

ANGELA ROWE SCHOOL OF DANCE

SUMMER HOLIDAY PROGRAMME 2024

FOR STUDENTS IN GRADES 4+ ADV F, 1 & 2

ACTIVITY

Progressing Ballet Technique Intensive

This PBT intensive is made up of three fun sessions, each session will start with a short ballet class, and then students learn exercises set to music of their choice that will support their dance progression. This is not just for Ballet dancers, it is designed for all styles and even sport enthusiasts, and they can keep doing these at home over the summer and during term time. [example video here](#) and [here](#),

Pilates and Yoga ball provided, but dancers may choose to bring their own for when they practice at home, but either way it is recommended you bring your own yoga mat.

All activity is open to all, including those who may not be AR students, but does require dance experience, share this link so they can reserve their space and we'll send them our Workshop Registration form.

VENUE

All activity takes place at Alan Road Methodist Church, Alan Road, Ipswich, IP3 8EZ

Wednesday 31 July, Thursday 01 August and Friday 02 August 2024

9:00 – 10:30am

£36 fee (all 3 sessions)

[Reserve your spaces here](#) and click 'Alan Road' to reserve your workshop in Ipswich.

PAYMENT / T&C's

All reservations will be sent an invoice from our database platform Membermeister for payment week commencing 20 May 2024 – installments available - please notify us before this date if you can no longer attend otherwise you will still be charged. Bookings are non-refundable unless cancelled by AR School of Dance.

Can't make any of those dates or want to do more?

We are running another programme at our space in Dennington, which includes another PBT intensive and three creative repertoire intensive. Each creative repertoire session is in a different style of either Contemporary, Ballet, or Musical Theatre/Commercial.

VENUE

All activity will take place at Dennington Village Hall, Framlingham Road, Dennington, IP13 8DD

Progressing Ballet Technique (PBT)

Wednesday 07 August, Thursday 08 August and Friday 09 August

09:00 - 10:30am

£36 Intensive Fee

Creative Repertoire Workshops

Wednesday 07 August, Thursday 08 August and Friday 09 August

11:00 - 12noon

£30 Intensive Fee

Message us to reserve your space.

