

# Pamela Trokanski Dance Workshop & Theatre

## Summer Dance Intensive 2026

### ***Ballet / Contemporary Intensive Program:***

**July 6 - 10, 10:00am – 4:00pm**

(Ages 9 and older / Level 2 dancers and higher)

### **OVERVIEW**

*Interested in a serious intensive program but wanting to stay close to home and keep it affordable?*

The Pamela Trokanski Dance Workshop offers a rigorous 1-week intensive program that will help students become more well-rounded dancers while training under teachers of different technical styles. Technique and artistry will be emphasized with additional stretch and strengthening classes to improve students' physical performance. During the morning portion, students will focus on Ballet and Contemporary technique to broaden their artistic development and technical proficiency. Afternoons will be spent exploring additional dance and exercise genres (including Jazz, Modern, Improvisation, Yoga & Conditioning, & choreography for performance) to supplement their technical training, as well as learning choreography for the culminating performance.

Students will participate in 4-5 classes per day, Mon – Fri, for one week.

### **PERFORMANCE**

Students from the Ballet / Contemporary Intensive will have the option of performing in the *Second Friday Art-About* event on Friday, July 10.

### **LOCATION**

All classes and performances will be held at the Pamela Trokanski Dance Workshop, 2720 Del Rio Place in Davis. Students may arrive between 9:30 – 9:45 am and be picked up between 4:00 – 4:30pm. Dancers should be ready to start dancing at 10am sharp.

### **SUPPLIES & DRESS CODES**

Dancers will need to bring a nutritious lunch, snack, and water each day with **no nut products please.**

### **The dress code will be strictly enforced:**

- ▶ Female dancers must wear black leotards and ballet pink, skin-colored, or black tights. No skirts please!
- ▶ Male dancers must wear white shirts and black tights or fitted shorts.
- ▶ All students will be required to bring properly fitted ballet slippers. Any elastic straps should be sewn on correctly prior to the start of the intensive.
- ▶ Fitted knit warm-ups will be allowed, but no baggy sweats, etc. will be permitted.
- ▶ It is suggested that dancers wear convertible foot tights for transition between Ballet, Jazz, Modern, etc.
- ▶ Hair must be worn up and out of the face. For ballet classes, hair must be up in a tight bun off the neck.
- ▶ Optional supplies include: knee pads for Modern, yoga mat, foot undies, jazz oxfords, and dance sneakers.

### **AUDITION / PLACEMENT CLASS**

**For dancers interested in the Ballet / Contemporary Intensive, it is necessary to take a placement class before the intensive begins.**

- ▶ There will be a Ballet Placement class on Fri, May 29<sup>th</sup> at 5:30. Please register in advance.
- ▶ Dancers who cannot make the May 29<sup>th</sup> placement class should contact the office to schedule a placement class.
- ▶ Dancers should arrive 10 minutes early to check-in. No late dancers will be allowed in to class.

### **TUITION**

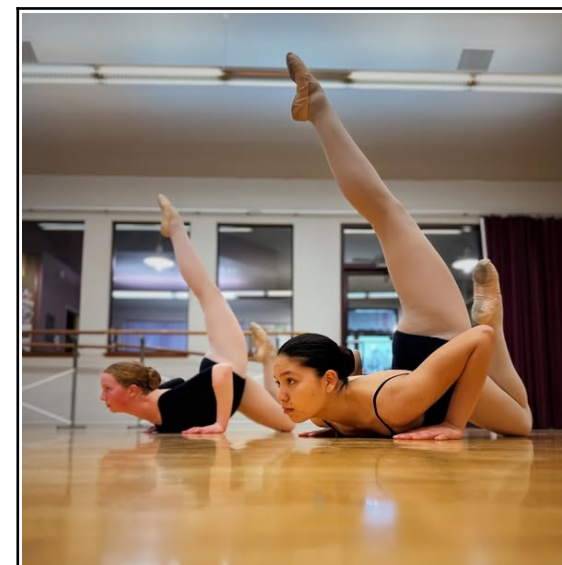
**\$400.00 one week / \$100 single day**

As space is limited, registration will be accepted on a first-come, first-served basis until the program fills up or until Thurs, June 25.

### **PAYMENT**

We accept payments by cash, check, credit/debit & PayPal. A 4% fee is applied to all credit/debit/PayPal payments.

**Please note:** If you would like to pay through PayPal, please email the office to request a payment link before making your payment.



### **For more information:**

Please call **530.756.3949** or email **office@trokanski.com**

### **Refund Policy:**

Refunds will not be given except in the case of injury with a doctor's letter.

### ***Submit applications & complete payment to:***

**Pamela Trokanski Dance Workshop  
2720 Del Rio Place  
Davis, CA 95618**

## Summer Faculty include:

**Crystal Canepari** started dancing at 10, beginning her training with jazz and later branching out to ballet and modern. Although most of her training has been with ballet for the past 14 years, she has also trained in modern for 7 years. She attended and trained at the Performing and Fine Arts Academy, in addition to the training she received at her studio (River City Dance Academy). She is currently attending California State University Sacramento where she is pursuing her degree in dance.

**Erin Dunning** grew up in Davis, involved in gymnastics, theatre, and dance, including performing with Jazz Choir and Momentum at DHS, and later with PTDT and The Third Stage. Erin currently enjoys assisting Pamela with the Dance for Parkinson's class. She attended Bikram's Yoga College of India teacher training in 2003, and brings over 20 years of teaching experience, and a deep love of yoga and dance, movement in general, and meditation. She is the owner/director at Hot Yoga Davis, established 2005.

**Taylor Herrera** has studied classical ballet for over fifteen years, with her primary training in RAD technique with Katie Heil, in Woodland, CA. She also studied ballet at Steps on Broadway, at the Berkeley Ballet Theater, at Deane Dance Center, and with the Sacramento Ballet. Taylor graduated with her B.A. in Spanish and Spanish-American studies in May of 2012 from Mills College, where she took ballet classes from Sonya Delwaide-Nichols, department head of dance at Mills College.

Her performance experience includes six consecutive years with the Sacramento Ballet's annual Nutcracker, three years as a member of the Applegate Dance Company in Davis, and Momentum Dance Company of Davis High School, during its 2007-2008 season. She also participated in the Idyllwild Arts Academy summer program for dance in 2005.

**Pamela Trokanski** has been teaching, choreographing, and performing for over 41 years. She is the Director of both the Dance Workshop and the Pamela Trokanski Dance Theatre, a contemporary company, based in Davis for 41 years. She has been the recipient of numerous arts contracts & grants, supporting the development of various community outreach programs including performances and lecture demonstrations.

**Heather Wysong** Heather Wysong is the creator and co-founder of the North State Ballet school in Chico, CA. Heather has been trained in multiple pedagogies, including the Cecchetti, French, and Italian styles. Additionally, she has been tutored in and examined throughout the levels of the Royal Academy of Dance system, passing each successive level with honors and high commendations by multiple examiners.

Heather has been hired by the International Institute of Education Through the Arts, a 501(c)(3) nonprofit, to choreograph and direct original full-length ballets, Into the Wardrobe and Ballet Cirque: Under the Big Top. Both productions were hailed as immense successes and have returned to the stage multiple times over.

Heather is an ABT® Certified Teacher, who has successfully completed the ABT® Teacher Training Intensive in Pre-Primary through Level 3 of the ABT® National Training Curriculum.



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& Ballet or Contemporary level 2+



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