



# LEAP INTO THE NEW YEAR!

**Join us for our January Stretch Challenge. Dancers that participate will be entered into a prize drawing and recognized in our Annual Recital Program.**

DANCER'S NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_ Age: \_\_\_\_\_

Stretch		Date	Date	Date	Date	Date	Date
Butterfly Stretch	60 seconds						
Right Split	Hold 10-30 seconds						
Left Split	Hold 10-30 seconds						
Center Split/Straddle	Hold 10-30 seconds						
Elbow Plank	Hold 30-60 Seconds						
Write A,B,C's with pointed feet (Upper and Lowercase)							
Sitting Straddle Stretch - Right, Left Center	Hold 30 seconds each						
Lunges – Right and Left	15-30 Right and Left						
Straight Arm Plank	Hold 30-60 seconds						
Sitting Pike Stretch	Point & Flex Right and Left Hold 60 Secs.						
Frog Stretch (Holding straddle up – using hands or elbows)	Hold 30 Seconds						
Crunches	25-50						
Releve's in Parallel and First Position- Two Feet	20 each						
Releve's w/ Passe'	20 each Right and Left						
Jumping Jacks	50-100						
Push Ups	5-20						

Let us know what other stretches you are working on: \_\_\_\_\_

## Edge Dancers age 2-6:

Complete 3 stretches- 3 times before your next class and become a Star Stretch Student. Dancers this age should hold time and repetition until uncomfortable.

## Edge Dancers age 6-9:

Complete your choice of 5 stretches – 4 times before your next class (within a week) and become a Star Stretch Student. Dancers within this age group should be working towards maximum repetition and hold time.

## Edge Dancers age 10 & Up:

Complete your choice of 10 stretches – 5 times per week. Maximum repetition and hold time

**Do the worksheet four times before Feb.10<sup>th</sup>  
and be entered into a drawing for a Super Star Stretcher Prize!**

Send us your Stretch Pictures to share:

[edgedancecenter@gmail.com](mailto:edgedancecenter@gmail.com) @edgedancecenter #edgeproud and #edgedancecenter

PARENT SIGNATURE REQUIRED: \_\_\_\_\_