

THE SCHOOL OF



NEW ENGLAND BALLET
THEATRE

The School of New England Ballet Theatre

Summer 2022

Sample Schedules

Fairytale Dance Camp

10:00-10:15	Warmups & Wiggles
10:15-11:00	Creative Movement Dance Class
11:00-11:30	Arts & Crafts
11:30-12:00	Story Time & Dance It Out

Summer Foundations

12:30-1:30	Ballet Technique
1:40-2:25	Contemporary & Improvisation
2:35-3:20	Stretch & Strengthen
3:30-4:30	Variations

Ballet Technique

10:00-11:30	Ballet Technique
11:30-12:30	Pointe (or pre-pointe)
12:30-1:00	Lunch
1:00-2:00	Contemporary
2:00-3:15	Variations
3:15-3:30	Break
3:30-4:30	Pilates/Conditioning

Balanchine Bootcamp

10:00-12:00	Ballet Technique
12:00-1:00	Pointe (or pre-pointe)
1:00-1:30	Lunch
1:30-2:30	Balanchine Rep #1
2:30-3:15	Pilates/Conditioning
3:15-3:30	Break
3:30-4:30	Balanchine Rep #2