



SUMMER DANCE CONDITIONING CLINIC

DATES & TIMES

Monday – Friday 9 am – 5 pm

WEEK 1 August 10th – 14th Ages 10-14

WEEK 2 August 17th – 21st Ages 15-18

A weeklong experience to maximize performance potential and prevent future dance injuries through technique classes, physical conditioning, fitness assessments, and dance wellness seminars.

SUMMER DANCE CONDITIONING CLINIC PRICING

\$424.40 / week for students

Teachers may attend lecture portion ONLY for \$21.27

Teachers may attend full-day observations for \$53.18

*tax included in all pricing options

Daily Activities Include:

- Pilates & Yoga classes
- Ballet class with a focus on building performance strength
- Additional technique classes, such as contemporary, jazz and improvisation
- Dance-specific conditioning
- Dance science seminars including nutrition, anatomy & physiology, dance injuries & injury prevention, and psychosocial factors on a dancer
- Dance fitness evaluations with a personalized conditioning program
- Making connections workshops



Meghan Dodd



Brianne Taylor



Shelley Forker

GUEST SPEAKERS:

Taryn Brandt, Sport & Performance Psychology Consultant and Mental Coach

For registration or additional information, please contact our front office at 860.679.0430 or e-mail meghan@magnaphysicaltherapy.com