



WEEK 1

Monday July 6th-

***4:15-5:00pm Kids Creative Movement and Acro (Animal Theme)**

Calling all little animal lovers! Join us for a fun-filled class where dancers will explore movement, music, imagination, and beginner acro skills through our exciting Animal Adventure theme. Children are encouraged to dress as their favorite animal as we jump, crawl, stretch, balance, and tumble our way through class while building coordination, confidence, and creativity.

Designed for dancers approximately ages 2-7, this class is the perfect combination of imaginative play, dance, and age-appropriate acro fun!

***5:00-6:00pm Hip Hop & Breakdancing Beginning/Intermediate Level**

Get ready to move, groove, and have a blast! This high-energy class is designed for dancers who are new to hip hop or looking to strengthen and refresh their skills. Dancers will learn and review hip hop fundamentals including waving, popping, break dancing, tricks, freestyle, choreography combinations, and more while building confidence, coordination, musicality, and style.

Designed for dancers approximately ages 5-13, this class is perfect for beginners, newer hip hop dancers, or anyone wanting to sharpen their technique while having fun in an encouraging and energetic environment!

***6:00-7:00pm Technique Jumps & Leaps Beginning Level**

Take your technique to new heights! This class is designed to help dancers build strength, flexibility, and proper technique while focusing on a variety of jumps and leaps used in all styles of dance. Dancers will learn and review skills such as toe touches, split jumps, C jumps, right and left leaps, side leaps, and more through drills, progressions, and across-the-floor exercises.

Recommended for dancers approximately ages 6 and up, placement is based more on ability level than age. This class is perfect for dancers learning these skills for the first time, building a strong technical foundation, or looking to improve and perfect their technique.

***7:00-8:00pm Cheer/Pom Class & Techniques Intermediate/Advanced Level**

Take your cheer and pom skills to the next level! This high-energy class is designed for dancers with a strong cheer foundation who are ready to refine their technique, build strength, and improve performance quality. Dancers will focus on proper arm angles, jumps, kicks, pom combinations, stunting, and more while developing precision, power, confidence, and teamwork.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is ideal for experienced cheer and pom dancers looking to sharpen their skills, increase versatility, and continue growing in a fun, challenging, and encouraging environment.

***8:00-9:00pm Style Spotlight: Hip Hop Intermediate/Advanced Level**

Calling all Hip Hop Dancers! Get ready to experience the energy, creativity, and style of hip hop! Designed for dancers with a strong hip hop foundation, this class is all about challenging yourself, expressing your individuality, and having fun while dancing. Dancers will learn exciting hip hop choreography while continuing to develop technique, musicality, tricks, freestyle, and performance quality.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for experienced hip hop dancers looking to grow their skills, build confidence, and enjoy an upbeat, high-energy class with fresh choreography and plenty of opportunities to shine!

***9:00-10:00pm Style Spotlight: Contemporary Intermediate/Advanced Level**

Calling all Contemporary Dancers! Come and explore the artistry, emotion, and versatility of contemporary dance! Designed for dancers with a strong contemporary foundation, this class encourages creativity, expression, and musicality while continuing to challenge and inspire. Dancers will learn engaging contemporary choreography while developing technique, improvisation, movement quality, and performance skills.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for experienced contemporary dancers looking to strengthen their artistry, expand their movement vocabulary, and enjoy an inspiring class filled with expressive choreography and creative exploration.

Tuesday July 7th-

***4:15-5:00pm Intro to Lyrical**

Discover the beauty and joy of lyrical dance! This class is the perfect introduction for young dancers who are new to the lyrical style and want to explore movement through music, imagination, and emotion. Dancers will enjoy a fun warm-up, learn beginning lyrical technique, practice expressive movement, and dance exciting choreography combinations while building confidence, coordination, and creativity.

Designed for dancers approximately ages 3–7, this class is a wonderful way to introduce the graceful and expressive style of lyrical dance in a fun, encouraging, and age-appropriate environment.

***5:00-6:00pm Style Spotlight: Jazz Beginning/Intermediate Level**

Calling all Jazz Dancers! Get ready to experience the energy, style, and excitement of jazz dance! Designed for dancers who are beginning or continuing their jazz journey, this class is all about building confidence, developing technique, and having fun while dancing. Dancers will learn upbeat jazz choreography while continuing to improve jazz technique, flexibility, turns, leaps, performance quality, and musicality.

