

# ANGELA ROWE SCHOOL OF DANCE

## SUMMER HOLIDAY PROGRAMME 2024

FOR STUDENTS IN GRADES 3, 4 +

We are running an exciting programme of dance activity for students in Grade 3, 4 + this Summer! These workshops are open to all including those who may not be AR students, so do share this link with them so they can reserve their space & we'll send them our Workshop Registration form.

### VENUE

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

### DATES

Tuesday 06 August, Wednesday 07 August, & Thursday 08 August 2024

### ACTIVITY

#### **Progressing Ballet Technique Intensive**

This PBT intensive is made up of three fun sessions, where students learn strength and conditioning techniques 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 you can keep doing these at home over the summer and during term time. [example video here](#) and [here](#),

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

#### **Creative Repertoire Sessions**

Taking inspiration from film, theatre and musicals, each creative repertoire session is in a different style of either Contemporary, Ballet, or Musical Theatre/Commercial.

#### **Progressing Ballet Technique (PBT)**

09:00 - 10:30am

£36 Intensive Fee (all 3 sessions)

#### **Creative Repertoire**

11:00 - 12noon

£30 Intensive Fee (all 3 sessions)

Students who take both PBT & Creative Repertoire can stay onsite 9:00 – 12noon.

Reserve your spaces [here](#) and click 'Hacheston' to reserve your space in Dennington.

### **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.

