



Summer 2017 Arabesque Ballet Camp

Ages 8-17 (By Placement, Ballet 3 & Ballet 4)

July 24-28, 9:00 am-4:00 pm

BONUS: July 24 & 25, 4:00-4:50 pm—Stay to do a special project on Anatomy & Physiology.

Learn how your body works to dance!

Instructors: Ashley Paige Romines, Teresa Simpson, Lizz Walrath / Assistants: Branté Copling, Alexa Olson

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15 Modern Technique & Repertoire <i>Teresa/Branté</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa/Branté</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa/Branté</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa/Branté</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa/Branté</i>
10:20-11:30 Jazz Technique & Repertoire <i>Lizz/Branté</i>	10:20-11:30 Jazz Technique & Repertoire <i>Lizz/Branté</i>	10:20-11:30 Jazz Technique & Repertoire <i>Lizz/Branté</i>	10:20-11:30 Jazz Technique & Repertoire <i>Lizz/Branté</i>	10:20-11:30 Jazz Technique & Repertoire <i>Lizz/Branté</i>
11:30-12:00 Costume Design <i>Lizz/Branté</i>	11:30-12:00 Costume Design <i>Lizz/Branté</i>	11:30-12:00 Costume Design <i>Lizz/Branté</i>	11:30-12:00 Costume Design <i>Lizz/Branté</i>	11:30-12:00 Costume Design <i>Lizz/Branté</i>
12:00-12:40 Choreography <i>Teresa/Branté</i>	12:00-12:40 Choreography <i>Teresa/Branté</i>	12:00-12:40 Choreography <i>Teresa/Branté</i>	12:00-12:40 Choreography <i>Teresa/Branté</i>	12:00-12:30 Choreography <i>Ashley Paige/Branté</i>
12:40-1:15 Lunch/Nutrition in the Park	12:40-1:15 Lunch/Nutrition in the Park	12:40-1:15 Lunch/Nutrition in the Park	12:40-1:15 Lunch/Nutrition in the Park	12:30-1:05 Lunch/Nutrition in the Park
1:15-1:45 Ballet History <i>Ashley Paige/Branté</i>	1:15-1:45 Ballet History <i>Ashley Paige/Branté</i>	1:15-3:20 Ballet Technique & Repertoire <i>Ashley Paige/Branté/Alexa</i>	1:15-1:45 Ballet History <i>Ashley Paige/Branté</i>	1:05-3:00 Ballet Technique & Repertoire <i>Ashley Paige/Branté/Alexa</i>
1:45-4:00 Ballet Technique & Repertoire <i>Ashley Paige/Branté/Alexa</i>	1:45-4:00 Ballet Technique & Repertoire <i>Ashley Paige/Branté/Alexa</i>	3:20-4:00 Stretch & Strengthen <i>Ashley Paige/Branté</i>	1:45-4:00 Ballet Technique & Repertoire <i>Ashley Paige/Branté/Alexa</i>	3:05-3:30 Prepare for performance
4:00-4:50 BONUS: Anatomy & Physiology	4:00-4:50 BONUS: Anatomy & Physiology	<i>Schedule subject to change, as needed</i>		3:30-4:00 Performance for Friends and Family

Wondering what to bring each day...

Check list for summer camp:

- Prior to arrival each morning, please eat a healthy, well-balanced breakfast!
- Ladies**—Black leotard (ONLY plain, scoop back leotards in camisole, tank, short-sleeve or long-sleeve. NO crisscross straps, mesh, lace, halters, decorations or attachments), pink convertible tights, pink ballet shoes (leather preferred), Black convertible or footless tights (used for modern and jazz)
- Gentlemen**—black tights or pants, black ballet shoes, white socks, solid white t-shirt, solid black t-shirt (for modern and jazz)
- Black Jazz shoes
- Hair secured off face and in a bun for ladies
- Extra set of dance clothes—just in case!
- Change of clothes to put on over dance attire for time in the park (students will not be permitted to go into the park with only dance attire)
- Good outdoor shoes for time in the park
- Old towel or blanket to use outside
- Sunscreen
- Well-balanced lunch (please consider including fruits, vegetables, whole grains, and good proteins)
- Water!

If you have any further questions about the camp, please contact the Springfield Ballet business office at (417) 862-1343 or apromines@springfieldballet.org