Recommended for dancers approximately ages 5 to 13, placement is based more on ability level than age. This class is perfect for dancers looking to strengthen their jazz foundation, grow their skills, and enjoy an energetic class filled with fun choreography and dynamic movement.

***6:00-7:00pm Flexibility & Control Class (Banana Splits Club!)**

Stretch, strengthen, and level up your dancing in this fun and highly beneficial flexibility class! Designed to help dancers improve overall flexibility, control, and body awareness, this class supports stronger technique in every style of dance. Dancers will safely work through stretching and strengthening exercises focused on splits, extensions, balance, and mobility in a fun and encouraging environment.

Also known as the Banana Splits Club, dancers will be celebrated if they achieve their splits by the end of the month—with a special banana split celebration to reward their hard work and progress! Recommended for dancers approximately ages 5 and up, this class is highly encouraged for any dancer looking to improve their technique, prevent injury, and grow as a stronger, more flexible dancer in all styles.

***7:00-8:00pm Technique Jumps & Leaps Intermediate Level**

Take your technique higher, stronger, and more dynamic! This intermediate-level class is designed to help dancers refine strength, control, and execution while focusing on a variety of jumps and leaps used across all styles of dance. Dancers will work on intermediate skills such as calypsos, stag jumps, firebirds, turning C jumps, switch leaps, and more through targeted drills, progressions, and across-the-floor combinations.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for dancers looking to strengthen their technique foundation, improve execution of intermediate skills, and elevate their performance quality in every style of dance.

***8:00-9:00pm Yoga Fitness**

Stretch, strengthen, and find your calm in this fun and relaxing Yoga Fitness class! Designed to improve flexibility, strength, balance, and body awareness, this class supports dancers in building the physical and mental focus needed for all styles of dance. Through guided movement, breathing, and age-appropriate yoga-inspired exercises, dancers will develop better control, mobility, and overall wellness in a positive and encouraging environment.

This class is open to all levels and is generally recommended for dancers ages 6 and up. Parents are highly encouraged to join in and participate alongside their dancer for a fun opportunity to move, stretch, and connect together!

***9:00-10:00pm Style Spotlight: Lyrical/Contemporary Intermediate/Advanced Level**

Calling all Lyrical/Contemporary Dancers! Get ready to experience the emotional depth, artistry, and expressive beauty of lyrical dance! Designed for dancers with a strong lyrical foundation, this class challenges dancers to refine their technique while deepening their artistry, musicality, and performance quality. Dancers will learn powerful lyrical choreography while continuing to develop control, flexibility, turns, leaps, and expressive movement.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for experienced lyrical dancers looking to push their artistry, strengthen their technique, and grow through meaningful, expressive choreography in an inspiring environment.

Wednesday July 8th-

***4:00-5:00pm Acro Level I Beginning/Intermediate**

Build strength, flexibility, and confidence in this foundational Acro class! Designed for dancers who are beginning or continuing their acro journey, this class focuses on safe progressions and proper technique while developing essential acro skills used in dance. Dancers will work on skills such as handstands, cartwheels, kick overs, walkovers, headstands, elbow stands, chin stands, and beginning handspring progressions, along with drills to improve strength, balance, and control.

Recommended for dancers approximately ages 5 and up, placement is based more on ability level than age. This class is perfect for dancers learning new acro skills or refining their basics while building a strong and safe technical foundation.

***5:00-6:00pm Acro Level II Intermediate/Advanced**

Push your strength, control, and technique to the next level in this intermediate-advanced Acro class! Designed for dancers who have a solid acro foundation, this class focuses on building power, flexibility, and precision while working toward more advanced skills and combinations. Dancers will train on skills such as front and back handsprings, tucks, tinsicas, side aerials, front aerials, valdez, and other progressions and variations of these skills through structured drills and safe progressions.

Recommended for dancers approximately ages 8 and up, placement is based more on ability level than age. This class is ideal for experienced acro dancers looking to refine technique, increase strength, and continue safely progressing into higher-level acro skills.

