

BOOTCAMP & CLASSES

TUESDAY		JULY	JULY	JULY		
		9	16	23		
TIMES	CREATE					TIMES
3:00-3:45	FLEX & CORE (ALL)	PN	PN	PN		
4:00-5:00	DANCE "DRILL" TEAM PREP	SS/PN	SS/PN	SS/PN		
5:00-6:00	TECH LEVEL I/II (11 & UNDER)	SS/PN	SS/PN	SS/PN		
6:00-7:00	TECH LEVEL II/III (11 & UNDER)	PR	PR	PR		
7:00-8:00	TECH LEVEL II/III (12 & UP)	PR	PR	PR		

WEDNESDAY		JULY	JULY	JULY		
		10	17	24		
CREATE						
3:30-4:00	MUSICALITY/CHOREOGRAPHY	BG	BG	BG	3:15-4:00	
4:00-5:00	LEAPS & TURNS LEVEL III/IV	SS	SS	SS		
5:00-6:00	LEAPS & TURNS LEVEL I/II	SS	SS	SS		
6:00-7:00	ACRO FOR DANCE I	BG/LV	BG/LV	BG/LV		
7:00-8:00	ACRO POWER HOUR	BG/LV	BG/LV	BG/LV		

THURSDAY		JULY	JULY	JULY		
		11	18	25		
CREATE						
3:00-4:00	FLEX & CORE (ALL) GODFREY METHOD	BG	BG	BG	3:00-3:45	
4:00-5:00	TECH LEVEL IV	BG/LV	BG/LV	BG/LV		
5:00-6:00	TECH LEVEL II/III (12 & UP)	PR/AM	PR/AM	PR/AM		
6:00-7:00	IMPROV/CANDLE LIGHT CONTEMPORARY (11 & UNDER)	PR/AM	PR/AM	PR/AM		
7:00-8:00	ACRO FOR DANCE II/III	BG/LV	BG/LV	BG/LV		
8:00-8:45	ACRO PARTNERING TRICKS FOR DANCE	BG/LV/ AM	BG/LV/ AM	BG/LV/ AM		

MUSICALITY /CHOREOGRPAHY - TO LEARN TO RECOGNIZE THE ACCENTS OF MUSIC TO INTEPRET INTO A DANCE

TECH LEVEL I AGES 4-7 WITH NEW EXPERIENCE IN LEAPS TURNS & TRICKS

TECH LEVEL II AGES 8 -11 OR WITH MASTERY IN DOUBLES/FLEX/JETE LEAPS

TECH LEVEL III AGES 8 & UP OR WITH MASTERY IN TRIPLES/FLEX/RUSSIANS/SWITCH

TECH LEVEL IV AGES 12 & UP ADVANCED DANCERS ONLY

CANDLE LIGHT CONTEMPORARY - TO LEARN TO ENGAGE IN THE ACTING OF THE SONGS CHOREOGRAPHY IN A L

FLEXIBILITY STRETCH - THE CORE OF BALLET ALONG WITH PROPER STRETCH TECHNIQUE FOR THE HIPS BACK &

BALLET FUNDAMENTALS I KINDER - 4TH GRADE

BALLET FUNDAMENTALS II/III 5TH GRADE - MIDDLE SCHOOL

BALLET FUNDAMENTALS INT/ADV MIDDLE SCHOOL/HIGH SCHOOL

BODY LAB - COMPLETE AGILITY MOVEMENT CLASS AND STAMINA FOR POWER IN DANCING (FOAM BLOCKS REC

ACRO FOR DANCE I - BEGINNING ACRO SKILLS - STILL MASTERING STANDING BACKBENDS/HEAD STANDS - NEW

ACRO FOR DANCE II/III

ACRO POWER HOUR - MORE CONDITIONING TO ASSIST WITH ACRO TRICKS

HIP HOP 11 & UNDER - ALL OUT POP LOCK FOR THE YOUNGER STUDENTS

HIP HOP 12 & UP - POWER POP LOCK HIP HOP FOR DANCE-

GODFREY - PIROUETTE CORE REQUIRES FOAM BLOCKS YOGA BALL ELASTIC BANDS

SUMMER INSTRUCTORS

WILLIAM AGLIATA - WA

VICTORIA DOLPH - VD

BRITANY GRUBBS - BG

ABBY MOORE - AM

PARIS NEWTON - PN

PAIGE ROGERS - PR

CATERINA ROSSINI - CR

SHAWNEE SIMPSON - SS

LAUREN VAN SYKLE - LV

