

Summer Dance Intensive					
	Monday July 13th	Tuesday July 14th	Adjusted Wednesday Times	Wednesday July 15th	Thursday July 16th
9:30am - 10:30am	Warmup <i>Jayme Wappel</i>	Strength & Conditioning <i>Erika Citrin</i>	9:30am - 10:45am	Modern (Graham) <i>Danielle Fusco</i>	Warmup <i>Jayme Wappel</i>
10:30am - 11:45am	Ballet <i>Emily Orzada</i>	Leaps and Turns <i>Erika Citrin</i>	10:45am - 12:00pm	Jazz (Luigi) <i>Danielle Fusco</i>	Ballet <i>Allison Podolsky</i>
11:45am - 12:15pm	Lunch <i>Outside</i>	Lunch <i>Outside</i>	12:00pm - 12:30pm	Lunch <i>Outside</i>	Lunch <i>Outside</i>
12:15pm - 1:30pm	Variations <i>Emily Orzada</i>	Contemporary <i>Erika Citrin</i>	12:30pm - 1:45pm	Musical Theater <i>Danielle Fusco</i>	Contemporary Fusion <i>Allison Podolsky</i>
1:30pm - 2:45pm	Contemporary Modern <i>Emily Orzada</i>	Jazz Funk <i>Erika Citrin</i>	1:45pm - 2:45pm	Cool Down (Active Release Therapy) <i>Danielle Fusco</i>	Theater Jazz <i>Allison Podolsky</i>
2:45pm - 3:00pm	Q & A <i>Emily Orzada</i>	Q & A <i>Erika Citrin</i>	2:45pm - 3:00pm	Q & A <i>Danielle Fusco</i>	Q & A <i>Allison Podolsky</i>
Suggested Materials				Theraband (or pair of tights) 1-2 lacrosse balls (or golf, tennis, baseball) <i>Optional:</i> 1-2 yoga blocks (or large books)	