



AMY MARSHALL

DANCE COMPANY



July 30th-August 5th, 2012

Tuition: \$600

Download application at:

www.amymarshall.com

photo by Lois Greenfield

2012 NEW YORK SUMMER INTENSIVE

New York City Center Studios

About the Amy Marshall Dance Company 2012 NY Summer Intensive

The Amy Marshall Dance Company Summer Intensive provides a unique platform to empower dancers to reach their technical and artistic capabilities. Students from the program have continued on to become members of the Amy Marshall Dance Company and other prominent dance companies in New York. Our young dancers have been accepted at the most prestigious of dance colleges. The faculty at the AMDC SI makes it a priority to see dancers excel beyond their expectations.

Our newest addition to the AMDC SI is Physique 57™. It's a vigorous and dynamic exercise method designed to rapidly transform your body. As featured in major media such as Vogue, W, Fitness Magazine, The New York Times, Today Show and The Martha Stewart Show, the method is a focused and proven cardiovascular program of isometric exercises and orthopedic stretches. Our interval training sets incorporate muscle-defining arm exercises, intense thigh and seat sequences, waist-chiseling ab moves and fluid stretches to create a long and lean dancer's body.

Dancers can expect rapid results toward:

- * a sculpted physique
- * improved cardiovascular health
- * long, lean, supple muscles
- * improved strength and endurance
- * better flexibility
- * improved body alignment
- * lifetime health and conditioning
- * stronger abdominal muscles

SAMPLE SCHEDULE

9:00-10:00am Physique 57/Yoga
10:05-11:30am Modern
11:40-1:00pm Ballet
1:00-1:45pm Lunch/Lecture series
1:45-3:15pm Choreography with Amy
3:15-4:40pm Repertory
4:40-5:00pm Stretch

Sunday August 5th
4:00pm Student Performance

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Download application online
www.amymarshall.com
718-267-7194



AMY MARSHALL DANCE COMPANY

New York City Summer Intensive

July 30th - August 5th, 2012
New York City Center Studios

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

SCHOOL: _____

PREVIOUS EXPERIENCE: _____

How did you find out about the intensive? _____

Tuition

\$600

Enclosed is a check made payable to: Amy Marshall Dance Company,
Mail to: 28-43 41st Street, 2nd Floor Astoria, NY 11103

Please charge my credit card.

Mastercard VISA Card# _____ EXP _____

SIGNATURE: _____

Materials to be sent:

1. Completed Application
2. Payment either through check or credit card
3. Short dvd to showcase your dancing (please remember that if you are in a group, briefly explain how we can find you.
Note: Videos online are acceptable as long as we can identify you in the video.
4. Current dance resume

Acceptances will be sent out within one week of receipt of your packet. Once accepted, your payment will be processed and you will receive notification of your enrollment in the AMDC SI 2012.

This is not a residential program. Students are responsible for their own housing. The Amy Marshall Dance Company has no responsibility for finding accommodations or for the quality of the stay in any housing situation. No supervision of the students will be provided. The Intensive is for the purpose of teaching Modern Dance only. No member of the Amy Marshall Dance Company or NY City Center Studios has responsibility for the well being or actions of any of the students outside of the dance environment. I recognize the risks of illness and injury inherent in any dance program. I am participating upon the express agreement and understanding that I am hereby releasing Amy Marshall Dance Company from and against any and all claims, demands, losses, damages, liabilities, lawsuits, judgments, awards, and costs, including without limitation attorney's fees arising out of my participation in any and all parts of the Amy Marshall Dance Company Summer Intensive except for illness and injury resulting from willful and intentional misconduct on the part of the Amy Marshall Dance Foundation and its directors, officers, employees, and agents.

I have read and agreed to all of the information and guidelines and agree to the waiver and release.

STUDENT SIGNATURE _____ DATE _____

EMERGENCY CONTACT _____ TEL. _____