

ENROLLMENT FORM

Submit this form along with payment
or visit our website to enroll.
www.performingartscentre.net

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
Dancer's age _____ DOB _____
Parent Name _____
Email _____

ENROLL ME IN: Write in Dates &/or Level

ADV BEG - ADVANCED

___ Ballet _____ \$100
___ Technique _____ \$100
___ Ballet & Technique _____ \$150
___ Fly Bungee 2-Lesson _____ \$25
___ Fly Bungee 4-Lesson _____ \$50
___ PBT _____ \$65

BALLET INTENSIVE

___ Level One AB1 - INT 1 _____ \$125
___ Level Two INT 2 - 3 _____ \$145
___ Level Three INT 4 - INT/ADV _____ \$175
___ Level Four ADVANCED _____ \$200

(Based on PAC level completed.)

IMPROV CAMP

___ INT 1 - ADV only _____ \$45

PAC ADULTS

___ Open Level Adult Ballet _____ \$85
___ Adv Beg/Intermediate Adult Tap _____ \$80
___ Beginner Adult Tap _____ \$75
___ Fly Bungee 2-Lesson _____ \$25
___ Fly Bungee 4-Lesson _____ \$50

PAC OFFICE USE ONLY:

Date Rec'd _____ JR & List _____
Cash/Ck/CC # _____ Payment \$ _____

Ballet Intensive

- ~Intense training for the serious ballet student
- ~Explore a story ballet, choreographer, composer, variations, costuming, etc.
- ~Start learning your next Cecchetti grade.
- ~Enjoy Modern dance classes!
- ~Experience class from multiple ballet teachers!
- ~Special PBT Classes



Three Rooms with Four Levels

Level One	AB1 - Int 1	Age 8 - 12
Level Two	Int 2 - Int 3	Age 10 - 14
Level Three	Int 4 - Int/Adv	Age 13 & up
Level Four	Advanced	Age 15 & up

(Placement based on PAC level completed.)

July 31, Aug 1, 2, 3, 2023

Curriculum

Ballet Technique ~ Pointe Technique for Levels 2- 4
Variations from the Ballet of focus
Modern Dance

Cecchetti Classes

Level One: Primary Three & Pre-Grade One
Levels Two: Grades Two & Three
Level Three: Grade Four
Level Four: Elementary (Grade Five)

Dates & Class Times

July 31, August 1, 2, 3	
Level One	5:00-7:30pm
Level Two	5:00-8:30pm
Level Three	5:00-9:30pm
Level Four	3:00-9:30pm



Performing Arts Centre

PAC ADV BEG-ADV



SUMMER DANCE 2023

PERFORMING ARTS CENTRE

1538 Country Club Plaza Drive
St. Charles, MO 63303
636-946-6787
www.performingartscentre.net



Technique Training

- ~Classes in Ballet & Conditioning Technique
- ~Monday/Wednesday for three and a half weeks.
- ~Advanced Beginner - Advanced
- ~Maintain your technique, flexibility, & stamina!



Monday/Wednesday. July 5 - 26

AB2 - AB4	Age 8-12	5:00 - 6:30pm
INT 1 - INT 3	Age 10-14	6:30 - 8:30pm
INT 4 - ADV	Age 12 & up	6:00 - 8:30pm



You'll be in great shape for Fall!

FLY BUNGEE FOR DANCERS

Tuesday/Thursday 5:45-6:30pm

- **For Intermediate Dancers**
July 11 & 13 2-Lesson Session
- **For Intermediate/Advanced Dancers**
July 18, 20, 25, 27 4-Lesson Session

Weight Restrictions:

Minimum	100 lbs
Maximum	225 lbs

LIMITED ENROLLMENT!



FLY BUNGEE FOR ADULTS

Tuesday/Thursday 8:00-8:45pm

- **For Beginner Adults**
July 11 & 13 2-Lesson Session
- **For Adults with Dance Experience**
July 18, 20, 25, 27 4-Lesson Session

PRIVATE PARTIES AVAILABLE!

- Bridesmaids Bonding!
 - Girl's Night Out!
 - Bond with Co-Workers!

Improv Camp w/ Miss Sydney

- ~Better your improv skills!
- ~Expand your comfort zone!
- ~Step out of your box!
- ~Minimum level Intermediate 1.

July 18, 19, 20 8:30 - 9:30pm

PBT at PAC

Progressing Ballet Technique

THURSDAYS JULY 6 - 27

Taught by PBT Certified Instructors
Kathy Fowler & Lisa Steinhoff

THREE LEVELS

Beginner Ages 6-9	4:45 - 5:30pm
Beginner Ages 10 & up	5:30 - 6:30pm
*Intermediate 4-Advanced	6:30 - 7:30pm

*Includes dancers who have taken two or more 6-week PBT Sessions.



WHAT YOU NEED:

- Water Bottle
- Sweat Towel
- Large Exercise Ball
- PAC will provide small exercise balls.

DRESS CODE:

- Leggings, Capris or modest length dance shorts. No track/athletic shorts
- Leotard or fitted crop top or sports bra
- Socks

Adult Classes in Ballet & Tap

Tuesday/Thursday July 11 - 27

- Open Level Adult Ballet 6:45 - 7:45pm
- Beginner Adult Tap 7:45 - 8:15pm
- Adv Beg - Intermediate Adult Tap 7:45 - 8:30pm