

Summer Dance Classes & Clinic: How Dancers Can Make the Most of Them

Summer dance classes & clinics are an experience that's often invaluable for dancers when it comes to honing skills, building influential relationships and becoming all-around better performers.

Here's how to make the most of your time.

Keep a Positive Attitude

Half the battle of having a good time at a summer dance class or clinic is keeping a positive attitude. If you go into the program worried, wary or above it all, you probably won't get as much from the experience.

Keep an open mind when it comes to summer classes, meeting new people and taking constructive criticism. These skills will all come in handy when September rolls around.



Write It All Down

One way that dancers can retain everything they learn over the course of an intensive is to keep a journal. When you write down notes after each class, jot down tips and tricks shared by experts and document contact information of new friends, they'll be able to refer back to their experiences later.

Don't Only Focus on Skills

Yes, summer dance intensives are great places to learn new skills and techniques, but that's not all these programs offer. Dancers can try new styles, perfect technique, learn a new skill, bond with teachers and classmates, stay in shape with flexibility, strength, extension and mental preparedness.