



DANCE INTENSIVE

MASTER BALLET CLASSES WITH NICOLE BONSAI

and **Alex Cyncewicz** teaching Lyrical/Contemporary

Open to Two Different Age Groups/Levels:

Intermediate Level: 11:00am - 3:00pm

(age ~11-14, w/ 4+ years of training. BSB dancers must have completed 1 yr. of Int. I)

High Int./ Advanced / Pre-Professional: 9:30am - 1:45pm

(age ~14-19, w/ 6+ years of training and proficient en pointe.
BSB dancers must have completed 1 yr. of Int. III)

1.25 – 1.5 Hr.	Ballet Technique Class (Nicole)
1 Hr.	Pointe/Variations (flat for younger group) (Nicole)
15 min.	Break
30 min.	Stretch Class (Nicole)
1 Hr.	Day 1: Contemporary/Lyrical Combinations Class Day 2: Lyrical Partnering & Turns (Alex)



Nicole Bonsall, received her early training from her mother Julie Marie Bonsall. She spent her Summers training on full scholarship at such prestigious schools as The Joffrey Ballet, Houston Ballet and Ballet West. Throughout her professional career, she danced as a principal dancer with the Alabama Ballet, as well as member of the Atlanta and Houston Ballet. She was honored to have danced for the Queen of Sweden and tour Taiwan performing Balanchine's Four Temperaments. Ms. Bonsall continues to share her love of dance and technical expertise through teaching at several schools in the area, including previously at Brighton School of Ballet. Nicole is

honored to have had many of her students receive recognition at the Universal Ballet Competition (UBC), YAGP and Cecchetti Council of America Ballet Festival As well, in 2019, her debut pas de deux choreography won 3rd place at the Youth American Grand Prix.

TWO DAYS

Monday, July 20

Tuesday, July 21

**INTERMEDIATE
LEVEL**

\$210

**HIGH
INTERMEDIATE -
ADVANCED LEVEL**

\$225

****Registration form and
payment due***

By Friday, July 10th

****Open to Local Dancers****



**BRIGHTON SCHOOL
OF BALLET**

431 West Main Street
Brighton, MI 48116
(side entrance)

810.599.0143



REGISTRATION FORM

Please fill out completely and mail in with payment.

Pre-registration required. *Spaces are limited, register today!*

Name: _____

Address: _____

Phone: _____ Email: _____

Age: _____ Birthdate: _____

Years of Experience: _____

Current Ballet school: _____

In case of emergency, please contact: _____

Phone: _____

Please circle level:

If you are unsure about which level to register for, please email us!

INT III / ADVANCED: \$225

INT I/II: \$210

9:30-1:45

11:00-3:00

Cash or Check or Credit Card (w/ applicable fees)

OTHER

- Appropriate ballet attire required: Any color leotard, pink tights, pink shoes, hair pulled back - Practice skirts allowed for pointe/variations.
- Ladies bring pointe shoes (upper level only) & flat shoes for Ballet. For Alex's class: contemporary socks or lyrical shoes, if you have them. Otherwise, you may wear ballet shoes or go barefoot.
- Bring own Mat for stretch class
- Bring snack & water for breaks

Mail Registration to:

BRIGHTON SCHOOL OF BALLET

431 WEST MAIN, BRIGHTON MI, 48116 *(side entrance)*

Questions: call 810.599.0143 OR kfrelich@brightonschoolofballet.com