

# **NEW YEARS TRAINING CAMP SCHEDULE**

## **December 27-29, 2018**

\*Subject to change

### **Thursday, December 27**

8:30am – 9:30am

Check-in

9:30am – 10am

Welcome and Orientation (**Parents Invited**)

10am- 11:40

Group A: Ballet Technique with Francisco Gella

Group B: Ballet Technique with Julie Friedrich

11:40am – 11:50am

Break

11:50am – 1:30pm

Group A: Port de Bras Technique with Julie Friedrich

Group B: Ballet Stretch and Conditioning with Francisco Gella

1:30-2:15pm

Lunch

2:15-3:45 Theatre Dance (Broadway) with Steven Sofia

Group A: Jazz Technique with Wilson Mendieta

Group B:

3:45-5:15

Group A: Theatre Dance (Broadway) with Steven Sofia

Group B: Jazz Technique with Wilson Mendieta

5:15-5:45pm

Dinner

5:45-6:45pm

Group A: Yoga with Melissa Genovese

Group B: Limon Modern Technique with Francisco Gella

6:45-7:45pm

Group A: Limon Modern Technique with Francisco Gella

Group B: Yoga with Melissa Genovese

7:45-8pm

Group A & B: End of the Day Debrief with Francisco and Julie

## **Friday, December 28**

9 – 9:15am

Large Group Morning Warm-up with Francisco

9:15 – 10:55am

Group A: Ballet Technique with Julie

Group B: Ballet Technique with Francisco

10:55am – 11:05am

Break

11:05am – 12:45pm

Group A: Ballet Stretch and Conditioning with Francisco

Group B: Port de Bras Technique with Julie

12:45-1:15pm

Lunch

1:15-2:30 pm

Group A: Planning for Careers and College Dance with Julie **(Parents Invited)**

Group B: African-Based Movement with Yusha-Marie Sorzano

2:30 – 3:30pm

Group A and B: What it's like to major in dance....featuring current college students who will give you the real deal. Facilitated by Julie.

3:30 – 4:45pm

Group A : African-Based Movement with Yusha-Marie Sorzano

Group B: Contemporary with Francisco

4:45 -5:30pm

Dinner

5:30 -6:45pm

Group A: Yoga with Melissa Genovese

Group B: Modern with Rachel Berman

6:45 - 8pm

Group A; Modern with Rachel Berman

Group B: Yoga with Melissa Genovese

## **Saturday, December 29**

9 – 9:15am

Large Group Morning Warm-up with Francisco

9:15 – 11:10am

Group A: Ballet Technique with Julie

Group B: Ballet Technique with Francisco

11:10-11:20

Break

11:20 – 12:30pm

Group A: Contemporary with Francisco

Group B: Contemporary Ballet with Julie

12:30-1:15pm

Lunch

1:15-2:30 pm

Group A: Leaps and Turns with Francisco

Group B: Strategies for Injury Prevention and Body Awareness with Annette Karim

2:30-3:45pm

Group A: Strategies for Injury Prevention and Body Awareness with Annette Karim

Group B: Leaps and Turns with Francisco

3:45-4

Break

4-5:15 pm

Group A: Contemporary with Micaela Taylor

Group B: Improvisation with Julie

5:15-5:45pm

Dinner

5:45-7pm

Group A; Improvisation with Francisco

Group B: Contemporary with Micaela Taylor

7-8pm

Closing Session **(Parents Invited)**