



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Make Moves With Us This Summer



## ABOUT THE SOUTH ORLANDO Y DANCE PROGRAM

The South Orlando YMCA has been extremely fortunate to implement programs that are relevant to the needs of the community.

Membership Coordinator, Jessica Frometa, has used her performing arts background and experience of 10 years while creating and developing our dance program.

This program creates a safe environment for all dancers to learn to use their body, imagination, and voice through the exploration of movement to express themselves.

**Classes** will resume for dancers age 8 and up in August 2017. For dancers ages 3-7, monthly classes continue as scheduled.

For more information over the program or summer intensives please email Jessica at [jfrometa@cfymca.org](mailto:jfrometa@cfymca.org) or call at 407-855-2430.

For dancers who want to take their training to the next level, the South Orlando Y is the place for you! Our summer dance intensive will focus on:

- Conditioning and Flexibility
- Dance Technique and Body Alignment
- Choreography, Free Movement, and Performance Development

3 hours a day for 3 days

### June Intensive Dates/Times

June 9th 6:30 pm-9:30 pm

June 10th 3:00 pm-6:00 pm

June 11th 3:00 pm-6:00 pm

### July Intensive Dates/Times

July 14th 6:30 pm-9:30 pm

July 15th 3:00 pm-6:00 pm

July 16th 3:00 pm-6:00 pm

**Participant Age Groups: 8 years old through Middle School and 12 through Adult.**



South Orlando YMCA Family Center | 814 W Oak Ridge Road Orlando, FL, 32809 | P 407-855-2430