
Summer Technique Strengthening Intensive

with

**Dr. Aimee Martel, Physical Therapist
Certified Progressing Ballet Technique (PBT) Instructor**

Who: Intermediate Advanced 1,2,3,4 and Advanced or equivalent (please call to discuss)

Where: The Ballet School Performing Arts *NEW LOCATION* at 1131 Locust St.

When: Monday, Wednesday, and Friday from 10:00-12:00 July 15th through 26th with clinic re-test day Sunday August 18th 10-11am

Tuition: \$350 check payable to Aimee Martel **by JUNE 17th**, space is limited!

Please contact Dr. Aimee directly with any questions at **(925)334-0365**



Intensive Includes:

- PBT conditioning
- Technique/strength assessment on the first day and clinic re-test day to demonstrate progress
- Comprehensive dance specific home exercise program
- Printed lecture materials and resistance bands

Lectures Including:

- ❖ Common dance injuries and prevention strategies
- ❖ Anatomy and physiology relevant to the dancer
- ❖ Proper warm-up
- ❖ Safe stretching and strengthening practices for dancers