***6:00-7:00pm Drill Team & Technique Beginning/Intermediate Level**

Build a strong foundation in drill team technique in this fun and high-energy class! Designed for dancers who are new or continuing to develop their drill skills, this class focuses on improving coordination, strength, flexibility, and performance quality while learning the fundamentals of drill team movement. Dancers will work on basic drill downs, kicks, kicklines, arm angles, simple choreography combinations, and introductory extensions.

Recommended for dancers approximately ages 6-13, placement is based more on ability level than age. This class is perfect for dancers who are new to drill team or looking to strengthen their basic technique in a supportive and encouraging environment.

***7:00-8:00pm Technique Jumps & Leaps Advanced Level**

Take your jumps and leaps to the highest level of strength, control, and performance quality! This advanced technique class is designed for experienced dancers who are highly comfortable with foundational skills and ready to focus on advanced progressions, precision, and dynamic execution. Dancers will work on explosive and technical skills such as calypsos, firebirds, stag jumps, switch leaps, switch side leaps, switch tilts, 540s, ninjas, and more through challenging drills, progressions, and across-the-floor combinations.

Recommended for dancers approximately ages 10 and up, placement is based more on ability level than age. This class is ideal for advanced dancers looking to refine technique, increase power and flexibility, and elevate their overall performance quality.

***8:00-9:00pm Zumba Fitness**

Get ready to move, groove, and have a blast in this fun and high-energy Zumba Fitness class! This class combines upbeat music, easy-to-follow choreography, and nonstop energy to create a workout that feels like a dance party. Dancers (and parents!) will improve coordination, endurance, rhythm, and overall fitness while having an amazing time moving together.

This class is open to all levels and all ages, but is generally recommended for ages 6 and up. No dance experience necessary! Parents are highly encouraged to join in and participate alongside their dancer for a fun, energetic, and memorable fitness experience!

Thursday July 9th-

***1:45-2:30pm Intro to Acro**

Discover the fun and excitement of acro! This class is the perfect introduction for young dancers who are new to acro and want to build strength, flexibility, coordination, and confidence in a safe and encouraging environment. Dancers will enjoy a fun warm-up, learn beginning acro skills, practice basic balance and flexibility exercises, and explore age-appropriate tricks while developing body awareness and control. Designed for dancers approximately ages 2-7, this class is a wonderful way to introduce the exciting world of acro through fun, engaging activities and beginner-friendly skill progressions.

***4:15-5:15pm Stretch, Endurance, Flexibility Class**

Don't Miss This! Build the foundation every strong dancer needs in this full-body training class! Designed to improve strength, stamina, flexibility, and overall control, this class helps dancers level up in every style of dance. Through targeted conditioning, stretching, and endurance-based exercises, dancers will develop better technique, improved performance quality, and increased confidence in their movement.

This class is recommended for dancers approximately ages 7 and up and is beneficial for all levels and all dance styles. It is perfect for any dancer looking to improve their overall technique, prevent injury, and become a stronger, more well-rounded performer.

**Justin Thursday Workshops...
see below!**

Dance Image Academy
WELCOME SUMMER

PRICING

45 MINUTE CLASS: \$10 EACH
1 HOUR CLASS: \$15 EACH

SUMMER PASSES
(FOR 1 HOUR CLASSES ONLY, MAKES EACH CLASS ONLY \$13 EACH!)

- 5 CLASSES — \$65
- 10 CLASSES — \$130
- 15 CLASSES — \$182 (1 FREE CLASS!)
- 20 CLASSES — \$240 (1½ FREE CLASSES!)

PASSES CAN BE SHARED BETWEEN DANCERS, SIBLINGS & PARENTS!

SIGN UP AT: WWW.DANCEIMAGEACADEMY.COM
CREATE A PROFILE, THEN CLICK REGISTER FOR SUMMER 2020!
YOU CAN BE BILLED THROUGH THE PORTAL OR VENMO: @COACHDODDIA (DANNIELLE MANUS)

***5:30-7:00pm Workshop with Justin Beg/Int Level - Justin**

***7:00-8:30pm Workshop with Justin Int/Adv Level - Justin**

An exciting dance opportunity is coming to DIA!!! We are so excited to bring Justin to DIA to put on Technique Master Classes, building power of progression and intensity behind movement. Justin has been one of our solo judges for many years at America Onstage Lagoon Nationals and someone who has helped determine the All American & MVP titles. This workshop is highly recommended for our dancers, ESPECIALLY if you compete solos, duets, trios!!!

