



CHARLOTTE DANCE ALLIANCE

704-847-7138 DANCINGCDA.COM

Summer Dance & Gymnastics Classes



CDA ALLIANCE PASS

Question on placement level for classes? Email Ms. Paula at Paula@dancingCDA.com with questions

CDA Alliance Pass offers summer fun & training with great pricing for only \$139 per student. Take unlimited classes listed as drop in (by level please & doesn't include bootcamps) during our summer class schedule. Learn to dance, enjoy challenging gymnastics / acro classes, hip hop and more.

CDA Alliance Pass Plus – includes all drop-in classes and bootcamps for summer classes \$199 (enrollment for bootcamps / clinics are completed online & your fee will be waived. You do not need to register for individual drop-in classes)

CDA Alliance Pass Plus Family – includes all the above for up to 3 family members living in the same household for only \$259. Enrollment for bootcamps/ clinics is completed online, but you do not need to register for drop-in classes.

*Students with Pass Plus that enroll in bootcamps / clinics and do not give a minimum of 72-hour notice of cancellation, will be billed the regular price for the class. Passes do not include Competition Intensives.



CDA HIP HOP CLASSES

Hip-Hop drop-in dance classes

Upbeat style of dance performed to cutting edge music. This increasingly popular style of dance continues to grow within the entertainment world with on stage performances, music videos, movies and more. These classes give dancers the opportunity to try something new with their friends in an atmosphere that's fun & full of that contagious energy found in hip hop. Loose-fitting pants, T-shirt, leggings and tennis shoes. Bring a water bottle

Enroll online today for a hip-hop drop-in class for only \$19 per drop in or included with the Alliance Pass.

Mon & Tues
July 18,19,25,26,
Aug 1,2,8,9

Ages 3-6 yrs
5-5:45 pm

Ages 6-11yrs
5:45-6:30pm

Ages 11.5 & adult
6:45-7:30pm



CDA HIP HOP BOOTCAMP

Hip Hop Bootcamp

Bootcamp will focus on technique, coordination, isolation movements followed by progressions across the floor. Students will focus on this athletic style of dance and learn power moves which help to build agility and strength. Students will also learn various styles of Hip-Hop including freestyle, krumping, locking, Street dance and popping. This is the perfect bootcamp for students interested in trying out for the competition team.

Space is limited and only \$39 for the bootcamp or included with Alliance Pass Plus plan but you must register early to save your place. What to bring: a water bottle, tennis shoes, comfortable pants, hip hop attire

July 27

Ages 5-11yrs
5-6:30 pm

Ages 11.5 & up
6:45-8:15 pm



Beginner Intermediate & Advanced

Ballet, tap, and lyrical & jazz drop-in classes

Lyrical dance is a fusion of ballet and jazz techniques incorporating dramatic motion to modern music. This class will focus on developing and strengthening a dancer's core technique. Ballet is the foundation of all dance forms and the course will explore balance, strength, alignment and presentation. Our tap class offers fast paced rhythm and intricate footwork, creating percussion instruments out of the dancer's feet. Tap steps are taught in the center and across the floor as well as tap choreography

Enroll online for a single class for \$19 or a 3-pack of classes for \$39 or included with the Alliance Pass. What to bring: a water bottle, dance shoes, dance attire.

Mon & Wed
July 18, 20, 25, 27,
Aug 1, 3, 8, 10

Intermediate level
Ballet 4:30–5 pm
Tap 5-5:30 pm
Jazz 5:30 – 6pm

Advanced & Adult
Tap 6:30-7:15pm
Ballet 7:15–8pm
Jazz 8 – 8:45pm



Gymnastics

Floor Gymnastics / Acro Drop In Classes

Action-packed class that teaches the basics of floor tumbling including forward rolls, back bends, cartwheels and fundamentals of acrobatic strengthening. Conditioning and floor gymnastics to increase athletes' control will make this class a huge success. Coaches will work on the athlete's individual level.

Enroll online for a drop-in class for only \$19 or included with the Alliance Pass. What to bring: a water bottle, tight fitting clothing, leotard, and please bring a hair tie for longer hair.

Tues & Wed
July 19, 20, 26, 27,
Aug 2, 3, 9, 10th

Ages 3-6 yrs.
5:30- 6:15pm

Ages 6-11 yrs.
6:15 pm – 7 pm

Ages 11.5 -19yrs
7-7:45 pm



SUMMER DANCE CLASS

Summer Dance Class (Bootcamp)

Offers kids' ballet, tap and jazz. Summer is a great time to try dance classes for the first time or master skills learned throughout the year! Ages 5 –9yrs

Enroll online today & we will waive your registration fee. Tuition for the 4 weeks is only \$89 or included with Alliance Pass Plus plan. What to bring: a water bottle, ballet shoes, tap shoes, dance attire. We have coupons for dance attire available.

Thursdays
July 21, 28, Aug 4,
11th

6:30-7:15pm



SUMMER FUN DANCE

Summer Fun dance / Mommy & Me (Bootcamp)

Offers our youngest dancers the joy of their first dance program for ages 1.7 -4yrs. Dancers will be taught how to move to child friendly music, flexibility, rhythmic exercise while building their self-confidence. The attire for this class is a T-shirt, shorts or a leotard with tennis shoes or ballet shoes. This class fills up fast so register early. Dancers receive a certificate of achievement. Space is limited.

This class will fill up fast – register online today and we will waive the registration fee. Tuition is only \$79 or included with Alliance Pass Plus plan for one class session. Interested in both sessions, you can bundle the 2 sessions for \$109.

