INTENSITY DANCE TEAM
~No Regrets~

2025 IDT Heber Summer Classes

Age 3-4
Age 5-8
Age 9-11
Age 12-18
Can be approved to be in older age group.

Mondays
June 2ʳᵈ – August 11th

2:30- 3:15 p.m.
IDT Creative Movement Presents-Disney Princesses: Deep Dive
(2-5 yrs old)*Includes craft supplies and performance prop $45/mo or 985/summer*

2:30 – 3:15 p.m.
Summer Performance Team
(3-4) **Summer Performance Teams –Meet once a week for choreography(Jazz, Hhip Hop) class, Technique and Conditioning
 – Costumes under $50.00
--Perform once a month (June, July) at a community event

3:15-4:15 p.m.
IDT Summer Squad Summer Performance Team
(Ages 5-6 & 7-11)

3:00- 4:00 p.m.
IDT Junior Hip Hop/Jr. Technique Combo
(5 - 9 yrs. old) ($60/mo. $0-$90/Summer)

4:15-5:30 p.m.
IDT Summer Squad
(12 and up)($65/mo.)
*Summer Performance Teams –Meet once a week for choreography(Jazz, Hip Hop) class, Technique and Conditioning
 – Costumes under $50.00
--Perform once a month (June, July) at a community event

Private Lessons
Available for all ages and all genres/technique
Register for Heber Private Lessons or

Tuesdays
June 3ʳᵈ – August 12ᵗʰ
(no classes July 1ˢᵗ , July 22ⁿᵈ

5:30 – 6:15 p.m.
IDT Creative/Ballet 1 Combo
(2-5 and up) ($45/mo. or $80/summer)

4:00 –5:00 p.m.
IDT Senior Conditioning
(12-18 yrs. old) ($55/mo. $95/Summer)

5:00-6:00 p.m.
IDT Senior Technique
(12-18 yrs old) ($55/mo. $95/Summer)

6:00- 7:00 p.m.
IDT Senior Turns Class
(12-18 yr olds) (55/mo 95/summer)

Wednesdays
June 4ᵗʰ- August 12ᵗʰ
(No Classes July 2ⁿᵈ or July 23ʳᵈ)

1:30 – 2:30 p.m.
IDT Summer Squad Performance Team
(9-11) ($55/mo.)
*Costume $50.00

3:30 – 5:00 p.m.
IDT Summer Squad Performance Team
(12 and up) ($65/mo.)

Thursdays
June 5ᵗʰ- August 13ᵗʰ

9:00-9:30 a.m.
IDT Summer Acro Level 1
(2-5 yrs old/skills) ($70.00/session session)

3:00 - 3:45 p.m.
IDT Creative Movement/Ballet 1 Combo Class
(2-5 yrs old)($45/mo. or $80/summer)

3:45– 4:30 p.m.
IDT Hip Hop 1/Disney Combo Class
(2-5 yrs old)($45/mo. or $80/summer)

4:30 – 5:15 p.m.
IDT Acro 1/Disney Combo Class
(2-5 yrs. old) (45/mo or $80/summer)

Thursdays
June 5ᵗʰ – July 13ᵗʰ
(no Classes July 4ᵗʰ)

9:30 – 10:30 a.m.
IDT Summer Acro Level 2-3
(5-9 yrs/skills)
(75.00/6 week session)

10:30-11:15 a.m.
IDT Junior Cheer Class
(5-9 yrs)($55.00/6 week session)

11:15 a.m. - 12:15 p.m.
IDT Summer Acro Level 2-3
(10 and up/skills) ($75/6 week session)

12:15 - 1:00 p.m..
IDT Senior Cheer Class ($55/6 week session) (10 and up)

4:30 – 5:15 p.m.
IDT Ballet /Jazz Combo Class
(5-8 yrs. old) ($45/mo. or $80/summer)

4:30 – 5:15 p.m.
IDT Ballet /Jazz Combo Class
(5-8 yrs. old) ($45/mo. or $80/summer)

5:15 – 6:00 p.m.
IDT Junior Hip Hop/Acro Combo Class
(5-8 yrs.old)($45/mo. or $80/summer)

6:00-6:45 p.m.
IDT Junior Hip Hop
(9-12 yrs. old) ($45/mo. or $80/Summer)

**If you don't see a class you are looking for, contact office
435-503-1303.**

Dancers who have received a team invitation following the Team Placement Masterclasses (4/26, 5/3 or 5/10) Choose at least ONE weekly summer class to fulfill

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For dancers who want to continue to progress their training through the summer, or the dancer who wants to try new classes, HERE is the IDT Summer Class Schedule!! *

Dancers who have received a team invitation following the Team Placement Masterclasses (4/26, 5/3 or 5/10) Choose at least ONE team camp to attend (for the dancer's age—Mini Team(3-5). Junior Team Camps (5-8), Gold Team Camps(9-11), Black Team Camps (12-18), Senior Team (14-18).for the team you have been invited to join for the 2025-2026 season.

- *If Paid for Full Summer Session by June 6th, IDT T-shirt is included with tuition. Register at: www.intensitydanceteam.com*
- *Can be month to month commitment .T-shirt can be purchased for $15.00*
- *Ask about Bundle pricing!*