Prices will be: (SEPARATE FROM PUNCH PASS)

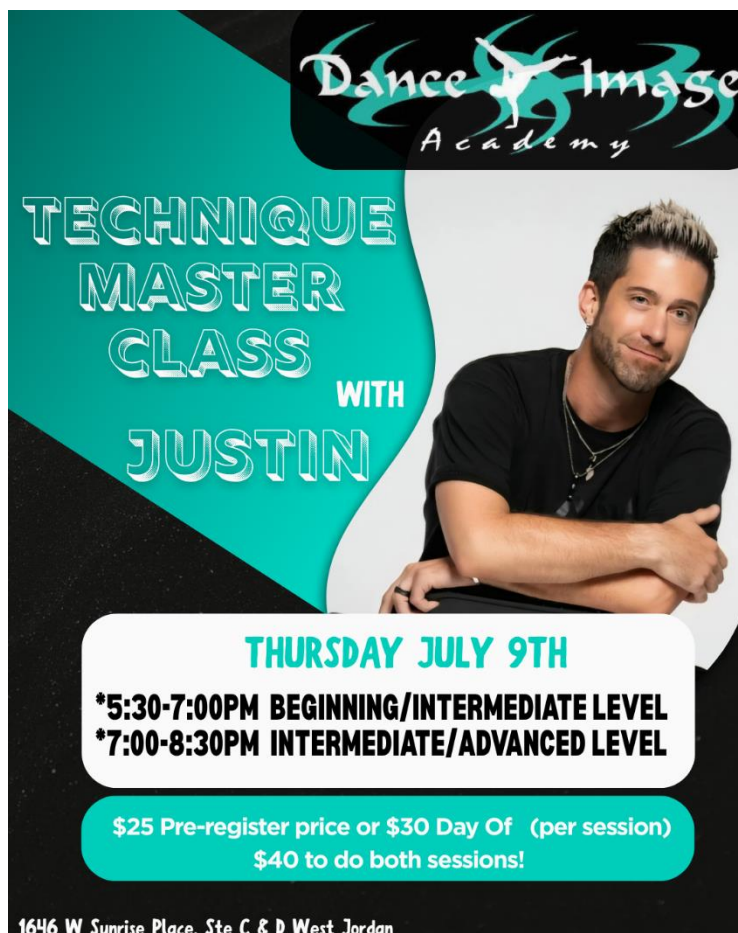
\$25 Pre-Registration Rate (per session) or \$30 if paid Day Of

OR \$40 if you want to take both sessions!

Classes will fill up fast!!!

A little bit about Justin:

Justin D. Sorenson has danced since the age of six, 38 years. He has been instructing and choreographing 20 of those years with multiple studios throughout the Wasatch front. His professional accomplishments include; three-year contract with Legends in Concert on the Las Vegas Strip, a one-year contract with Busch Gardens in Williamsburg, VA, four contracts performing in a Michael Jackson tribute show in New Hampshire and Boston, a Western U.S. tour with Dracula 2000, and has appeared on MTV and an episode of the UK's The One and Only with Graham Norton. He also completed full-scholarship with Odyssey 2 as well as many performances with Odyssey Dance Theatre. The styles he teaches are Jazz, Jazz Funk, Technique, Lyrical, and Contemporary. Justin's emphasis is on positivity, power, and meaning behind all movement, and to push dancers to dance at the top of their level, never sacrificing purpose, technique and/or passion.



Dance Image Academy

TECHNIQUE MASTER CLASS WITH JUSTIN

THURSDAY JULY 9TH

***5:30-7:00PM BEGINNING/INTERMEDIATE LEVEL**
***7:00-8:30PM INTERMEDIATE/ADVANCED LEVEL**

\$25 Pre-register price or \$30 Day Of (per session)
\$40 to do both sessions!

1646 W Sunrise Place, Ste C & D West Jordan