

Ballet Intensive 2016

Studio 3

Ballet Intensive					
Time	Jul 25	Jul 26	Jul 27	Jul 28	Jul 29
9:00-12:00	I2: Skills Training* & Pointe	I2: Skills Training* & Pointe	I2: Skills Training* & Pointe	I2: Skills Training* & Pointe	I2: Skills Training* & Pointe
12:00-12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
12:30-3:30	J2: Ballet Skills* & Intro to Pointe	J2: Ballet Skills* & Intro to Pointe	J2: Ballet Skills* & Intro to Pointe	J2: Ballet Skills* & Intro to Pointe	J2: Ballet Skills* & Intro to Pointe
4:00-5:30	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio
5:30-7:00	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio	Ballet Solo/Duet/Trio

*Exercise ball needed (Minimum 55cm. Size of ball depends on dancer's height).

Studio 2

Ballet Intensive					
Time	Jul 25	Jul 26	Jul 27	Jul 28	Jul 29
9:00-12:00	J1 Ballet Skills & conditioning*	J1 Ballet Skills & conditioning*	J1 Ballet Skills & conditioning*	J1 Ballet Skills & conditioning*	J1 Ballet Skills & conditioning*
12:00-12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
12:30-3:30	I1 Ballet Skills & Pointe*	I1 Ballet Skills & Pointe*	I1 Ballet Skills & Pointe*	I1 Ballet Skills & Pointe*	I1 Ballet Skills & Pointe*

Jul 30	
Solo/Duet/Trio	9:00-10:30
Solo/Duet/Trio	10:30-12:00
Lunch Break	
Solo/Duet/Trio	12:30-2:00
Solo/Duet/Trio	2:00-3:30

*Exercise ball needed (Minimum 55cm. Size of ball depends on dancer's height).

Studio 1

Ballet Intensive					
Time	Jul 25	Jul 26	Jul 27	Jul 28	Jul 29
9:00-12:00					
12:00-12:30	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
1:00-3:00	Pre -Junior Ballet Skills Training	Pre -Junior Ballet Skills Training	Pre -Junior Ballet Skills Training	Pre -Junior Ballet Skills Training	Pre -Junior Ballet Skills Training
3:00-4:00	Mini Ballet Skills	Mini Ballet Skills	Mini Ballet Skills	Mini Ballet Skills	Mini Ballet Skills
4:00-5:00	Mini Ballet Choreo	Mini Ballet Choreo	Mini Ballet Choreo	Mini Ballet Choreo	Mini Ballet Choreo

Jul 30	Jul 31

Miss. Lynn

Miss. Shaylin

Miss. Alyssa