Interns of the Massage Therapy Program at the Pacific College of Oriental Medicine in NYC, will provide therapeutic massage sessions for the dancers and faculty of the Joffrey Ballet School. These sessions are designed to either prepare you for rehearsals or performance as well as assist in the recovery post performance. This unique clinical externship will allow those interns who are interested in working with athletes and dancers an opportunity to sharpen their therapeutic massage skills. Dancers will gain a valuable education of body awareness, injury prevention and self-care rehabilitation.

1. Dates: 10 Weeks Starting June 14th through August 16th for the Summer Intensive Programs
2. Location: Studio 5 – 4th Floor @ Joffrey Ballet School - 434 Ave of the Americas
3. Time of Clinic hours are Saturdays - 1 to 5pm
4. Sessions are 1/2 hours of Dance Massage: primarily to focus on your chief complaint.
5. This clinical service will be complimentary for all the dancers of the Ballet & Jazz Trainee programs.
6. What to bring or wear: leotard, or shorts - no tights on your legs.
7. Please bring socks, slippers or booties to avoid putting your “oiled” feet on the marlin floors after the session.
8. Pre-scheduling appointments is required for your preferred and reserved time.
9. Should you not show for your appointment you may not be allowed to reschedule again for the rest of this semester.
10. If you cannot make the appointment it is your responsibility to assign another dancer to take your place and then immediately inform the Clinic Supervisor of their name – email KerrieFlynn.LMT@gmail.com
11. If you presently have an injury, please inform the massage supervisor and intern. This is an opportunity for them to gain the confidence, compassion and skill to support you, the dancer, during your healing process.
12. If you are under 18 years old, please inform your parents about massage and ask for approval. Have them send an email of approval with your full name and age to KerrieFlynn.LMT@gmail.com.
13. What we require: For the 1st session, arrive 10 minutes early to fill out Medical History & Consent Forms.
14. What we request: Always arrive on time, be prepared, and give honest feedback. Respectful participation and a brief feedback survey after session is also requested. We hope to provide a service that is appreciated and effective.
15. Registering for an appointment is weekly and a first come first serve basis with additional approval by Kerrie Flynn. Each Monday will have a new “Sign-Up Sheet” located at both studios. Please go to the Administrative Office of the Joffrey Ballet School (3rd Floor) and at Pearl Studios ask for Ronald Alexander.

APPOINTMENT TIMES AVAILABLE:

**Saturdays**
1. 1:00 – 1:30
2. 1:45 – 2:15
3. 2:30 – 3:00
4. 3:15 – 3:45
5. 4:00 – 4:30