

Summer Studies Program

For 35 years Dance Centre North has trained the best of Syracuse's local talent in dance. Our most popular summer program, this is the training ground for advancement in our school-year program. This intensive curriculum is Monday through Thursdays only, including muscle-conditioning class, ballet technique, classical ballet variation, modern, jazz and performance make-up.

Pre-Pointe Workshop

Pre-pointe workshop is offered to eligible students who have been studying classical ballet, are body-ready, and at least 11 years of age. This workshop consists of a full 1-1/2 hour Classical Ballet class and an additional 45 minute Pre-Pointe workshop, consisting of beginning pointe work, understanding of how to care for their feet, pointe shoes, sewing of ribbons and elastic, and includes a booklet with helpful information regarding pointe work.



Schedule of Classes Summer 2023

Monday:

2:00-3:30 Intermediate 2nd year ballet
 3:30-4:15 Pre-Pointe Workshop
 3:00-4:30 Children's Advanced Ballet
 4:30-5:45 Intermediate 2nd year Jazz
 4:30-6:00 Inter/Adv 1 Ballet
 6:00-7:30 Inter/Adv 1 Jazz
 6:00-7:30 Inter/Adv 2 & Advanced Ballet
 7:30-9:00 IA 2 & Advanced Jazz

Tuesday:

2:30-4:00 Intermediate 2nd year Ballet
 4:00-5:15 Lyrical Dance
 4:30-6:00 Inter/Adv 1 Ballet
 5:15-6:00 Inter/Adv 2 Conditioning
 6:00-7:30 Inter/Adv 2 & Advanced Ballet

Theater Dance

Fun, fun and more fun! Learn to dance scenes from the great Broadway and movie musicals. Incorporating the three dance styles used in Theatre – ballet, jazz and tap.

Lyrical

Lyrical dance blends elements of ballet, contemporary, and jazz genres with the focus at DCN being a stepping stone to further development into Contemporary/Modern dance training.

Mommy & Me

A class designed for child and mom to experience the magic of movement and music together.

Adult Ballet

Adult Ballet classes at DCN taught in a welcoming atmosphere offer a great workout grounded in classical Ballet technique. Previous training recommended for this class.



Class Attire:

Ballet (Girls)

Solid black leotard, no multiple strap backs, pink tights and pink ballet slippers for Ballet levels Children's Beginning through Advanced.

Ballet (Boys)

White T-shirt, black tights, white or black socks, and black ballet slippers.

Modern/Jazz

Any solid color leotard and footless tights.

Hair must be worn up into a bun. Short hair must be secured away from face. No excessive jewelry, leg or thigh warmers shorts, T-shirts, skirts or sweat pants may be worn during class.



Wednesday:

2:00-3:30 Intermediate 2nd year Ballet
 3:30-4:15 Pre-Pointe Workshop
 3:00-4:30 Children's Advanced Ballet
 4:30-5:45 Theatre Dance
 4:30-6:00 Inter/Adv 1 Ballet
 6:00-7:30 Inter/Adv 1 Modern
 6:00-7:30 Inter/Adv 2 & Advanced Ballet
 7:30-9:00 Inter/Adv 2 & Advanced Modern

Thursday:

11:00-11:45 Mommy & Me
 4:00-5:30 Inter/Adv 1 Ballet
 5:30-6:15 Inter/Adv 1 & Advanced Conditioning
 5:30-7:00 Inter/Adv 2 Ballet
 6:15-7:45 Advanced Ballet
 7:00-8:30 Adult Ballet

I praise the dance, for it frees people from the heaviness of matter and binds the isolated to community. I praise the dance, which demands everything: health and a clear spirit and a buoyant soul. Dance is a transformation of space, of time, of people, who are in constant danger of becoming all brain, will, or feeling. Dancing demands a whole person, one who is firmly anchored in the center of his life, who is not obsessed by lust for people and things and the demon of isolation in his own ego. Dancing demands a freed person, one who vibrates with the balance of all his powers. I praise the dance. O man, learn to dance, or else the angels in heaven will not know what to do with you.

~Saint Augustine

SUMMER CLASS RATES:

Number of classes per week listed below
is rate for full 5 week session.

1 Class per week	\$110.00
2 Classes per week	\$200.00
3 Classes per week	\$250.00
4 Classes per week	\$285.00
5 Classes per week	\$325.00
6 Classes per week	\$355.00
7 Classes per week	\$390.00
8+ Classes per week.....	\$425.00

Single Class \$20.00

There is a \$30.00 charge for all returned checks.



2022 Dance Campers enjoying arts & crafts

YOUNG DANCERS' SUMMER CAMP BLAST: June 26th- June 30th

Enjoy a little bit of "Everything" Dance!
Experience classes in Classical Ballet,
Tap, Theatre Dance, Character Dance
Create a Dance, Dance Video's, Arts &
Crafts and so much more!

Monday- Friday: 9:00am to 3:00pm
Ages 5 through 9
\$195.00

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Find us on Facebook and Instagram
@DanceCentreNorth

*Dance is the hidden language of
the soul of the body.*

~Martha Graham



Kelsey McFalls 2009 DCN Graduate

Dance Centre North
Summer Program 2023
July 10th – August 10th