

## Sole Expressions Summer Class Schedule

Please send in paperwork, payment, and waivers ahead of time to:

**Sole Expressions Dance Studio**

**1201 N Main St, Suite 8**

**Viroqua, WI 54665**

Please make checks out to **Sole Expressions Dance Studio**

We need to know if we have enough students registered to hold the class.

If any class is not meeting a minimum requirement, it will be dropped and all money will be refunded.

Tuition will have a late fee of \$5 (per class) for drop in's that are not prepaid.

Thank you!

Teacher Name	Class	Age Group	Dates	Time	Class cost	Description
Kris Bergdahl	Fun in the Sun Summer Sampler	Ages 3-5	June 9th June 16th June 23rd June 30th	5:00-6:00	\$10 per class	Movement, songs, stories and fun! We will explore creative movement and dance in a variety of styles. Bring a variety of dance shoes if you have them, but shoes are not required.
Kris Bergdahl	Fun in the Sun Summer Sampler	Ages 6-10	June 9th June 16th June 23rd June 30th	4:00-5:00	\$10 per class	Movement in a variety of styles, with fun choreography! We will dance to Kpop demon hunters (jazz), Disney (ballet) and some toe tapping rhythms (tap). Bring a variety of dance shoes if you have them, but shoes are not required.
Kris Bergdahl	Pre/Intro	Ages 3-6	August 18th 25th	5:00-6:00	\$10 per class	Trying dance for the first time or getting back into the swing of things, this class will be a fun way to enjoy movement and dance in a variety of styles! Bring a variety of dance shoes if you have them, but shoes are not required.

Hannah Pedretti	Advanced contemporary choreography	Age 14-18	July 26th	4:00-5:00 pm	\$25 ( <i>bundle with hip hop for \$40</i> )	A concentrated and advanced training class focused on contemporary styles, choreography, and competition level movement quality.
Hannah Pedretti	Advanced hip hop choreography	Age 14-18	July 26th	5:00-6:00 pm	\$25 ( <i>bundle with contemp for \$40</i> )	A concentrated and advanced training class focused on classic hip hop, high energy choreography, with a goal to gain confidence and experience in competition level stage presence.
Ashley Williams	Pre-pointe	Ages 11+ (working toward pointe shoes)	June 8th June 15th June 22nd July 6th July 13th July 20th July 27th August 3rd	1:00-2:00 pm	\$10/class (\$80 for all classes)	A focus on learning how to build the strength and alignment necessary for pointe work. Dancers will also learn about pointe shoes and understand why we work to strengthen certain muscles.
Ashley Williams	8-Week Ballet Intensive I	Ages 11-13	June 8th June 15th June 22nd July 6th July 13th July 20th July 27th August 3rd	2:00-3:30 pm	\$15/class (\$120 for all classes *recommended)	A middle school-level pace. Focus on breaking down technique/form, maintaining strength, expanding classical ballet vocabulary, as well as gaining musicality. Classes will begin with barre exercises, then a quick stretch before center (adagio, pirouettes, petit/grande/allegro). Ballet clothes (tights, leotard, shorts/skirt/leggings) recommended. Ballet shoes required.
Ashley Williams	Pointe	mg Ages (have already earned pointe shoes)	June 8th June 15th June 22nd July 6th July 13th July 20th July 27th August 3rd	3:30pm-4:30pm	\$10/class (\$80 for all classes)	Expand terminology of pointe work, build strength, improve alignment, and learn about variations. All levels of pointe experience are welcome.

Ashley Williams	8-Week Ballet Intensive II	14-18	June 8th June 15th June 22nd July 6th July 13th July 20th July 27th August 3rd	4:30-6:00 pm	\$15/class (\$120 for all classes *recommended)	A high school-level pace. Focus on improving technique/form, maintaining strength, expanding vocabulary for classical ballet, and using musicality. Classes will begin with barre exercises, then a quick stretch before center (adagio, pirouettes, petit/grande/allegro). Ballet clothes (tights, leotard, shorts/skirt/leggings) recommended. Ballet shoes required.
Martie Bergdahl	Jazz Choreography	8-11	July 14th	12:00-1:00	\$20	Learn a piece of jazz choreography, and gain strength as a dancer. Work on stretching and drills across the floor before diving into a fun dance experience. Great for current dancers, and beginners. Jazz shoes are not necessary, but wear them if you have them.
Martie Bergdahl	Hip Hop Choreography	8-11	July 21st	12:00-1:00	\$20	Work on confidence and expression on the dance floor. Learn about the style of hip hop. Begin with working on hip hop technique, and learn a piece of choreography. Clean tennis shoes required.
Martie Bergdahl	Jazz Choreography	12-14	July 14th	1:00-3:00	\$30	A fun and lively dance class that will strengthen the dancers skills, and allow them to perform a fun dance. Roughly the first hour will be designated to stretching, strengthening, and improving technique. The following time will be to learn choreography. All skill levels welcome, that includes current dancers and beginners! Jazz shoes are recommended, but not required for any new dancers.

