

Half-Day & Full-Day Dance Programs

Ages 11- 18, adults



Summer Ballet Intensive

Offered for ages 11-18 with minimum three years prior training, weeks of: July 9, July 16, July 23; choose 1, 2, or all 3 weeks; M-F, 9:30-4:30 daily, option to 5:30, \$395/wk

The Summer Ballet Intensive program is designed to improve technique, strength and flexibility while broadening perspectives and developing personal expression through a variety of dance styles. Dancers will be divided into three groups based on technical ability and experience. Included are technique classes in ballet, pointe (as appropriate), modern, and jazz. Guest instructors from around the country join MBT each week. Additional classes vary and may include variations and repertoire, choreography, tone & stretch, nutrition for dancers, and the theatre arts & drama. Students participating in the full week of programming may stay for an extra hour each day at no charge to learn choreography for a culminating performance.

Ages 11+ with 3 years prior training; Drop-in Intensive classes available for advanced dancers, please call for details. Adult ballet dancers with required experience welcome. *New this year, students 10 years old with the requisite ballet experience and faculty approval may attend any of MBT's Summer Ballet Intensive weeks. Please call to schedule a placement class, or placement will be made during the first day. Minimum age 10, with three years prior ballet experience and faculty approval required.*

Week of Ballets

Offered for MBT Level 6-9+ students, or equivalent, week of: June 18; M-F, 9:30-3:30 daily, \$325/wk

Students will learn about the history and choreography of some of the world's most famous ballets. After a ballet class with one of MBT's ballet faculty members, students will watch and learn about a ballet, and learn variations from the ballet to be performed at the end of the week. A different ballet will be studied daily. You may bring your own practice tutu if desired, but not necessary. *Faculty approval required; please call to schedule a placement class.*



Ballet Boot Camp – Stretch & Tone

Offered for MBT Level 5-9+ students, or equivalent, week of: June 25; M-F, 9:30-1:30 daily, \$250/wk

Stay in ballet shape as the summer begins. This week-long intensive includes ballet classes for MBT Level 5-9 students or Adult dancers, or equivalent levels from other schools. Classes will include ballet class, pointe work (as appropriate), Pilates, conditioning, extensive stretching, and an exercise portion that is sure to strengthen muscles and get your heart pumping! *Faculty approval required; please call to schedule a placement class.*

Ballet Boot Camp

Offered for ages 11+ week of: Aug 20; M-F, 4:00-8:00 daily (except 4:00-6:00 on Friday), \$250/wk

Offered for MBT Level 5-9+ students, or equivalent, week of: Aug 27; M-F, 9:30-2:00 daily, \$295/wk

Get back into ballet shape before the Fall Semester starts. This week-long intensive includes level-appropriate ballet classes as well as barre work, pointe work, extensive stretching, and an exercise portion that is sure to strengthen muscles and get your heart pumping! *Faculty approval required; please call to schedule a placement class.*



Pre-Pointe Workshop

Potentially offered weeks of: June 18, June 25; by invitation or audition only; M-F, 1:00-4:00 daily, \$200/wk

This workshop is for students who have been advanced to pointe by MBT faculty (or equivalent at other schools), or with other prior approval. During the workshop, dancers will learn everything they need to know about pointe shoes including sewing pointe shoes, toe care, and foot strengthening. Take your first steps en pointe with proper care and instruction and get ready for your first year en pointe!