet III-B & Contemporary II-B students.

Baby + Caregiver Dance Class / Ages 3 months-walking

Dates/Times: 6 week session / July 10-August 14 / 5:00-5:45

Cost: \$70

Registration Deadline: March 31

Description: Meaningful social/emotional connections are made as you and baby dance together and with others. Sing rhymes and move to a wide variety of music. Fun, appropriate movements for the baby's developing body & brain.

Toddler + Caregiver Dance Class / Ages walking-2.5 years

Dates/Times: 6 week session / July 9-August 13 / 4:00-4:45

Cost: \$70

Registration Deadline: March 31

Description: Experience a magical class of joyful dance and connection with your toddler. Learn the BrainDance, explore dance concepts and celebrate as your toddler develops confidence in their body. This class will nurture cognitive, social-emotional, and physical development while encouraging imagination and creativity!

Progressing Ballet Technique / Ballet III-A - VI

Tuesdays 4:15-4:45 / July 8, 2024 - August 16, 2024

Cost: Standard 30 minute class tuition

Description: Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet-technique specific exercises to train skill acquisition in a graded and progressive manner from junior

through to advanced levels. PBT helps teachers around the world prepare their students to receive the strength they need to achieve their personal best.

The program helps with injury prevention and rehabilitation and enhances the ability of athletes to perform at their best. It can be difficult for students to feel which muscles initiate the correct alignment in training. However, with the use of an exercise ball, the students gain a great sense of posture and weight-placement whilst feeling each correct muscle group working throughout each exercise, which then stays with them when whilst performing in dance or their chosen field of sport.

PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory. The program is designed with safe dance methodology to promote a long, healthy career and is now being taught by over 4000+ certified teachers worldwide and over 3500 schools globally have added PBT classes in their curriculum for students