



SUMMER  
2025

*Dance By Jana*

# Intermediate Contemporary Dance Lab for Ages 9-12 Guide

[DANCEBYJANA.COM](http://DANCEBYJANA.COM)

# Hello & *Welcome*



## Contact Details:

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**Dates:** June 14, July 13, August 10

**Time:** 10:00 AM – 5:00 PM

**6/14 and 7/13 at Skunkworks Dance**

**8/10 at Dovetail Studios Northfield**

## Welcome to the Intermediate Contemporary Dance Lab (Ages 9–12)

I am so excited to welcome you to this special dance experience. The Intermediate Contemporary Dance Lab is a full-day intensive designed for passionate and committed dancers ages 9 to 12 who are ready to explore Contemporary dance at a deeper level, while building confidence, creativity, and connection along the way.

Rooted in professionalism, this Lab blends strong technique, expressive artistry, fast-paced choreography, and joyful learning. Each session is designed to help dancers grow in strength and skill, imagination, voice, and self-awareness, all in an uplifting, inclusive, and engaging environment.

Throughout the day, you will experience dancer-specific cross-training, functional movement foundations, improvisation, student choreographic opportunities, and two original phrasework combinations. This is a space to try new things, move with intention, and discover how powerful and exciting it can feel to grow as a pre-professional dancer and an artist.

Welcome! I cannot wait to dance, create, and explore with you.

— Jana Bennett

# The *Lab* Schedule

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## Train with Intention, Dance with Joy

Each Lab is designed to give intermediate dancers a joyful and professional training experience filled with growth, movement, and creative discovery. Dancers will move through a full arc of technical development, improvisation, choreography, and performance. All in a supportive, uplifting, and fast-paced environment that mirrors real-world contemporary training for artists

### Sample Schedule\* 6/14, 7/13, 8/10

#### 01. 10:00 – 10:55 AM | THRIVE Warm-Up

The day begins with a dancer-specific warm-up focused on strength, stability, mobility, and functional movement foundations. Dancers will learn essential tools such as 3D breath, proper core engagement, hinge patterning, and more! Designed to prepare the body for powerful and safe dancing.

#### 02. 11:00 – 12:10 PM | Improvisation

This session invites dancers to explore movement with curiosity and confidence through guided tasks rooted in Jana's Neuroplastic Improvisation technique. Dancers will learn to take creative risks, develop their unique voice, and grow comfortable with improv exploration in a fun, supportive space.

#### 03. 12:15 – 1:00 PM | Contemporary Phrase

Dancers will learn an original Contemporary phrase designed to challenge coordination, focus, and expressive clarity. This phrase introduces key principles that support the Lab's focus on developing movement quality and confidence in style.

\*The schedule is a general outline and may be adjusted as needed to meet the dancers' needs in real time.

#### 04. 1:00 – 2:00 PM | Lunch

Time to recharge, relax, and connect with fellow dancers. Dancers must bring their own lunch, as no off-site options will be available. This is also a great time to build community, make new friends and celebrate the first half of the day together.

#### 05. 2:00 – 3:25 PM | Student Choreography

In this exciting workshop, dancers will explore how to choreograph like a professional. Through guided prompts and collaborative exploration, they will learn to structure ideas, shape movement, and begin creating original work in a supportive and imaginative environment.

#### 06. 3:30 – 5:00 PM | Contemp Full Combo

The day concludes with a full-length Contemporary combination that challenges dancers' stamina, focus, adaptability, and performance range. This phrase invites dancers to apply everything they have learned throughout the day and celebrate their growth as pre-professional developing artists.



"The most extraordinary  
dancing happens when a  
dancer feels safe, seen,  
and completely alive."

*Jana Bennett*





# My *Visión* And Why

## My Vision

I'm a lifelong dance nerd driven by an insatiable curiosity about movement, meaning, and how we learn best. With commitment, the right training, proper guidance, and a hunger to grow, I believe every dancer can reach a high level of artistry and technique, unlocking imagination, deepening understanding, and pushing past perceived limits.



## Why Participate in the Contemporary Dance Lab?

### 01.

#### Build Strong Foundations with Purpose

This Lab is designed to support intermediate-level dancers who are serious about growing. From warm-up to phrasework, dancers experience focused, fast-paced training that introduces them to the tools, language, and mindset used in professional Contemporary dance spaces.



### 02.

#### Discover Your Voice and Creativity

Beyond learning choreography, this Lab gives dancers the opportunity to explore who they are as artists. Through Jana's signature improvisation technique and guided creative tasks, dancers build confidence in expressing their ideas and begin to develop their unique artistic voice.

### 03.

#### Learn, Grow, and Belong

The Lab is professional, full of joy, welcoming, and supportive. Dancers are challenged in exciting ways and celebrated for who they are. Each dancer receives individual attention and is encouraged to take risks, work hard, and support one another as a collective.



"Every dancer carries a story. My work is helping them uncover it, shape it, and set it free."

