

BALLET+ 2023 SCHEDULE (*subject to change)

	GROUP A (older dancers)	GROUP B (younger dancers)	Parent and Guardian Participation
SUNDAY (6/11)			
8:00 - 9:00	Check In	Check In	
9:00 - 9:30	Orientation (Francisco and Yusha)		Parents/Guardians Encouraged to Attend
9:30 - 10:45	Ballet Technique (Francisco)	Ballet Technique (Yusha)	
10:45 - 12:00	Men's Style Ballet Class for Everyone (Francisco)	Pointe for Everyone (Yusha)	
12:00 - 1:00	Lunch	Lunch	
1:00 - 2:15	Contemporary Ballet (Cameron)	Limon Technique (Francisco) *Percussion Accompaniment	
2:15 - 3:30	Horton Technique (Yusha) *Percussion Accompaniment	Contemporary Ballet (Cameron)	
3:30 - 3:45	Break	Break	
3:45 - 4:45	Pilates (Gretchen)	Horton Technique (Yusha) *Percussion Accompaniment	
4:45 - 5:45	Limon Technique (Francisco) *Percussion Accompaniment	Pilates (Gretchen)	
5:45 - 6:00	End of the Day Debrief	End of the Day Debrief	
MONDAY (6/12)			
9:00 - 9:15	Big Group Warm-up Everyone (Francisco)		
9:15 - 10:30	Ballet Technique (Yusha)	Ballet Technique (Francisco)	
10:30 - 12:00	Pointe for Everyone (Yusha)	Men's Style Ballet Class for Everyone (Francisco)	This Class Block Open to Parent/Guardian Observation
12:00 - 1:00	Lunch	Lunch	

1:00 - 2:15	Jazz (Courtney)	Taylor Technique (Jeff) *Percussion Accompaniment	
2:15 - 3:30	Taylor Technique (Jeff) *Percussion Accompaniment	Jazz (Courtney)	
3:30 - 3:45	Break	Break	
3:45 - 4:45	Contemporary Ballet (Cameron)	Musical Theater (Courtney)	
4:45 - 5:45	Contemporary Fusion (Francisco)	Contemporary Ballet (Cameron)	
5:45 - 6:00	End of the Day Debrief	End of the Day Debrief	
TUESDAY (6/13)			
9:00 - 9:15	Big Group Warm-up Everyone (Francisco)		
9:15 - 10:30	Ballet Technique (Francisco)	Ballet Technique (Yusha)	
10:30 - 12:00	Men's Class for Everyone (Francisco)	Pointe for Everyone (Yusha)	
12:00 - 1:00	Lunch	Lunch	
1:00 - 2:15	Contemporary Concepts (Cameron)	Jazz (Courtney)	This Class Block Open to Parent/Guardian Observation
2:15 - 3:30	Jazz (Courtney)	Contemporary Concepts (Cameron)	
3:30 - 3:45	Break	Break	
3:45 - 4:45	Musical Theater (Courtney)	Improvisation for Composition (Cameron)	
4:45 - 5:45	Improvisation for Composition (Cameron)	Contemporary Fusion (Francisco)	
5:45 - 6:00	End of the Day Debrief	End of the Day Debrief	
WEDNESDAY (6/14)			
9:00 - 9:15	Big Group Warm-up Everyone (Francisco)		
9:15 - 10:30	Ballet Technique (Yusha)	Ballet Technique (Francisco)	

10:30 - 12:00	Taylor Technique (Jeff) *Percussion Accompaniment	Horton Technique (Yusha) *Percussion Accompaniment	This Class Block Open to Parent/Guardian Observation
12:00 - 1:00	Lunch	Lunch	
1:00 - 2:15	Contact Improvisation (Francisco)	Taylor Technique (Jeff) *Percussion Accompaniment	
2:15 - 3:30	Partnering Concepts (Jeff)	Contemporary Ballet (Fiona)	
3:30 - 3:45	Break	Break	
3:45 - 4:45	Contemporary Ballet (Fiona)	Pilates (Gretchen)	
4:45 - 5:45	Pilates (Gretchen)	Improvisation (Fiona)	
5:45 - 6:00	End of the Day Debrief	End of the Day Debrief	
THURSDAY (6/15)			
9:00 - 9:15	Big Group Warm-up Everyone (Francisco)		
9:15 - 10:30	Ballet Technique (Francisco)	Ballet Technique (Yusha)	
10:30 - 12:00	Horton Technique (Yusha) *Percussion Accompaniment	Contemporary Ballet Repertory (Fiona)	
12:00 - 1:00	Lunch	Lunch	
1:00 - 2:15	Contemporary Ballet Repertory (Fiona)	Turns and Leaps (Francisco)	
2:15 - 3:30	Turns and Leaps (Francisco)	Improvisation (Yusha)	
3:30 - 3:45	Break	Break	
3:45 - 4:45	Choreography Rep (Yusha)	Taylor Rep (Jeff)	
4:45 - 5:45	Taylor Rep (Jeff)	Core Work and Stretch Recovery (Francisco)	
5:45 - 6:00	End of the Day Debrief	End of the Day Debrief	
FRIDAY (6/16)			
9:00 - 9:15	Big Group Warm-up Everyone (Francisco)		

9:15 - 10:30	Port de Bras Focus (Yusha)	Ballet Technique (Francisco)	
10:30 - 12:00	Mens Class for Everyone (Francisco)	Port de Bras Focus (Yusha)	
12:00 - 1:00	Lunch	Lunch	
1:00 - 2:15	Improvisation (Fiona)	Choreography Rep (Yusha)	
2:15 - 3:30	Choreography Rep (Francisco)	Contemporary Ballet (Fiona)	This Class Block Open to Parent/Guardian Observation
3:30 - 3:45	Break	Break	
3:45 - 4:45	Partnering Concepts (Jeff)	Contemporary Floor Work (Francisco)	
4:45 - 5:45	Core Work and Stretch Recovery	Partnering Concepts (Jeff)	
5:45 - 6:00	End of the Day Debrief	End of the Day Debrief	
SATURDAY (6/17)			
9:00 - 9:15	Big Group Warm-up Everyone (Francisco)		
9:15 - 10:30	Ballet Technique (Francisco)	Ballet Technique (Yusha)	
10:30 - 12:00	Composition (Yusha)	Contemporary Ballet (Fiona)	
12:00 - 1:00	Lunch	Lunch	
1:00 - 2:15	Contemporary Ballet (Fiona)	Choreography Rep (Francisco)	
2:15 - 3:30	Movement Exploration w/Props (Francisco)	Composition (Yusha)	
3:30 - 3:45	Transition to Closing Session	Transition to Closing Session	
3:45 - 5:00	Big Group Closing Session/Goodbyes/Photos		Parents and Family Invited