Martie Bergdahl	Hip Hop Choreography	12-14	July 21st	1:00-3:00	\$30	High energy, exciting dance class. Dancers will learn how to control their movements, and gain an improved understanding of musicality. Class begins with a warmup, followed by exercises to practice isolation and other hip hop aspects. The majority of class will be spent learning a fun piece of choreography! Current dancers and beginners are welcome! Clean tennis shoes are required.
Martie Bergdahl	Lyrical Choreography	12-14	July 23rd	1:00-3:00	\$30	Learn about musicality and emotional expression through a lyrical choreography piece. Class begins with stretching and technique training. The majority of class will be spent learning a lyrical style dance where we will bring focus to expression through our movements. All skill levels are welcome. Ballet shoes are recommended, but not required.
Martie Bergdahl	Turning and Technique	10-14	July 27th	1:00-3:00	\$30	Strengthen muscles specifically for dancing. Exercises will be clearly instructed to ensure dancers are engaging their muscles usefully while maintaining proper alignment. Preventing strain on their bodies will be taught through accurate engagement. Practice technique at the bar, and in center. Use these lessons to learn how to do an array of turns.

Grace Bailey	Lyrical Choreography	14 -18+ or 12 and up if enrolled in lyrical/co ntempor ary classes	July 19	11:00 -12:15	\$10	Explore musicality and emotion through expressive movement. This class blends technique, flexibility, and artistry as dancers learn to connect feeling with motion. Students will refine foundational skills while incorporating more turns, extensions, and transitions. Through choreography, dancers will discover how to interpret music deeply and convey emotion and control. Graduated dancers are welcome and tuners or jazz shoes are preferred!
Grace Bailey	Jazz Chorography	13 -18+	July 19	12:30-1:45	\$10	Bring the attitude and precision! This upbeat class focuses on sharp technique, dynamic movement, and confident performance. Dancers will be challenged through intricate footwork, and expressive choreography that highlights personality and flair. This encourages strength, control, and bold musical interpretation. Graduated dancers are welcome and jazz shoes are preferred!

Student Name/s: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Student/s Age: \_\_\_\_\_

Best number to contact during camp/class: \_\_\_\_\_

Classes registering for:

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Notes: Allergies, medical conditions, etc

WAIVER AND RELEASE OF LIABILITY

I, \_\_\_\_\_ [print your name] have chosen to

have my child(ren) \_\_\_\_\_ [print child's name],

\_\_\_\_\_ [print child's name],

\_\_\_\_\_ [print child's name],

\_\_\_\_\_ [print child's name],

participate in dance instruction given by Sole Expressions Dance Studio Cooperative and agree as follows: I am aware of the risks inherent in dancing. Injuries might result from direct trauma, or overuse, of feet, ankles, lower legs, low back, hip, and neck. Injuries might include stress fractures, tendon injuries, meniscus tear of the knee, sprains and strains. Additionally, slips and falls on a hard floor may cause injuries to the face including broken teeth. I am aware of the risk that these and other injuries might be caused by the negligence of teachers and staff members of Sole Expressions Dance Studio Cooperative.

I acknowledge and am aware of the contagious nature of COVID-19 and voluntarily assume the risk that we may be exposed to or infected by COVID-19 by participation. This exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while at Sole Expressions Dance Studio Cooperative may result from the actions, omissions, or negligence of ourselves and others, including, but not limited to Sole Expression Dance Studio Cooperative employees, volunteers, and program participants and their families.

I, on behalf of myself and my child(ren), hereby release, waive and discharge Sole Expressions Dance Studio Cooperative, its teachers and staff members, from liability for negligence causing personal injury, death, or property damage to my child while participating in dance instruction including events held outside the studio. I have considered that without this waiver of liability, the cost for my child's/children's use of the facility and participation in the dance class would be considerably higher and as I do not wish to pay a considerably higher cost, I waive the right to bargain for different waiver of liability terms. I freely choose to sign this release and pay the fee to enroll my child(ren) in the dance class.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Agreement to Follow Policies Form

I/We agree to read and follow the facility policies including prompt payment and understand the curriculum of Sole Expressions Dance Studio Cooperative. I/We take full responsibility for my/our behavior in addition to any damage I/we may cause to the facilities utilized by Sole Expressions Dance Studio Cooperative. The policies can be found on our site at [www.soleexpressions.org](http://www.soleexpressions.org) on the studio policies tab. A hard copy can also be obtained at the studio. My signature is proof of my intention to execute a complete and unconditional agreement as to all terms and conditions contained above. I am of lawful age and competent to sign this affirmation. I HAVE FULLY INFORMED MYSELF AS TO THE CONTENTS OF THIS RELEASE AND HAVE READ THE SAME PRIOR TO SIGNING. Signature of Parent or

Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Dancer's Name: \_\_\_\_\_

#### Photo and Video Release Form

I authorize and agree that Sole Expressions Dance Studio Cooperative, Hazel Media, LLC, Kristina Olson Photography, and Artistic Video Productions may take and use photographs or videos of myself or my child as needed for its record keeping, advertising, social media and/or public relations projects and that I have no rights to the same and will not be compensated for the same. My signature is proof of my intention to execute a complete and unconditional waiver and release of all liability pursuant to the terms herein, and agreement as to all terms and conditions contained above. I am of lawful age and competent to sign this affirmation. I HAVE FULLY INFORMED MYSELF AS TO THE CONTENTS OF THIS RELEASE AND HAVE READ THE SAME PRIOR TO SIGNING.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Dancer's Name: \_\_\_\_\_