

JULY CLINICS

ROCK CITY DANCE CENTER • LITTLE ROCK

JULY 8 - JULY 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
JULY 8 PIROUETTE CLINIC FOCUSING ON THE BUILDING BLOCKS OF ALIGNMENT & BALANCE FOR IMPROVED TURNS	JULY 9 ACRO CLINIC THE BASICS OF AERIALS/WALKOVERS & ADVANCED TRANSITIONS IN AND OUT	JULY 10 FLEXIBILITY CLINIC ADVANCED STRETCHING EXERCISES TO GAIN MAXIMUM FLEXIBILITY	JULY 11 SPEED TAP CLINIC BUILD STRENGTH AND TECHNIQUE WHILE FOCUSING ON SPEED
JULY 15 SPOT CLINIC PRACTICE GENERAL SPOTTING AND ADVANCED CHANGING SPOT TURNS	JULY 16 HIPHOP TRICKS CLINIC LEARN NEW HIP HOP TRICKS & FLIPS: STALLS, HEADSPRINGS, KIP UPS, PARTNER TRICKS & MORE	JULY 17 INJURY PREVENTION BUILDING STRENGTH AND AWARENESS FOR SAFE DANCE PRACTICES	JULY 18 IMPROV CLINIC EXPLORE MOVEMENT & REFINE YOUR ARTISTIC VOICE
JULY 22 TURN CLINIC FOCUSING ON LINKING & CONNECTING MULTIPLE TURNS & ADVANCED COMBINATIONS	JULY 23 TRICK LEAPS CLINIC LEARN THE BASICS AND INCREASE HEIGHT & POWER IN YOUR SWITCH LEAPS & POP LEAPS	JULY 24 EXTENSIONS CLINIC LEG HOLDS & LEG TURNS, FOCUSING ON STABILITY & FLEXIBILITY	JULY 25 TAP RHYTHM CLINIC 11 & UNDER CHOREO CLINIC 12 & OVER

1 CLINIC \$55

3 CLINIC PASS \$150

5 CLINIC PASS \$220

UNLIMITED CLINICS PASS \$265

CLINIC TIMES

11 & Under Clinics: 2:00-4:00pm

12 & Over Clinics: 4:00-6:00pm

