

SUMMER DANCE TEAM OPPORTUNITIES!

Below is a list of our Summer Off-Season Training opportunities. All of these classes are optional as we know that our members have vacations and family time planned over the summer months. But please remember that it is VERY important that all of our dancers stay active and DANCE during our off season! Learning new choreography, focusing on technique, and increasing strength and endurance are crucial components of a well-rounded dancer. Here is a list of classes being offered that would be beneficial and HIGHLY RECOMMENDED to all of our dancers starting NOW! Talk with your friends on the team and register for classes together!

Here is a link to all of our dance team social media pages: <https://linktr.ee/moundsviewdanceteam>

Please make sure to check out our team website at: <https://www.viewettesdanceteam.com>

There is a TON of information on our team website including Winter Competitive Season Expectations, FAQs, our schedule from last winter season – so you can see what a typical schedule looks like and our estimated costs from last season (they will be similar for this upcoming year).

The Vibe Dance Studio. Classes available NOW.

The Vibe is run by previous studio dancers and U of M Dance Team Members. This is an AMAZING studio with very experienced instructors!! Classes are drop in single session classes. Classes are going on NOW!! Located in Plymouth The Vibe offers a wide array of classes including:

- Dance Combo Class
- Strength & Stretch for Dancers
- Turns & Leaps
- Fuel Combo Class (Ages 16+)
- Ballet Technique
- Dance Team Training
- Link for more info and to register for classes: <https://thevibedanceandfitness.com/classes/>

The Movement MN. Classes available NOW.

The MovementMN offer dancers opportunities to work with nationally recognized choreographers and teachers. We offer a safe environment that fosters artistic development and a healthy relationship with dance! The Movement is owned & run by a former Larkin student and U of M Dance Team member! Classes are drop in single session classes. Classes are going on NOW! Located in White Bear.

Classes include:

- Intermediate & Advanced Turns & Leaps
- Intermediate & Advanced Ballet
- Intermediate & Advanced Jazz
- Flexibility
- Conditioning
- Advanced Improv
- Lyrical
- Technique
- Foot Flexibility
- Link for more info and to register for classes: <https://www.themovementmn.com/summer>

Studio Too. Classes starting in June.

Studio Too remains dedicated to upholding the highest standards of excellence in dance and acro training. We are committed to providing a safe, welcoming, and enriching experience for all members of our community. Located in Blaine Studio Too offers Dance team and technique classes.

Summer Classes being offered:

- Dance Team – Jumps & Turns with Aubree Leste (U of M Dance Team)
- Jazz Technique – Intermediate
- Jazz Technique – Advanced
- Turn Technique – Intermediate
- Turn Technique – Advanced Level 1
- Turn Technique – Advanced Level 2
- Link for info and to register for classes: <https://www.studiotoomn.com/summer-class-descriptions>

June 10-27. Ballet & Strength Training:

We will be having weekly ballet and strength conditioning training. Both of these classes are HIGHLY RECOMMENDED to participate in - especially for dancers who are new to our program! Details and sign-ups for these classes will be posted on our team Facebook page!

Ballet & Turn Technique.

Classes will be instructed by Coach Ingrid Sampson in MAC #4 at MVHS. 4-6pm. 6 total classes for \$60.

- Mon June 10 & Wed June 12
- Mon June 17 & Fri June 21
- Mon June 24 & Wed June 26

Strength Training & Kick Technique.

Classes will be instructed by Coach Nikki Sharpe in MAC #4 at MVHS. 4-6pm. 6 total classes for \$60.

- Tues June 11 & Thurs June 13
- Tues June 18 & Thurs June 20
- Tues June 25 & Thurs June 27



MSHSL NO CONTACT WEEK June 29 - July 5, 2024

July & August. Northern Force.

Northern Force Dance Company has classes in July and boot camp classes in August that are open to anyone! I highly recommend this local studio!! There are 1 day camps to ongoing summer classes available. Located in Blaine.

Register Here: <https://northernforcedancecompany.com/summer-classes/>

August 5-9. Larkin Intensive.

We have the exciting opportunity to take a week long intensive at Larkin Dance Studio - one of the best dance studios in the United States! You will be taking ballet, technique and working on skills with some of the best instructors in the state of MN.

DETAILS:

- Classes will be Monday 8/5 - Friday 8/9. 9am-1230pm.
- The max number of dancers allowed to sign up for this class is a total of 25. Sign up now to secure your spot!
- You are responsible for your own transportation to and from classes. Located in Maplewood.
- Total Cost for all 5 classes is \$200.00.
- Please bring payment with you to the first class. Cash or check out to Larkin Dance Studio.
- Please wear black booty shorts, a black sports bra or tight black tank, with nude dance shoes. Hair pulled into a slicked bun. No jewelry and no gum. Bring a water bottle.
- If you have an issue with your registration please contact Coach Katie: mvdanceteamcoach@gmail.com
- Here is the link to sign up: <https://forms.gle/31E2hfVMegiDUYDQ8>