BOOTCAMP & CLASSES

	BOOTCAMP & CLASSES				
TUESDAY		JULY	JULY	JULY	
IOLODAI		9			
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	
WEDINESDAT		10			
	CREATE	10	1,		
	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	
IHUKSDAT		11			
	CREATE	ļ			
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	

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

	JULY	JULY	JULY		JULY	JULY	JULY			
	9	16	23		9	1	.6 2			
ACHIEVE	•	•			DREAM	•				
FLOOR BALLET BARRE 11 & UNDER	WA	WA	WA	MUSIC THEORY 1	CR					
BALLET PARTNERING	WA	WA	WA	MUSIC THEORY 1	CR					
FLOOR BALLET BARRE !2 & UP	WA	WA	WA							
2 HANDS ON THE BARRE - ADULT	WA	WA	WA							
	JULY	JULY	JULY		JULY	JULY	JULY			
	10	17	24		10	1	.7 2			
ACHIEVE				DREAM						
FLEX & CORE (ALL)	LV	LV	LV	HIP HOP AGES 4-7	PN					
HIP HOP AGES 8-11	PN/AM	PN/AM	PN/AM	TWINKLE TOES	LV/BG					
HIP HOP 12 & UP	PN/AM	PN/AM	PN/AM							
DANCE "DRILLTEAM " LEAPS & TURNS	PN/AM	PN/AM	PN/AM							
HIP HOP - ADULT	PN/AM	PN/AM	PN/AM							
		T		1	1	I				
	JULY	JULY	JULY		JULY	JULY	JULY			
	11	18	25				.8 2			
ACHEIVE			1		DREAM	l				
BALLET (AGES 5-7)	VD	VD	VD				<u> </u>			
BALLET (AGES 5-7) BALLET 11 & UNDER	VD	VD	VD	MUSIC THEORY 1	CR		+			
BALLET 11 & UNDER BALLET 12 & UP	VD	VD VD	VD	MUSIC THEORY 1	CR		+			
PRE POINTE 12 & UP	VD	VD VD	VD	INIUSIC THEORY I	CK		+			
							+			
IMPROV/CANDLE LIGHT CONTEMPORARY (12 & UP)	PR/AM	PR/AM	PR/AM							

