

JR BOOT CAMP

Tuesday/Thursday

July 7 - 30

6:00 – 8:00 pm

AB-3 to Int 3

Ages 8 to 13

PBT – Progressing Ballet Technique; using exercise balls to develop proper muscle use for all genres. Bring your own large exercise ball; PAC will provide smaller ones.

STRETCH & STRENGTH TRAINING/ LEAPS & TURNS – will include cardio workout to build stamina. Develop skills used in ballet & jazz.

Kathy Fowler Lisa Steinhoff

Emily Boehme, Sydney Gibbs,
Megan Mayer, Lauren Sullivan

ACRO CLINIC

Tuesday/Thursday 5:30 - 6:15

Two Sessions - 12 students each.

Session 1

Acro 2 & 3

July 7,9,14,16

Session 2

Acro 4 - Adv

July 21,23,28,30



Get back into shape! PAC Acro teachers will take you through a warmup & work on strength & technique of skills for your level.

One Student Per Mat

PAC ADULTS

ADULT BALLET & TAP JULY 14-30

One & two-week rates are available.

Summer classes for Adult Ballet & Tap are open level.

Tuesday/Thursday

Adult Ballet 7:00 – 8:00 pm

Adult Tap 8:00 – 8:45 pm

FLY BUNGEE FOR ADULTS



FLY BUNGEE FOR ADULTS

Tuesday/Thursday 8:00 - 8:45pm

ADULTS

July 7, 9, 14, 16 Mandy Williams

ADULTS with DANCE EXPERIENCE

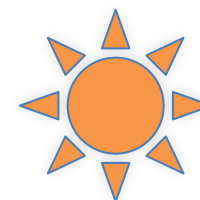
July 21, 23, 28, 30 Mandy Williams

Enrollment is limited!
Minimum weight 100 pounds;
Maximum weight 225 pounds.

PAC



SUMMER



DANCE FUN

2020

Performing Arts Centre

1538 Country Club Plaza Dr.
St. Charles, MO 63303
636-946-6787

www.performingartscentre.net

Camp Registration

NAME _____
 ADDRESS _____
 CITY _____
 STATE/ZIP _____
 PHONE _____ AGE _____
 EMAIL _____

PLEASE ENROLL ME IN: Write Dates or Level

INT - ADV DANCERS

- ☐ BALLET _____ \$100
☐ TECHNIQUE _____ \$100
☐ BALLET & TECHNIQUE _____ \$150
☐ HIP HOP-ONE MASTER CLASS _____ \$15
☐ HIP HOP-MASTER SERIES _____ \$50
☐ FLY BUNGEE _____ \$50

BALLET INTENSIVE

- ☐ LEVEL 1 _____ \$100
☐ LEVEL 2 _____ \$100
☐ LEVEL 3 _____ \$125
☐ LEVEL 4 or 5 _____ \$135

PAC ADULTS

- ☐ ADULT BALLET _____ \$75
☐ ADULT TAP _____ \$70
☐ ADULT BALLET & TAP _____ \$100
☐ FLY BUNGEE _____ \$50

PAC SUMMER CAMPS

Some camps have multiple levels & sessions.
 Write in Level, Date & time in space provided.

- ☐ ACRO CLINIC Acro 2 & 3 _____ \$50
☐ ACRO CLINIC Acro 4 - Advanced _____ \$50
☐ JR BOOT CAMP _____ \$150

Int - Adv Dancers

BALLET

Monday/Wednesday July 6-29

Int 1 - 3 7:30 - 8:25pm

Int 4 - Adv 6:00 - 7:25pm

Enrollment limited to 24 per class

TECHNIQUE

Monday/Wednesday July 6-29

Int 1 - 3 6:30 - 7:25pm

Int 4 - Adv 7:30 - 8:25pm

Enrollment limited to 24 per class

HIP HOP MASTER CLASS SERIES

Friday July 10,17,24, 31

All Guest Faculty! TBA

Intermediate 6:00 - 6:45pm

Inter/Advanced 7:00 - 7:45pm

Enrollment limited to 24 per class



FLY BUNGEE for DANCERS

FLY BUNGEE FOR DANCERS

Tuesday/Thursday 6:00 - 6:45pm

INT/ADV DANCERS

July 7, 9, 14, 16

Mandy Williams

ADVANCED DANCERS

July 21, 23, 28, 30

Amy Gammon

Dancers must be in High School or 2020 Graduate.

Minimum weight is 100 pounds;

Maximum weight is 225 pounds.

Ballet Intensive

August 3 – 6

Level 1 5:00 – 7:15

Level 2 5:00 – 7:15

Level 3 5:00 – 8:00

Level 4 & 5 3:30 – 7:00



*This year we will learn
the story of "Coppelia"!*

- ◇ Virtual presentation for the parents, Thursday, August 6, 7:00-8:00pm
- ◇ **ALL LEVELS learn the story of the ballet, Mon. Aug 3, 5:00.**
- ◇ **Classes Offered:** Cecchetti Syllabus, Non-Syllabus, Pointe, Variations, Port de Bras study, Leaps & Turns, and more!
- ◇ Bring water & snacks daily!
- ◇ Enrollment is limited!

*Concentrated training for the
serious ballet student.*

