

Stretching and Strengthening Class

(MUST PRE-REGISTER BY JULY 1ST)

W H E N : Fridays, July 15th - August 19th from 8:30am - 9:30am

C O S T : Single Class: \$15.00
 4 Class Summer Package: \$50.00
 6 Class Summer Package: \$80.00

A T T I R E : Comfortable exercise clothing. Socks may be worn if there are grips on the Bottom. Please bring a water bottle and optional yoga mat.

TO REGISTER

Please email the office at thejoyofdanceschool@yahoo.com to reserve your spot in class, no drop ins are allowed at this time. Please include information below.

- 1.) Name of student
- 2.) Age
- 3.) Previous level at Joy of Dance or if new to the school, number of years in ballet
- 4.) Parent name and contact number, in case of emergency
- 5.) Weeks will be attending and program (adult ballet, stretch and strength, Lower School camp, Upper school classes) and level if applies
- 6.) Allergies or special needs
- 7.) Permission for The Joy of Dance to use photos of my dancer for use on website or Social media -- YES or NO