2026! Let's get INTENSE!

Check out our summer intensives for ages 10 & up!

Register online **https://dancestudio-pro.com/online/onstage**

A **$25 deposit** is required to hold your space and will be deducted from the total cost of the intensive.
Deposits are non-refundable but are transferable!

Audition Prep and Challenge with Sydney Lee Mann May 27–29 6pm-8pm $75

Interested in auditioning or becoming a member of a competitive team? This 3-day course will give you the tools to fly to the top and prepare you for the audition process. Students will take technique classes, learn combinations, and have the opportunity to take place in a mock audition. Dancers will be divided in to groups based on age and ability. Students shall receive feedback to gain an understanding of their weaknesses and strengths.

Dance Team Clinic with the UNC Carolina Girls Team June 13 11am-1:30pm $50

Come out and learn from some of the top collegiate dancers in the world. Explore pom, jazz, and hip hop. A wrap session includes a Q&A and a showcase.

Ballroom Intensive with Laura Stainback June 24 5:30-8:30pm $50

Has *Dancing With the Stars* inspired you? This Ballroom Intensive introduces dancers to the fundamentals of ballroom dance with an emphasis on technique, posture, partnering, and performance. Dancers will study a variety of ballroom styles while building coordination, confidence, and artistry. This intensive is ideal for dancers looking to expand their training and experience the elegance and excitement of ballroom dance.

Tricks, Turns, Technique & Transitions with Tori Kazimierczyk July 6-8 1-4pm $75

Combining all our favorites: acro, turns, technique and making it flow seamlessly. Learn new "tricks" and work on incorporating them into your dance while enhancing your movement quality.

Ballet Intensive with Julianna Luchau July 13-15 1pm-4pm $75

How many times have you heard "keep working on your ballet technique?" Ballet builds a foundation for all other dance genres. Not only does it aid and enhance performance ability in other dance forms, it also provides strength and control for gymnastics, skating, and all other sports. If you want a boost to your competition scores, come spend some time improving your technique!

Strength & Flexibility with Emily Springer- July 20-22 1-4pm $75

Is your goal to have all three splits, a gorgeous tilt, or to simply touch your toes? Are you flexible, but lack alignment and control? If you answered yes to any of these questions, then this is the intensive for you! Students will learn exercises to enhance flexibility, build strength, and gain endurance. Different techniques will be used to develop awareness of placement and students will learn how to work on these new skills at home while strengthening areas of concern.

Contemporary Intensive with Cassidy Fields July 27-29 1-4pm $75

Bringing the West Coast style and training back home! Learn new styles, be challenged and inspired to grow as a dancer and a story teller through movement. Artistry, passion and technique will be the focus as we explore the fusion of dance styles that make up contemporary.

On Stage + David Mann Foundation Convention August 15-16 $225

An intensive with a purpose! We will be bringing in some of the top choreographers and talent available for a fun and educational workshop. All proceeds will support the David Mann Foundation.

Registration may be completed online at https://dancestudio-pro.com/online/onstage

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