

POM DANCE WORKSHOP

With so many programs being canceled this year, we wanted to offer a way for young pommies to continue working on skills. This 4-week workshop will focus on developing dance skills as related to poms and dance team. We hope you can join us!



Who: Students in 7th-9th grade

What: Choreography and skills class to work on pom technique, jazz dance skills, kicks, splits, jumps, and turns. Learn to retain choreography and work on showmanship. Both lyrical and pom dances will be taught.

Where: Cary-Grove Performing Arts Centre (CGPAC), taught by Kailey Krigas (CGHS Varsity Pom and CGPAC teacher)

When: 4 weeks (Oct. 25th-Nov.15th) with an in class Zoom broadcast performance.

Why: With so many activities canceled, and remote/hybrid school, we are happy to provide a safe, positive learning experience for these young performers.

How do I sign up? The CGPAC School Year Brochure is available on cgpac.com. This is a CGPAC class, but will only be for 4-weeks. Read through the brochure, although not all of it will apply to this 4-week program. Students and families will be expected to follow the rules and guidelines of CGPAC as you will now be CGPAC students. Visit the www.CGPAC.com website and click on the "School Year Registration Information" tab to follow the registration steps. After going through those steps, please print the registration form (page 7-8 of the attached brochure), fill out, and either drop off or email in to register. If you are new to CGPAC, we would prefer that you make an appointment to come in to register because we need to go through COVID protocol and want to make sure you are able to see the studio and classrooms since parents will not be allowed in during classes.

Are you already registered for CGPAC classes? If so, please send an email to add this class. We can charge your credit card on file, or you can drop off/send in payment. You do not need to make a new form or come in again.

What will they wear for class? Poms will follow our jazz class dress code: black leotard, black dance shorts/capri leggings, jazz shoes (either tan or black are fine), hair in a ponytail. All students will wear a mask while in the building, including while dancing. This is required. If you prefer to not wear a mask, your dancer can participate via Zoom.

Will we be in person even though the schools go back to remote? Yes, unless we go back to Phase 3 or 2 we will all be in the classroom, but there is always the option of taking on Zoom as we will simulcast every class. [Please read page 4 of the CGPAC full brochure for a full explanation!](#)

New to CGPAC? All new families have a one-time family registration fee. This must be included with your registration. We look forward to having you!

Information for your registration form:

POMS3 (7th-9th grade)

Sundays 10/25-11/15 12:00-1:10 pm

\$80

Questions? Please contact Miss Amy
via email: CGPAC1@gmail.com

We look forward to helping these students
continue their growth as performers!