



2026-27 PBT Summer Schedule

What Is PBT?

Progressive Ballet Technique or PBT is a specialized training program designed to enhance strength, alignment, and muscle memory in dancers. Using exercise balls, resistance bands, and targeted movements, students develop a deeper understanding of core stability, balance, and proper technique.

This class helps dancers improve control, prevent injury, and build the foundational skills needed for all styles of dance. PBT supports each dancer's growth by reinforcing correct body placement in a safe and effective way.

Why should dancers train in PBT?

PBT focuses on core strength, alignment, and muscle memory—helping dancers truly understand how their bodies should work in each movement. By using tools like exercise balls and resistance bands, dancers can train correct technique in a supported way before applying it in class.

This leads to:

- Better balance and control
- Stronger core and stability
- Improved posture and alignment
- Reduced risk of injury
- More confidence in technique

Overall, PBT helps dancers progress faster by strengthening the muscles behind their movement, allowing them to dance with greater precision, strength, and confidence.

Summer 2026 Session Options:

Session 1: June 2, 3, 9 & 10

- 11:00-11:45 am 7-9 yrs
- 11:45-12:30 pm 10-12 yrs
- 12:30-1:15 pm 13+

Session 2: June 17, 18, 24, & 25

- 11:00-11:45 am 7-9 yrs
- 11:45-12:30 pm 10-12 yrs
- 12:30-1:15 pm 13+

Session 3: July 14, 15, 21 & 22

- 9:00-9:45 am 7-10 yrs
- 9:45-10:30 am 10-12 yrs

Session 4: August 5, 6, 12 & 13

- 5:00-5:45 pm 13+
- 5:45-6:30 pm 10-12 yrs
- 6:30-7:15 pm 7-9 yrs

Pricing: \$75/ session

Registration available at www.dynamicstudio.org