



2018 Junior Summer Intensive Schedule

Approximate Ages 8 & up (By Placement, Ballet 3, Ballet 3/4, Ballet 4, Ballet 4/5)

Instructors: Abigail Lind, Starr Needre, Brian Norris, Ashley Paige Romines, Lizz Walrath

July 23-27, 9:00am-5:00pm, FIELD TRIP: Moxie screening of *Swan Lake* on July 24, 2:00pm

Schedule subject to change

July 23		July 24		July 25		July 26		July 27	
Monday Blue	Monday Orange	Tuesday Blue	Tuesday Orange	Wednesday Blue	Wednesday Orange	Thursday Blue	Thursday Orange	Friday Blue	Friday Orange
9:00-10:30 Modern Technique & Repertoire <i>Abigail</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:15 Modern Technique & Repertoire <i>Abigail</i>	9:00-10:15 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:30 Modern Technique & Repertoire <i>Abigail</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:30 Modern Technique & Repertoire <i>Abigail</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:30 Modern Technique & Repertoire <i>Abigail</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>
10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Abigail</i>	10:15-11:30 Jazz Technique & Repertoire <i>Starr</i>	10:15-11:30 Modern Technique & Repertoire <i>Abigail</i>	10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Abigail</i>	10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Abigail</i>	10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Abigail</i>
12:00-12:35 Lunch/Nutrition in the Park		11:30-12:00 Lunch/Nutrition in the Park		12:00-12:35 Lunch/Nutrition in the Park		12:00-12:35 Lunch/Nutrition in the Park		12:00-12:35 Lunch/Nutrition in the Park	
12:35-1:05 Choreography <i>Brian</i>		12:00-1:05 Ballet Technique <i>Ashley Paige</i>	12:00-1:05 Ballet Technique <i>Brian</i>	12:35-1:05 Choreography <i>Brian</i>		12:35-1:05 Choreography <i>Brian</i>		12:35-1:05 Choreography <i>Brian</i>	
1:05-3:00 Ballet Technique <i>Brian</i>	1:05-3:00 Ballet Technique <i>Ashley Paige</i>	1:05-1:30 Ballet Repertoire <i>Brian & Ashley Paige</i>		1:05-3:00 Ballet Technique <i>Brian</i>	1:05-3:00 Ballet Technique <i>Ashley Paige</i>	1:05-3:00 Ballet Technique <i>Ashley Paige</i>	1:05-3:00 Ballet Technique <i>Brian</i>	1:05-2:35 Ballet Technique <i>Brian</i>	1:05-2:35 Ballet Technique <i>Ashley Paige</i>
3:00-3:40 Ballet Repertoire <i>Brian & Ashley Paige</i>		1:40-5:00 MOXIE CINEMA FIELD TRIP— PLEASE PICK UP AT MOXIE CINEMA, 305 S Campbell		3:00-3:40 Ballet Repertoire <i>Brian & Ashley Paige</i>		3:00-3:40 Ballet Repertoire <i>Brian & Ashley Paige</i>		2:40-3:30 Ballet Repertoire <i>Brian & Ashley Paige</i>	
3:40-4:20 Costuming <i>Lizz</i>	3:40-4:20 Stretch & Strengthen <i>Ashley Paige</i>			3:40-4:20 Costuming <i>Lizz</i>	3:40-4:20 Stretch & Strengthen <i>Ashley Paige</i>	3:40-4:20 Costuming <i>Lizz</i>	3:40-4:20 Stretch & Strengthen <i>Ashley Paige</i>	3:30-4:20 Prepare for Performance	
4:20-5:00 Stretch & Strengthen <i>Ashley Paige</i>	4:20-5:00 Costuming <i>Lizz</i>			4:20-5:00 Stretch & Strengthen <i>Ashley Paige</i>	4:20-5:00 Costuming <i>Lizz</i>	4:20-5:00 Stretch & Strengthen <i>Ashley Paige</i>	4:20-5:00 Costuming <i>Lizz</i>	4:20-5:00 Performance	

Wondering what to bring each day...



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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/leggings (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!

Springfield Ballet Junior Intensive Demonstration/Performance

At The Creamery Arts Center, Ballet Studio A

Friday, July 27, 4:20 pm