

CORE TRAINING

Techniques

Dear IDC Dancers & Families,

August 2025

Core Training Techniques is excited to be back in Panama City, Florida! We are looking forward to a weekend of training & choreography! CTT is ready to be a part of your new dance season! We will work a variety of technique, Pilates, Cross Training, specialty focus, plus ballet, jazz, lyrical, and musical theatre.

Below are the payment links, which are also found on our website. Please click the appropriate link to submit payment for your dancer. If you have any questions please contact IDC, and/or CTT.

Saturday, September 6th

Classes begin at 9am!

Lunch 12-12:30pm

Juniors end at 12pm, Teen/Sr ends at 1:30pm

Sunday, September 7th

Classes begin at 10am!

Lunch 1-1:30pm

Juniors end at 1pm, Teen/Sr ends at 2:30pm

Dancers please bring the following both days:

- A yoga/Pilates mat
- Proper ballet attire & shoes, you may change clothes after ballet on days the schedule permits for other classes.
- Dance shoes/attire for ballet, lyrical, musical theatre, jazz, & technique
- Hair secured and out of your face. We suggest high hair styles/up dos so when laying down you have good neck alignment for Pilates, Cross Training, & Injury Prevention work
- Any training tools you typically are required to have at IDC (i.e. bands, balls, blocks, etc)

See you soon!
Emily & Josh