

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

TUESDAY

5:00 Ballet Technique
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 Technique
7:30 Pre-Pointe & Variations

FRIDAY

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



NYLIA
BALLET ACADEMY



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JULY 15 - 19

Inspired by *Giselle*

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 all-encompassing 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

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

TUESDAY

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

WEDNESDAY

5:00 Ballet Technique
7:00 Pointe & Variations

THURSDAY

5:00 Pilates
6:00 Ballet Technique
7:30 Pointe & Variations

FRIDAY

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