

THE SCHOOL OF



NEW ENGLAND BALLET  
THEATRE

# The School of New England Ballet Theatre

## Summer 2023

### 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

12:30-1:45	Ballet Technique
1:55-2:55	Contemporary & Improvisation
3:00-4:00	Stretch & Strengthen
4:00-4:30	Repertoire

#### Ballet Technique

10:00-12:00	Ballet Technique
12:00-1:00	Pointe (or pre-pointe)
1:00-1:30	Lunch
1:30-2:30	Contemporary
2:30-3:15	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