

Summer Intensive Program 2023

From the 3rd to the 14th of July

ADDA

advanced
dance
institute
Barcelona

Junior Division

14 to 16 years old

From the 3rd to the 14th of July

The curriculum of the 2023 Summer Intensive will include advanced technical, artistic and psycho-emotional classes to contribute to the development for a complete dancer.

The dancers train a minimum of 5 hours per day, consisting of daily technique and pointe work, followed by the supplemental classes listed down below.



Ballet Technique
Pointe
Contemporary
Repertoire
Nutrition

Acting for Dancers
Yoga
Meet the Artist
Injury Prevention
Mental Coaching

Our international ecosystem will be in charge of delivering high-quality structure classes, targeting specific concepts to develop a dynamic and easily accessible knowledge.



For the last 3 days of the summer intensive ADDA will organize a special coaching session with Susan Lucas, world-renowned expert on the Cecchetti technique and member of the Cecchetti Society and our Institute.

We would be giving the opportunity for our late admissions call into the academic year.

Pre-Professional 17 to 25 years old

From the 3rd to the 14th of July

The curriculum will include advanced technical, artistic and psycho-emotional classes to contribute to the development for a complete dancer.

The dancers will train a minimum of 5 hours per day, consisting mainly of technical classes and repertoire.

First week an intensive Forsythe Repertoire or Improvisation Technology workshop by Thierry Guiderdoni, and the second week choreographic repertoire by Aleix Martinez, followed by the supplemental classes listed down below.



Ballet Technique
Pointe
Contemporary
Forsythe
Repertoire
Nutrition

Acting for Dancers
Yoga
Meet the Artist
Injury Prevention
Mental Coaching
Company experience

Our international ecosystem will oversee delivering high-quality structure classes, targeting specific concepts to develop a dynamic and easily accessible knowledge.



After the summer intensive ADDA will give the opportunity to a few hand-picked dancers to have the opportunity to participate for a full week experience in a typical Mediterranean summer dance Festival, Festival Franquesa in Premia. Working with Manner Dance Company for a new production, performing on the 20th and 21st of July.

Junior & Pre-Professional Fees



Junior Division

For the payment there are 2 options:

A. Full payment in the moment of the inscription of EUR 650 – 5% incl.

B. Payment in two installments of EUR 341 each.

The first payment of EUR 341, on the inscription day.

The second payment of EUR 342, before June 1st.



Pre-Professional

For the payment there are 2 options:

A. Full payment in the moment of the inscription of EUR 650 – 5% incl.

B. Payment in two installments of EUR 341 each.

The first payment of EUR 341, on the inscription day.

The second payment of EUR 342, before June 1st.

ADDA reserves the right to modify the rates and the price list published on the website.

How to apply?



Pre-selection by email



First Name and second Name
Age
Nationality and place of residence
Years of studies
1 headshot and 2 dance pictures



Free pre-selection



Limited places

Apply now
Thanks!

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