ADULT SUMMER INTENSIVE

JULY 15 - 19

Inspired by Giselle

ABSOLUTE BEGINNER FRIENDLY

Experience an enchanting week-long program delving into the enduring story of unrequited love, heartrending loss, and triumphant forgiveness in the timeless classic, Giselle. Immerse yourself in rigorous training sessions in classical ballet, offering the chance to master ballet technique, explore classical variations, engage in pre-pointe work, contemporary dance, improvisation, flexibility, and conditioning. This program is designed to elevate your dance training and propel your skills to new heights, no matter your experience. Prepare to be captivated and transformed!

SCHEDULE

LEVEL 1

MONDAY

5:00 Ballet Technique

6:00 Pre-Pointe

7:30 Classical Variations

VICITEAT

5:00 Ballet Technique

TUESDAY

6:00 Pre-Pointe

6:30 Improvisation

7:30 Classical Variations

WEDNESDAY

5:00 Flex & Strength

6:00 Ballet Technique

7:00 Pre-Pointe

8:00 Classical Variations

THURSDAY

5:00 Pilates

6:00 Ballet Technqiue

7:30 Pre-Pointe & Variations

FRIDAY

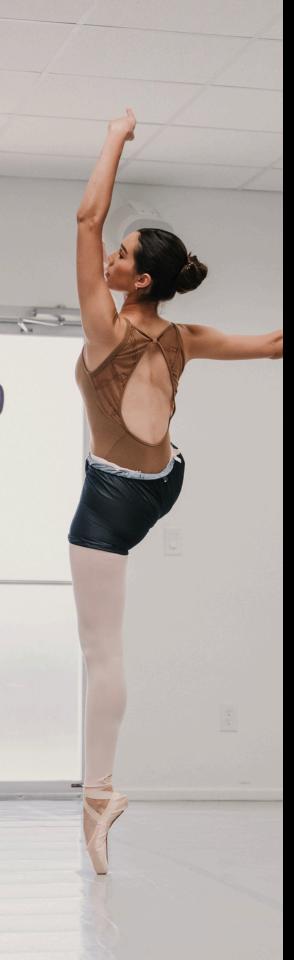
5:00 Ballet Technique

6:30 Contemporary

7:30 Pre-Pointe & Variations









ADULT SUMMER INTENSIVE

JULY 15 - 19

Inspired by Tiselle

Immerse yourself in an enchanting week-long program that delves deep into the timeless tale of innocent love and heartbreak in the classic ballet, Giselle. Experience rigorous training in classical ballet, refining your skills with classical variations, pointe work, contemporary dance, improvisation techniques, and flexibility exercises. This allencompassing program is tailored to help you elevate your dance training and reach new heights of skill. Don't let this opportunity pass you by - join us and enrich your dance journey!

SCHEDULE

LEVEL 2

MONDAY TUESDAY

5:00	Ballet Technique	5:00	Ballet Technique
6:30	Contemporary Ballet	6:30	Improvisation
7:30	Pointe & Variations	7:30	Pointe & Variations

WEDNESDAY

V	VEDNESDAY		THURSDAY	
5:00	Ballet Technique	5:00	Pilates	
7:00	Pointe & Variations	6:00	Ballet Technqiue	
		7:30	Pointe & Variations	

FRIDAY

5:00	Ballet Technique
6:30	Contemporary
7:30	Pointe & Variation

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