

JULY 15 - 19

YOUTH SUMMER INTENSIVE

Inspired by *Giselle*

Embark on a week-long intensive journey delving into the enchanting story of Giselle - a captivating tale of innocent love and betrayal. Students will receive expert training in Classical Ballet technique and engage in an array of Giselle-themed activities, from painting pointe shoes to designing shirts, and crafting headpieces and props. Get ready for an amazing showcase at the end of the week, where our talented students will perform their dances and demonstrate all their hard work. Don't miss this unique opportunity!



SCHEDULE

LEVEL 1 (AGES 5 - 9)

MONDAY

- 8:30 Flex & Strength
- 9:30 Snack Break
- 10:00 Ballet Technique
- 11:00 Arts & Crafts
- 11:30 Lunch
- 12:00 Ballet History
- 1:00 Choreography

TUESDAY

- 8:30 Story Exploration
- 9:30 Snack Break
- 10:00 Ballet Technique
- 11:30 Lunch
- 12:00 Choreography
- 1:00 Arts & Crafts

WEDNESDAY

- 8:30 Flex & Strength
- 9:30 Snack Break
- 10:00 Story Exploration
- 10:30 Arts & Crafts
- 11:30 Lunch
- 12:00 Ballet Technique
- 1:00 Choreography

THURSDAY

- 8:30 Arts & Crafts
- 9:30 Snack Break
- 10:00 Ballet Technique
- 11:30 Lunch
- 12:00 Choreography
- 12:30 Movie

FRIDAY

- 8:30 Hair & Makeup
- 9:30 Snack Break
- 10:00 Ballet Technique
- 11:30 Lunch
- 12:00 Choreography
- 1:30 Showcase



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Inspired by *Giselle*

Immerse yourself in a captivating week-long program exploring the timeless story of innocent love and heartbreak in the classic ballet, Giselle. Elevate your skills with intensive Classical Ballet training, enriched by the opportunity to work on classical variations, pointe work, contemporary, improvisation, flexibility and conditioning. Seize this opportunity to take your dance training to new heights. Join us!

SCHEDULE: LEVEL 2

Ages 10+

MONDAY

8:30 Flex & Strength
10:00 Ballet Technique
11:30 Lunch
12:00 Pointe
1:00 Classical Variations

TUESDAY

8:30 Story Exploration
10:00 Ballet Technique
11:30 Lunch
12:00 Pointe & Variations
1:00 Contemporary

WEDNESDAY

8:30 Flex & Strength
10:00 Ballet Technique
11:30 Lunch
12:00 Ballet History
12:30 Pointe & Variations

THURSDAY

8:30 Arts & Crafts
10:00 Ballet Technique
11:30 Lunch
12:00 Improvisation
1:00 Pointe & Variations

FRIDAY

8:30 Hair & Makeup
10:00 Ballet Technique
11:30 Lunch
12:00 Pointe & Variations
1:30 Showcase

