

## Class Descriptions

### **2-Week Summer Intensive**

#### **Ballet Technique + Turns, Leaps & Tricks**

Take your dancing to the next level in this high-energy 2-week intensive! Dancers will refine classical ballet technique, focusing on posture, alignment, placement, advanced pirouettes, leaps, and variations, while also building strength, flexibility, and control. The intensive also includes dynamic jazz-based turns, leaps, and acro-inspired tricks, giving dancers the opportunity to challenge themselves, expand their skills, and develop stage presence. Stretch, strengthen, condition, and perform in a fun, supportive environment – the perfect way to grow as a dancer this summer!

#### **Tumbling**

Flip and fly in this high-energy tumbling intensive! Dancers will focus on the 5 key elements of Acrobatic Arts: strength, flexibility, balance, limbering, and tumbling. Each class is designed to build control, confidence, and body awareness while learning new skills and refining existing ones. With a mix of conditioning, progressions, and exciting tumbling combinations, dancers will leave stronger, more confident, and ready to shine on the floor!

#### **Stretch, Strengthen, Condition & Improv**

Increase flexibility, build strength, and explore movement in this all-in-one class! Using props like stretch bands and yoga blocks, dancers will improve core strength, endurance, and body awareness. The class also focuses on movement quality, levels, textures, and musicality, giving dancers the tools to express themselves through improvisation and creative exploration. Fun, challenging, and perfect for developing both technique and artistry!

#### **Hip Hop & Lyrical**

Build versatility, strength, and style in this dynamic combined class! Hip Hop focuses on hard-hitting stops, sharp isolations, fluid transitions, and diverse styles including popping, locking, tutting, house, footwork, breakdancing, and more. Lyrical blends the artistry of ballet and jazz to develop fluidity, expression, and musicality. Dancers will strengthen technique, expand their range, and perform with confidence and creativity!

#### **Ballet**

Strengthen your foundation and refine your technique in this classical ballet session! Focus on posture, placement, and alignment, improve barre and center work, and develop skills in classical variations, partnering, and more. Dancers will build strength, precision, and artistry while enhancing confidence and stage presence.

## Summer Class Attire

### **2-Week Summer Intensive – Ballet:** Dancers should

wear a solid color leotard, pink tights, and ballet shoes. Hair must be all the way up and secured in a bun, French twist, French braid, or similar style – no ponytails.

### **2-Week Summer Intensive – Turns, Leaps & Tricks:**

Dancers may wear any dance outfit, including two pieces; tights are not required. Hair must be all the way up and secured, and jazz shoes are required.

**Tumbling / Open Gym:** Dancers should wear form-fitting clothing only, with hair secured so it does not interfere with tricks or rolls. No tights, t-shirts, or jewelry. Tumblers will participate barefoot.

**Stretch, Strengthen, Condition & Improv:** Dancers may wear any outfit, including two pieces; tights are not required. Hair must be all the way up and secured, and jazz shoes are required.

**Hip Hop/Lyrical:** Dancers may wear any outfit, including two pieces, with hair secured. Jazz shoes are required for lyrical, and hip hop shoes, clean tennis shoes, or combat boots should be worn for hip hop.

**Ballet:** Dancers should wear a leotard and pink tights with ballet shoes. Hair must be all the way up and secured in a bun, French twist, French braid, or similar style – no ponytails.

**Dance Camps:** Dancers may wear a leotard and tights or form-fitting athletic attire. Ballet and tap shoes are highly recommended, and jazz shoes are optional for younger dancers. Hair should be secured up and out of the face.

Thank you for considering CESOD. Contact us via phone or email with any questions regarding summer dance, registration, private lessons, and/or studio rentals.

**Charlee T. Campbell-Slaughter**  
Director/Owner

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**CREATING ELITE AND  
VERSATILE DANCERS  
SINCE 2004**

**SUMMER  
2026**

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## 2-WEEK SUMMER INTENSIVE

### **Week One | June 1-5** **(Required for Elite Edge Members)**

Ages 9-12

Ballet Technique • 8:30-10:00 AM  
Turns, Leaps, & Tricks • 10:00 AM-11:30 AM

Ages 13+

Ballet Technique • 8:30-10:00 AM  
Turns, Leaps, & Tricks • 10:00 AM-11:30 AM  
\$250

### **Week Two | June 8-10** **(Required for Elite Edge Members)**

Ages 9-12

Ballet Technique • 11:30 AM-1:00 PM  
Turns, Leaps, & Tricks • 1:00-2:30 PM

Ages 13+

Ballet Technique • 8:30-10:00 AM  
Turns, Leaps, & Tricks • 10:00 AM-11:30 AM  
\$150

## TUMBLING CLASSES

**June 22-25**

Tiny Tots • 5:30-6:00 PM • \$75  
Primary • 6:00-7:00 PM • \$95  
Intermediate • 7:00-8:00 PM • \$95  
Advanced • 8:00-9:00 PM • \$95

## OPEN GYM (TUMBLING) **June 28, July 12, August 9**

Ages 9+ • 5:30-7:00 PM  
\$15 Cash at the Door

## CONVENTION-STYLE CLASSES

### **Stretch, Strengthen, Condition, & Improv** **July 13-15**

Ages 9-12 • 5:00-6:30 PM • \$100  
Ages 13+ • 6:30-8:00 PM • \$100

### **Lyrical & Hip Hop** **July 16-18**

Ages 9-12 • 5:00-6:30 PM • \$100  
Ages 13+ • 6:30-8:00 PM • \$100

### BALLET CLASSES **August 3-6**

Ages 9+ • 5:30-7:00 PM • \$125

## PRIVATE LESSONS

Looking to level up this summer? Our Dance Masters of America and Acrobatic Arts certified instructors offer private lessons in technique, tumbling, choreography, cleaning, and more. Book through our Parent Portal to take your skills to the next level: [app.gostudiopro.com/online/cesod](http://app.gostudiopro.com/online/cesod)

## ELITE EDGE CHOREOGRAPHY WEEK **July 20-25**

SUMMER REGISTRATION OPENS  
FEBRUARY 13TH AT 12:00 PM CST.

Registration Fee: \$40 per family

## DANCE CAMPS

Join us for a fun-filled week of dance, tumbling/props, activities/crafts, snacks, French terminology, games, and more! All dancers should bring a water bottle to camp.



### Dance Paw-ty

**June 29-July 2**

Ages 3-6 • 9 AM – 12 PM • \$175



### Lights, Camera, Action

**June 22-25**

Ages 7-9 • 9 AM – 12 PM • \$200



### Viral Vibes

**June 15-18**

Ages 9+ • 9 AM – 2 PM • \$245



### Iowa State Fair Camp

Perform your camp routines with CESOD at the Iowa State Fair!  
Practice: August 15-16 • 9 AM-3 PM  
Performance: August 17 • 9 AM  
Price: \$125