

CSD SUMMMER INTENSIVE!

BALLET

TAP

PILATES

LYRICAL

JAZZ TECH, TURNS & PROGRESSIONS

P.B.T.

ACRO TECH & TUMBLING

HIP HOP

POPPING & LOCKING

CONTEMPORARY

MUSICAL THEATRE

CRUISE SHIP

STRENGTH & STAMINA

PLUS!...

INDUSTRY WORK!

INJURY PREVENTION!

NUTRITION FOR DANCERS!

PEER & INSTRUCTOR FEEDBACK!



AUGUST 17 - 20

REGISTER NOW!

JUNIORS - AGES 7-10

| | | |
|---------------------|--|-------------------|
| MON. AUG 17 | Ballet | 12:00-1:00 |
| DAY 1 | Jazz Tech, Turns & Progressions | 1:00-2:00 |
| | Hip Hop | 2:00-3:00 |
| | Tap | 3:15-4:15 |
| | Nutrition | 4:15-5:15 |
| | | |
| TUES. AUG 18 | Lyrical | 12:00-1:00 |
| DAY 2 | Acro Tech & Tumbling | 1:00-2:00 |
| | Popping/Locking | 2:00-3:00 |
| | Musical Theatre | 3:15-4:15 |
| | Peer/Instructor Feedback | 4:15-5:15 |
| | | |
| WED. AUG 19 | PBT | 12:00-1:00 |
| DAY 3 | Cruise Ship Style | 1:00-2:00 |
| | Strength & Stamina | 2:00-3:00 |
| | Tap | 3:15-4:15 |
| | Injury Prevention | 4:15-5:15 |
| | | |
| THUR. AUG 20 | Pilates | 12:00-1:00 |
| DAY 4 | Acro Tech & Tumbling | 1:00-2:00 |
| | Jazz Tech, Turns & Progressions | 2:00-3:00 |
| | Contemporary | 3:15-4:15 |
| | Industry Work | 4:15-5:15 |

SCHEDULE SUBJECT TO CHANGE

INTERS - AGES 11-13

| | | |
|---------------------|--|------------------|
| MON. AUG 17 | Ballet | 1:00-2:00 |
| DAY 1 | Jazz Tech, Turns & Progressions | 2:00-3:00 |
| | Hip Hop | 3:15-4:15 |
| | Tap | 4:15-5:15 |
| | Nutrition | 5:15-6:15 |
| | | |
| TUES. AUG 18 | Lyrical | 1:00-2:00 |
| DAY 2 | Acro Tech & Tumbling | 2:00-3:00 |
| | Popping/Locking | 3:15-4:15 |
| | Musical Theatre | 4:15-5:15 |
| | Peer/Instructor Feedback | 5:15-6:15 |
| | | |
| WED. AUG 19 | PBT | 1:00-2:00 |
| DAY 3 | Cruise Ship Style | 2:00-3:00 |
| | Strength & Stamina | 3:15-4:15 |
| | Tap | 4:15-5:15 |
| | Injury Prevention | 5:15-6:15 |
| | | |
| THUR. AUG 20 | Pilates | 1:00-2:00 |
| DAY 4 | Acro Tech & Tumbling | 2:00-3:00 |
| | Jazz Tech, Turns & Progressions | 3:15-4:15 |
| | Contemporary | 4:15-5:15 |
| | Industry Work | 5:15-6:15 |

SCHEDULE SUBJECT TO CHANGE

SENIORS - AGES 14+

| | | |
|---------------------|--|------------------|
| MON. AUG 17 | Ballet | 2:00-3:00 |
| DAY 1 | Jazz Tech, Turns & Progressions | 3:15-4:15 |
| | Hip Hop | 4:15-5:15 |
| | Tap | 5:30-6:30 |
| | Nutrition | 6:30-7:30 |
| | | |
| TUES. AUG 18 | Lyrical | 2:00-3:00 |
| DAY 2 | Acro Tech & Tumbling | 3:15-4:15 |
| | Popping/Locking | 4:15-5:15 |
| | Musical Theatre | 5:30-6:30 |
| | Peer/Instructor Feedback | 6:30-7:30 |
| | | |
| WED. AUG 19 | PBT | 2:00-3:00 |
| DAY 3 | Cruise Ship Style | 3:15-4:15 |
| | Strength & Stamina | 4:15-5:15 |
| | Tap | 5:30-6:30 |
| | Injury Prevention | 6:30-7:30 |
| | | |
| THUR. AUG 20 | Pilates | 2:00-3:00 |
| DAY 4 | Acro Tech & Tumbling | 3:15-4:15 |
| | Jazz Tech, Turns & Progressions | 4:15-5:15 |
| | Contemporary | 5:30-6:30 |
| | Industry Work | 6:30-7:30 |

SCHEDULE SUBJECT TO CHANGE

REGISTER NOW FOR THE



CSD SUMMER INTENSIVE!



THE ENTIRE WEEK FOR ONLY **\$375.00!** (PLUS GST)

*50% deposit required by June 1st to hold your dancer's spot (non refundable)

*Reminder 50% due prior to the start of the intensive

PARENTS! PLEASE JOIN US FOR YOUR DANCERS' LAST CLASS EACH DAY! COME GET SOME INCREDIBLE INFORMATION FROM OUR KNOWLEDGEABLE GUEST INDUSTRY PROFESSIONALS TO HELP WITH YOUR DANCERS' JOURNEY.

FOR DANCERS THAT ONLY DO HIP HOP, OR FOR MORE INFORMATION, CONTACT US AT INFO@CENTRESTAGEDANCE.COM.

REGISTER NOW!

CENTRESTAGE DANCE
UNIT 2 - 20121 115A AVE
MAPLE RIDGE
604-465-6681

