

## ***Registration opens for summer programs Feb. 1***

Dancers from two through adult can find their niche in classes at **Saint Louis Ballet School**. Registration opens Feb. 1 for Summer Programs – the perfect time to further develop or begin your path in dance.

Last year, a 5th studio was added providing another level to the daytime summer program and more room to better place students among their peers.



"Ballet teaches you discipline and focus and is a great form of exercise. It can also be fun!" said Administrator Tanya Strautmann, who danced professionally with Saint Louis Ballet Company for 16 years and has co-directed the school for over 15 years. "Saint Louis Ballet School is the educational branch of Saint Louis Ballet Company, the city's regional professional ballet company, so students learn from those professionals as well as guest instructors."

"Dance requires muscle development and skill that needs continued training year-round including during the summer, especially for tween ages and up" Tanya explained. "You don't want to lose that developed muscle training gained during the school year, so the summer is a great time to continue dance classes or try a new dance form."

Summer programs are offered for every age and level. Storybook Camps for ages 3-6 offer Disney themes plus favorites like "The Nutcracker," and include dance, crafts, and a performance for parents. For ages 7-21, the school offers up to five weeks of programs. Participants take daily ballet interspersed with classes in contemporary, musical theater, jazz, hip hop and conditioning.

"Saint Louis Ballet School offers well-rounded programs for students whether it be year-round or for the summer," Tanya said. "We've become a trusted institution for St. Louis families, and we continue to strive to earn their trust."



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