



Summer 2017 Plié Ballet Camp

Ages 7-14 (By Placement: Ballet 1 & Ballet 2)

July 17-21, 9:00 am-4:00 pm

Instructors: Ashley Paige Romines, Teresa Simpson, Lizz Walrath

Assistant: Alexa Olson

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15 Modern Technique & Repertoire <i>Teresa</i>	9:00-10:05 Modern Technique & Repertoire <i>Teresa</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa</i>	9:00-10:15 Modern Technique & Repertoire <i>Teresa</i>
10:20-11:00 Anatomy & Physiology <i>Teresa</i>	10:00-10:35 Anatomy & Physiology <i>Teresa</i>	10:20-11:00 Anatomy & Physiology <i>Teresa</i>	10:20-10:50 Anatomy & Physiology <i>Teresa</i>	10:20-10:50 Music <i>Teresa</i>
11:00-12:00 Musical Theatre & Repertoire <i>Lizz/Alexa</i>	10:35-11:35 Musical Theatre & Repertoire <i>Lizz/Alexa</i>	11:00-12:00 Musical Theatre & Repertoire <i>Lizz/Alexa</i>	10:50-12:00 Musical Theatre & Repertoire <i>Lizz/Alexa</i>	10:50-11:50 Musical Theatre & Repertoire <i>Lizz/Alexa</i>
12:00-12:45 Lunch/Nutrition in the Park	11:35-12:10 Lunch/Nutrition in the Park	12:00-12:45 Lunch/Nutrition in the Park	12:00-12:45 Lunch/Nutrition in the Park	11:50-12:30 Lunch/Nutrition in the Park
12:45-1:45 Ballet History & Crafts <i>Ashley Paige/Alexa</i>	12:15-1:35 Ballet Technique & Repertoire <i>Ashley Paige/Alexa</i>	12:45-1:45 Ballet History & Crafts <i>Ashley Paige/Alexa</i>	12:45-1:45 Ballet History & Crafts <i>Ashley Paige/Alexa</i>	12:30-1:10 Ballet History & Crafts <i>Ashley Paige/Alexa</i>
1:45-3:30 Ballet Technique & Repertoire <i>Ashley Paige/Alexa</i>	1:40-4:45 MOXIE CINEMA FIELD TRIP— PLEASE PICK UP AT MOXIE CINEMA, 305 S Campbell	1:45-3:30 Ballet Technique & Repertoire <i>Ashley Paige/Alexa</i>	1:45-3:30 Ballet Technique & Repertoire <i>Ashley Paige/Alexa</i>	1:10-2:40 Ballet Technique & Repertoire <i>Ashley Paige/Alexa</i>
3:30-4:00 Choreography <i>Ashley Paige/Alexa</i>		3:30-4:00 Choreography <i>Ashley Paige/Alexa</i>	3:30-4:00 Stretch & Strengthen <i>Ashley Paige</i>	2:40-3:00 Choreography <i>Ashley Paige/Alexa</i>
<i>Schedule subject to change, as needed</i>			3:05-3:30 Prepare for Performance	
				3:30-4:00 Performance for Family & Friends

Wondering what to bring each day...

Check list for summer camp:

- 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 leather ballet shoes, black convertible or footless tights (for modern and musical theatre)
- Gentlemen—black tights or pants, black ballet shoes, white socks, solid white t-shirt (for ballet), solid black t-shirt (for modern and musical theatre)
- Black Jazz shoes (optional—only bring if you already have them, no need to purchase for camp)
- 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

Before camp begins each day, please remember to have your child eat a healthy breakfast, put on sunscreen, and use the restroom. Thank you! 😊

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