**Dance and Musical Theatre summer task 2025.**

As a new student on the Dance & Musical Theatre course you can prepare yourself to start in September by using our stretching video to improve and develop your range of flexibility.

As you know, as a performer it is really important to not only stay strong but flexible as well. The video link below shows a range of stretches for hamstrings and has a focus on split stretches.

On the course you will study acrobatics where stretching will take a priority however ensuring you are being consistent and taking ownership of your training will allow you to excel and see results quicker.

[York College Dance Audition Stretching and limbering - YouTube](https://www.youtube.com/watch?v=ncjcz4MNwqc)

Why not try the splits challenge too…