*Jana Bennett*





# Pricing & Next Steps<sup>06</sup>

## *The Contemporary Dance Lab*

Register for a Single Dance Lab: **\$295/Lab**

Register for 2 Dance Labs: **10% Total Discount**

Register for 3 Dance Labs: **15% Total Discount**

### What You Will Get

- ✓ Training designed for serious dancers
- ✓ Encouraging, individualized feedback
- ✓ A fun, fast-paced, and professional setting
- ✓ Creative tools for choreo and improv
- ✓ A space to build confidence and community



Jana is an incredible teacher who truly connects with her students in an amazing way. It is clear to see that she really cares about each and every student she teaches. She has a perfect balance of positive reinforcement and the ability to teach in areas where students need help. She teaches them a variety of dance styles from head to toe, meaning not just the physicality of the dance, but also the mental aspects of what it takes to reach their best potential.

*Perry Myers*

For inquiries, email  
**JANA@DANCEBYJANA.COM**

### Here's How to *Register*

#### 01. Complete the Dance Lab Application

To begin, fill out the **Google Forms application** linked below. Space is limited and offered on a first-come, first-served basis.

#### 02. Receive Registration Instructions

If space is available, you will receive a **registration email** with the next steps and important details.

#### 03. Complete the Online Registration Form

Use the **link provided in your email** to complete the Google Registration Form in full.

#### 04. Submit Full Tuition Payment

Your spot is only confirmed once both your **registration form and full tuition are received**. Payment is accepted via Zelle, Chase QuickPay, Venmo, or credit card (4% fee applies).

#### 05. Get Your Registration Confirmation

Once everything is complete, you will receive a **confirmation email within 72 hours**. Please note our system is not automated.

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# Are We A *Good* Fit?



## We Are A Good Fit If

- ✓ You are a committed dancer ready for a fast-paced, exciting learning environment
- ✓ You love Contemporary dance and want to improve your technique and creativity
- ✓ You are open to feedback and interested in trying new things
- ✓ You enjoy improvisation, choreography, and/or creating your own movement
- ✓ You are respectful, kind, and are open to collaborating in group settings
- ✓ You want to grow as a strong dancer, thoughtful mover and a confident artist

## We Are Not A Good Fit If

- ✗ You are not comfortable trying new things or learning in different ways
- ✗ You do not enjoy a fast-paced or focused learning environment
- ✗ You are only interested in tricks or trends, not understanding how movement works
- ✗ You are not open to improvisation, choreography, or creative exploration
- ✗ You struggle to listen, stay engaged, and participate fully
- ✗ You are not willing to follow directions or be respectful to teachers and peers



"Dance is where I meet the  
world and where I meet  
myself — over and over  
again, with more honesty  
each time."

*Jana Bennett*

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# Client Reviews



"Jana cares so deeply for every individual student. Rehearsals are all about challenging the outdated norms of the dance world and welcoming in new ideas that remain rooted in traditional technique. No class is taught without a conversation on the roots and authenticity of the style/combination, and students are encouraged to constantly share their own voice and opinions constantly. Dance is such a huge part of my life, and I am so beyond grateful that I found Jana at the time I did. Truly my home away from home. :)"

*Sam Gregerman*



"My daughter has had a great experience with Jana - personalized and supportive instruction, and I am so impressed by the talent, creativity, and the level of choreography."

*Janie Trish*



"Jana, is so talented and is an outstanding teacher with a great style and approach that the kids love!"

*Victor Palumbo*



"My daughter has gone from a girl who loves to move to a fully committed dancer who has been able to follow her own creative voice through improvisation."

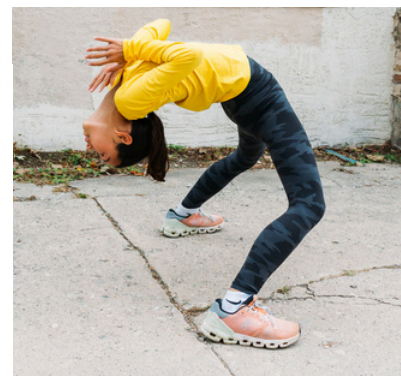
*Alexa Frangos*





# Portfolio

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# FAQ

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## 01. Who is this Lab for?

This Lab is designed for serious and passionate dancers ages 9 to 12 who are eager to grow, explore Contemporary dance, and experience pre-professional training in a positive and engaging environment.

## 02. What makes this Lab different from a regular dance class or intensive?

The Lab offers a fun, focused, and fast-paced experience designed to introduce dancers to the structure and expectations of professional Contemporary dance. It includes technique, improvisation, choreography, and creative exploration in one full training day.

## 03. Will I receive personal feedback during the Lab?

Yes. Every dancer receives encouragement and personalized feedback throughout the day. This helps each dancer feel seen, supported, and confident in their growth.

## 04. What should I bring with me?

Dancers should bring a water bottle, a packed lunch, and snacks. Please wear fitted clothing that allows for full movement. Hair should be secured off the face, and no special footwear is required.

## 05. Does my dancer need experience with improv or student choreography?

Prior experience with improvisation or student choreography is not required, although it is encouraged. All activities are guided step-by-step to help dancers feel creative, confident, and supported. If it is a dancer's first time exploring these areas, it may feel unfamiliar at first, and that is perfectly okay. Growth begins just outside the comfort zone.





# Ready to move with *purpose*?

You deserve training that sees you fully,  
and supports who you are becoming.

Learn more at  
**DANCEBYJANA.COM**

If you are still in the exploration phase or have more questions, no worries at all.

Send any questions you have at:



**jana@dancebyjana.com**