



## Training & Fitness

Keshet's dance programming can help your gymnast.

### Off-season training pays off, year-round!

Does your team need a boost during the off-season? Cross-training for injury prevention or body awareness, choreography strategies? Team building and fun?

Whether customized to your team's needs, or adapted to your individual player's areas for improvement, Keshet Dance offers classes to fill your "to-do" wish list:

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|---------------------|----------------|
| ✓ Core Conditioning | ✓ Stamina      |
| ✓ Strength Training | ✓ Coordination |
| ✓ Speed/ Agility    | ✓ Artistry     |

#### Opportunities include:

- Private classes for up to 15 athletes in the Fall and/or Spring semesters– you come to Keshet Center for the Arts or we come to you; (email for hourly rate; more than 15 athletes will require additional instructors)
- Stay active over the summer and prepare for the fall season: join us for Summer Dance Intensive: July 30 – August 3; 9am – 1pm (ages 10+) Cost \$180 per participant for the week (3 classes each day). Register as a group of 10 or more for a \$30 discount per student (\$150 per participant for the week).
- Summer Community Dance Classes are also available weekly from June 4 through August 4. See a class schedule online at [Keshetarts.org](http://Keshetarts.org); Unlimited non-competitive scholarships are available for youth, and Work/Study trade options available for 18 years+

Learn more by calling 505-224-9808 or email [Ana@KeshetArts.org](mailto:Ana@KeshetArts.org)



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