



## ***2025 Jump Start: Dance & Drill Team Prep***

**3-day summer intensive**

**Monday June 18—Wednesday, June 20**

**For ages 12-18, \$275 (\$265 before May 1!)**

**10:00 a.m.—5 p.m., bring your lunch!**

This three day intensive packs in 18 hours of dance preparation to give students a jump start on the dance/drill team season! Instruction includes Precision (Pom and Military), leaps, turns, flexibility training & conditioning, jazz technique, hip hop, contemporary/lyrical and ballet! Sign up at SugarLandDance.com. Click on tab for Jump Start Drill Team Intensive, ages 12-18.

No refunds for cancellations. Intensive will be cancelled with two weeks notice and refund given if fewer than 10 students enroll. Depending on the number of enrollments, the group may be divided into an intermediate and advanced level.

**Jesus Acosta** is a nationally recognized authority on jazz technique and knows what judges are looking for in a routine! He has more than 15 years experience in judging and teaching for MA Dance and Auxiliaries, the leading high school dance competition and camp program in the U.S. He also serves as adjudicator for the nation's most competitive state programs, including the Iowa State Championships and Utah State Drill Team Competitions. He dances professionally in Houston and teaches/choreographs for dancers at all levels, from the Houston Texans Cheerleaders to local high school students.



***Second Instructor to be announced soon!***

Sign up online at [www.SugarLandDance.com](http://www.SugarLandDance.com)  
(under Jump Start Drill Team Intensive Tab)  
or come into the studio between 3-8 p.m., M-F or Sat. 9-1 p.m.  
(281) 565-0005  
[info@SugarLandDance.com](mailto:info@SugarLandDance.com)  
19875 S.W. Frwy., Sugar Land, TX. 77479



|                         | Group A in A  | Group B in B  |
|-------------------------|---|---|
| Monday and<br>Wednesday | 10:00-10:30—warm up with Yoshi and Jesus                      | 10:00-10:30—warm up with A                                    |
|                         | 10:30-11:30—ballet with Jesus                                 | 10:30-11:30—Jazz with Yoshi                                   |
|                         | 11:30-12:00—lunch   | 11:30-12:00—lunch   |
|                         | 12:00-1:00—Jazz with Yoshi                                    | 12:00-1:00—ballet with Jesus                                  |
|                         | 1:00-2:00—contemporary with Jesus                             | 1:00-2:00—Contemporary with Yoshi                             |
|                         | 2:15-3:00 - Leaps and Turns with Yoshi                        | 2:15-3:00—Leaps and Turns with Jesus                          |
|                         | 3:00-4:00—Flexibility and Conditioning with Yoshi and Jesus   | 3:00—4:00 Flexibility and Conditioning in A                   |
|                         | 4:00-5:00 Hip Hop with Jesus in A (both groups, Tuesday only) | 4:00-5:00 Hip Hop with Jesus in A (both groups, Tuesday only) |
| Tuesday                 | 10:00-10:30—warm up with Jesus                                | 10:00-10:30—warm up with Yoshi                                |
|                         | 10:30-12:00—Precision with Yoshi                              | 10:30-11:45—Hip Hop with Jesus                                |
|                         | 12:00-12:30—Lunch   | 11:45-12:15—lunch   |
|                         | 12:30-1:30—Hip Hop with Jesus                                 | 12:15 –1:30—Precision with Yoshi                              |
|                         | 1:30-2:30—Leaps and Turns with Yoshi                          | 1:45-2:45—Leaps and Turns with Jesus                          |
|                         | 2:45—4:00—Flexibility and Conditioning with Jesus and Yoshi   | 2:45-4:00—Flexibility and Conditioning in A                   |
|                         | 4:00-5:00 Lyrical with Yoshi in A (both groups).              |   |

\*\* This schedule is subject to change at instructors' discretion