**Who: Intermediate and Advance Dancers age 13 and up.**

***Includes:***

***Ballet***

***Pointe***

***Contemporary***

***Jazz***

***Hip Hop***

***Yoga***

***Conditioning***

***PT Seminars***

***Classes in NYC!***

Dance Intensive 2016

Ballet with Cindee Velle

**Ballet with Cindee Velle**

**Long Reach Community Association**

**8775 Cloudleap Court**

**Columbia, MD 21045**

**Register on line today at** [**www.cindeevelleballet.com**](http://www.cindeevelleballet.com)

Search Summer Session

Dance Intensive 2016

**Two Payments due by 8/1/16**

**1.) Tuition:** $275 payable to the Long **Reach Community Association. Register** at [www.cindeevelleballet.com](http://www.cindeevelleballet.com). Search Dance Intensive 2016 under the summer session. As of August 1st, price increases to $285.

**2.) Bus trip: $110** payable in person by check or cash to Ballet with Cindee Velle. Price includes 2 classes at The Broadway Dance Center!

***Dancers***

***Ages 13 and up.***

August 15 – 19, 2016

Questions? Call 410-465-7674 or email cindeevelleballet@verizon.net

Experience a full day of dancing, for a week in your own backyard!

Includes a day bus trip to

NYC on Friday!

***www.webaddress.com***

**Dates: August 15 – 19, 2016**

**Time: Mon–Thurs 8:30 am to 4:00 pm**

**Friday: 6:00 am to 11:00 pm**

**Location: Stonehouse at the Long Reach Village Center, 8775 Cloudleap Ct., Columbia, MD 21045 (410.730.8113)**

**MEET THE INSTRUCTORS:**

**Charlie Able (Ballet)** has been performing in ballet, opera, musical & dramatic theater for more than three decades. A former high-school wrestler and semi-pro baseball player, Charlie fell in love with ballet in his home state of Louisiana. He has performed with the Yugoslav National Ballet, New Jersey Ballet, and the Baltimore Ballet, and appeared in two Helen Hayes nominated stage plays in DC. Mr. Abel has taught classical and theater dance at Dance Institute of Washington, Mid-Atlantic Center for the Performing Arts, Ballet Royale Institute of Maryland, and Columbia Center for Theatrical Arts. For the last thirteen years, Charlie has taught at UMBC.

**Leigh A. Roberts, (PT Seminars)** DPT, OCS is a Doctor of Physical Therapy, Board Certified Orthopedic Clinical Specialist, and a Certified Polestar Pilates Practitioner who treats a broad cross-section of orthopedic conditions, specializing in manual therapy of the foot/ankle, pelvic girdle and spine. She uses Pilates for fitness and rehabilitation of patients with various injuries. Ms. Roberts has a special interest in performing arts medicine, including dancers, musicians, and ice skaters and is President for the Performing Arts Special Interest Group of the American PT Association and is a member of the International Association of Dance Medicine and Science.

**Aimee Velle Moran (Contemporary)** received her BFA in Dance Performance from East Carolina University. She began training at the age of three at Ballet with Cindee Velle (BCV), and was a member of the Columbia Chamber Ballet and competition team for many years. Aimee has extensive dance training in ballet, jazz, lyrical, pointe, tap, and contemporary. She danced for Royal Caribbean on the Enchantment of the Seas and performed with the Baltimore Opera. Currently she is on the faculty and competition director at BCV.

**CJ Cunningham (Hip Hop)** aka Bboy Bouncer has been performing and choreographing various forms of Hip Hop for many years. He has trained with the best Hip Hop choreographers in the industry including Dave Scott (You got Served), Jamal Sims (Step Up 2), Laura Edwards (Fish and Chix/MTVDance Crew) and many more. CJ has a unique style of Hip Hop that blends different styles such as break dancing with ‘popping and locking’. His students of all ages have performed in multiple venues throughout Howard County and beyond.

**Elaine Sauter (Yoga)** received her certification as a yoga instructor at the 200 hour level from the teacher training program at the Yoga Center of Columbia under Kathy Donnelly and Joseph Roberson. Her experience for over more than 20 years includes many styles of yoga. As a licensed PT assistant, she incorporates anatomy into her classes for a safe, fun and enlivening experience for her students.

**Jess Beach (Jazz)** believes in always being a student. She has been training for over 25 years in all styles of dance in New York, Maryland, Pennsylvania, on the west coast. Upon graduation from high school, Jess became a featured dancer in several Industrials in Pittsburgh and danced backup for the tour of Neil Young and Crazy Horse, working with West Side Story‘s Russ Tambyn. Jess landed a position touring professionally all over the globe as a dancer/performer for Holland America Cruise Lines through Stiletto Entertainment. She feels blessed continuing her dance career by spending the past 10 years educating, mentoring, and choreographing and is in her third year as Artist in Residence and Instructor for the Dance Departments at Howard Community College. She teaches for Barbara Ingram School for the Arts and works full time in a private studio in Frederick, MD

**Jamie Reisinger Dant (Conditioning)** has her BS in Exercise Science from Salisbury University and her MS in Nutrition & Integrative Health from the Maryland University of Integrative Health. After working as a personal trainer for 10 years, Jamie and her husband opened up a CrossFit gym in Ellicott City where she continues to do personal training and coach group exercise classes. Jamie is also extremely passionate about how we fuel our bodies as humans and as athletes. Her License as a Nutritionist allows her to tie in that very important piece with her clients. You can learn more about Jamie and the services she offers at [www.OTBNutrition.net](http://www.OTBNutrition.net).