Summer 2022: Ballet Intensive

August 1-6

Group 1: advanced beginner/intermediate dancers, ages 11-13

Group 2: intermediate/advanced dancers, ages 14+

	Monday 8/1	Tuesday 8/2	Wednesday 8/3	Thursday 8/4	Friday 8/5	Saturday 8/6
	9-10:30am	9-10:30am	9-10:30am	9-10:30am	9-10:30am	9- 10:30pm
Adv. Beg.	Ballet Technique - Sophie	Ballet Technique - Sophie	Ballet Technique - Sophie	Ballet Technique - Sophie	Ballet Technique - Sophie	Ballet Technique - Sophie
Int/Adv	Ballet Technique - Daphne	Ballet Technique - Sayer	Ballet Technique - Daphne	Ballet Technique - Sayer	Ballet Technique - Daphne	Ballet Technique - Daphne
	10:45-11:30am	10:45-11:30am	10:45-11:30am	10:45-11:30am	10:45-11:30am	10:45-11:30am
Adv. Beg.	Pre-Pointe - Micheline	Pre-Pointe - Micheline	Pre-Pointe - Micheline	Pre-Pointe - Micheline	Pre-Pointe - Micheline	Pre-Pointe - Micheline
Int/Adv	Pointe Technique - Sophie	Pointe Technique - Sophie	Pointe Technique - Sophie	Pointe Technique - Sophie	Pointe Technique - Sophie	Pointe Technique - Sophie
Boys	Traditional Mens Ballet Technique- Alex	Traditional Mens Ballet Technique- Alex	Traditional Mens Ballet Technique- Alex	Traditional Mens Ballet Technique- Alex	Traditional Mens Ballet Technique- Alex	Traditional Mens Ballet Technique- Alex
	11:30-12:15pm	11:30-12:15pm	11:30-12:15pm	11:30-12:15pm	11:30-12:15pm	11:30-12:15pm
Adv. Beg.	Partnering - Rebecca	Partnering - Rebecca	Partnering - Rebecca	Partnering - Rebecca	Partnering - Rebecca	Partnering - Rebecca
Int/Adv	Partnering - Alex	Partnering - Alex	Partnering - Alex	Partnering - Alex	Partnering - Alex	Partnering - Alex
	12:15-1:15pm LUNCH					
	1- 1:45pm	1:15-2pm	1:15-2pm	1:15-2pm	1:15-2pm	1:15-2pm
Adv. Beg.	PT & Injury Prevention - Victoria Guy and Beth LaPierre from Fairview BMC		Pilates & Yoga - Melissa	History of Ballet - Micheline	Pilates & Yoga - Melissa	
Int/Adv		Pilates & Yoga - Melissa	Kinesio-Tape for Injury Support - Victoria Guy and Beth LaPierre	Pilates & Yoga - Melissa	History of Ballet - Micheline	Wellness for Dancers - Melissa
	2:15-3:30pm	2:15-3:30pm	2:15-3:30pm	2:15-3:30pm	2:15-3:30pm	2:15-3:30pm
Adv. Beg.	Artistry & Variations - Alex	Artistry & Variations - Alex	Artistry & Variations - Alex	Artistry & Variations - Alex	Artistry & Variations - Alex	Artistry & Variations - Alex
Int/Adv	Artistry & Variations - Micheline	Artistry & Variations - Micheline	Artistry & Variations - Micheline	Artistry & Variations - Micheline	Artistry & Variations - Micheline	Artistry & Variations - Micheline