

Metro Dance Company
Kids and Teen Pom Clinic

Saturday July 18, 1:00-4:30pm

Ages 8-12 and 13-18

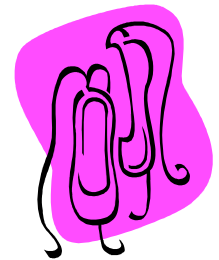
\$49

No pom or dance experience required!! Camp includes stretching, conditioning, jump drills, tricks, pom pass drills, stunts and form drills.

Both groups will also learn a short pom routine to perform at the end of camp. Dress comfortably. No flip flops or jewelry.

Bring water and a healthy snack

12:30-1:00	Registration
1:00-1:45	Stretch/Conditioning
1:45-2:30	Stunts, Drills
2:30-3:00	Water/Snack Break
3:00-3:30	Stunts
3:30-4:30	Choreography
4:30	PERFORMANCE



Metro Dance Company
541 S Mill St
Plymouth MI 48170
734.207.8970
www.MetroDanceCompany.com

METRO
DANCE

Pom Clinic Registration Form

July 18, 1pm-4:30pm

\$49

Student's Name: _____ Age: _____

Parent/Guardian Name(s): _____

Address: _____ City: _____ Zip: _____

Phone: (hm) (_____) _____ (cell) (_____) _____

Parent's Email Address: _____

Emergency Contact: _____ Phone: (_____) _____

How did you hear about Metro Dance Company? _____

Please list any physical or past medical history that Metro Dance Company should be aware of:

Medications currently taken: _____

I understand that dance, as with any physical activity is learned with some degree of risk. Although safe and quality instruction is a priority of Metro Dance Company and its instructors injuries can occur. Metro Dance Company and its employees shall not be held responsible for any illness or injury that might occur during a class or while on the premises of Metro Dance Company. I also understand that tuition is due prior to the student's first lesson.

Parent/Guardian Signature

Date