

DANCE-FIT SUMMER CAMP FOR PRE-TEENS

AUGUST 11-12-13, 2020

TIME ↓	DAY →	TUESDAY AUGUST 11TH	WEDNESDAY AUGUST 12 TH	THURSDAY AUGUST 13 TH
9:00-9:45am		RISE & SHINE! FITNESS FUSION	RISE UP! MORNING YOGA	RISE! BREATHE! & MOVE'N'GROOVE!
9:45-10:45am		BALLET TECHNIQUE	MODERN DANCE TECHNIQUE & MOVEMENT IMPROVISATION	STRETCH & STRENGTHEN FOR ACRO-DANCE
10:45-11:00am		BREAK	BREAK	BREAK
11:00-12:00pm		TAP TECHNIQUE & IMPROVISATION	JAZZ TECHNIQUE & CHOREOGRAPHY	INTRO TO CONTEMPORARY TECHNIQUE & CHOREOGRAPHY
12:00-12:45pm		MUSICAL THEATER DANCE CHOREOGRAPHY	ZUMBA® KIDS! DANCE-FITNESS	12:00-1:00pm HIP HOP TECHNIQUE & CHOREOGRAPHY with BOSCO!
12:45-1:00pm		12:45pm CLEAN UP 1:00pm PICK-UP	12:45pm CLEAN UP 1:00pm PICK-UP	1:00pm CLEAN UP 1:15pm PICK-UP

COVID-19 SAFETY POLICIES

1. Students may be dropped off at the studio as early as 8:45am. One parent/guardian will be allowed into the building when dropping off and picking up students. Please wear your mask.
2. The pick-up time has been revised for Thursday, August 13th. We have a special guest master instructor that will be teaching a virtual hip hop class all the way from Montana! Pick-up will be at 1:15pm for Thursday **ONLY**. Tuesday and Wednesday will be at the regularly scheduled time of 1:00pm.
3. Masks must be worn in the building at all times. Students do not have to wear their mask in the studio/during class, however they must remain at least 6 feet from each other. If at any time physical distancing is not possible, masks **MUST** be worn.
4. The studio floor will be sectioned/taped off into large 6-foot squares. Students must remain in their own square to ensure proper physical distancing.
5. Students must keep their hands to themselves at all times and respect other students' personal space.
6. Students must wash and sanitize their hands any time they cough, sneeze, touch their face, or leave the studio for any reason.
7. Students must provide their own exercise/yoga mat. This is much safer and healthier than sharing mats. Mats can be purchased at local stores like Wal-Mart for as low as \$8. If you need help with purchasing a mat, please feel free to email us! RISEMovementStudio@aol.com.
8. Students should pack some snacks and plenty of water. No sharing of food or drinks will be allowed.
9. Students will be given a short break in between classes. They must continue to follow the 6-foot physical distance rule during break.
10. Students must have the appropriate shoes and apparel for each class. Please visit our website at www.risemovementstudio.com and refer to our "Services" page. You may also e-mail us at RISEMovementStudio@aol.com with any questions or concerns!
11. If a student is not feeling well, please keep your child home and contact us immediately! Thank you!

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