

## **Cretin Derham Hall Dance Team Summer Workshop!**

- **June 9<sup>th</sup>- July 26<sup>th</sup> (Monday-Thursday)**
  - M/W-5:00pm-7:00pm and T/TH 4:00pm-6:00pm
  - (Drop in basis, not required to attend all days)
- **Cost- \$150.00**
- **Incoming 5<sup>th</sup>-12<sup>th</sup> graders**
- **To Register, fill out this form: <https://goo.gl/forms/Yi5ROfQCsYTSiJBH2>**
  - For dancers of all skill levels Work on technique and skills from basic to advanced in both high kick and jazz
  - Learn different style dances, combinations, turns, leaps, etc.
  - Learn and work on a summer dance routine
  - Learn how to properly condition and strength train
  - Meet and get to know former and current dance team members and coaches
  - Enjoy different opportunities throughout the summer for team bonding

Email [cdhdh@c-dh.org](mailto:cdhdh@c-dh.org) with questions

-CDHDT Coaches