

ADRENALINE DANCE FORCE

SPRING HILL CHEER & HIP HOP

Winter 2019

Sponsored by Spring Hill PTO

(MUST be a Spring Hill PTO member to register!)

To Register:

<https://dancestudio-pro.com/online/danceforce>

Adrenaline Dance Force is a professional dance company with over **18** years of after school enrichment experience in Northern VA! We bring current trends and styles to your school while using age appropriate music and choreography. Our instructors are experienced coaches, choreographers and world-renowned performers.

ADRENALINE CHEER

TUESDAYS 3:45-4:45PM -(1/9-2/27)

This class is designed to improve **self-confidence**, **physical health** and **teamwork skills** all while having a ton of **FUN!** Learn and perfect motions, jump technique and cheer dances full of excitement and energy. Whether you are new to cheerleading or building on your foundation this class will help you be your best! Show off your performance skills during the in-class showcase held on the last day of class for family and friends!

ADRENALINE HIP HOP

THURSDAYS 3:45-4:45PM -(1/10-3/7)

Join us for the most **FUN** you'll have all year while building **confidence** and a **positive self-image** all while learning some **AMAZING** hip hop moves! You don't miss out on the opportunity to be trained by ADF!

8 Classes – Girls AND Boys welcome!

Cost: \$115 – register via Adrenaline Dance Force

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- All classes will be located in the Large Pod!
- Comfortable clothing appropriate for dance is recommended.
- Sneakers for Hip Hop **MUST** be worn, no socks, sandals, or open toe shoes.
- All students receive our annual Adrenaline t-shirt with registration.

We encourage early registration as class size is LIMITED!

Questions: adrenalinedanceforce@gmail.com