

# AFS SUMMER INTENSIVE - JUNE 5th-8th

## Monday: North Location

	Beginning/Elementary	Intermediate/Advanced
9:00am	Yoga 101 with Miss Shannon (9-10:30)	Yoga 101 with Miss Shannon (9-10:30)
9:30am		
10:00am	Psychology Behind Performing: Dealing with Anxiety & Nerves with Miss Cheyenne (10:30-11:30)	Psychology Behind Performing: Dealing with Anxiety & Nerves with Miss Cheyenne (10:30-11:30)
10:30am		
11:00am	LUNCH BREAK (11:30-12:15)	
11:30am	Psychology Behind Performing: Body Image Positivity with Miss Cheyenne (12:15-1)	Progressive Ballet Technique using exercise balls & bands (12:15-1)
12:15pm		
12:30pm	Voice for Dancers with Miss Valerie (1-2)	Psychology Behind Performing: Body Image Positivity with Miss Cheyenne (1-2)
1:00pm		
1:30pm	Ballet Variations with Miss Meghan (2-3)	Voice for Dancers with Miss Valerie (2-3)
2:00pm		
2:30pm	BREAK (3:00-3:30)	
3:00pm	Acro with Miss Meghan (3:30-5)	Pointe Barre & Variations with Miss Chloe (3:30-5)
3:30pm		
4:00pm	GO HOME & REST	
4:30pm	GO HOME & REST	
5:00pm	GO HOME & REST	

## Tuesday: North Location

	Beginning/Elementary	Intermediate/Advanced
9:00am	Core-focused Yoga with Miss Shannon (9-10)	Core-focused Yoga with Miss Shannon (9-10)
9:30am		
10:00am	Dance History with Miss McKenzie (10-11)	Dance History with Miss McKenzie (10-11)
10:30am		
11:00am	Injury Prevention & Care with Miss Chloe (11-12)	Injury Prevention & Care with Miss Chloe (11-12)
11:30am		
12:00pm	LUNCH BREAK (12-12:45)	
12:45pm	Ballet Barre with Miss Carolyn (12:45-1:30)	Ballet Barre with Miss Olivia (12:45-1:30)
1:00pm		
1:30pm	Modern with Miss Olivia (1:30-3)	Musical Theatre with Miss Carolyn (1:30-3)
2:00pm		
2:30pm	BREAK (3:00-3:30)	
3:00pm	Musical Theatre with Miss Carolyn (3:30-5)	Modern with Miss Olivia (3:30-5)
3:30pm		
4:00pm	GO HOME & REST	
4:30pm	GO HOME & REST	
5:00pm	GO HOME & REST	

# AFS SUMMER INTENSIVE - JUNE 5th-8th

## Wednesday: West Location

	Beginning/Elementary	Intermediate/Advanced
9:00am	Jazz with Miss Jessica (9-10:30)	Acro with Miss Meghan (9-10:30)
9:30am		
10:00am	Progressive Ballet Technique using exercise balls & bands (10:30-11:30)	Jumps and Leaps with Miss Jessica (10:30-11:30)
10:30am		
11:00am	LUNCH BREAK (11:30-12:15)	
11:30am	Nutrition with Miss Shannon (12:15-1)	Nutrition with Miss Shannon (12:15-1)
12:15pm		
12:30pm	Inversion Yoga with Miss Shannon (1-2)	Hip Hop with Miss Jessica (1-2)
1:00pm		
1:30pm	Hip Hop with Miss Jessica (2-3)	Inversion Yoga with Miss Shannon (2-3)
2:00pm		
2:30pm	BREAK (3:00-3:30)	
3:00pm	Choreography 101 with Miss Kathryn (3:30-5)	Jazz with Miss Jessica (3:30-5)
3:30pm		
4:00pm	GO HOME & REST	
4:30pm	GO HOME & REST	
5:00pm	GO HOME & REST	

## Thursday: West Location

	Beginning/Elementary	Intermediate/Advanced
9:00am	Dance Resumes & Headshots with Miss Carolyn and Miss Abby (9-10:30)	Dance Resumes & Headshots with Miss Carolyn and Miss Abby (9-10:30)
9:30am		
10:00am	Ballroom Basics with Miss Emily (10:30-11:15)	Kickline with Miss Jessica (10:30-11:15)
10:30am		
10:45am	Jumps and Leaps with Miss Jessica (11:15-12)	Ballroom Basics with Miss Emily (11:15-12)
11:15am		
11:30am	LUNCH BREAK (12-12:45)	
12:00pm	Dance History with Miss McKenzie (12:45-1:30)	Dance History with Miss McKenzie (12:45-1:30)
12:45pm		
1:00pm	Ballet with Miss Chloe (1:30-3)	Hip Hop with Miss Jessica (1:30-3)
1:30pm		
2:00pm	BREAK (3:00-3:30)	
2:30pm	Hip Hop with Miss Jessica (3:30-5)	Choreography 101 with Miss Kathryn (3:30-5)
3:00pm		
3:30pm	GO HOME & REST	
4:00pm	GO HOME & REST	
4:30pm	GO HOME & REST	
5:00pm	GO HOME & REST	