

LET OUR ARTS LIFT YOU TO NEW HEIGHTS

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INTENSITY DANCE TEAM

Karissa Molen, owner of Intensity Dance Team, was inspired to create a studio where students can receive top notch instruction and design their own dance program. IDT is a family based studio where dancers can learn to believe in themselves. Located on Heber City's Main Street, you might have caught one of their "Thriller" performances at Halloweenfest. IDT also competes at regional competitions, puts on an annual showcase & features dancers in Utah County's Stadium of Fire.

Karissa tells us that something unique about her program is that she provides an option to add dance to someone's life without dance completely taking over the lives of dancers and their families. Dancers choose their own dance program at IDT dependent on what is the best fit for that dancer and his or her family. Karissa finds success in seeing her dancers find their confidence, "That's why I love what I do. Every year I have a girl in a class that is shy and keeps to herself, and by the end of the year she's completely different. She's confident. Stronger. And she feels her progression. That right there has to be my greatest success."

Karissa is as local as it gets. The Heber Valley is her home & she is a proud WHS Cheerleader & Waspette Alumni. Intensity Dance Team provides a personalized experience for each dancer that fulfills them and helps them to lead confident and amazing lives!

Find out more about IDT on their website & social media pages www.intensitydanceteam.com @intensitydanceteam



In 2022, Wasatch County voters approved a 1/10 of a percent local sales and use tax to enhance trails, arts, and parks in Wasatch County. To access these funds, each municipality will offer grant applications. These applications are open now.

Please refer to each municipalities' website for specific guidelines, deadlines & instructions.

https://www.wasatchcounty.gov/TAP

https://www.midwaycityut.org/resource_library/tap-tax-fundapplication/

https://www.heberut.gov/392/Arts-Advisory-Committee

Apcoming Events

