

yarra valley BALLET

SENIOR INTENSIVE - FULL TIMETABLE

Monday 10th July, Chirnside Park	
TIME	STYLE
11.30am - 12.30pm	National Character Dance
12.30pm - 1.30pm	Pilates & Stretch
1.30pm - 2.00pm	Supervised Break
2.15pm - 3.45pm	Classical Ballet
3.45pm - 4.15pm	Classical Extension Program

Tuesday 11th July, Chirnside Park	
TIME	STYLE
11.30am - 12.30pm	Contemporary
12.30pm - 1.30pm	Pilates & Stretch
1.30pm - 2.00pm	Supervised Break
2.15pm - 3.45pm	Classical Ballet
3.45pm - 4.15pm	Classical Extension Program

Wednesday 12th July, Yarra Glen	
TIME	STYLE
11.30am - 12.30pm	National Character Dance
12.30pm - 1.30pm	Pilates & Stretch
1.30pm - 2.00pm	Supervised Break
2.15pm - 3.45pm	Classical Ballet
3.45pm - 4.15pm	Classical Extension Program

Thursday 13th July, Yarra Glen

TIME	STYLE
11.30am - 12.30pm	Contemporary
12.30pm - 1.30pm	Pilates & Stretch
1.30pm - 2.30pm	Discussion: What it takes to be a Dancer
2.45pm - 4.15pm	Classical Ballet

WHAT TO WEAR

STYLE	RECOMMENDED ATTIRE	RECOMMENDED SHOES
Classical Ballet	Pink Ballet Tights, Leotard, Classical Skirt, Crossover (optional)	Pink Ballet Shoes (with elastic or ribbon)
Contemporary	Leotard, Long Jazz Pants (or similar), Socks	None Required
National Character	Pink or Black Ballet Tights, Leotard, Classical or Character Skirt (optional), Crossover (optional)	Bloch Showstopper Character Shoes (optional) Ballet Shoes, if Character Shoes are not available
Body Conditioning	Warm outerwear over dance attire, eg tracksuit pants and a knit top	None Required

HAIR & JEWELLERY

Please ensure that hair is neatly presented and pulled back off the face.

Students participating in Classical Ballet or National Character Dance classes, please ensure your hair is in a secure bun.

Please ensure jewellery is kept to a minimum to avoid accident or injury to yourself or others.

Thank you in anticipation.