



Summer Technique Strengthening Intensive

Intermediate Advanced 1,2,3,4 and Advanced Levels



WHEN: July 16-27th

Monday/ Wednesday/ Friday 10am-12:00

Friday August 10th 10am-12 - Clinic re-test day

TUITION: \$325 Register and pay at The Ballet School office **by June 1st**, space is limited! Check payable to Aimee Martel.

WHERE: The Ballet School Performing Arts 1357 N. Main St. Walnut Creek.

Please contact Dr. Aimee at (925) 334-0365 or aimeemartel8@gmail.com with any questions!

Dr. Aimee Martel, Physical Therapist

Certified Progressing Ballet Technique (PBT) Instructor

Intensive Includes:

- PBT conditioning
- Resistance bands and printed lecture material
- Strength assessments on first day and clinic re-test day to document improvement
- Comprehensive home exercise program

Lectures including:

- ❖ Common dance injuries and prevention strategies
- ❖ Anatomy and physiology relevant to the dancer
- ❖ Pre-performance/ rehearsal warm-up
- ❖ Safe Stretching and strengthening for the dancer

