

PBT

Thursdays July 1 - 29

Ages 6-9/Beginner 4:45 - 5:30
Ages 10 & up/Beginner 5:30 - 6:30
*Int 4 Ballet or higher 6:30 - 7:30

*also for dancers who have taken two or more 6-week PBT sessions.

Minimum Enrollment - 6; Max - 26

PBT – Progressing Ballet Technique; using exercise balls to develop proper muscle use for all genres. Bring your own large exercise ball; PAC will provide smaller ones.

Kathy Fowler Lisa Steinhoff

ACRO CLINIC

Tuesday's July 6, 13, 20, 27
Limited to 16 students

4:45 - 5:30
Acro 4 & up

5:30 - 6:15
Acro 1 & 2



Get back into shape! PAC Acro teachers will take you through a warmup & work on strength & technique of skills for your level.

Two Students Per Mat

PAC ADULTS

ADULT BALLET & TAP JULY 13-29

One & two-week rates are available.

Summer classes for Adult Ballet & Tap are open level.

Tuesday/Thursday

Adult Ballet 6:45 – 7:45 pm

Adult Tap 7:45 - 8:30 pm

FLY BUNGEE FOR ADULTS



FLY BUNGEE FOR ADULTS

Tuesday/Thursday 8:00 - 8:45pm

2-LESSON INTRODUCTION
July 13 & 15

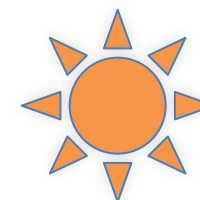
4-LESSON SESSION
July 20, 22, 27, 29

Enrollment is limited!
Minimum weight 100 pounds;
Maximum weight 225 pounds.

PAC



SUMMER



DANCE FUN

2021

Performing Arts Centre

1538 Country Club Plaza Dr.
St. Charles, MO 63303
636-946-6787

www.performingartscentre.net

Summer Registration

NAME _____
 DATE OF BIRTH _____
 ADDRESS _____
 CITY _____
 STATE/ZIP _____
 PHONE _____ AGE _____
 EMAIL _____
 MOM'S NAME _____

PLEASE ENROLL ME IN: Write Dates or Level

ADV BEG - ADVANCED

- BALLET _____ \$100
- TECHNIQUE _____ \$100
- BALLET & TECHNIQUE _____ \$150
- FLY BUNGEE 2-LESSON _____ \$25
- FLY BUNGEE _____ \$50
- PBT _____ \$65

BALLET INTENSIVE

- LEVEL 1 (AB1-2/SAB1-2) _____ \$100
- LEVEL 2 (AB3-INT 1) _____ \$100
- LEVEL 3 (INT 2-4) _____ \$130
- LEVEL 4 (INT/ADV) _____ \$150
- LEVEL 5 (ADVANCED) _____ \$150

Levels based on 2020-2021 Season at PAC

PAC ADULTS

- ADULT BALLET _____ \$70
- ADULT TAP _____ \$65
- ADULT BALLET & TAP _____ \$100
- FLY BUNGEE 2-LESSON _____ \$25
- FLY BUNGEE _____ \$50

ACRO

- Acro 2 & 3 _____ \$52
- Acro 4 - Advanced _____ \$52

Adv/Beg - Adv Dancers

BALLET

Monday/Wednesday July 7-29

- AB2 - AB4 5:00 - 5:45pm
- Int 1 - 3 7:30 - 8:25pm
- Int 4 - Adv 6:00 - 7:25pm

Enrollment limited to 26 per class

TECHNIQUE & CONDITIONING

Monday/Wednesday July 7-29

- AB2 - AB4 5:45 - 6:30pm
- Int 1 - 3 6:30 - 7:25pm
- Int 4 - Adv 7:30 - 8:30pm

Enrollment limited to 24 per class

Don't let your technique slide over the summer!

"Use it or Lose it!"



FLY BUNGEE for DANCERS

FLY BUNGEE FOR DANCERS

Tuesday/Thursday 5:45- 6:30pm

2-LESSON INTRODUCTION

July 13, 15

ADVANCED DANCERS

July 20, 22, 27, 29

Dancers must be in High School or 2021 Graduate.

Minimum weight is 100 pounds;

Maximum weight is 225 pounds.

Ballet Intensive

August 2 – 5

- Level 1 5:00 – 7:15
- Level 2 5:00 – 7:15
- Level 3 5:00 – 8:00
- Level 4 & 5 3:30 – 7:00



*This year we will learn
the story of "The Nutcracker"!*

- ◇ Virtual presentation for the parents, Thursday, August 5, 7:00-8:00pm
- ◇ **ALL LEVELS learn the story of the ballet, Mon. Aug 2, 5:00.**
- ◇ **Classes Offered:** Cecchetti Syllabus, Non-Syllabus, Pointe, Variations, Port de Bras study, Leaps & Turns, and more!
- ◇ Bring water & snacks daily!
- ◇ Enrollment is limited to 20 for Levels 1 & 2; 26 for Levels 3 - 5.

*Concentrated training for the
serious ballet student.*

