



**ADULT
SUMMER
INTENSIVE**
BALLET, CONTEMPORARY/MODERN, GYROKINESIS®

29 North Narberth Avenue
Narberth, PA 19072
(610) 664-3455
www.PaAcademyofBallet.com
info@paacademyofballet.com

REGISTRATION FORM – DETACH AND RETURN

STUDENT NAME: _____ DATE OF BIRTH: _____

ADDRESS: _____ ZIP CODE: _____

TELEPHONE: _____ E-MAIL ADDRESS: _____

INCASE OF EMERGENCY

PERSON TO CALL: _____ TELEPHONE: _____

TRAINING INFORMATION

Number of years dancing ballet: _____ Current # of ballet classes per week: _____ Are you currently taking pointe classes: _____

To ensure placement, your registration form and full tuition are due by July 1.

Make check payable to: **PENNSYLVANIA ACADEMY OF BALLET** and return to 29 N. Narberth Ave., Narberth, PA 19072
Call 610-664-3455 to register with a credit card



About PAB

The Pennsylvania Academy of Ballet was established in 1974 to train students who wish to study the art of ballet and who also demand the very best dance training available.

Academy founders Margarita de Saá and John White met as members of the Ballet Nacional de Cuba where they performed as Principal and Soloist dancers. Melinda Pendleton, their daughter, joined PAB's faculty after performing internationally. In 2013, she assumed the directorship of the school.

Adult Summer Intensive July 23-25

For many years, PAB has offered a Summer Intensive program for our regular division students and for students from other schools to come, train, and refine their technique in a highly focused environment that provides both intensive ballet training and alternative dance forms and fitness methods to create well-rounded dancers.

We would like to extend this Summer Intensive experience to Intermediate and Advanced Adult students, 18 years or older. The program will include daily classes in Classical Ballet Technique and Variations, Contemporary and Modern classes, and GYROKINESIS® classes to enhance strength, flow, and flexibility.

Schedule & Cost

Schedule:

9:30-11:00—Ballet Technique class

Includes live piano accompaniment

11:00-12:00—Classical Variation (see note below)

12:30-1:00—Break (bring a lunch/snack)

1:00-2:30—Contemporary/Modern

2:30-3:30—GYROKINESIS® on Mon.-Thurs.

2:30-3:30—Stretch & Strength TBD, Fri. only

Cost:

Mon.– Wed. 3-day intensive \$300

Variation class: This class can be done with or without pointe shoes based on individual ability and experience. The teacher reserves the right to request that a student not do the class on pointe if she feels the student is not ready.

Faculty



The Classical Ballet Technique and Variations will be taught by Melinda Pendleton, the owner and director of the Pennsylvania Academy of Ballet. Ms. Pendleton began her ballet training at the Pennsylvania Academy of Ballet under the guidance of her parents, John White and Margarita de Saá. As a teenager, Ms. Pendleton won first prize at the Carey Rose Winski competition and was invited by special audition to participate in the International Ballet Competition in Jackson, Mississippi. A few years later, she began her professional career dancing for companies in the United States, Europe, and Japan. Her decision to retire from the stage came after she began teaching at the Pennsylvania Academy of Ballet. After a few years as a faculty member, she was offered the position of Assistant Director. In this capacity she oversaw the curriculum of the teaching staff, conducted rehearsals, and helped with the overall duties of running the affairs of the Academy. In 2013, Ms. Pendleton became the second-generation owner and Director of the Pennsylvania Academy of Ballet.



The Contemporary and Modern classes will be taught by Liu Mo. From Xi'an, China, Liu Mo trained at the prestigious Beijing Dance Academy from middle school through college. Upon the completion of his training, he received a degree in Classical Chinese dance with a focus in performance and education. During this time, he received 3rd place for his solo at the National Tao Li Bei dance competition and had the opportunity to work with many choreographers, such as Shen Wei for the 2008 Summer Olympics. Following the completion of his degree, Liu Mo served as an instructor in the foundations of Classical Chinese dance at the Beijing Dance Academy until 2011. Since then, he has been performing as a principal dancer for Kun-Yang Lin/Dancers in Philadelphia. Liu Mo has also choreographed commissioned works for Ballet 180 and Hua Hua Zhang.



The GYROKINESIS® classes will be taught by Barbara Craig. From Shaker Heights, OH, Barbara Craig began her training with The School of Verlezza Dance and Cleveland City Dance. Later, she attended BalletMet's Pre-professional program before dancing with Europaballett Sankt Poelten in Austria. In 2014 she was invited to study and perform with the Pennsylvania Academy of Ballet. In 2017, she joined Kun Yang Lin/Dancers, an internationally recognized company based in Philadelphia. She has also performed with many choreographers including Bryan Koulman Dance Company, Nora Gibson Contemporary Ballet, and Verb Ballets. She is a licensed GYROKINESIS® and GYROTONIC® method teacher.