

# Stretch / Condition

## Leaps & Turns

### Stretch/Conditioning (ages 12-up)

This class works on overall fitness for the dancer, including lots of abdominal, leg and arm exercises. This class is recommended for anyone wanting to improve their skills, flexibility and technique. This class is mandatory for all competitive team members.

**What to wear** - leotard and tights or jazz pants. Bare feet. Hair pulled back in ponytail. No jewelry.

### Leap & Turns (ages 12 & up)

This class will begin include a warm-up and flexibility needed to enhance your overall technique in any dance form with a warm-up that incorporates skills needed for good leaps and turns, this class will progress to exercises across the floor and center combinations that emphasize good technique and form. This class is the perfect compliment to the study of ballet, jazz, or modern. This class is an awesome compliment to your junior or high school dance team (please call for special group rates)

Placement should be made an ADA instructor: Please call us for a FREE evaluation.

Levels: Intermediate—Single & Double pirouette, front leap, side leap, etc. Advanced—Triple pirouette, switch leap, etc.

**What to wear** - Solid colored leotard, black jazz pants or shorts. Black jazz shoes are preferred. Hair pulled back in a ponytail. No jewelry.