Mon–Thurs
July 18, 19, 20, 21
6:00 - 6:30pm
*with parents visiting
on the last day of
class*

or

Mon – Thurs
Aug 8, 9, 10, 11th
6-6:30 pm
*with parents visiting
on the last day of
class*



Back Handspring Bootcamp

If your gymnast has already mastered a bridge kick over, then the back-handspring clinic is the place to be. This is a special clinic that is geared for the gymnast that really needs to master or achieve their back handspring or back tuck. This clinic will be filled with stations and drills along with spotting to help master that back handspring.

Class is only \$49 or included with Alliance Pass Plus. Sign up for both back handspring & aerial bootcamp for a discount rate of \$79 bundle & pack a lunch.

July 30
10:30-12:00pm



Aerial Bootcamp

We will break down the aerial so we can learn the correct technique of each part. You will also learn drills and strength exercises you can do at home to help you master this skill. Space is limited.

Class is only \$49 or included with Alliance Plan Plus. Sign up for both back handspring & aerial bootcamp for a discount of \$79 bundle & pack a lunch.

July 30
12:30-2:00 pm



Leaps and Turns Bootcamp

Join us for our "all things technique" Bootcamp this Summer. This bootcamp is intended for beginner, intermediate & advanced dancers and will be offered in two levels. Dancers should prepare to practice the proper mechanics for completing multiple pirouettes and other turns such as a la secondes

What to bring: a water bottle, dance shoes (jazz, turners or similar style shoes). Tuition is only \$49 or included with Alliance Plus plan.

July 28th

Ages
5-11 yrs.
5:00-6:30 pm

Ages
12 yrs. – adult
6:45 –8:15 pm



Ballet Summer Bootcamp

Offers a curriculum focused on classical ballet with exposure to a variety of dance disciplines. Our instructors will help prepare students for the demands of a professional career. We educate not just the dancer, but the whole person – through the art of dance. Summer is the perfect time to try something new or dive deeper into dance! Charlotte Dance Alliance provides a nurturing and structured environment that encourages individuality, creative expression and an appreciation for the art of dance.

What to bring: a water bottle, ballet shoes, appropriate ballet attire. Tuition is only \$49 or included with Alliance Plus plan

Aug 6th

Ages 5-10yrs
10-11:30 am

Ages 11 & adult
12-1:30 pm



Everything Legs & Beyond

Everything Legs & Beyond Bootcamp

The Importance of Strength Training for Dancers - What good is flexibility if you don't have the strength to properly utilize it to the fullest extent? Lifting the leg and holding it for an extended period of time, as dancers must do, requires a lot of leg strength and control. When a dancer lacks core strength, that's when we start to see various compensatory movements to maintain leg heights. For dancers, practicing and strengthening core muscles is one of the most important measures in training. Whether you're a ballet, contemporary, hip-hop, or any other style dancer, movement quality starts with a strong core. Your core includes all of the muscles in the mid-section of your body – abdominal muscles as well as your low-mid back muscles and even your hip muscles.

What to bring: a water bottle & wear comfortable dance attire. Register online for this class \$49 or included with the Alliance Plus Plan.

Aug 2nd
6-7:30 pm



Stretch & Conditioning Bootcamp

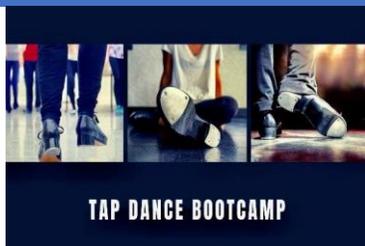
A class using everything we can possibly teach to get you as limber as can be. If you feel that your flexibility could do with some improvement. This may just be what you are looking for! In our Condition class you will learn how to strengthen key target areas as well as build up your stamina for better endurance. EVERYONE would benefit from this class, which is why all of our core classes contain a conditioning element, but for those wishing to excel.

Bring a yoga mat or blanket and optional hand weights to maximize your experience. Attire: wear whatever you feel comfortable in as long as it's relatively form fitting. Class tuition \$29 or included in the Alliance Plus Plan.

July 21
6:00 - 7:30 pm

Or

August 11
6:00 - 7:30 pm



Tap Dance Bootcamp

Our mission is to inspire and unite tap dancers and dance lovers from around the world, and together, heighten the global respect and appreciation for the rich American art form of tap dance. The tap dance bootcamp offers a unique environment for the creative and artistic process, and fosters the growth of the next generation of artists. This bootcamp will focus on strengthening students' technique, developing sound, tone, and virtuosity as well as learning challenging choreography.

What to bring: a water bottle, tap shoes, comfortable dance attire. Tuition only \$49 or included in the Alliance Plan Plus

Aug 4th

Ages 5-11 yrs.
5:00-6:30pm

Ages 12- adult
6:45 – 8:15 pm

Experience in tap is required (not a beginner class for the first-time dancer)



Belly Dance Bootcamp

Designed for complete beginners like you at Lotus Belly Dance. This class is where we give you all the building blocks you need to start belly dancing quickly. The class will focus on key moves and technique, like hip drops, shimmies undulations and snake arms. If you like the idea of a fun and lively class which challenges you to embrace your body like never before, then our class is for you. Places are limited and will sell out.

What to bring: a water bottle, dance attire, dance socks, jazz shoes or tight-fitting shoes. Register online for this class and tuition for this class is only \$19 or included in the Alliance Plus Plan (high school ages through adult).

July 28th
7-8 pm

Or

Aug 11
7-8 pm

High school
through adults